



14 Mar 22

Estimadas Familias,

Dia dhuit. In culture class we have been studying about Ireland. Some of the items that we have discussed include, the location, the capital, the continent, the type of dance, sports, Saint Patrick, musical instruments, potato famine and foods. It is time to cook! We will be cooking Potato Cheddar Yeast Rolls. Here is the recipe:

Potato Cheddar Yeast Rolls

Ingredients:

½ C potatoes	2 T potato water	4 tsp dry yeast
¼ C sugar	2 ¼ C flour	1 tsp salt
1 C warmed milk, extra for glazing	½ C cheddar cheese, grated	½ C butter

Cook the potatoes in salted water and drain, reserving 2 tablespoons of the cooking liquid. You can also use leftover mash here. Mash the potatoes very well or press through a fine sieve into a basin, then cover and keep warm. Sift the flour into a large mixing bowl with 1 teaspoon salt and rub in the butter. Make a well in the center and add the sugar, yeast and the mashed potatoes, mixing well. Add the tepid milk and 150 ml (1/4 pint) water to the yeast liquid, mix and add to the mixing bowl. Bring together into a rough dough and then tip on to the work surface. Knead very well until it springs back when pressed. Roll the dough into a long sausage shape and cut into 10-12 pieces. Roll the pieces into dough balls and place in a buttered, floured casserole pot. Cover and leave in a warm place for about an hour, until the dough balls have doubled in size. Once risen, brush with a little milk, sprinkle with the cheese and bake at 425°F for 15–20 minutes.

I am aware of students that have allergies, but if you should have any concerns, please email me at: whillary@fhps.net You are also welcome to visit my website to view past or current recipes along with some fun websites. www.avcultura.weebly.com Gracias. Slán.

Sinceramente,

Sra. Hillary