

Irish Soda Bread

Baking instructions: bake in preheated oven at 400F (375F for convection) for a total of up to 55 minutes. Bread is done when golden brown or when internal temperature reaches 190F.

Ingredients

- 1 and 3/4 cups (425ml) buttermilk
- 1 large egg
- 4 and 1/4 cups (520g) AP or GF flour suitable for 1:1 baking substitute
- 5 Tablespoons (70g) unsalted butter (cut into small cubes and put in the fridge)
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 Tablespoons (40g) granulated sugar

Optional Ingredients

- 1 cup (150g-250g) additions
- Seasoning to match
- **Examples:** apples with cinnamon, cheddar with chives, parmesan with garlic, raisins or currents

Mise en Place

- Two mixing bowls (wet and dry)
- Wooden spoon
- Flour for dusting
- Cast iron pan or baking sheet lined with parchment
- Aluminum foil (if needed)

Instructions

1. Mix eggs and buttermilk in bowl and set aside.
2. Mix all dry ingredients (except the butter) in separate bowl.
3. Cut the butter into the dry ingredients and mix until only small bits remain (about pea-size).
4. Incorporate the wet ingredients into the dry with the wooden spoon until difficult to mix.
5. Flour your working surface and empty the bowl onto the flour, then knead for about 30 seconds. Mist with a water sprayer if it appears too dry.
6. Shape into a ball and place on baking sheet. Cut a large, deep X into the centre of the dough.
7. Bake in pre-heated oven as directed. Remove from oven and cool for 10 minutes.
8. Serve warm, at room temperature, or store in the fridge for up to 1 week (tightly wrapped).

Tips

- If you don't have buttermilk, you can make a substitute. In your liquid measuring cup simply measure in 1.5 tbsp of white vinegar and then top it up to the 1 ¾ mark with 2% or whole milk.
- You can reduce the baking time by up to 10 minutes if you bake the loaf in a cast iron skillet. Preheat the skillet in the oven before starting, and carefully place the loaf in the hot pan.
- If the bread is browning too quickly before coming up to temperature, cover it with a foil tent to finish baking.

Creamy Pasta Picatta

Ingredients

- 1tbsp butter
- 500 ml whipping cream
- Juice from ½ lemon
- 1 tbsp capers, minced
- 3 cloves garlic, minced
- ¼ cup finely chopped parsley
- 500g pasta

Mise en Place

- Saucepan large enough to hold sauce PLUS your cooked pasta

Instructions

1. Prepare pasta per instructions on package, set aside.
2. Melt butter in saucepan, add garlic and capers and cook until aromatic.
3. Add lemon juice to the pan.
4. Add cream, cook until reduced by half.
5. Add parsley, season with salt and pepper.
6. Add pasta to pan, coating and reheating thoroughly.

Tips

- The pasta can be made up to 48 hours before the sauce.
- If you're making the pasta at the same time as the sauce, cook the pasta a little less and don't reduce the sauce as much. This allows you to "finish" the pasta cooking *in* the sauce for more flavorful noodles.

Roasted Chicken Thighs

Roasting: Bake chicken at 350F for approximately 20-25mins.

Important: Chicken *must* be cooked to an internal temperature of 165F, measured with an instant read thermometer, not touching the bone.

Ingredients

- 4 chicken thighs (with skin and bone), warmed 20 minutes on the counter
- Vegetable oil
- Butter
- Salt and pepper

Mise en Place

- Oven-safe frying pan (if you don't have one, use a foil or parchment lined baking pan)
- Tongs
- Splash guard

Procedure Basics

The goal is to slightly sear and brown the chicken before baking it. By searing it and turning it while baking, it gets crispy and keeps the meat inside tender and juicy.

Instructions

1. Preheat pan to "sauté" temperature (water jumps in pan). This will be medium to medium-high, depending on how hot your stove cooks.
2. Add oil and swirl in pan to coat bottom, being careful not to spill.
3. Place chicken pieces in pan one by one, skin side down, using tongs to move the chicken through oil to coat the skin.
4. When skin is brown, turn pieces over and brush butter onto skin, then place pan in oven.
5. Bake in pre-heated oven as directed above.

Tips

- You can use other cuts of chicken for this recipe. If there is no bone in your cut, you can reduce the baking time to 10-15 minutes.
- After about 10 minutes, you use a spoon to re-coat the chicken with juices and butter for extra crispiness and flavor.