

Boxty, a St. Pat's treat

DISH EARNS A SPOT ON PUB MENU

By The Canadian Press

Boxty is one of Ireland's best-known potato dishes and deserves its place at the St. Patrick's Day table. And for that reason, it's made it to the menu in establishments such as those run by **Prime Pubs** in eight Canadian cities.

Here from **Prime Pubs'** executive chef Niels Kjeldsen, based at Fionn MacCool's in Toronto, is the recipe for Boxty being offered this year. He recommends serving a salad with your favourite dressing as a side dish for this recipe.

Irish Boxty

375 ml (1 1/2 cups) day-old mashed potatoes

1 egg

Pinch each salt and pepper

250 ml (1 cup) all-purpose flour

Guinness Steak and Mushroom Filling (recipe follows)

In a large bowl, mix potatoes, egg and seasoning until well

blended. Add flour and mix until it sticks together.

Divide mixture into 4 portions (about 125 ml/1/2 cup per portion), shape each into a ball and place on a floured surface. Using a rolling pin, roll each to a 30-cm (12-inch) round. While working, keep Boxties floured to prevent sticking.

Place Boxties into a heavy skillet over medium heat, fry

until golden brown on both sides. Placed on a warmed plate and ladle 250 ml (1 cup) of the Guinness Steak and Mushroom Filling on to each Boxty and fold over.

Guinness Steak and Mushroom Filling

30 ml (2 tbsp) vegetable oil

500 ml (2 cups) diced beef

75 ml (1/3 cup) diced onions

30 ml (2 tbsp) tomato paste

125 ml (1/2 cup) Guinness

5 ml (1 tsp) brown sugar

5 ml (1 tsp) Dijon mustard

15 ml (1 tbsp) red wine vinegar

2 beef cubes

2 whole cloves

500 ml (2 cups) water

250 ml (1 cup) button mushrooms

45 ml (3 tbsp) cornstarch

90 ml (6 tbsp) water

Salt and pepper

In a large pot, heat oil until very hot. Add beef and brown on all sides. Add onions and tomato paste and cook for 2 minutes.

Add Guinness and cook until

it is reduced by half. Add brown sugar, mustard, red wine vinegar, beef cubes, cloves and 500 ml (2 cups) water. Bring to a boil, add mushrooms and simmer until beef is tender, about 1 hour.

In a small bowl, mix cornstarch with 90 ml (6 tbsp) water, add to simmering beef while stirring. Simmer for 5 minutes. Season with salt and pepper to taste.

Makes 4 servings.



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Fionn MacCool's Executive Chef, Niels Kjeldsen serves up a traditional Irish Boxty and a pint of Guinness to kick-start the St. Patrick's Day celebrations in Toronto.