

Irish Menu





Main Course

FISH AND CHIPS

Recipe from the Internet

2 pounds all-purpose potatoes
2 pounds firm white-fleshed fish (We Suggest our Delicious Tilapia Filets)
1 cup all-purpose flour
Salt and Pepper
1 large egg, beaten
1/3 cup milk
About 1/3 cup water
Shortening or vegetable oil for Irving

Peel and slice potatoes. Cut into strips about 2 1/2-inches long and 2-inches wide. Leave in cold water until ready to cook. Wash fish; wipe completely dry. Cut into strips or pieces about 3x3-inches.

Meanwhile, in a medium bowl combine flour, salt to taste, egg, milk, and water. Whisk until batter is smooth. Leave at room temperature about 30 to 40 minutes.

WHEN READY TO COOK:

Heat shortening or oil in a deep-fat fryer to a temperature of 375 degrees F. Preheat oven to 250 degrees F.

Wipe dry the potato strips and deep-fry them in the hot oil, several at a time, until golden and crisp. With a slotted spoon transfer to paper towels; let drain. Keep warm in a preheated 250 degree F oven.

For the fish, whisk batter. Dip strips or pieces of fish in batter, let excess drain back into bowl.

Fry, several at a time, in hot fat until just cooked through and golden and crisp, about 3 minutes per side. With a slotted spoon, transfer to paper towels; let drain. Keep warm while frying remaining fish.

TO SERVE:

Arrange potatoes and fish on a platter. Pass salt and malt vinegar separately to be sprinkled over fish and chips.

Tilapia Filets

A great fish for lunch or dinner, Tilapia can be served plain with a mild tomato salsa, or battered and deep fried for a fun fish fry!

Qty. 3 lbs.

Your Price: \$44.50

Main Course

Irish Beef Stew

Recipe from Simply Recipes at <http://www.elise.com/recipes/>

- 1/4 cup olive oil
- 1 1/4 pounds beef, cut into 1-inch pieces (We recommend our Flat-Iron Steaks)
- 6 large garlic cloves, minced
- 6 cups beef stock or canned beef broth
- 1 cup of Guinness beer
- 1 cup of fine red wine
- 2 tablespoons tomato paste
- 1 tablespoon sugar
- 1 tablespoon dried thyme
- 1 tablespoon Worcestershire sauce
- 2 bay leaves
- 2 tablespoons (1/4 stick) butter
- 3 pounds russet potatoes, peeled, cut into 1/2-inch pieces (about 7 cups)
- 1 large onion, chopped
- 2 cups 1/2-inch pieces peeled carrots
- Salt and Pepper
- 2 tablespoons chopped fresh parsley

Heat olive oil in heavy large pot over medium-high heat. Add beef and sauté until brown on all sides, about 5 minutes. Add garlic and sauté 1 minute. Add beef stock, Guinness, red wine, tomato paste, sugar, thyme, Worcestershire sauce and bay leaves. Stir to combine. Bring mixture to boil. Reduce heat to medium-low, then cover and simmer 1 hour, stirring occasionally.

While the meat and stock is simmering, melt butter in another large pot over medium heat. Add potatoes, onion and carrots. Sauté vegetables until golden, about 20 minutes. Set aside until the beef stew in step one has simmered for one hour.

Add vegetables to beef stew. Simmer uncovered until vegetables and beef are very tender, about 40 minutes. Discard bay leaves. Tilt pan and spoon off fat. Transfer stew to serving bowl. Sprinkle with parsley and serve. (Can be prepared up to 2 days ahead. Salt and pepper to taste. Cool slightly. Refrigerate uncovered until cold, then cover and refrigerate. Bring to simmer before serving.)

Serves 4 to 6.

Flat-Iron Steaks

Our Flat Iron Steaks, a flavorful, well-marbled steak is perfect for dinner. Known in the Beef Industry as a “Smart Cut” steak, it is cut from the Top Blade – the second most tender beef muscle. These steaks are great whole, or sliced for upscale fajitas and stir-fry dishes!

Qty. 8 - 6oz.

Your Price: \$89.50





Main Course

STEAK AND GUINNESS PIE

Recipe from the Internet

Makes 1 pie - 4 servings

- 12 inch Pie pastry
- 1 or 2 pounds of steak (We suggest our Flat Iron Steaks)
- 1 tablespoon of Flour
- 1 tablespoon of Brown sugar
- 1 tablespoon of Raisins
- 5 medium size onions
- 1 bottle of Guinness stout (not the 'draught' variety)
- 8 slices of bacon
- 3 tablespoon of shortening/butter
- Some chopped parsley

(Thaw steaks in refrigerator overnight.) Dice the steak, cover with flour and brown, with the bacon, on a medium heat using the butter. Peel and chop the onions and brown over a good heat. Add to the meat in a casserole dish. Add raisins and brown sugar and Guinness. Cover the dish, simmer and cook over a low heat for 2.5 hours. Add water or the gravy mixture starts to thicken excessively. Coat a pie dish with half of the pastry and bake. Add the Meat and Gravy mix when cooked and place the remaining pastry on top and bake for 10 minutes or until golden brown. Serve with potatoes and vegetables.

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Qty. 8 - 6oz.

Your Price: \$89.50

Appetizer

IRISH SALMON CAKES

Recipe from the Internet

1 lb Yukon gold potatoes, peeled and cut into 2-inch pieces

1 lb Salmon Fillets

Salt and freshly ground black pepper

Water or white wine

1/4 cup milk

1 teaspoon dried tarragon

1 teaspoon fresh parsley, chopped

1 egg, beaten

Flour, for dredging

1/2 cup plain breadcrumbs, for dredging

Egg wash (1 egg mixed with 1 tablespoon water)

Vegetable oil, for frying

TO SERVE:

Lemon slices

Chopped fresh parsley

Sour Cream or Tartar Sauce

Put the potatoes in a large saucepan, cover with salted, cold water and bring up to a boil. Cook until tender, 12-15 minutes.

Meanwhile, put the salmon in a large, shallow skillet, season lightly with salt and pepper, and cover halfway with water or white wine. Bring to a boil and reduce to a simmer to poach. Cover with a lid. Turn one time when halfway through cooking, and cook until opaque in the center. Remove from the pan and set aside until cool enough to handle. Remove skin (if it is on) and any bones. Flake the fish into medium-size chunks; set aside.

When the potatoes are cooked, drain and return to the pan. Mash with milk while still hot to a fluffy, even consistency. Add tarragon and parsley.

Fold in the salmon. Season to taste.

Once cooled, add the egg and mix again. Chill for at least 10 minutes before forming the patties.

Shape the mixture into 8 to 10 evenly sized cakes. Lightly dredge in flour, pass through the egg wash and then dredge in the breadcrumbs.

Heat the oil over medium high heat in a large, nonstick skillet. Add the patties, being careful not to crowd them, and cook in batches. Turn when cooked to a golden brown. Count on about 3 to 4 minutes per side. Drain on paper towels and serve immediately.

Garnish with lemon slices, parsley, and a dollop of sour cream or tartar sauce.



Salmon Filets

Our Salmon Filets are a delicious, and healthy option! Try them baked, encrusted or even grilled on a cedar plank! However you choose, we're sure you'll enjoy this delicious fish!

Qty. 3 lbs.

Your Price: \$44.50



End of the Rainbow...



Stockyard Prime N.Y. Strips

Only 2-3 % of all cattle will be labeled "Prime" by the USDA, which means that these steaks are the most tender, juicy steak you can eat!

Qty. 14 - 12oz. Steaks

Your Price: \$200



Alaskan King Crab Legs

These delicious Alaskan King Crab Legs are easy to prepare and provide huge amounts of sweet, succulent crab meat. Great for Holiday Parties!

Qty. 9 lbs.

Retail Value: \$300

Your Price: \$175

Maryland-Style Crab Cakes

These delicious Crab Cakes are served up Maryland Style, with lots of melt-in-your-mouth crab. Must be purchased in quantities of 10 or more.

Qty. 12 - 3oz. Crab Cakes

Your Price: \$40



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