

St. Patty's Day Lucky Leek Potato Soup + Easy Irish Soda Bread Biscuits + Green Grape Muddlers



st patty's day lucky leek potato soup

rinse+chop

Slice **2-3 large leeks** once lengthwise and then rise the cut leeks under running water, pulling apart the layers to remove any grit that's tucked inside to remove any sand/soil. Clean well! Finely chop up the white and pale green parts of the leek only. The dark green leaves are tough and bitter, while the white and pale green parts are delicate and sweet. You should have about 3½ to 4½ C of thinly sliced leeks when finished. Then, finely chop up **2 large russet potatoes**, skins and all! The smaller you chop your potato, the faster your soup will cook.

melt+sauté

Melt **3 T butter** in a large saucepan on your stovetop. Add the sliced leeks and stir to coat with butter. Cover your saucepan and cook until the leeks are tender, stirring often, about 4-6 minutes. Then, add the potatoes and continue to cook, covered, for another 4-6 minutes until potatoes begin to soften, but not brown.

add+simmer

Add **4½ C vegetable stock** and bring to a boil. Then reduce heat, cover, and simmer until vegetables are very tender, about 10 minutes and up to 30 minutes.

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blend+season

Remove the soup from heat and either use an immersion blender to blend your soup directly in your saucepan or carefully pour it into a blender, in batches, and blend until smooth. Return the soup to the saucepan, thin with water if too thick, and season with **salt and pepper**.

add+whisk+garnish

Add **¼ C heavy cream** to the soup and return to a simmer, whisking until cream is incorporated. Ladle into bowls to serve and garnish with **freshly chopped chives** or **parsley**, if desired, and serve with **Easy Irish Soda Bread Biscuits!**

easy irish soda bread biscuits

combine+rest

Measure and combine **2 ¼ C flour**, **⅓ C sugar**, **¼ tsp baking soda**, **2 tsp baking powder**, **1 tsp caraway seeds**, and **½ tsp salt**. In a separate bowl, combine **1 C milk** with **1 T lemon juice**. Let milk and lemon juice sit for 5 minutes to curdle. Then add **¼ C melted butter** and **1 egg** and whisk again. Add **¼ C olive oil** and **½ C raisins** and whisk once more.

preheat+mix+bake

Preheat your oven to 400 degrees. Add the dry ingredients ½ C at a time to the wet ingredients and mix well until a thick batter is formed. Grease a muffin tin and divide the batter between the muffin tin wells. Bake until biscuits are cooked through, about 15-20 minutes. Spread with butter and ENJOY!

green grape muddlers

measure+stir

Chop **2 C green grapes** into small pieces, then add 2 T chopped grapes to each cup. Into each cup, **squeeze fresh lemon juice** and sprinkle **½ tsp sugar**. Use a spoon or a fork to mash the grapes with the sugar and lemon juice. This is called "muddling!" Add **½ - 1 C cold sparkling water** to each cup and top with **ice!** Stir and CHEERS, or in Celtic: **Slainte!**

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shopping list

St Patty's Day Lucky Leek

Potato Soup

- 3 T butter
- 2-3 large leeks
- 2 large russet potatoes
- 4½ C vegetable stock
- ¼ C heavy cream
- 2 T chopped chives or parsley, optional
- salt and pepper to taste

Green Grape Muddlers

- 2 C green grapes
- ¼ - ½ C sugar
- 2 C sparkling water
- 2 lemons
- 1 C ice

Easy Irish Soda Bread

- 2 ¼ C flour
- ⅓ C sugar
- ¼ tsp baking soda
- 2 tsp baking powder
- 1 tsp caraway seeds
- ½ tsp salt
- 1 egg
- 1 C milk
- 1 T lemon juice
- ¼ C butter
- ¼ C olive oil
- ½ C raisins

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The History of St Patty's Day!

What and When Is St. Patrick's Day? St. Patrick's Day is an Irish holiday celebrated all around the world to honor the patron saint of Ireland, Saint Patrick. St. Patrick's Day is celebrated each year on March 17th. This day marks the accepted date of Saint Patrick's death in 460 AD. Who was Saint Patrick? The person who was to become Saint Patrick, the patron saint of Ireland, was born in Wales around 390 AD. His given name was Maewyn.

The Irish are famous for spinning exaggerated tales, so despite the infamous stories traditionally attributed to St Patrick, quite little is actually known about his life. We do know that St Patrick was born in Britain and that at the age of 16 was captured by Irish pirates who attacked his family's estate. He was then transported to Ireland where he was held captive for six years, living a solitary, lonely life as a shepherd. Walking nearly 200 miles, Patrick escaped to Britain and undertook seriously school and religious training. After 15 years of study, Patrick was ordained as a priest and a teacher and sent to Ireland. Because Patrick was familiar with the Irish language and culture from his years of captivity, he chose to incorporate Irish ritual and symbols into his teachings. The first year St. Patrick's Day was celebrated in America in 1737 in Boston, Massachusetts. The first official St. Patrick's Day parade was held in New York City in 1766. As the saying goes, on this day "everybody is Irish!" Over 100 U.S. cities now hold Saint Patrick's Day parades!

The surprise ingredient is: Leeks!

- ★ **The leek is a member of the onion family**, but it's much more mild than the onion. Leeks have a sweet, mild, onion-like taste.
- ★ **Leeks grow underground with the roots and the white/pale green parts of the leek grown under the soil** and the dark green leaves stick out above the ground and are in the sunlight, gathering energy for the plant to grow. Because of this, leeks often have a lot of sand/soil in the plant part that we eat, which must be rinsed off before chopping.
- ★ **Leeks contain important amounts of the flavonoid kaempferol**, which has repeatedly been shown to protect our blood vessel linings. Leeks also contain lots of the B vitamin folate.
- ★ **Leeks are versatile and can be eaten fresh in the form of salads or as an ingredient in soups, casseroles, sauces, pizzas, pasta, and dishes made of cheese, eggs, butter and meat.**

Time for a laugh!

Which vegetable should you never take on a boat? Leeks!
What do you get when you spill soup on a comic book? Souperman!

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