

METABOLIC CHANGE MARCH 2022 NEWSLETTER

FAVORITE IRISH SHOWS TO STREAM

1. Derry Girls.
2. Hope Street.
3. The Republic of Doyle.
4. Leap Year.
5. Irish Post's Top 10 Films of All Time.

SOAP & SUGAR POULTICE

Fels Naptha soap or other block soap
Sugar

Shave some slivers off of the soap and mix with the sugar. Add a tiny bit of water to make a paste if needed. Apply to wound under bandage to draw out infection or splinter.

IRISH SHORTBREAD*

16 tbsp softened unsalted Kerrygold® butter
½ cup caster sugar, extra to dredge
1 cup unbleached flour, sifted, extra for dusting
1 cup corn flour, sifted

Preheat the oven to 300°F. Butter a 9in x 13in Swiss roll baking tin. Place the butter and caster sugar in a food processor and blend until pale and fluffy.

Add the sifted flour and corn flour and blend the mixture briefly again, just until thoroughly combined. Tip the mixture into the prepared baking tin; using floured hands, press down so it's level all over.

Pierce all over with a fork (carefully, so that you do not disturb the level surface) and then bake for 50-60 minutes. Look for a uniform pale golden color all over. Don't allow it to become golden brown.

Remove the shortbread from the oven and dredge with sugar, then cut into squares. Leave for at least 5 minutes, then carefully transfer to a wire rack to cool completely.

*Adapted from Kerrygold.com.