

# Irish Inspired Dinner

Lili Hanft, FNTTP

## Shopping List:

### Honey Garlic Pork Shoulder:

- Pasture-raised bone-in pork shoulder\*
- Garlic granules
- Honey

### Buttery Peas and Carrots:

- Frozen green peas
- Carrots
- Irish butter

### Bacon Leek Potato Mash:

- Potatoes
- Green part of a leek
- Bacon

### Braised Cabbage and Leeks:

- Green cabbage
- White part of a leek

**\*Prep Ahead: Cut the pork shoulder into 3-4 pieces. Place in a slow cooker, cover three-quarters of the way with water, and cook on Low for 6-8 hours.**

# Honey Garlic Pork Shoulder



Serves 3-4

12 oz cooked pork shoulder, shredded  
1 oz honey  
1 tsp garlic granules  
Salt to taste  
Ghee or pasture-raised lard

Heat the fat in a large frying pan. Add pork. Season with garlic granules and salt. Once warm and starting to become crispy, add honey and stir to coat. Serve hot.

# Buttery Peas and Carrots



Serves 3-4

8 oz frozen peas

8 oz carrots

2-3 Tbsp grass-fed Irish butter

Salt

Quarter and slice the carrots. Add peas and carrots to a saucepan with  $\frac{1}{2}$  inch of water, cover, bring to a boil, and turn down to a simmer until carrots are fork tender. Drain and toss with butter and salt to taste.

# Bacon Leek Potato Mash



Serves 4

1 lb. golden potatoes  
2 oz bacon, diced  
1 leek, green part, thinly sliced  
Salt and pepper

Peel the potatoes and chop into cubes. Bring a saucepan of salted water to a boil, add the potatoes, and simmer until fork tender. Meanwhile, saute the bacon with the sliced leek until leeks have softened and bacon is cooked. Drain the boiled potatoes, add to the bacon and leeks, and mash. Season to taste with salt and pepper.



# Braised Cabbage and Leeks



Serves 3-4

1/2 a medium green cabbage

White part of 1 leek

1/2 c. broth from cooking pork shoulder

Salt to taste

Thinly slice the cabbage and leek. Add broth to a large frying pan. Add veggies and salt. Cover and steam/saute until tender.

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## Functional Nutritional Therapy Practitioner

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