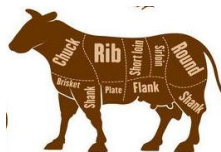
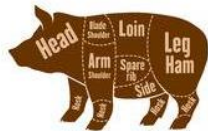
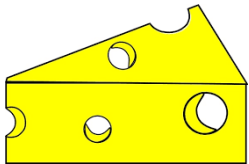
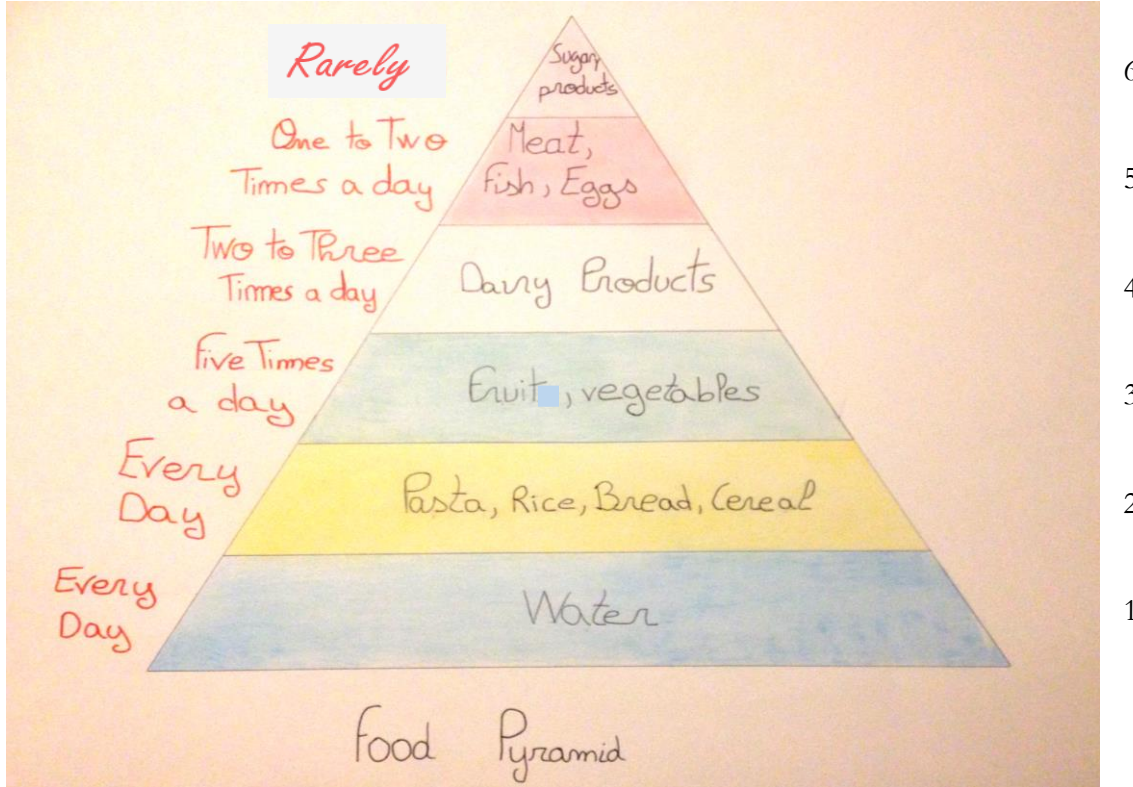




IRISH FOOD and recipes

1-Classify these Irish products in your food pyramid.

Write the number corresponding to the category. Then, write the names in English.



cabbage – potatoes – turnips – onions – parsley – mussels - salmon
lamb/mutton (sheep) - pork (pig) - beef (cow) – cheese – butter - cream

2-Match the picture of the traditional Irish dish with the corresponding definition.



<p>1- Irish stew <i>(Irish: “stobhach”)</i></p> <p>It is a traditional Irish dish which consists of meat and root vegetables. Common ingredients include lamb, or mutton, as well as potatoes, onions, parsley, and, sometimes carrots.</p>	<p>2- Bacon and cabbage <i>(Irish: “bágún agus cabáiste”)</i></p> <p>The dish consists of sliced back bacon boiled with cabbage and potatoes. It is often served with white sauce, which consists of flour, butter and milk, sometimes with a flavouring of some sort (often parsley).</p>	<p>3- Spiced beef <i>(Irish: mairteoil spíosraithe)</i></p> <p>It is traditionally served at Christmas or the New Year. It is a form of salt beef, cured with spices and saltpetre, and is usually boiled, broiled or semi-steamed in water, and then optionally roasted for a period after.</p>
<p>4- Boxty <i>(Irish: bacstaí)</i></p> <p>It is a traditional Irish potato pancake. The most popular version of the dish consists of finely grated, raw potato and mashed potato with flour, baking soda, buttermilk and sometimes eggs.</p>	<p>5- Seafood chowder <i>(Irish “Seabhdar”)</i></p> <p>It is a particular method of preparing a seafood soup, often served with milk or cream. It consists of onions, potatoes, haddock, salmon, mussels, cream, and parsley.</p>	<p>6- Colcannon <i>(Irish: “cál ceannann”)</i></p> <p>It is a traditional Irish dish of mashed potatoes with kale or cabbage. It can contain other ingredients such as scallions (spring onions), leeks, onions.</p>



SODA BREAD

(with dried fruit, cereals and honey –
undejeunerdesoleil.com)

Ingredients	Method
<p>For the dough:</p> <ul style="list-style-type: none"> - 400 g (400 ml or 40 cl) of buttermilk - 140 g flour T55 - 120 g of flour T80 - 80 g of oatmeal - 2 tablespoons of spices or cinnamon - 10 g of sodium bicarbonate (3 tbsp) - 1 pinch salt <p>For the fruit</p> <ul style="list-style-type: none"> - 80 g hazelnuts cut in half - 40 g of dried apricots cut into pieces - 40 g of dates cut in pieces - 40 g of prunes cut in pieces - 30 g candied orange (mellow) - 100 g of liquid honey 	<ol style="list-style-type: none"> 1. Preheat <u>oven</u> to 170 ° C. 2. Mix flours with oatmeal, spices, salt and baking soda in <u>a bowl</u>. 3. Mix buttermilk with honey and incorporate it into the flour mixture. 4. Add dried fruits and mix with the <u>dough</u>. 5. Pour into a buttered and floured metal <u>cake tin</u> or covered with <u>baking paper</u>. 6. Bake for about 50 minutes in the oven. 7. The bread is ready when the point of <u>a knife</u> come out dry. 8. Leave it to cool, then remove from tin.



SHORTBREAD

(yourirish.com)

Ingredients	Method
<ul style="list-style-type: none"> - 225 g unsalted Irish butter, softened - 110 g caster sugar) - 225 g plain flour - 110 g corn flour - 1 pinch salt 	<ol style="list-style-type: none"> 1- Whip butter and sugar until soft and fluffy. 2- Sift flour, corn flour and salt. 3- Mix into <u>the dough</u>. 4- Roll dough out between two <u>pieces</u> of parchment paper until <u>1cm thick</u>. 5- Cut into chosen <u>shapes</u>. 6- Leave on tray to chill for 30 minutes. 7- Preheat oven to 170⁰C. 8- Bake for 20 minutes until edges turn <u>golden</u>. 9- Dust with caster sugar. 10- Leave to cool.





BARMBRACK

Irish: “Báirín Breac” (guide-irlande.com)

Ingredients	Method
<ul style="list-style-type: none"> - 500 g flour - 350 ml of milk - 110 g caster sugar - 30 g of baker's yeast - 80 g candied fruit - 1/4 teaspoon of nutmeg - 1 egg - 90 g of smyrn grapes - 90 g black raisins - 70 g of butter - 1/2 teaspoon of cinnamon - 3 pinches of salt 	<ol style="list-style-type: none"> 1. Mix flour, salt, nutmeg and cinnamon in <u> bowl</u>. 2. Add softened butter and egg. 3. Mix yeast with milk in a bowl, and add sugar 4. Pour mixture into flour and add rest of the sugar. 5. Mix for a few minutes. 6. Add raisins and candied fruit. 7. Let stand under a damp <u> cloth</u> for 2 <u> hours</u>. 8. Put <u> the dough</u> in a buttered <u> cake tin</u>. (Add a penny and a ring in the dough.) 9. Bake for 1 hour at 200 ° C. 10. Serve warm, with butter, and a good tea!



SCONES

(Mr Chopard's recipe)

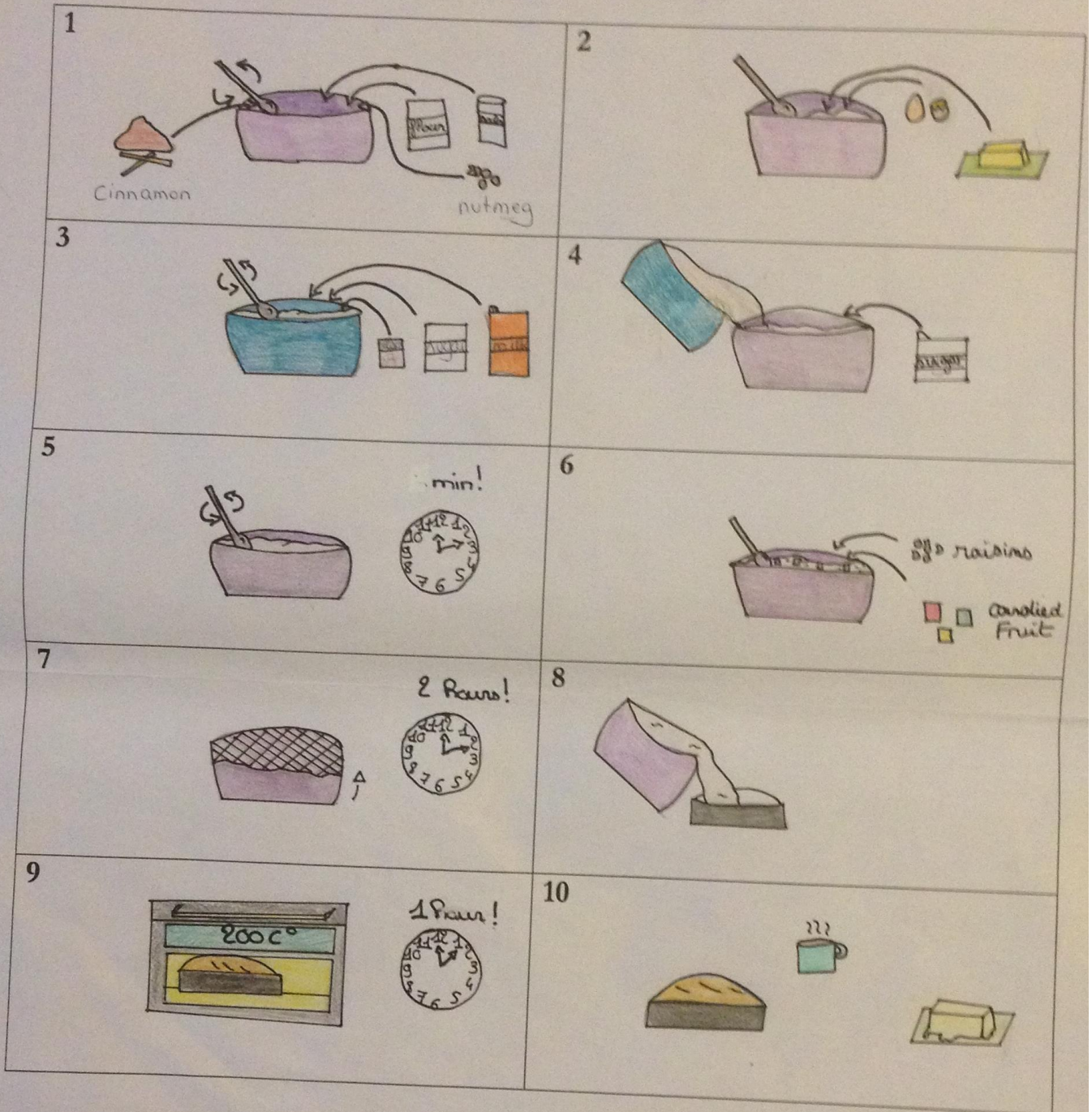


Ingredients	Method
<ul style="list-style-type: none"> - 200 g flour - salt - baking powder - 25 g butter - 125 ml milk 	<ol style="list-style-type: none"> 1. Mix flour, salt and baking powder in a <u> bowl</u>. 2. Cut butter into <u> pieces</u>. 3. Rub butter with your <u> fingers</u> into mixture until it looks like <u> breadcrumbs</u>. 4. Add raisins. 5. Make a <u> hole</u> in the mixture and gradually add milk. Mix to form a soft <u> dough</u>. 6. Put on to a floured surface and knead lightly. Form it into a flat round about 2cm thick. 7. Grease a <u> baking sheet</u>. 8. Cut dough into small <u> round shapes</u> and put them on the <u> baking tray</u>. 9. Brush scones with milk. 10. Bake in <u> oven</u> at 220°C for 8-10 minutes.



3-Prepare your Irish cookbook and illustrate the recipes.

BARMBRACK



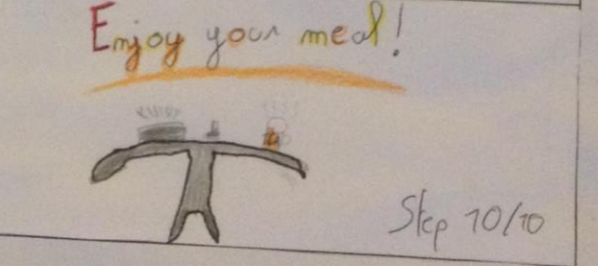
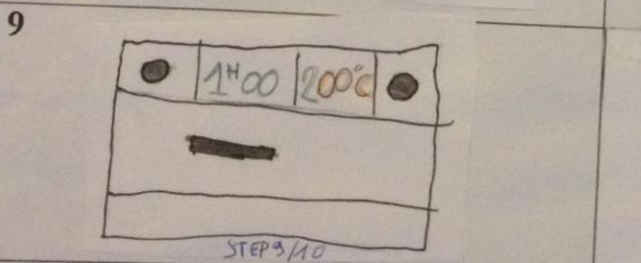
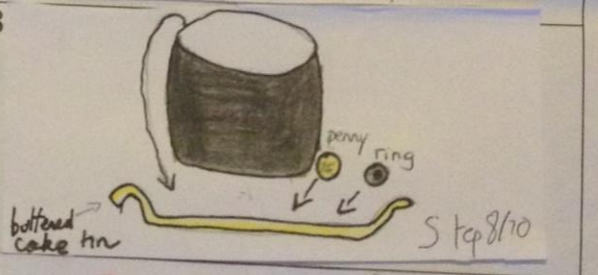
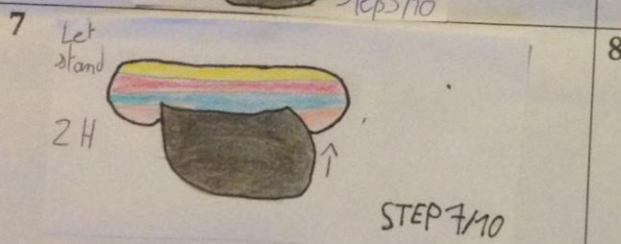
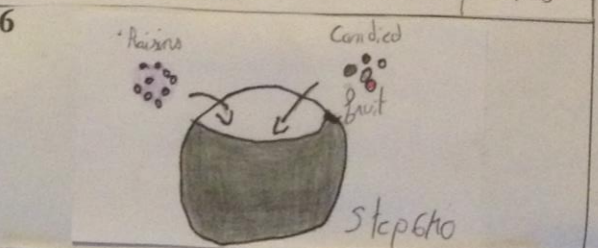
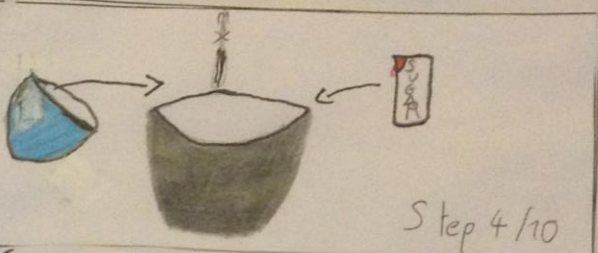
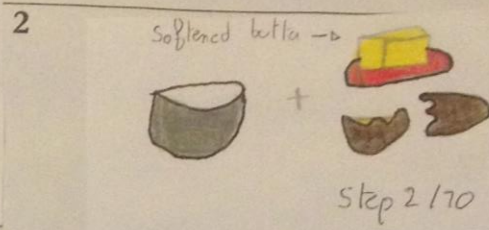
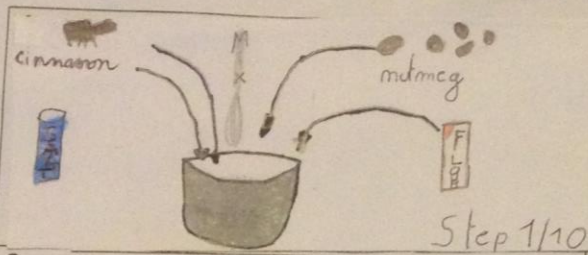
Vocabulary

A bowl = un bol
 an hour = une heure
 a cloth = chiffon
 a dough = une pâte
 a cake tin = un gâteau
 under = sous
 softened = ramolli
 damp = humide

verbs

add = ajouter
 pour = verser
 let stand = laissez reposer
 put = mettre
 bake = faire cuire
 serve = servir
 mix = mélanger

BARMBRACK



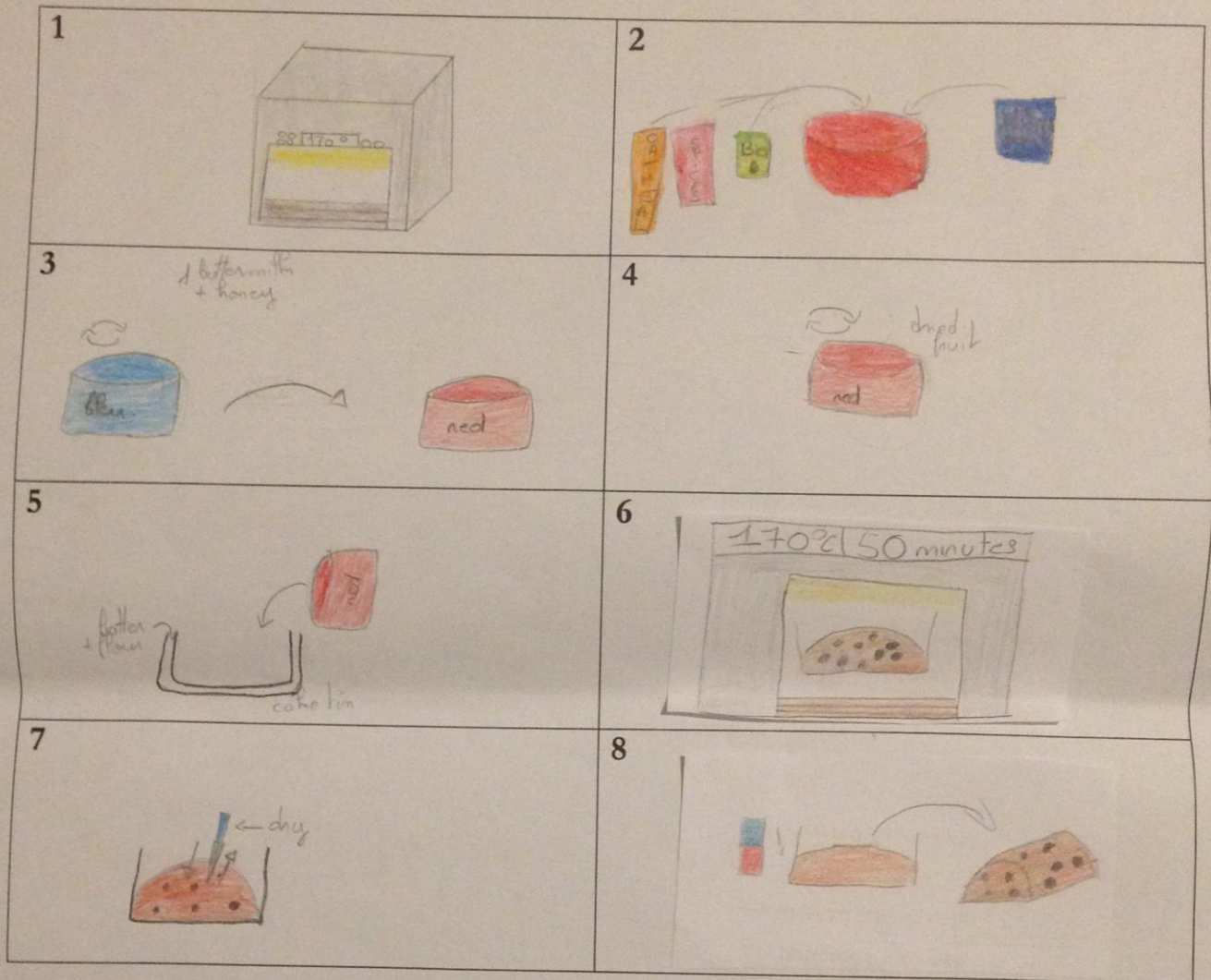
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add : ajouter
 pour : verser
 let stand : laisser passer
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 serve : servir
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SODA BREAD



Vocabulary

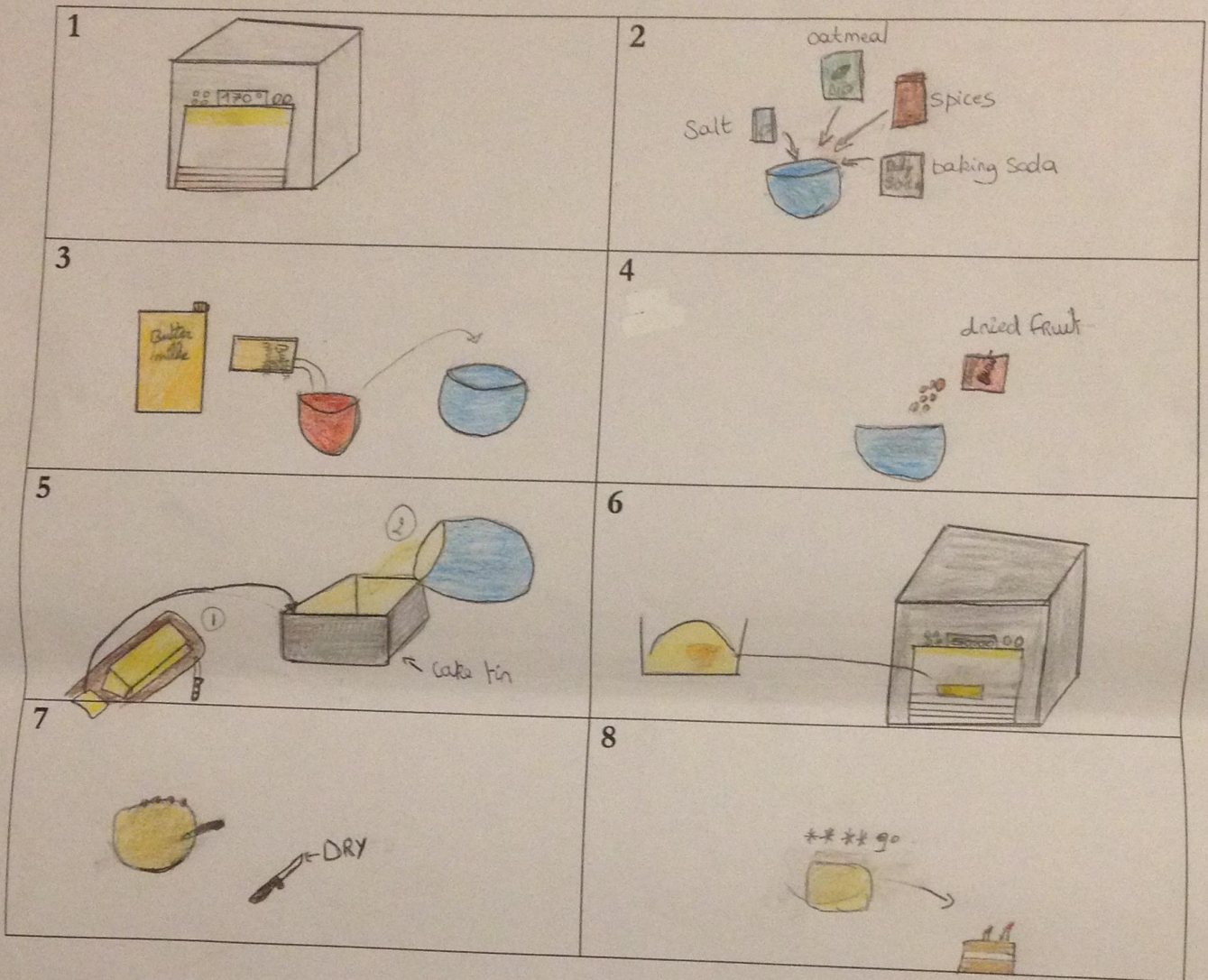
an oven = un four
 a bowl = un bol / saladier
 a dough = une pâte
 a cake tin = un moule à gâteau
 a knife = un couteau
 a baking paper = papier sulfurisé

buttered = beurré
 floured = fariné
 ready = prêt
 covered = couvert
 dry = sec

verbs

mix = mélanger
 incorporate = intégrer
 add = ajouter
 pour = verser
 bake = cuire
 leave = laisser
 cool = refroidir
 remove = retirer
 preheat = préchauffer
 come out = ressortir

SODA BREAD



Vocabulary

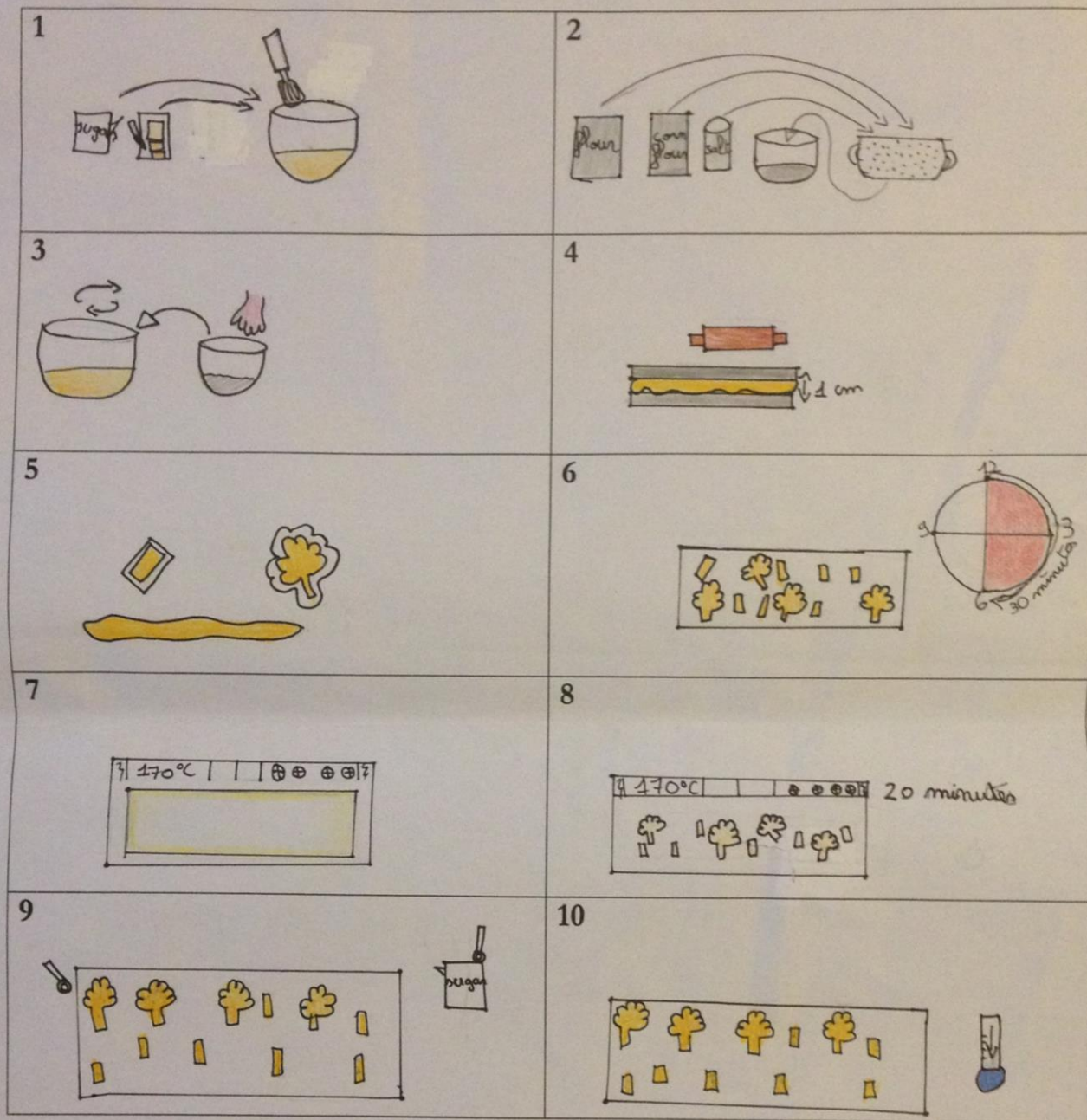
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mix = mélanger
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SHORTBREAD



Vocabulary


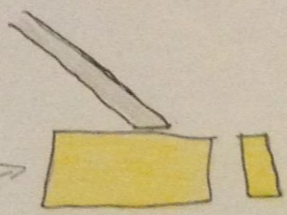
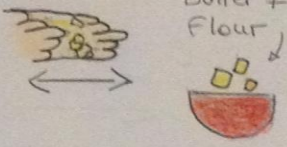

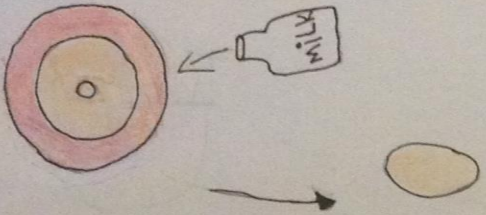
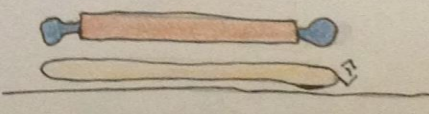
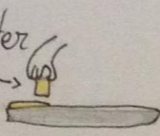
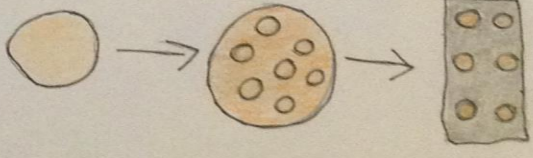

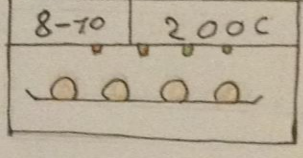
an edge = un bord
 a dough = une pâte
 a piece = un morceau
 a shape = une forme
 a tray = un plateau
 an oven = un four
 thick = épais
 golden = doré/doré
 soft = doux
 fluffy = duveteux

Verbs

sift = tamiser
 mix = mélanger
 roll = rouler
 cut = couper
 leave = laisser
 preheat = préchauffer
 bake = cuire
 whip = fouetter
 dust = saupoudrer

cool = refroidir
 chill = refroidir
 (réfrigérateur)

SCONES

<p>1</p> <p>Flour Salt baking powder</p> 	<p>2</p> <p>butter</p> 
<p>3</p> <p>butter + Flour</p> 	<p>4</p> <p>raisins</p> 
<p>5</p> <p>Milk</p> 	<p>6</p> <p>thick 2 cm</p> 
<p>7</p> <p>butter</p> 	<p>8</p> 
<p>9</p> <p>Brush milk</p> 	<p>10</p> <p>8-10 200C</p> 

Vocabulary

a bowl = un bol

a piece = un morceau

a finger = un doigt

a breadcrumb = miette de pain / chapelure

a hole = un trou

a dough = une pâte

a tray = un plateau

a shape = une forme

floured = fariner

covered = couvert

thick = épais

verbs: verbe

grease = graisser

brush = brosser

bake = cuire

form = former

cut = couper

add = ajouter

make = faire

mix = mélanger

rub = frotter

put = mettre

knead = pétrir

BARMBRACK

INGREDIENTS

- 500 g flour.
- 350 ml of milk.
- 110 g caster sugar.
- 30 g of baker's yeast.
- 80 g cardied fruit.
- $\frac{1}{4}$ teaspoon of nutmeg.
- 1 egg.
- 90 g of sultan grapes.
- 90 g black raisins.
- 70 g of butter.
- $\frac{1}{2}$ teaspoon of cinnamon.
- 3 pinches of salt.

METHOD

1. Mix flour, salt, nutmeg and cinnamon in bowl.
2. Add softened butter and egg.
3. Mix yeast with milk in a bowl, and add sugar.
4. Pour mixture into flour and add rest of the sugar.
5. Mix for a few minutes.
6. Add raisins and cardied fruit.
7. Let stand under a damp cloth for 2 hours.
8. Put the dough in a buttered cake tin.
9. Bake for 1 hour at 200°C .
10. Serve warm, with butter, and a good tea!

