

## - ST. PATRICK'S DAY RECIPES -

### COLCANNON

(serves 4) Recipe by Chris Morocco, from bonappetit.com

There are as many colcannon recipes as there are cooks in Ireland. This one uses softened and crunchy savoy or green cabbage, as well as garlic, and leeks for extra depth.

- 5 medium Yukon Gold potatoes (about 1 3/4 lbs)
- Kosher salt
- 6 T unsalted butter, divided
- 2 leeks, white and pale-green parts only, sliced in half lengthwise, thinly sliced crosswise
- 2 garlic cloves, thinly sliced
- 2 C (packed) shredded savoy or green cabbage divided
- 1 1/4 C milk
- 1/2 C heavy cream
- Freshly ground black pepper
- 1 scallion, thinly sliced

Cover 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 flesh, 30-40 minutes. Drain, let cool slightly, and peel.

Meanwhile, melt 4 tablespoons 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.

Add potatoes and remaining 1 cup cabbage, then coarsely mash with a potato masher. Season with salt and pepper.

Transfer colcannon to a large serving bowl. Top with remaining 2 Tbsp. butter and sprinkle with scallion.

### SHAMROCK SHAKE

Recipe from primallyinspired.com

Forget about McDonald's shamrock shake, this one tastes great and is better for you.

- 1 can coconut milk (you can also sub 1 3/4 cups of any other type of milk)
- 1 avocado, peeled and seed removed
- 2 1/2 - 3 T pure raw honey, (or other sweetener of choice)
- 1 C of ice
- 1 T pure vanilla extract
- 1 t pure peppermint extract

Put everything in the blender and blend. Enjoy!

### CORNERD BEEF BRISKET

(serves 8) Recipe adapted from wellnessmama.com

Corned Beef often contains additives and dyes to get the color. Make your own with this delicious recipe and get the benefit of some delicious and healthier additions.

#### Brine

- 1- 4-5lb beef brisket
- 2 quarts of water
- 1 C of sea salt
- 1/2 C raw cane sugar
- 5 T pickling spice
- 5 garlic cloves, crushed
- 2-3 bay leaves, crushed
- 1/4 C beet juice (optional)

#### Slow cooker

- 2 celery stalks, cut into 3-inch pieces
- 3 carrots, cut into 3-inch pieces
- 1 small yellow onion, cut into 1-inch wedges (root end left intact)
- 1/2 pound small potatoes, halved if large
- 6 sprigs thyme
- 1 t pickling spice
- 1/2 head green cabbage, cut into 1 1/2-inch wedges
- grainy mustard for serving

Put the water, salt, sugar, pickling spice, crushed garlic, and bay leaves in a large pot and heat, stirring frequently, until sugar and salt dissolve. Cool liquid, using 2 cups of ice if needed, and place in fridge until very cold. It is very important that the brine is cold before it comes in contact with the meat.

For the 3-5 day brining process, you can either place the brisket in a large 2-gallon bag and add the brine, or place the brisket in a large glass container with a lid and add the brine. Either way, you want the brisket to be completely submerged and surrounded with the brine. Add the beet juice (if using) at this point once everything is cooled.

Place in the fridge (put inside another dish if you just use the plastic bag in case it leaks) and leave it there for at least 3 days (5 days if possible). Each day, flip it over and move the brine around. After 3-5 days, remove from the brine, rinse well with cool water.

In a 5-to-6-quart slow cooker, place celery, carrots, onion, potatoes, and thyme. Place corned beef, fat side up, on top of vegetables and sprinkle pickling spice; add enough water to almost cover meat (4 to 6 cups). Cover and cook on high until corned beef is tender, 4 1/4 hours (or 8 1/2 hours on low). Arrange cabbage over corned beef, cover, and continue cooking until cabbage is tender, 45 minutes (or 1 1/2 hours on low). Thinly slice corned beef against the grain and serve with vegetables, cooking liquid, and grainy mustard.



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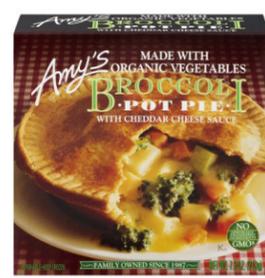
Blake's  
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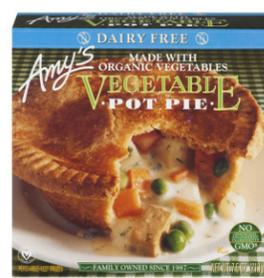
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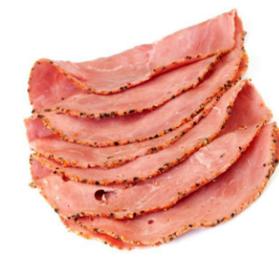
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March 16<sup>th</sup> and 17<sup>th</sup>.



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