



Flavors of Rochester at the Market

A sampling series brought to you by the City of Rochester Public Market, Friends of the Market, Democrat & Chronicle, Summit Federal Credit Union. Saturdays, May through September. 10 a.m. to 12 p.m.

www.cityofrochester.gov/marketflavors;
www.democratandchronicle.com/rocflavors

Guest Chef for September 16, 2017:

Waterford, Ireland-Rochester Sister City *part of the International Sister Cities of Rochester Initiative*

Recipes: BANGERS AND MASH and CHOCOLATE STOUT CAKE

The Waterford, Ireland-Rochester Sister City relationship is forty years old, and is part of the International Sister Cities of Rochester initiative, which includes eleven other sister cities around the world (see www.cityofrochester.gov/sistercities). Sister Cities is based on the principal of “citizen diplomacy,” and provides a platform for citizens of the sister countries to work on projects of mutual interest, in areas such as business, music, education, art, charity, youth, sports, media, and more.

Sister Cities keeps our people and governments connected at the level of the people, and keeps a door open always for ideas and good works with mutual/reciprocal benefits.

BANGERS AND MASH (COLCANNON)

INGREDIENTS:

- Approx. 3 lbs potatoes (see hints below)
- Approx. ½ medium large head cabbage, cored and cut into ¾ - 1 inch pieces
- 1 small onion, peeled, quartered, sliced
- Approx. 6 tbs. butter
- Whole milk as needed
- Salt and pepper to taste
- Sausages of your choice

PROCEDURE:

Grill your select sausages.

Gently cook the potatoes in a pot in lightly salted water.

Meanwhile, use another large, heavy-bottomed pot to sautee the chopped white onion, on medium heat, in 2 – 3 tbs. butter.

While the onions are slowly softening, core and slice the cabbage into ¾ - 1-inch pieces.

Once the onions are soft, add the cabbage to that pot. Stir it around and keep your eye on it as it cooks. Cook until the cabbage is soft; turn heat off at that point. During this process, add more butter if needed.

Once the potatoes are cooked through and drained through a colander, add them to the pot with the cooked cabbage and onions, a sliced 1/2 stick of butter, and a little splash of milk. Mash with a potato masher.

Season it with salt and black pepper to taste and its ready to serve with the grilled sausages.

HINTS: If you use baby potatoes, there is no need to peel or slice them. Slightly larger red or white skinned potatoes can be unpeeled and cut in half. Large potatoes like Russet or Yukon Gold, can be peeled before cutting into equal size cubes.

CHOCOLATE STOUT CAKE (Makes one 9" x 13" cake)

INGREDIENTS:

- 2 sticks unsalted butter
- one 12-ounce bottle of Irish Stout
- 1 loosely packed cup light brown sugar
- 1 cup white sugar
- 2/3 cup unsweetened cocoa powder (sifted)
- 2 large eggs
- 1/2 cup sour cream
- 2 tsp vanilla
- 2 ¼ cups all-purpose flour (sifted)
- 2 tsp baking soda
- 1 tsp salt

PROCEDURE:

Preheat the oven to 350 degrees and lightly grease and flour one 9 x 13-inch baking pan.

Get all of the ingredients together and measured and then use a large, wide, deep pan on the stovetop to gently melt 2 sticks of unsalted butter with one 12-ounce bottle of Irish Stout.

Just as the butter has melted, **TURN THE HEAT OFF** and whisk in 1 cup of light brown sugar, 1 cup of white sugar and 2/3 cup of sifted cocoa powder.

While that's cooling down use a small mixing bowl to combine 2 large eggs with 1/2 cup sour cream and 2 tsp of vanilla and whisk those together.

Then gently whisk that into the chocolate mixture and, lastly, gently whisk in 2 ¼ cups sifted all-purpose flour with 2 tsp baking soda and 1 tsp salt, trying not to overwork the batter.

Once it's completely combined, quickly transfer it to the prepared pan and place it onto the center rack of the preheated oven.

It'll take just about 35 minutes to bake; use a toothpick to check it for doneness.

Let it cool down to room temperature before slicing it and serving it with a little powdered sugar over the top or a dollop of whipped cream.

HINT: Use a sifter or mesh strainer, to separately sift the cocoa powder and flour before adding.