

Irish Stew (Meat & Guinness Stew)

[Soda Bread](#)

Colcannon

[Sheppard's Pie](#) – add carrots, kale, thyme, peas

Vegan Baileys Irish Cream

Shamrock Shake

Irish Stew

¼ cup all-purpose flour

Salt and pepper to taste

1.5 tsp thyme

1.5 tsp rosemary

2 tbsp parsley, minced

1 cup of seitan chunks (you can also use soy curls or portobella mushrooms)

2 Tbls vegetable oil

1 large onion, diced

6 cloves garlic, minced

3 sticks celery

15 baby carrots, cut into halves

6 medium potatoes, large dice

8oz Guinness style stout

3-5 cups of vegetable stock

2 Tbl Tamari

Mix the flour with the salt, pepper, and half of the herbs. Dredge the seitan in the flour and shake off any excess. Heat 1 tsp of the vegetable oil in a large, heavy-bottomed pot. Working in batches, brown the seitan chunks in the pot in a single layer, being careful not to crowd them. Remove the seitan and set aside on a paper towel. Reserve any remaining flour to thicken the sauce later.

Add the remaining oil to the pot and add onions and garlic. Sauté over medium heat until the onions are translucent. Add the carrots, celery, potatoes, and any remaining flour. Stir to mix together and add the Guinness. Let the stew come to a boil and cook until most of the beer has disappeared.

Add the remaining herbs, seitan and 4 cups of vegetable stock. Bring to a boil, then lower to a simmer and cover with a lid and cook for 30 minutes or until the vegetables are very tender. Finish with tamari and ground pepper to taste.

Colcannon

5 large potatoes, diced

2 cups of shredded, packed cabbage

1 white onion diced

1 cup of almond milk

2 tbs vegan butter (optional)
¼ tsp nutmeg
Salt and pepper to taste

Place the potatoes in a large pot and cover. Bring to a boil and then simmer for about 15 minutes (or until tender). In a separate pot, boil the cabbage in water for 10 minutes, then drain and set aside. In a skillet, cook the onions in almond milk (and vegan butter if wanted) until tender. When the potatoes are done cooking, mash them together with the onion mixture, nutmeg, salt and pepper. Then add the cabbage and stir to combine.

Vegan Baileys Irish Cream

3oz of Espresso or dark coffee
¼ cup sugar
1 teaspoon cocoa
2 cans coconut milk
1 teaspoon almond extract
1 tablespoon vanilla
1 cup of whiskey (rye is good)

Prepare coffee and mix in sugar and cocoa until dissolved in a large bowl. Pour in the coconut milk, almond extract, vanilla, and whiskey and whisk to combine. Pour over ice to serve.

Shamrock Shake

¼ cup almond milk
5 fresh mint leaves
1 cup mint ice cream
¼ tsp peppermint oil
2 drops of vegan green food coloring

Put all ingredients into a blender and blend until smooth (add more almond milk if chunky)