



# March Recipes

## GUINNESS LAMB SHANKS

Serves: 6 people

### INGREDIENTS

6 Lamb Hind Shanks  
(16oz - 20oz each)  
3 Tbsp. Vegetable Oil  
1 ½ Onion, Chopped  
3 Cloves Garlic, Chopped

4 Carrots, Chopped  
4 Celery Ribs, Chopped  
¼ Cup Tomato Paste  
1 ½ Cans of Guinness Beer  
3 Quarts Beef Stock or Broth

5 Sprigs Fresh Thyme  
5 Sprigs Fresh Parsley  
2 Bay Leaves  
2 Sprigs Fresh Rosemary  
2 Cups Seasoned Flour

### DIRECTIONS

1. Heat oil in a Dutch oven or large, wide pot over medium-high heat until the oil begins to smoke. Lightly flour the lamb shanks. Brown the floured lamb shanks in the hot oil on all sides until well browned, about 10 minutes. Remove lamb shanks and set aside.
2. Pour the excess grease from the Dutch oven, reduce heat to medium, and stir in the onions and garlic. Cook and stir until the onions have softened and turned translucent, about 5 minutes. Stir in the carrots, celery, and tomato paste; continue cooking 5 minutes more.
3. Return the lamb shanks to the Dutch oven, and pour in the stout beer and beef broth. Bring to a simmer over high heat.
4. While you're waiting for the beer to simmer, use kitchen twine to tie together the thyme sprigs, parsley sprigs, and bay leaf into a secure bundle; add to the lamb shanks.
5. Once the lamb shanks begin to simmer, reduce the heat to medium-low, cover, and simmer until the lamb is very tender and nearly falling off of the bone, 2 to 3 hours. Stir the lamb occasionally as it cooks and add more beef stock if needed to keep the cooking liquid from reducing too much. You want the cooking liquid to have reduced into a nice sauce by the time the lamb shanks are done.

Stir in the rosemary sprig, season, and enjoy!





# March Recipes

## COLCANNON

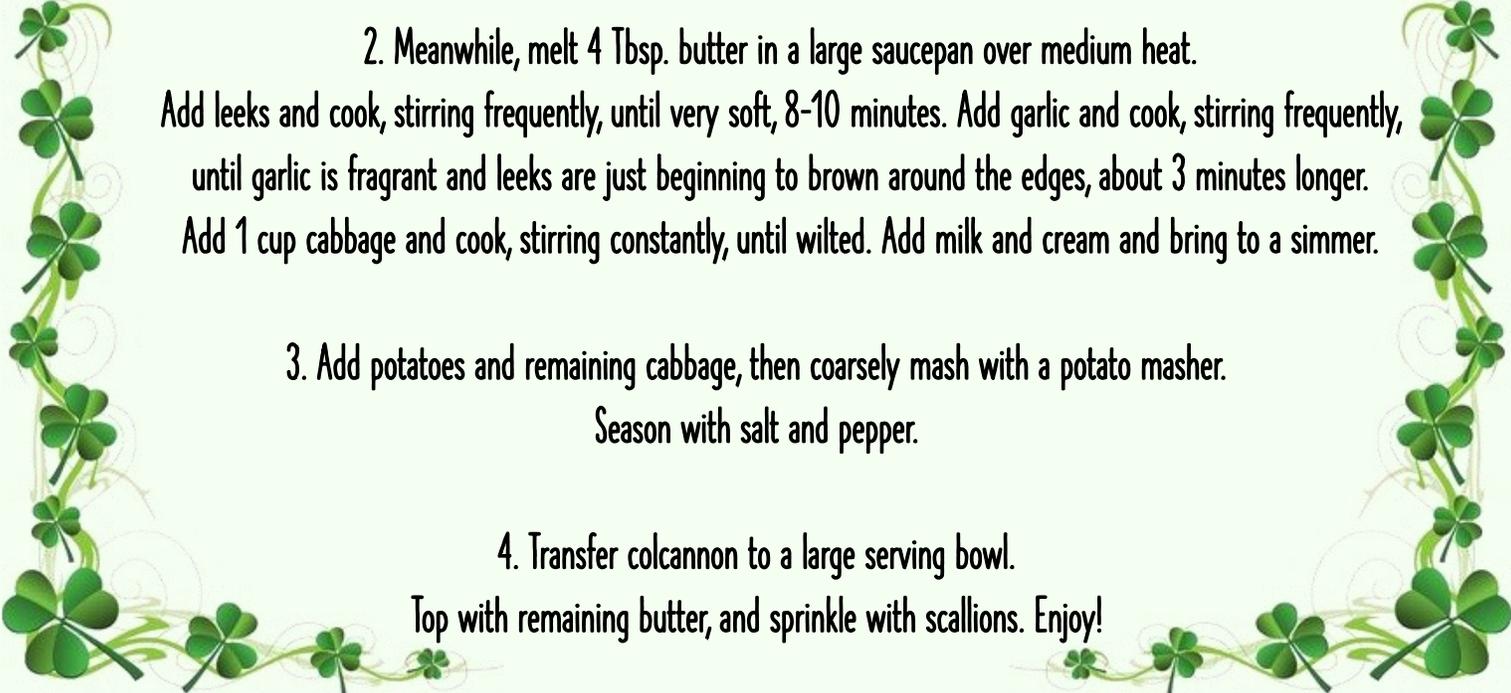
Serves: 6 - 8 people

### INGREDIENTS

6 Yukon Gold Potatoes, Peeled  
8 Tbsp Unsalted Butter, Cut  
3 Leeks, White & Pale Green Parts Only,  
Sliced in Half Lengthwise, Thinly Sliced  
2 Garlic Cloves, Thinly Sliced

3 Cups Shredded Savoy Cabbage  
(about 1/2 Large Head)  
2 Cups Milk  
1 Cup Heavy Cream  
1 Scallion, Thinly Sliced

### DIRECTIONS

1. Cover peeled potatoes with water in a small pot; season with salt. Bring to a boil over medium-high heat, then reduce heat and simmer until a paring knife slides easily through the potato, 30-40 minutes. Drain for a few minutes.
  2. Meanwhile, melt 4 Tbsp. butter in a large saucepan over medium heat. Add leeks and cook, stirring frequently, until very soft, 8-10 minutes. Add garlic and cook, stirring frequently, until garlic is fragrant and leeks are just beginning to brown around the edges, about 3 minutes longer. Add 1 cup cabbage and cook, stirring constantly, until wilted. Add milk and cream and bring to a simmer.
  3. Add potatoes and remaining cabbage, then coarsely mash with a potato masher. Season with salt and pepper.
  4. Transfer colcannon to a large serving bowl. Top with remaining butter, and sprinkle with scallions. Enjoy!
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# March Recipes

## IRISH SODA BREAD

Yield: 1 Loaf

### INGREDIENTS

1 Large Egg  
4 ¼ Cups All-Purpose Flour  
3 Tbsp Granulated Sugar  
1 Tsp Baking Soda

1 Tsp Salt  
5 Tbsp Unsalted Butter, Cold & Cubed  
1 Cup Raisins  
¾ Cup Buttermilk

### DIRECTIONS

1. Preheat oven to 400°F. You have different options for the baking pan: Line a baking sheet with parchment paper or a silicone baking mat, use a seasoned 10–12 inch cast iron skillet, or a 9–10 inch cake pan.
  2. Whisk buttermilk and egg together and set aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a pastry cutter, fork, or your fingers. Work the dough until coarse crumbs, then stir in the raisins. Pour in the buttermilk/egg mixture. Gently fold dough together until dough is too stiff to stir.
  3. With floured hands on a lightly floured surface, work the dough into an approximately 8–9 inch round loaf as best you can. Knead the dough for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.
  4. Transfer the dough to the prepared skillet or pan. Using a very sharp knife, score an X into the top. Bake until the bread is golden brown and center appears cooked through, about 45 minutes. Loosely cover the bread with aluminum foil if you notice heavy browning on top. I usually place foil on top about halfway through bake time.
  5. Remove from oven and allow bread to cool for 10 minutes, then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads.
  6. Cover and store at room temperature for up to 2 days or in the refrigerator for up to 1 week.
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