

**MAKE A HPNO**chaun: 2 oz Hpnotiq, 1 oz. Green Crème de Menthe, 1 oz. whipping cream. Combine in a martini shaker with ice. Shake vigorously and pour into a martini glass. Garnish with St. Patty's Day decoration. Metro Toronto



**BEAT MARCH BREAK** boredom with an indoor picnic. Lay down a blanket in the living room, and enjoy crispy oven-baked chicken, creamy potato salad and homemade rhubarb crisp. SOURCE: Foodland Ontario



**Guinness Steak & Mushroom Boxy**

Time 55 min (approx.) • Serves 4

**BOXY INGREDIENTS:**

Mashed potatoes, day old (1 cup)  
1 medium egg,  
All purpose flour (1 cup)  
Salt and pepper (pinch)

**METHOD:**

1. In a large bowl mix the potatoes, egg and seasoning until well blended.
2. Add the flour and mix until it sticks together.
3. Portion into four portions (approximately 1 cup each), shape into a ball and place on a floured surface
4. Using a rolling pin, roll to a 12" round. Repeat keeping the boxes floured to prevent sticking.
5. Place boxes into a heavy skillet over med heat, fry the boxes until golden brown on both sides.
6. Keep warm by placing boxes on warm plate and ladle 1 cup of Guinness Steak & Mushroom filling (recipe below) onto the boxty and fold over.

**FILLING INGREDIENTS:**

Diced Beef (2 cups)  
Button Mushrooms (1 cup)  
Vegetable Oil (1/8 cup)  
Onions, diced (1/3 cup)  
Tomato Paste (1/8 cup)  
Guinness (1 cup)  
Brown Sugar (1tsp)  
Dijon Mustard (1tsp)  
Red Wine Vinegar (1tbsp)  
Beef Cube (2 cubes)  
2 whole cloves  
Water "A" (2 cups)  
Corn Starch (3 tsp)  
Water "B" (6 tbsp)  
Salt and Pepper (To taste)

**METHOD:**

1. Heat oil in large pot until very hot. Add beef and brown on all sides.
2. Add onions and tomato paste, cook 2 min.
3. Add Guinness and reduce by half, then add brown sugar, Dijon mustard, red wine vinegar, beef cubes, cloves and water "A"
5. Bring to a boil, add mushrooms and simmer until beef is tender (1 hour approx)
6. In bowl, mix corn starch with water "B", add to the simmering beef while stirring. Simmer 5 min. Salt and pepper to taste.

# Irish grub gets cool

By ERIC EMIN WOOD for Metro Toronto

With St. Patrick's Day falling on a Saturday, pubs and restaurants across the country are probably thanking their three-leaf clovers since this means they can expect full crowds late in the morning, rather than late in the afternoon.

Food-wise, of course, the best way to celebrate St. Patrick's might be with a pint of Guinness; the Irish have never been particularly renowned for culinary genius.

"St. Patrick was an old bugger," says Niels Kjeldsen, executive chef for Flonn MacCool's. "He died in 461 AD. Back then, food service wasn't what it is today. Irish food is fairly basic, and I

don't mean to be nasty or anything ... it's good country cooking, that sort of evolved over the years to become something a little bit more sophisticated."

Back then, Kjeldsen says, everything was well done and cooked to death. Today, he says, "tastes and flavours keep evolving and changing as people get, I'm not gonna say smarter, but used to different things."

For those with more discerning palates, Kjeldsen has a couple of suggestions. One is Guinness steak and mushroom boxy, which consists of beef braised slowly in beer; and half-wrapped with an Irish potato pancake. Another is the Galway Bay seafood medley. "Galway, being on the west coast of Ireland ... there's an awful



Flonn MacCool's chef Niels Kjeldsen serves up Irish boxy and a Guinness for St. Patrick's Day celebrations in Toronto.

lot of seafood there," says Kjeldsen. "So they obviously cook a lot of it."

Another popular item, he laments it or not, is what Kjeldsen and the other chefs call Finnegan's Fibre, basically fish and chips, "a very popular item for St. Patrick's Day."

"Of course the corned beef and the cabbage and all that, yes it is Irish, but I would say the fish and chips would be the more appropriate thing," says Kjeldsen. If anything, he

says, it's the easiest to cook at home.

As for his connection to Ireland, Kjeldsen insists he's the original Irishman. "I'm a Viking by nature, by birth, you'd call it, and you may or may not know, but the Irish, pardon me, the Vikings, settled in Dublin around 800 AD, and everyone's a descendant of those terrible Norsemen over there."

"I'm Irish today, let's put it that way."

An Irish staple:



Porter Cake: This fruit cake includes Guinness. Its distinctive flavour makes it a great favourite — so much so it is even exported to Irish expats in North America. SOURCE: RABBIT DIGEST

## Great Big Sea front man loves brother-in-law's cooking

CELEB *kitchens*

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Lead Singer Alan Doyle of the St. John's-based band, Great Big Sea, their performance DVD and companion CD *Courage & Patience* & *Grit*: Great Big Sea in Concert is on store shelves, this award-winning band is known for their high-energy concerts.

**Q** What is your fondest memory from your family kitchen?

**A** House happened in the kitchen. For that matter everything but sleeping happened in our kitchen.

At times, due to weather or lack of money our heating oil tank would run dry. Not to be dismayed, my parents would

put a blanket up to the kitchen door, turn on our electric oven and open the oven door.

They'd call in the neighbours and have a kitchen card game which eventually led to a few songs.

**Q** What kitchen aromas bring back fond memories?

**A** Nothing brings me back home like the smell of my mom's bread fresh from the oven.

**Q** Who is your favourite cook?

**A** My brother-in-law Todd is my favourite chef.

He studied culinary arts in P.E.I and apprenticed in some of the larger hotels in Switzerland and worked in many famous restaurants.

He has such a worldly knowledge of food and applies these worldly principles.



Great Big Sea's Alan Doyle

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