



de Stolfe Journal

Candid

ST. PATRICK'S DAY 2016 | SPECIAL

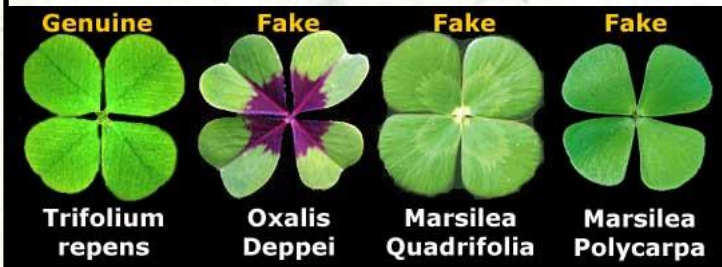


Fake Four Leaf Clovers?

I did not know this, but did you know that there are real and there are fake four leaf clovers? I had no idea!

Here's a excerpt about this.

"Real, genuine four leaf clovers come from the White Clover plant, trifolium repens, considered to be the original shamrock. You may find others selling leaves as four-leaf clovers that are not genuine. These are actually Pepperwort or Water Clover (Marsilea Quadrifolia and Marsilea Polycarpa) or Oxalis (Oxalis deppei or Oxalis tetraphylla) plants that produce all four leaves. Another way of identifying a real four leaf clover is that the fourth leaf is usually smaller than the other three leaves."



Irish Blessing

May the road rise to meet you,
 May the wind be always at your back,
 May the sun shine warm upon your face,
 The rain fall soft upon your fields.
 And until we meet again,
 May God hold you in the Palm of His hand.

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Recipe Roundup

Shepherd's Pie (Technically Cottage Pie)

This dish comes from England and is traditionally made with lamb or mutton. However, the version made in the United States that is typically beef or hamburger would be called Cottage Pie in England, Australia, and New Zealand since lamb/mutton really is rarely eaten in the United States.

1 ½ to 2 lbs potatoes (about 3 large potatoes), peeled and quartered
1 stick butter
1 medium onion, chopped
1 to 2 cups vegetables (diced carrots, corn, peas, etc)
1 ½ lbs ground round beef
½ cup beef broth
1 teaspoon Worcestershire sauce
Salt
Pepper
Other seasonings desired

1. Boil the potatoes covered in water with 1 teaspoon of salt and bring to a boil. Then, reduce to a simmer and cook until fork tender, about 20 minutes.
2. In the mean time, melt 1 tablespoons of butter in a saute pan on medium heat. Add onions and carrots and cook until tender, about 6-8 minutes.
3. For whatever other vegetables you want to add, add them to the onions according to their cooking time, usually near the end for peas and corn.
4. Then add the ground beef and continue cooking until the ground beef is no longer pink and fully cooked.
5. Season with salt and pepper and also add the Worcestershire sauce beef broth. Bring to a simmer and turn to low. Cook for about 10 minutes adding more broth if necessary to keep the mixture from drying out.
6. After the potatoes are done, drain and add back to pot. Mash the potatoes with a potato masher and add butter, salt, and pepper and a small amount ($\approx\frac{1}{4}$ cup) of milk or cream to make them richer.
7. Heat oven to 400°.
8. Put the meat mixture evenly in the bottom of a 9x13 casserole dish (or whatever dish that is large enough). Then spread the mashed potatoes even over the top. Use a fork or some other culinary texturer and make a nice decorative pattern on the top. This will turn to a nice, crispy brown.
9. Bake for about 30 minutes or until bubbly and evenly browned on top.

Variations

- Add grated cheese to the top of the potatoes before baking.
- Mix in sour cream, bacon bits, and chopped green onions with potatoes.
- Add a layer of creamed corn between the meat and the potatoes.
- Try making with beef cut up instead of ground beef.
- Try a chicken version with cut up chicken breast instead of ground beef.
- Traditional recipes use lamb or mutton.

www.simplyrecipes.com/recipes/easy_shepherds_pie

