

Luck of the Irish

Written by Debbi Covington

Tuesday, 12 March 2013 15:57 - Last Updated Wednesday, 13 March 2013 10:37

Everyone's a little bit Irish on St. Patrick's Day! There's no better time to sample a few favorite Irish recipes and raise your glass to all things green. Erin go braugh! Ireland forever!

Spinach Salad



The piquant flavor of the vinaigrette makes this beautiful salad a show-stopper!

For the vinaigrette:

¼ cup red wine vinegar

1 tablespoon Dijon mustard

½ cup ketchup

2 tablespoons sugar

1 tablespoon Worcestershire sauce

1/3 cup vegetable oil

Salt

Freshly ground black pepper

For the salad:

1 (6-ounce) package baby spinach leaves

8 ounces fresh mushrooms, sliced

1 pint grape tomatoes, halved

6 boiled eggs, diced

12 slices bacon, cooked and crumbled

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1 (14-ounce) can salad cut hearts of palm, drained

2 (2.25-ounce) cans sliced black olives, drained

In a small bowl, whisk together vinegar, mustard, ketchup, sugar and Worcestershire sauce. Gradually whisk in vegetable oil. Season with salt and pepper, to taste. Spread spinach on a large serving platter. Arrange remaining ingredients decoratively over the spinach. Serve with vinaigrette on the side. Serves 6 to 8.

Corned Beef



For fork-tender results, never boil corned beef. This is a crock pot version of the classic method still preferred by most chefs. Bottled Catalina salad dressing is our sauce of choice.

1 (4-pound) corned beef brisket

1 cup bottled Catalina salad dressing

Combine mayonnaise with lemon zest, lemon juice, vinegar, Worcestershire sauce, paprika, sugar, salt and pepper in a small bowl until blended. Place coleslaw mix in a large bowl; pour dressing over and toss to coat. Cover and chill until ready to serve. Drain and rinse packaged corned beef. Place corned beef in a crock pot, fat side up. Add seasoning packet and cover meat with water. Cover and cook on high heat for 7 hours or until meat is tender. Remove corned beef from crock pot and place in a baking dish. Using a fork, gently remove fat and discard. Turn corned beef over. Cover with salad dressing. Bake for 20 to 30 minutes in a preheated 350 degree oven until meat is browned and dressing has caramelized. Slice corned beef against the grain, diagonally and thin. Serve with slaw on the side. Serves 10 to 12.

Mama's Potato Salad

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