

The DISH



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Have you dug out all of your green clothes, four leaf clovers or rabbits feet? Happy luck to the Irish — St. Patrick's Day! Now, I'm not Irish but I certainly don't mind celebrating with them. So, if you're in the mood to celebrate, get your green food dye out and whip up some of these delicious comfort foods favored by the Irish!

Lucky Charms Pancakes

1 cup all-purpose flour
1 Tbsp. white granulated sugar
1 tsp. baking powder
½ tsp. baking soda
¼ tsp. salt
1 cup buttermilk
3 Tbsp. 2% milk
1 egg
2 egg whites
2 Tbsp. salted butter, melted and cooled
¼ tsp. green food dye
1 cup whipped cream, divided
1 cup Lucky Charms cereal
SWEET MILK CREAM
1/3 cup 2% milk
1 cup powdered sugar

In a large bowl, combine flour, sugar, baking powder, baking soda and salt. Then add in the buttermilk, milk, eggs and melted butter. Mix for 30 seconds until all ingredients are blended, scraping down the sides as needed. Add the green food dye to the batter, and mix until incorporated.

Spray cooking spray on a frying pan or griddle. Turn the stove on to medium heat. Pour the batter onto the griddle, using about ¼ cup for each pancake (or less if you want silver dollar pancakes). Brown on both sides. Remove from griddle and repeat until all the batter is used. Top pancakes with sweet milk cream, whipped cream and ¼ cup Lucky Charms cereal.

For the Sweet Milk Cream: In a bowl combine the milk with the powdered sugar. Mix until incorporated.

Notes: Food Dye — You do not have to include the food dye if you don't want the additional chemicals in your recipe (although fun to look at).

Store Bought Pancake Mix — You can alter this recipe and use store-bought pancake mix instead of making the pancakes from scratch.

Store Leftovers — If you have leftover pancakes, you can store them in an airtight container in the refrigerator for up to 5 days. Or place in a freezer bag and store for up to 3 months in the freezer.

Irish Cream White Russian Cocktail

1½ oz. Irish cream
1 oz. vodka
1 oz. Kahlua
1 oz. heavy cream
Maraschino cherry, for garnish

Add all ingredients to an old fashioned rocks glass over ice and stir. Garnish with a maraschino cherry and enjoy.

Note: You can substitute

the cream for more Irish Cream. Irish Cream coffee creamer is also a delicious substitute, if you want the drink to be sweeter.

Creamy Cabbage Potato Soup

1 Tbsp. olive oil
1 cup yellow onion, diced
2 cloves garlic, minced or grated
4 cups cabbage, finely sliced
1½ tsp. sea salt
2 cups frozen hash brown potatoes
4 cups low sodium vegetable broth
½ cup milk
½ cup half-and-half or heavy cream
3 Tbsp. fresh dill (or 1½ Tbsp. dried dill)

Heat 1 Tbsp. olive oil in a large pot over medium-high heat. Add onion, garlic, cabbage and sprinkle with sea salt. Saute until the veggies have softened, but not browned, about 5-7 minutes.

Stir in frozen hash browns. Add vegetable broth, cover and bring to a boil, about 3-5 minutes. Reduce heat to a simmer. Scoop about half (or less if you prefer a chunkier soup) of the mixture out into the blender. Let cool slightly (blending very hot liquids can be dangerous). Add milk, half-and-half and fresh dill to the mixture in the blender. Blend until completely smooth.

Add the blended mixture back into the rest of the soup in the pot. Stir and allow to come to a simmer and heat through completely. Serve hot and garnish with extra dill if desired.

Variations: Cabbage Soup with Ground Beef or Sausage — Brown ground beef or sausage in the pot first, then once it's cooked, scoop it onto a plate and continue the recipe as directed using the same pot. Add the meat back in during the last few minutes of cooking to warm it through.

No hash browns? No problem! — If you prefer to use regular potatoes instead of frozen hash browns, you can either use a grater to create your own hash browns and keep the cooking time the same or cut the potatoes into a fine dice and add a few more minutes to the cooking time to ensure that the pieces soften and cook through all the way.

If you prefer to use diced, sliced or larger potato chunks — Add them to the pot with the rest of the vegetables in step 1 to help soften them. Boil them in the broth

mixture until fork-tender.

Diet-Specific Substitutions: Vegan or dairy-free — Swap out the milk and heavy cream with your favorite vegan substitution, such as plant-based milk and cream.

Irish Winter Stew

3 cups low-sodium beef broth
1 lb. smoked sausages, cut into thin rounds
½ lb. thick-sliced smoked bacon, chopped into cubes
2 lbs. russet potatoes, peeled and sliced into ½-inch thick rounds
2 yellow onions, sliced into thin rounds
3 large carrots, sliced into thin rounds
Salt and fresh ground pepper, to taste
2 Tbsp. chopped fresh parsley

Preheat oven to 425 degrees.

In a large saucepan, combine beef broth, sliced sausages and bacon; bring to a boil. Reduce heat to low and simmer for 10 minutes. Transfer sausages and bacon to a bowl and reserve the broth.

Lightly grease a dutch oven or casserole dish with cooking spray. Spread one-third of the potatoes on the bottom of the casserole dish. Arrange one-third of the onions and carrots over the potatoes and season with a little salt and pepper. Spread a layer of the previously prepared sausages and bacon over the layer of onions. Continue to layer ingredients two more times, seasoning with salt and pepper as you go along.

Pour the reserved broth over the entire dish. Cover with a lid and bake in the oven for 40 minutes. Remove cover and if mixture looks dry, add half cup water. Continue to bake for 15 minutes or until lightly browned on top.

Remove from oven and let it stand 5 minutes. Ladle into bowls and garnish with fresh parsley. Serve.

Beer Bread

3 cups self-rising flour
3 Tbsp. white granulated sugar
12 oz. bottle of beer
3 Tbsp. salted butter, melted
Cooking spray

Preheat oven to 350 degrees.

In a large bowl, combine self-rising flour, sugar and a bottle of beer. Mix well until all the flour is incorporated. Once it's all combined it will be very sticky dough.

Spray a loaf pan with cooking spray and place the dough into the pan; making sure to even out the dough. Bake for 20 minutes and then remove from the oven. Pour the melted butter on top of the partially cooked bread. Cook for an additional 20 minutes. Let the bread rest for 5 minutes before slicing.

Note: You can use whatever beer you have on hand. However, know that the bread may taste slightly different depending on the style of beer you use. The beer used for this recipe must contain gluten in order for the recipe to work!