



SOME SAINT PATRICK'S DAY RECIPES

From Canapes to Coffee

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SAINT PATRICK'S DAY IS HERE

These recipes are for the person who wants some easily made, affordable dishes to serve on Saint Patrick's Day, whether for a full course meal, just snacks, or dessert. In keeping with the spirit of the occasion, most of the food is either green, or traditionally linked with the holiday. Included though, are some recommendations for leftovers and an option for those who don't like corned beef.

Introduction:

As a much touted holiday, this one seems to be fading. There used to be tinted carnations, everyone wore a touch of green, drank green beer and ate corned beef, whether home or out. Years ago, the mention of Saint .Patrick's Day bought thoughts of Corned Beef and Cabbage. Men seemed to love it all year around. A friend of my father's, a sportswriter, arranged his summer schedule around a race track where the clubhouse caterer served it on Tuesdays. Nowadays, the dish is rarely seen on a menu other than March 17th,if then, and corned beef is mainly considered a cold cut. In fact, once a staple in the supermarket meat counter, it's now found only for a couple of weeks, and then in small "special" sections.

Perhaps it's because I've moved to a less cosmopolitan area, but I was used to having a choice of several different cuts of beef corned, not just the standard brisket. Corned beef was featured in fliers well in advance of the holiday. Now maybe one market runs an ad, or showcases corned beef that week and it's only brisket, but the price is right up there with steak. No longer the "everyman" meal, a large roast can give pause to the budget conscious.

Probably, part of the reason for the dish's decline, is it was labor intensive. My father's generation was probably the last to grow up with mothers to whom cooking from "scratch" wasn't an option and long hours in the kitchen were normal. My mother, who liked to cook, only made it a couple of times, and those after she found an independent butcher who "corned" top round roasts, with a finer grain, thus a faster cooking time and less fat.. This is a possibly also a reason for the loss of popularity. The **beef cut** traditionally used in this recipe, is a brisket, roommate in origin to the flank steak. It's as grainy as the flank steak, with the meat separated into layers by streaks of fat. The brisket is divided into two categories of "cuts". The "**flat**" **cut** is relatively the leaner one and slices more easily. The "**point**" **cut** is thicker and marbled with fat. It shreds easily for non-roast dishes, and is reputed to have more flavor, but both are fattier than most cuts of beef.

"**Corning**" is a pickling method devised to preserve meat. It involves marinating the meat in a mixture of course salt (preferably pink salt to retain color) peppercorns, bay leaves, allspice, all spice and cloves. I always thought it took some time to corn beef as it does with other pickling processes, but it actually only needs a few days.

Corned or not, **cooking a brisket** took work. It had to be par-boiled to rinse it, and, as it began to boil again in fresh water, skimmed when the dissolving fat formed foam on the top, then simmered for hours until tender. With the reduced fat content, the piece of meat not only appeared to have shrunk, but still seemed too fatty for many peoples' taste. So, my guess is that one more reason for Corned Beef and Cabbage's fall from favor was our rising concern with healthy eating. The first thing we eliminated from our diet was fat.

The saddest thing is that, properly cooked, Corned Beef and Cabbage is a delicious, heart healthy, nutritious dish. My family always liked the meat in sandwiches, and, years ago, I learned trimming the brisket of as much fat as possible first, eliminated the need to par-boil and skim. About that time, I suppose in an attempt to revive interest, **other lean, corned cuts** began to appear; the arm roast,, a neighbor of the shoulder steak, which was labeled the Tri-Corner Roast, and my mother's favorites, the round roasts, both top and bottom and the rump.

So most of the objections to making the dish were removed. It became low fat, and nothing can be easier than boiling something in water. It doesn't even require thickening gravy. Only one obstacle remained. Any pot roast, in fact stewing in general, requires time and time is one thing people don't have today. Enter the **Slow Cooker** or Crock Pot. There lots of recipes on line, most similar, to cook the dish while you're doing other things. You just put the potatoes, and carrots, onions and celery, if using, in the pot, top with the meat, its pickling juices and spices, and cover with liquid. I always like chicken broth, but many of these recipes suggest beer and/or water. Turn on the pot as directed for temperature and leave. About one hour before it's done, add the cabbage. From laborious to a cinch, thanks to one utensil!

However, like my Mother, I still prefer the faster cooking, finer grained round, either top or bottom. One look at a beef chart explains why. The round coming from the rump is a thick, basically lean muscle, whereas the brisket coming from the belly region is surrounded by and streaked with fat. Obviously this means less waste from the round, and since corned beef requires boiling, and boiling shrinks meat, the round, cooked, will yield more servings than a brisket of the same weight. I also prefer serving and eating it, because there's less fat to trim away. Traditional chefs may argue with me, but my background is that of running a house, not a restaurant.

Cost, of course, is always a consideration. The brisket is one of the less expensive cuts of beef, but as stated, the corning process and packaging doubles the price of any cut. Add to that the fact that the effects of the culling due to the drought are making themselves felt in the marketplace. Now that the slight surplus supply has been exhausted, it's predicted that beef is going to skyrocket. Corned beef and cabbage is no longer a token meal to give nod to the day. It can be a major factor in the week's food bill.

I came across a solution in an article by Julia Child on feeding unexpected guests. She recalled a day when a photo session had run long, and she felt obligated to offer the crew a meal. She was glad that she had **home corned** and boiled a beef that week for sandwiches, and had it to serve them. I was shocked! Corned in one week? I had been sure that took longer, so I looked it up. Sure ‘nuff! It can take as little as 3 days, though it’s better marinated a few longer and the process is as simple as mixing the ingredients, all regular pantry items, and adding the meat—not even any heating. Preparing to corn your own beef only takes 15mins. That’s less time than a trip to the store to buy it. It does require a nonmetallic, or enameled container large enough to hold the meat and a cool place to marinate it though. The recipe for corning is given at the end of the book, along with my methods for handling problems.

Needless to say this practice proved a saving. The first year I tried it, I got the round I wanted at less than the same weight a corned brisket cost. I trimmed it well first, and brined it 4 days. I reserved the spices to add to the water used to boil it and was delighted with the results. This year I’m making a chuck roast I bought in a featured sale last week at much lower per pound than the corned briskets cost.

Over the past year, I carried this experiment even further. A friend, who years after a mild heart attack is still convinced beef is the resident culinary evil, always loved it corned. I had a hunch that the corning spices would work with **ham**. I cut a lobe of solid meat from a shank of ham, rubbed it with the spice mix, minus the salt, sealed it in plastic wrap—no water—and left it to marinate in the refrigerator for a week. Then I covered it with water, adding all the spices from the package, and boiled it, with cabbage and potatoes as is customary. The result was so similar to the real thing that others didn’t detect the difference either in the full meal or later in the sandwiches made from leftovers. Optionally, a boneless ham, canned or rolled could be used, but in the latter case, I would remove the rind.

This is good news for anyone on a budget. Ham is always cheaper than beef, and has better sales. The one I used in my experiment I bought at \$ 0.99 per pound. After I cut the piece I corned, I baked the rest, and made several more meals. All things considered, I have never had a ham, or really any other cut of meat provide such a variety of menu choices, because they didn’t all taste like the same meat. For any person buying food for a family these options bear consideration

For those for whom a whole roast might be too much, empty nesters, singles and newlyweds for example, who want the taste but not the labor, I have found a way to tip your hat to the day substituting **canned corned beef** In fact I used it for many years myself. Pound for pound, it isn’t a monetary saving, but time and labor wise it’s a quick, easy and tasty alternative with no leftovers! The recipe follows in “Entrees”.

However, if you decide to go for the roast, there are some neat ways to use the leftovers. Sandwiches are a big one. My favorite is simply corned beef and coleslaw on Jewish rye, but my family always loved the Reuben. This sandwich is traditionally made on Jewish rye, but artesian wheat will do. The bread is spread with Thousand Island dressing (bottled) then layered with the beef, sauerkraut and cheese, either Swiss or Provolone. It is then toasted or grilled, on both sides until the cheese melts. My family preferred it open add faced, with the bread lightly toasted first, each piece layered as above and run under the broiler to melt the cheese. With soup, it makes a brunch or a light dinner. This and other recipes follow all in the spirit of the “Wearing of the Green!”

Canapes:

ASPARAGUS ROLLS:

Blanched asparagus spears

1 slice white bread for each spear-crusts removed

Mayonnaise, butter or anchovy paste

Trim ends and blanch asparagus either on the stove or in the microwave; drain and cool. Spread the bread on one side with condiment of choice. Roll an asparagus spear in each slice of bread on the spread side and place seam side down on a platter. Cover with plastic wrap and refrigerate 24 hr. Toast under a quick boiler and serve at once.

PARSLEY PINWHEELS:

1 can Crescent Rolls

½ bunch of fresh parsley-stems removed and chopped

(1) 4oz package of cream cheese

Lemon Pepper

Garlic powder

Roll the roll dough out slightly to get rid of the perforations and make one rectangle. Spread with the cheese; sprinkle lightly with the lemon pepper and garlic, distribute the parsley evenly over the top. Roll up starting with a short side, and cut into ½ -3/4 inch slices. Place seam side down, on a baking sheet and cook according to package directions.

SPINACH BALLS:

10 oz. box frozen chopped spinach- thawed and drained

1/ 2 cup finely chopped onion

1 egg beaten
2 Tbs. + 2tsp. melted butter or margarine
¼ tsp. garlic powder
½ tsp. dried thyme
Salt and pepper
1/3 cup + 2 tsp. plain breadcrumbs
2 Tbs. grated Parmesan

Combine first 7 ingredients in a bowl and mix well. Add crumbs, cheese and stir just until incorporated. Using a teaspoon, shape mixture into 16 balls. Place on a lightly greased cookie sheet and bake in a 350 deg. preheated oven until golden about 20 min. Serve hot or at room temperature.

First Courses – Soups:

As an aside, I have learned that by keeping the liquid to a minimum most pureed vegetables are thick enough and sufficiently creamy, that they don't need the extra calories of added cream. However, leafier green vegetables, like spinach, may become too watery and need a little boost like roux or cream.

Cucumber Bisque—Yield 4 cups.

This has long been a favorite of mine. Seed and slice, but didn't peel 4 large cucumbers and soaked them in salted water for 10 min. Put them into a pot with 1 small chopped onion, just enough chicken stock to cover, and simmered for 20 min. Pureed and chilled for several hours, it's garnished with a dollop of sour cream and fresh, chopped chives. No other seasonings are needed. Always serve cold.

Pea Soup with Mint---Serves 2 in bowls.

Following the steps above, sauté a medium onion in 1Tbs. canola oil; add 1lb. of frozen peas, 3 sprigs of fresh mint and 1qt. of chicken broth. After simmering these ingredients for 20 min. puree them and taste for salt and pepper. Serve hot or chilled. Garnish with sour cream and a sprig of fresh mint.

Two variations of this soup would be to add either a package of frozen or ½ lb. fresh asparagus stalks to the peas (saving the tips for garnish) OR omit the mint, and add a box of frozen, chopped spinach and a 1/8 tsp. nutmeg to the peas. Proceed as above and garnish with a swirl of plain yogurt.

These soups can still be served either hot or cold.

Entrees:

Both roasts should be served accompanied by Dijon or spicy brown mustard and plain horseradish or horseradish sauce made of ¼ cup horseradish mixed with ¾ cups mayonnaise.

Classic Corned Beef and Cabbage: Serves 6

4 lb. cut of corned beef

1 large or 2 small heads of cabbage- enough for a generous sized wedge per person

Sufficient white potatoes- whole or halved- for number of servings . I don't peel them
peeled carrots, halved--optional

1 qt. or more of chicken broth—enough to cover the meat and potatoes in the pot

Reserve the seasonings from the corning wrapper. Trim all excess fat off the meat, rinse it well and put it in a deep pot with the seasonings and enough broth to cover. Simmer 3-4 hours until fork tender. About 1 1/2 hrs. .before serving, add potatoes, and carrots if using. Add cabbage about 45 min before serving.

Slice roast and serve hot with vegetables, pot liquid on the side. Store meat in pot liquid.

ALTERNATIVELY: Place potatoes and carrots in a slow cooker. Top with beef, 3cups broth and seasonings. Cook on low 6 hr. Cut cabbage in 2 inch wedges, add to the cooker and cook on low 2 hr. more. Serve roast and vegetables with broth on the side.

Easy Corned Beef for Two:

2 large potatoes halved—peeled optional

2 peeled carrots -optional

½ head of cabbage cut in two crescent wedges

1 qt. chicken broth

12 oz. can of corned beef

Put the potatoes in a deep saucepan, with other vegetables, if using. Add cabbage and just enough broth to immerse. Cover and simmer 20 min. or until cabbage softens. Top with the canned meat in one piece, cover again and simmer 15 min more or until the fat from the meat has melted into the broth.

Irish Pub Brisket: Serves 6

Traditionally, this dish uses the same two cuts of beef as are regularly corned; the brisket and the bottom round. Legend has it that it was easier for the pub keeper to keep in ever ready supply if he only had to cook it not corn it as well. It's an option for those who don't like corned beef.

4 lb. beef brisket or bottom round

1 tsp. freshly ground pepper

1 large onion cut in thick rings

2 crushed garlic cloves

½ cup chili sauce

¼ cup loosely packed brown sugar

12oz bottle of dark beer or ale

1/3 cup flour---in reserve

Optionally 6 potatoes and 3 carrots halved can be cooked along with the meat the last hour.

Rub the meat with the pepper. Place in a Dutch oven, or roasting pan with a lid, top with the onion. Mix everything else but the flour and pour over. Bake at 350 deg. for 3 hr. Uncover and cook for 20-30 min more until browned and fork tender.*

Remove meat to a platter and measure liquid, add water, or beef broth to equal 3 cups. Place 2 cups in a saucepan and dissolve flour in the 3rd cup then whisk into the saucepan. Bring contents to a low boil and stirring constantly, simmer until it thickens, about 3 min. Serve with sliced roast. Store leftovers in gravy.

* Alternately: Pepper the meat and brown it in butter on the stove top first, then place as above in a slow-cooker with the garlic, onions and potatoes and carrots, if using, on the bottom. Mix the chili sauce and beer with the brown sugar and seasonings and add to the pot. Cook for on low or 6-8 hr. or until meat is fork tender. Make gravy as instructed above, making sure the liquid-flour ratio is unchanged. Store meat in gravy if not serving at once.

NOTE: carrots and potatoes can be added to the dish about half way through cooking on stove top.

Lush Leftovers:

Most of these recipes can be used for dinner as well as breakfast, brunch and lunch.

Corned Beef Hash: Serves 4

2 cups cooked corned beef—diced

2 cups boiled potatoes—leftover, or microwaved in jackets 2-3min depending on size—diced

1 small onion—diced

½ cup milk or cream

Salt and pepper to taste

Combine all ingredients. The mixture can be formed into patties and browned in a pan, or spooned into individual greased casseroles. If choosing casseroles, use a spoon to make an indentation in the center and bake in a 350degree oven 30 min. until brown. Break an egg into each indentation and bake for @10mins. more. Serving hint; Pass ketchup on the side.

Red Flannel Hash: A variation

Add 2 cups diced red beets and ½ envelope beef bouillon powder to the above ingredients. Bake in a single large casserole and omit the ketchup.

Variation on Corned Beef Hash: This is for all the hash recipes. Replace all or half the potatoes with hominy. Corn can also be used to replace half the amount of potatoes. Put the hash in a casserole, rather than individual ramekins, and cover the top with 2 cups- or sufficient to cover- mashed potatoes and carrots, or turnips or rutabagas. A touch of ginger can be added to the carrot mix, but the others need only salt to taste. Bake 30 degrees for 30 min.

Corned Beef Salad: Serves 4

¾ lb. sliced corned beef- in ½ inch dice
4 medium boiled potatoes- in ½ inch dice
4 medium cooked or canned red beets- in ½ inch dice
1 Kosher dill pickle- in ½ inch dice
4 Tbs. salad oil
2 Tbs. wine vinegar
½ tsp. garlic or ¼ tsp. garlic powder
2 tsp. spicy brown or Dijon mustard
1 Tbs. chopped fresh chives
Salt and freshly ground black pepper
Lettuce leaves
2 hard boiled eggs cut in quarters or sliced

Combine first 9 ingredients in a salad bowl. Add a bit of salt to taste and about 6 generous grinds of pepper. Toss gently and marinate in the refrigerator 4 to 5 hours. Toss again and arrange on lettuce lined plates; garnish with eggs and more chives or another grind of pepper.

Creamed Corned Beef: Serves 4

For this dish use two forks to shred the meat rather than dicing it. Cut shreds to 1 inch lengths.

2 cups shredded corned beef
2 Tbs. butter+ more if needed
4 oz. raw sliced mushrooms
1 cup frozen peas thawed
2 Tbs. flour
1 cup milk

4 slices of artesian bread toasted or 4 patti shells –baked –or 4 baked potatoes

Melt 2 Tbs. butter in a deep sauce pan. Brown the meat.-tossing and pressing lightly down about 6-8 min. Add mushrooms half way through. When mushrooms are wilted remove with meat. Add extra butter to equal 2 Tbs. Raise heat and bring butter to a foam, without browning. Remove from heat and stir in flour to make a paste. Quickly add milk, return to heat and stir to remove any lumps. Keep stirring at just below a simmer until sauce thickens, about 3 min. Serve hot on toast, patti shells, or potatoes.

Reuben Sandwiches: I described this sandwich earlier, but here are the exact directions to make it. .
These are served open faced, which my family favors, or closed. You will need:

1 loaf good Deli Jewish Rye Bread
@ ½ lb. sliced corned beef or shredded leftovers
8 oz. bottle of Russian dressing
1 lb. sauerkraut
@ ½ lb. Deli sliced Swiss cheese

Allow 2 slices bread per portion. For open-faced lightly toast the bread, for closed toast only one side. Spread a toasted side with the Russian dressing, cover with the meat then the kraut and top with the cheese. The amounts you use are optional. If planning a closed sandwich, fill only half the slices, for open cover all. The open sandwiches can be run under the broiler until the cheese melts, the closed topped with the empty slices, toasted sides in, and broiled or grilled turning once, until both sides are golden.

Salads: These go with any of the corned beef dishes which a salad would compliment. 4 servings each.

Coleslaw:

2 wedges from a head of cabbage
2 tsp. celery seed
¼ tsp. paprika
Bottled coleslaw dressing or home-made-Recipe below.

Core and cut the cabbage in thin shreds. Cut the shreds in 1 inch pieces. Mix with the seasonings and enough dressing to moisten. Chill for 15 min before serving.

Spinach Salad:

12oz. bag baby spinach
8 red radishes, trimmed and sliced thin
4 oz. raw sliced mushrooms.
Gently toss with bottled Vidalia onion dressing or the home-made mayonnaise-Recipe below. Serve chilled.

Home-Made Mayonnaise Dressing: This is a family recipe I used for many things. It keeps in the refrigerator for months, I always double the recipe.

3Tbs. sugar
½ tsp. dry mustard
1/8 tsp. paprika

1 Tbs. flour
½ tsp. salt
1 Tbs. butter
½ cup water
½ cup vinegar
2 eggs well beaten

Mix dry ingredients. Place in a double boiler with vinegar, water and butter. Cook over medium heat until butter melts. Pour the hot liquid gradually into the eggs, then pour the whole mixture back into the pot and return to the stove. Continue cooking over medium heat until thickened to the point where the spoon can leave a trail across the surface. Allow to cool completely at room temperature then keep refrigerated in tightly sealed glass jars.

Breads:

Scones:

2 cups flour
1 Tbs. baking powder
½ cup butter or margarine softened
½ cup sugar
¼ tsp. salt
½ cup sour milk
½ cup raisins, currents or craisins – optional

To sour milk, put one drop lemon juice or vinegar into regular milk and let sit for 15 min. or substitute buttermilk. Combine butter, sugar, salt and mix until well blended. Sift flour and baking powder and add alternately with milk to other ingredients with fruit if using. Stir as little as possible with quick strokes.

Roll onto a floured board and pat into a ¾ inch circle. Put on a greased cookie sheet and cut into 8 wedges but leave the circle intact. Bake in a preheated 450 deg. oven for 15 min. Serve warm with butter.*

*At this season most supermarkets carry imported Irish butter. If you haven't tried it, please do!

Soda Bread:

1 lb. whole wheat flour
2 tsp. baking soda
1 tsp. salt
1 2/3 cups buttermilk
Cooking spray

Stir dry ingredients together. Make a well in the center and slowly pour in the buttermilk stirring to pull in the flour from the edges until a soft, but not sticky dough forms. Knead the dough on a floured surface until it is smooth-about 5 min. Pat into an 8 inch round and put on an oiled cookie sheet. Cut an "X" in the center of the top. Bake in a preheated 400 deg. oven 30- 35 min. until risen and fully cooked. Cool on a rack. Serve warm or on the day baked.

Desserts:

A Light Lite Dessert:

Lime sherbet

green Crème de Menthe liqueur

Put a scoop of sherbet in each dessert dish. Poke a hole in the center with the handle of a wooden spoon and pour the liqueur in just to fill and slightly overflow. Serve at once

Pistachio Marble Cake:

Requirements: 1 mixing bowl; 2 layer cake pans or 1 tube pan

1 box marble cake mix WITHOUT pudding included. White or yellow will do if you can't find marble*.

The important thing is no pudding in the mix.

1 box (4 serving size) pistachio instant pudding and pie filling mix.

1 1/3 cup water

3 eggs

1/3 cup of oil

1 can dark chocolate creamy or whipped frosting mix*

3/4 cup coarsely chopped pistachio nuts (optional)

Cooking spray

3 Tbs. unsweetened cocoa powder*

Prepare pan(s) by spraying liberally with cooking spray. Preheat oven to 350 degrees.

Beat the eggs, water, pudding mix and oil into the batter until it is smooth. See cake mix directions.

Using a spoon, blend in 1/2 cup nuts. Pour 2/3 of the batter into the prepared pan(s) if using a marble mix, directions will say to add contents of the enclosed envelope to the remaining 1/3 batter in the bowl.

* If not, add the cocoa powder and blend well. The cake box directions will now tell you to pour the chocolate batter over that in the pan(s) and using a table knife, blade down, in a cutting motion, gently swirl the top layer into the one below, creating a marble effect. If using a tube pan, go down to reach the bottom, but don't overdo.

Bake the cake for the times dictated on the box for your choice of pan. Cool as directed and frost with the chocolate frosting. Use the rest of the nuts as garnish.

NOTE: If a green frosting fits the occasion better, beat until smooth:

8 oz. tub of whipped topping

1 box (4 serving size) pistachio instant pudding and pie filling

If a firmer frosting is wanted, beat in 4 oz. cream cheese

With this frosting, store cake chilled.

Key Lime Pie:

I always had trouble with Key Lime Pie, despite many recipes, even “authentic” ones from the Florida Keys, until I found this, which seems to be foolproof, perhaps because it’s so easy. There is one universal rule in making this pie however, the lime juice must be fresh, and, if possible, of the “key” variety. Key limes are small, dark green, very smooth with rounded ends. Their juice has an intense flavor, without the biting acidity sometimes found in regular lime juice. I understand the juice is sold in the baking supply aisles in some stores, but have never encountered it. The limes themselves, can often be found, usually labeled and bagged, in Supermarkets, especially ones with large Hispanic sections. It requires at least 15 to yield enough juice for one pie. If you can’t find them, the common Persian variety limes will do, but I might increase the amount of juice in the pie by a tablespoon. Test to taste the strength of the acidity and flavor of the juice. Do NOT use a lime drink mix or a concentrated juice unless it’s labeled Key Lime. A drop of green food coloring may add to the visual appeal for this occasion.

9 Inch Pie Plate and Mixing Bowl

(1) 9 inch baked pie shell –home-made or purchased, regular or graham cracker.

(1) 14oz can Sweetened Condensed Milk MIXED WITH

Sufficient sour cream to equal 2 cups - about 2/3 cup

1/2 cup fresh Key Lime juice

1 Tbs. lime zest

1/2 envelope unflavored gelatin

Whipped cream

Soften the gelatin by soaking 5 min. in the lime juice. Combine the Condensed milk, sour cream and zest in a bowl. Dissolve the gelatin by heating the lime juice in the microwave 30 sec. If it doesn't dissolve easily, heat it an additional 5 sec. or so, but be sure it is completely liquid before proceeding. Add the lime juice with gelatin to the bowl with the milk, sour cream and zest. Wisk well to incorporate. Pour the filling mixture into the pie shell and chill at least 2 hours until well set. Serve topped with whipped cream.

Note:

Finale:

Irish Coffee: Serves 1

5-6 oz. fresh, hot black coffee

1 1/2 oz. Irish whiskey

1 tsp. sugar

Sweetened whipped cream

Warm an 8oz goblet with very hot water. A mug will do. Pour in whiskey, fill with coffee, add sugar and stir to dissolve. Top with a generous glob of whipped cream. Garnish with a dash of cinnamon.

Corning Directions:

For Beef:

For 5-6 lbs. of beef—any cut—Allow to marinate 36 hrs. to 8 days- Adjust ingredient amounts according to the poundage of the cut being corned.

8 cups water

1 cup salt

3 Tbs. brown sugar

1 bay leaf

6 peppercorns

1 clove garlic-minced

¼ tsp. choice of any or all—whole allspice, paprika, ginger, mustard powder, nutmeg or mace.-I use all

Trim the meat of fat, wipe with a damp cloth and pierce all over with a fork. Place in a glazed ceramic, glass or enameled pan that fits comfortably and is deep enough to allow for full immersion in the brine. Put all the above spices and seasonings in 4 cups warm water and stir to dissolve the sugar and salt. Pour over the beef. Add enough water to cover the meat by 1 inch. Place a weighted plate on top and leave to marinate in a cool or cold place for at least 3 days, better 5-8.

The first time I did this I used a glazed terra cotta planter, then I found an enameled roasting pan in an flea market. For weights I use a Dollar Store plat and a brick, then seal the pan with plastic wrap. I only make this in winter, so if I don't have room in the refrigerator, I put it on a shelf in the garage—just as long as it doesn't freeze.

Corning Ham:

1 ½ to 2 lb. lobe cut from a ham

Omit the water and salt from the above list of ingredients

Measure half quantities of the remaining spices and seasonings.

Mix those items and use them as a dry rub for the ham. Seal the ham in a plastic bag and refrigerate it for 5-7 days. Remove from plastic, leaving rub on, cover with broth and cook as for corned beef.

ABOUT THE AUTHOR

Joy Wielland has over a decade's experience as the owner of Suddenly Supper a personal chef service and has had lots of experience satisfying all kinds of menu requests from clients be they dietary or celebratory. She appreciates the importance of serving tasty, attractive food, while keeping the recipes efficient and affordable.

She writes a blog: **Kitchen \$centse** at dinnerwithjoy.com, in which she address this problem in and other questions concerning a wide range of foods. She frequently guests on other blogs, writes for Ezine Articles and has contributed to The BWYD and CHILL magazines and Frederator books. She is also the author of the following books available on Amazon and Kindle:

Dinners With Joy; a menu cookbook for the busy person encompassing 3 months of menus separated into weeks, each with its own cooking tips and shopping list complete with pantry check. It also contains detailed information on how to buy meats, poultry, and seafood as well as directions on how to make and use sauces.

Diet For The Food Dollar: A comprehensive plan to control food costs through organized planning and informed shopping to avoid register shock. It applies to those who simply want an overview of expenditures, as well as to those who want to establish step-by-step plan with incentives and tips. Also included are 100 pages of charts showing everything from measurements, conversions, pan sizes, cuts of meat, types of seafood, cooking recommendations and temperatures, descriptions of oils, cheeses, grains, spices and herbs, ingredient substitutions, food storage methods and calorie charts; a valuable kitchen tool in themselves.

How to Understand Carbohydrates (so they don't go to waist): An overall view of all types of carbohydrates, how they work with our bodies and why they're necessary. Everything from starches to fruits and fiber interaction is discussed..

Baking Basics and Options:: An in-depth look at all the ingredient categories needed for baking; the different products in each and the available alternative products to substitute for any of them either for dietary or monetary reasons.

Some Saint Partick's Day Recipes from Canapes to Coffee- Easy takes on traditional menu choices for the day including recipes for leftovers.

Visit her blog bookshelf to see the rest of her books.