



The Great Irish Recipe Book

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Carrot Cake



Ingredients:

185g plain flour
Pinch cinnamon
Pinch gr ginger
4g baking powder
1.5g baking soda
200g sugar
145ml sunflower oil
75g egg
240g grated carrot
½ tsp grated orange zest
15g finely chopped walnuts (optional)



Topping

120g cream cheese
40 g soft butter
300g icing sugar

Method:

- Sieve all the dry ingredients except for the sugar
- Whisk the sugar and oil till emulsified then add eggs and continue mixing
- Add the sieved flour etc and fold into wet mixture
- Finish by adding the carrots and walnuts
- Pour the mixture into a prepared tin and cook in a preheated oven at 175 degrees for 40 – 50 minutes
- Allow to cool a little before removing from tin and place on a rack
- For the topping mix the the butter, cream cheese and icing sugar together till smooth and light

Thomas' Tip:

To check if your cake is properly cooked insert a metal skewer and remove it should come out clean. If not then it probably needs a few more minutes

Choc Chip Cookies



Ingredients:

380g butter
380g caster sugar
40g condensed milk
540g flour
20g baking powder
½ a beaten egg
220g choc chips or grated choc
50g chopped walnuts/hazelnuts (this is optional or as a variation to the chocolate)

Thomas' Tip:

When cooking the dough its important the oven is hot enough and the cookies have plenty of space on the tray as they spread as they cook

Method:

The method here is called the creaming method

- Place the sugar and butter in a mixer and whisk til very creamy
- Add the sieved flour and baking powder and then mix for a further minute
- Finish by adding the egg and condensed milk

- Next add the chocolate chips and mix for a couple of seconds until well coated (You can also add the nuts now if you are using them)
- Remove mix from mixer - it should have the consistency of playdough but not wet

- Place on either grease proof paper or cling film
- Roll into a sausage shape
- Refridgerate for 2-3 hours
- Pre heat the oven to 180 degrees c

- Remove dough from the fridge and remove the clingfilm or paper and slice into half inch discs
- Place the discs on the baking tray
- Cook in the oven for approx 8-10 mins or until golden brown

Remove and place on the tray, allow to cool and most importantly Enjoy!!

Chocolate & Walnut Brownies



Ingredients :

150g brown sugar
150g dark chocolate 70%
125g melted butter
4-5 eggs
100g flour
50g chopped walnuts



Method:

- Place a bowl over a pot of hot water and slowly melt your chocolate and butter together
- In a mixing machine whisk the eggs and sugar till it is at the ribbon stage (The ribbon stage is when the mix leaves a trail after whisking)
- Add the melted butter and chocolate mixture to the eggs and sugar
- Fold in and add the flour and walnuts

- Pour into a lined mould and cook in a preheated oven at 180 degrees for approx 20 mins

To finish why not place a scoop of vanilla ice-cream on your warm chocolate brownie and drizzle over some fudge sauce - Calorific but Oooh so good!!

Thomas' Tip:

The secret to a good choc brownie is not to overcook it, they should be very moist and slightly stick. If you do over cook them just soak them with a little syrup (100mls water 50g sugar and boil) this will moisten them

Flapjacks



Ingredients:

170g melted butter
110g brown sugar
55g golden syrup
225g oats (porridge)
25g currants (this is optional)



Method:

- Bring the melted butter, brown sugar and golden syrup
- Add the oats after they have been boiled
- You can also add the fruit now if required
- Mix the ingredients well

- Place in a lined tray about an inch or so deep
- Cook in the oven at 170 degrees for 20 mins or so

- Remove and allow to cool slightly.
- Before the flapjacks are completely cool cut them into fingers or bars

- Store in an airtight box

Thomas' Tip:

I love flap jacks - easy peasy to make! For a slight variation you can add some nuts and dried fruit and even coat one half in chocolate.

Fruitcake



Ingredients:

170g brown sugar
170g butter
3 eggs
340g dry fruit macerated
50g cherriesglace
25g mixed peel
40g gr almonds
40g flaked almonds
Pinch each of cinnamon,mix spice,nutmeg
185g flour



Method:

- Cream the butter and sugar in a mixer till light and fluffy
- Add the eggs and continue whisking
- Sift the flour and spices and add to the butter and sugar mixture
- Fold the ingredients together
- Toss the fruit in a little extra flour and fold gently into the mix

- Place the mixture into a baking tin or on a deep tray and cook in preheated oven at 150 degrees for approximately 40minutes

- Allow to cool on a wire rack before serving

Thomas' Tip:

To ensure your fruit doesn't sink, make sure when you are beating the sugar and eggs that they are light and fluffy and continue beating until all the eggs have added again ensuring they are fluffy. Also ensure that the oven is hot enough and that you please the cake into the oven as quickly as possible.

Fruit Scones



Ingredients:

480g self plain flour
75g soft butter
75g caster sugar
35g baking powder
240 mls milk or buttermilk
75g raisins
2/3 drops natural vanilla essence

Thomas' Tip:

Be careful not to overwork the dough when kneading as it will make the scones too tough

Method:

- Sieve the dry ingredients into a bowl
- Add the butter and rub in until you have a breadcrumb texture
- Add the dry fruit (sultanas ,currants etc)
- Then add the milk slowly as you may need a little more or less than stated
- When mixing be careful not to over mix the dough, it should be quite soft but not so you cannot work with it

- When mixed flour the counter a little, place the scone dough on it and again dust with a little flour
- Lightly knead the dough just a couple of times
- Lightly brush tray with butter and again very lightly dust tray with flour (this will stop scones sticking)
- Flatten the scone dough out to about about 1- 1.5 inches place on tray ,do not put them to close or theyll cook unevenly ,brush with a little milk

- Place in a pre heated oven at180 degrees for 12- 15mins or until golden brown
- Remove and allow to cool a little on a wire rack

- Serve with some homemade jam and irish butter

Homemade Brown Bread



Ingredients:

300g wholemeal flour
160g plain flour
50g bran
50g wheatgerm
Tbsp sugar
Good pinch salt
1 level tsp bread soda
50g soft butter
500mls approx buttermilk

Method:

- Sieve plain flour,sugar salt and bread soda into a bowl
- Add the remaining dry ingredients (wholemeal flour, bran and wheat germ)
- Rub in the butter
- Then add the buttermilk mix gently
- Make sure it is well mixed before placing in a baking tin - it should be a little soft/wet

- Place in a bread tin and cook at 160 degrees for
- 50-60 mins approx
- Remove from the oven and the baking tin and allow to cool on wire rack

- Serve warm with butter

Thomas' Tip:

When baking the most important things to remember are The two T's – Time and Temperature, perfect these and you will be a star baker in no time!

Lemon Cake



Ingredients:

340g butter
340g flour
340g caster sugar
6 eggs
Zest of 1 lemon

Topping

30g cream cheese
90g icing sugar
few drops of lemon juice

Thomas' Tip:

To ensure your sponge has the lovely Zesty taste of Lemon rather than the acidity use the grated rind for the sponge mix and a little juice in the topping – the different flavours will compliment each other!



Method:

Again this is the creaming method

- Sieve the flour and sugar
- Place in a mixer with the soft butter and mix until white and creamy
- Add the lemon zest and eggs and continue mixing for a minute further til well mixed
- Place the mixture in either a lined tray or in a loaf tin

- Bake in pre heated oven at 160-165 degrees for approx 20 mins (If you are using a loaf tin the baking time will probably be a little longer)
- Check the cake is ready by inserting a metal skewer or small knife in the centre - it should come out clean when removed
- Remove from oven and the tin and place on a wire rack to cool

- Make the topping by whisking the cream cheese, icing sugar and lemon juice together – the mixture should be not to stiff but hold a very light peak

- Spread the topping on liberally and enjoy

Lemon & Orange Cupcakes



Ingredients:

150g caster sugar
150g soft butter
175g self raising flour
3 eggs
Zest of ½ an orange
¼ tsp lemon juice

Topping

130g cream cheese
200g icing sugar
Lemon zest and juice to taste



Method:

- Whisk the sugar and butter until light and fluffy
- Add the eggs and continue whisking
- Add the orange zest and lemon juice
- Add the sieved flour and mix again

- Spoon mix into prepared paper cases
- Place the cupcakes into a preheated oven at 180 degrees for 20 mins
- Remove and allow to cool

For the topping

- Add all ingredients and mix un til smooth
- Pipe the icing on top of the cup cake
(To create a chocolate topping mix 100g butter, 200g icing sugar and some cocoa powder)

Thomas' Tip:

These are so versatile and a simply magical way for the Kids to get involved – I know mine often spend hours on wet miserable day decorating them! To get creative remember that you can add almost any flavour to the frosting and if you find its too wet add more icing sugar or just place in the fridge to chill a little. And don' forget hundreds and thousands, jelly tots, smarties & grated chocolate are all great for decorating.

Quick Soda Bread



Ingredients:

454g self raising flour
1 tsp bread soda
1 tsp salt
1tsp sugar
300-350 mls buttermilk
1-2 tbap sunflower oil – this is optional but will keep it a little more moist for longer

Thomas' Tip:

Similar to making scones do not over mix the bread, you want it to be light in texture so work the dough as little as possible. Also add the dry ingredients and fats first - this allows dry ingredients and fats to be well mixed before adding the liquids. Add the buttermilk last and quickly



Method:

- Sieve the dry ingredients into a bowl
- Add the buttermilk and mix through until even
You may need a little more or less buttermilk than the amount stated - The consistency should be soft but not too wet
- Lightly sprinkle a little flour on the counter and knead the dough until you form nice round shape
- Flatten the dough slightly, brush with a little milk and dust with flour
- Cut a cross in the top - This allows the bread to cook a little more evenly
- Cook at 160 degrees in pre heated oven for 25-30 mins
- To check if your soda bread is ready simply tap the base of the bread - it should have a hollow sound if fully cooked
- Cool the bread on a wire rack and Enjoy!!



Rice Krispie & Marshmallow Bars



Ingredients:

200 g marshmallows
50g butter
350- 400g rice krispies
50g white chocolate

Method:

- Melt the marshmallows and butter gently in a bowl over a pot of hot water (This is often called a double boiler)
- Add the rice krispies and mix gently until they are well coated
- Place the mixture in a grease proof paper lined tray and allow to cool
- Melt the chocolate and place into a small piping cone
- Pipe onto the top of the marshmallow bake
- Cut the large marshmallow square into smaller bars
- Why not decorate your treats with small jellies or chocolate smarties

Thomas' Tip:

When mixing be careful not to crush the rice krispies. As a serving suggestion why not melt some extra chocolate and drizzle it in a zig zag design over your bar to add some extra 'yumminess' to your treat.

Shortbread Biscuits



Ingredients:

500g flour
300g butter
100g ground almonds
225 g caster sugar
2 eggs
Few drops natural Vanilla essence



Method:

- Cream the butter and sugar together
- Add the eggs and vanilla essence
- Add the sifted flour and ground almonds

If using a mixer, stop mid way through and scrape down the sides of the bowl to ensure it is thoroughly mixed

- Place the mixture on cling film and form into a roll about 1.5 inches in diameter
- Refridgerate for several hours

- Cut into slices about a ½ inch in thickness ,
- Cook in a preheated oven at 160 degrees for 15 to 20 mins or until light golden brown

- Remove from the oven and sprinkle with a little caster sugar

- Allow to cool on wire rack

Thomas' Tip:

When you are cutting the shortbread into slices make sure they are very well chilled - this will make it much easier to work with the dough

Strawberry Meringue



Method:

- Whisk the egg whites and caster sugar until it forms stiff peaks
- Sift the icing sugar and fold into the egg white mixture (You can also add a few drops of pink food colouring if you wish to create a brighter summer treat)
- Pipe the mixture onto a baking sheet lined with grease proof paper and dust with some extra icing sugar
- Bake your meringue at 100 degrees until cooked
- Store in a dry area until ready to serve
- Before serving whisk the cream with the vanilla and icing sugar
- Pipe onto the meringue base and finish with strawberries

Ingredients:

200g caster sugar
200g fresh egg white (no yellow in)
200g icing sugar

The Filling

100ml cream
20g icing sugar
Natural vanilla essence
150g ripe strawberries

Thomas' Tip:

Be careful not to over mix the egg whites as this will cause them to separate and flop on you. Also be sure to keep an eye that the temperature is not too high as this will cause the meringue to brown (Don't worry though – it will still taste yummy!)



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