



# Go Green St. Paddy's Day Dinner

## Epicure's Featured Menu

St. Patrick's Day is a fun, easy celebration – just wear something green and gather friends and family for a delicious “green cuisine” meal. Toss in a green salad dressed with your favourite Epicure Dressing and serve mint ice cream for dessert. Those Irish eyes will be smiling!



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## Epicure's Cream of Broccoli Soup

Bring the luck of the Irish to your table with this traditional, healthy soup.

**MAKES 4 SERVINGS**

**PREP TIME: 10–15 MINUTES**

**COOK TIME: 10–15 MINUTES**

1 small onion, diced

2 Tbsp (30 ml) butter, melted

2 Tbsp (30 ml) all-purpose flour

4 cups (1 L) milk, heated

1 lb (450 g) broccoli, steamed and puréed

1 Tbsp (15 ml) [Epicure's Lemon Dilly Dip Mix](#)

[Epicure's Sea Salt](#) and [Epicure's Black Pepper](#), to taste

[Epicure's Fines Herbes](#), to taste

1. Sauté onion in butter in [Epicure's 12-cup Multi-Purpose Pot](#). Sprinkle in flour and stir for 1 minute.
2. Slowly add milk, whisking continuously. Bring to a slow boil until sauce has thickened.
3. Whisk in broccoli purée and Epicure's Lemon Dilly Dip Mix. Simmer for 5 minutes.
4. Season with Epicure's Sea Salt and Epicure's Black Pepper. Sprinkle with Epicure's Fines Herbes and serve.

**Per serving:** Calories 240, Fat 11 g (Saturated 7 g, Trans 0.4 g), Cholesterol 35 mg, Sodium 260 mg, Carbohydrate 24 g (Fibre 3 g, Sugars 1 g), Protein 13 g

**Chef Tip:** *Sprinkle with grated white cheddar or Parmesan cheese.*



**Cost per serving: \$1.44**



**Cost per serving: \$0.52**

## Epicure's Irish Soda Bread

Discover how easy, fast and affordable it is to make this traditional Irish favourite.

**MAKES 1 LOAF (8 SLICES)**

**PREP TIME: 10 MINUTES COOK TIME: 30 MINUTES**

1 ¼ cups (310 ml) unbleached flour

1 cup (250 ml) whole-wheat flour

½ cup (125 ml) rolled oats

¼ cup (60 ml) wheat germ

1 tsp (5 ml) [Epicure's Sea Salt](#), ground

1 ½ tsp (7.5 ml) baking soda

¼ cup (60 ml) unsalted butter

1 ⅓ cups (330 ml) buttermilk

1. Preheat oven to 425° F (220° C).
2. Combine both flours, oats, wheat germ, Epicure's Sea Salt and baking soda.
3. Using a pastry blender, cut butter into dry ingredients until a coarse meal results.
4. Add buttermilk, stir quickly and turn out onto a floured surface. Knead gently and form into a loaf. Place on [Epicure's Parchment-lined baking sheet](#).
5. Dust with a little whole-wheat flour and cut a shallow X into the centre. Bake for 30 minutes. Remove from sheet and allow to cool on [Epicure's Cooling Rack](#).

**Per 1 slice:** Calories 220, Fat 7 g (Saturated 4 g, Trans 0.2 g), Cholesterol 15 mg, Sodium 340 mg, Carbohydrate 33 g (Fibre 3 g, Sugars 3 g), Protein 7 g

**Preparation Tip:** *This recipe can easily be doubled to make 2 round, rustic loaves.*

Cost per serving: \$2.89



## Quickie Pesto Pasta Toss

Go even greener and add green pepper, zucchini, peas and green onions.

**MAKES 4 SERVINGS**

**PREP TIME: 10 MINUTES**

**COOK TIME 10–15 MINUTES**

**1¼ cup (60 ml) prepared Epicure's Pesto**  
(see recipe on label)

**1 green pepper, thinly sliced**

**1 small zucchini, thinly sliced**

**1 cup (250 ml) green peas**

**2 tomatoes, diced**

**2 green onions, thinly sliced**

**1 lb (450 g) bite-sized pasta, cooked**  
according to package directions and drained

**Epicure's Sea Salt and Epicure's Black**  
**Pepper, to taste**

**Parmesan cheese, freshly grated, for garnish**

1. Heat Epicure's Pesto in Epicure's Eclipse®  
Coated Professional Frying Pan over  
medium-high heat.
2. Quickly stir-fry pepper, zucchini and peas in  
Epicure's Pesto.
3. Add tomatoes, onions and pasta to pan and  
quickly toss. Season with Epicure's Sea Salt  
and Epicure's Black Pepper. Garnish with  
Parmesan, if desired, and serve.

**Per serving:** Calories 540, Fat 11 g (Saturated 4.5 g, Trans 0 g),  
Cholesterol 20 mg, Sodium 560 mg, Carbohydrate 90 g  
(Fibre 8 g, Sugars 8 g), Protein 29 g

## Shopping List

### EPICURE'S COOKWARE

- Epicure's 12-cup Multi-Purpose Pot
- Epicure's Piano Wire Whisk
- Epicure's Parchment Paper
- Epicure's Baking sheet
- Epicure's Cooling Rack
- Epicure's Eclipse® Coated Professional Frying Pan

### EPICURE'S HERBS & SPICES

- Epicure's Lemon Dilly Dip Mix
- Epicure's Sea Salt
- Epicure's Black Pepper
- Epicure's Fines Herbes
- Epicure's Pesto Herb Mix



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