Slow Cooker Irish Dublin Coddle

FOOD FUN
4-H WYOMING

TOTAL TIME: 3 hours, 20 minutes (Prep: 20 minutes, Cook: 3 hours)
YIELD: 4 Servings

Hearty, cozy, and loaded with meat, potatoes, and onions. Not just for St. Patrick's Day—perfect any day, any meal, and always a crowd-pleaser! Instructions to make this coddle recipe in the Instant Pot are also included.

INGREDIENTS

- 1 pound pork sausages, sliced
- ¾ pound bacon
- 1 cup low-sodium beef broth
- 1 garlic cloves, minced
- 1 large onion, chopped into large chunks
- 1 pound russet potatoes, peeled and cut into large chunks
- 2 teaspoons dried parsley
- 1 teaspoon salt (or more)
- ¼ teaspoon pepper
- 1 tablespoon oil

SLOW COOKER DIRECTIONS

1. Heat oil in a large skillet over medium heat. Once hot, add the sausage and cook 7-10 minutes or until the sausage is done to your liking. Remove the sausage and set aside on a paper towel lined plate.
2. Add the bacon to the pan & cook 5-7 minutes or until the bacon is crisp to your liking. Remove the bacon and set aside on a paper towel lined plate.
3. Add the sausage, bacon, potatoes, onion, garlic, broth, salt, pepper, and parsley to the slow cooker. Stir to mix well.
4. Cook HIGH 2-3 hours or LOW 4-6 hours.

INSTANT POT INSTRUCTIONS

1. Turn on the pressure cooker and select sauté. Once hot, add the bacon and cook 5-7 minutes or until bacon is done. Remove the bacon using a slotted spoon and set aside on a paper towel lined plate.
2. Add the sausage to the pot & cook until browned, 3-4 minutes on each side. Remove sausage and set aside on a paper towel lined plate.
3. Add the onion and cook 3-5 minutes or until soft. Add garlic & cook an additional minute. Turn off the pressure cooker.
4. Add the broth and if needed, deglaze the bottom of the pressure cooker by scraping all the bits off with a wooden spoon.
5. Stir in the bacon, sausage, potatoes, salt, parsley, and pepper.
6. Close lid and seal valve. Set high pressure and cook for 12 minutes. When done, quick release the pressure.

Recipe source: https://fitslowcookerqueen.com/

Grandma's Irish Soda Bread

FOOD FUN
4-H WYOMING

TOTAL TIME: 3 hours, 20 minutes (Prep: 10 minutes, Cook: 45 minutes)
YIELD: 1 loaf

No yeast, no fuss—just baking soda, buttermilk, and a little cold butter magic. Soft inside, perfectly crusty outside, and utterly irresistible!

INGREDIENTS

- _ 1 and ¾ cups (420ml) cold buttermilk
- _ 1 large egg
- _ 4 and ¼ cups (531g) all-purpose flour (spooned & leveled), plus more for your hands and counter
- _ 3 Tablespoons (38g) granulated sugar
- _ 1 teaspoon baking soda
- _ 1 teaspoon salt
- _ 5 Tablespoons (71g) unsalted butter, cold and cubed*
- _ **Optional:** 1 cup (150g) raisins

DIRECTIONS

1. **Preheat oven & pan options:** Preheat oven to 400°F (204°C). There are options for the baking pan. Use a regular baking sheet and line with parchment paper or a silicone baking mat (bread spreads a bit more on a baking sheet), or use a seasoned 10-12 inch cast iron skillet (no need to preheat the cast iron unless you want to), or grease a 9-10 inch cake pan or pie dish. You can also use a 5 quart (or higher) dutch oven. Grease or line with parchment paper. If using a dutch oven, bake the bread with the lid off.

2. Whisk the buttermilk and egg together. Set aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a pastry cutter, a fork, or your fingers. Mixture is very heavy on the flour, but do your best to cut in the butter until the butter is pea-sized crumbs. Stir in the raisins. Pour in the buttermilk/egg mixture. Gently fold the dough together until dough it is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.

3. Transfer the dough to the prepared skillet/pan. Using a very sharp knife, score the dough with a slash or X about 1/2 inch deep. ("Score" = shallow cut.)

4. Bake until the bread is golden brown, and center appears cooked through, about 45-55 minutes. Loosely tent the bread with aluminum foil if you notice heavy browning on top. For a more accurate test, the bread is done when a thermometer reads the center of the loaf as 195°F (90°C).

5. Remove from the oven and allow bread to cool for 10 minutes, and then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads.

6. Cover and store leftover bread at room temperature for up to 2 days or in the refrigerator for up to 1 week. We usually wrap it tightly in aluminum foil for storing.

Recipe source: https://sallysbakingaddiction.com

Kerry Apple Cake

FOOD FUN
4-H WYOMING

TOTAL TIME: 1hours, 5 minutes (Prep: 20 minutes, Cook: 45 minutes)
YIELD: 12 servings

Moist, sweet, and topped with a delightful crunch! Enjoy it warm with chilled with cream or ice cream—perfect anytime you're craving a cozy treat. Kerry Apple Cake a traditional Irish baking recipe.

INGREDIENTS

- _ 3 cups cake flour
- _ 2 teaspoons baking powder
- _ ⅛ teaspoon salt
- _ ⅛ teaspoon ground cloves
- _ ⅛ teaspoon nutmeg
- _ 4 ounces butter
- _ ¾ cups sugar
- _ 4 large Granny Smith apples
- _ 2 large eggs
- _ ¼ cup cup milk
- _ 2 tablespoons sugar to sprinkle on top of cake

DIRECTIONS

1. Preheat the oven to 375 degrees. Prepare a 9-inch round baking pan by spraying with oil or coating with butter.
2. Sift the cake flour, baking powder, salt, cloves and nutmeg into a large mixing bowl.
3. Cut the butter into the flour and rub it in using your fingers or a pastry cutter until the mixture resembles fine bread crumbs.
4. Toss in the sugar and combine it with the flour mixture.
5. Peel and slice the apples into similar 1" to 2" sized pieces.
6. Add the apples into the flour mixture and mix them thoroughly.
7. Beat the eggs and add a dash of milk. Add to the apples and flour and combine well with a large spoon. Add more milk as needed to fully moisten the flour. The result is a pretty sticky mixture.
8. Transfer the dough into the prepared cake pan and flatten the top surface using the back of a large spoon.
9. Sprinkle two tablespoons of sugar over the top of the cake.
10. Bake the cake in the preheated 375-degree oven for 45 to 50 minutes. Cool for 5 minutes in the pan, then transfer to a wire rack to finish cooling

Recipe source: https://www.irishamericanmom.com

Be sure to check out Ready, Set, Explore! Another family fun program from the University of Wyoming Extension!

https://bit.ly/ready_set_explore_registration

How it works!

1. Register once to participate at: https://bit.ly/readysetexplore_registration
2. Upon registering, you'll receive a link to the full Ready, Set, Explore! packet that includes activities and extras for all months (Oct–May).
3. Choose to do 4 or more of the activities listed for each month.
4. Submit monthly completion form and share pictures from your adventures! https://bit.ly/readysetexplore_completion

READY, SET, EXPLORE!

MARCH 2026 - General Activities List

1. Luck of the Irish Scavenger Hunt
   - _ Find something that grows green
   - _ Find something soft that is green
   - _ Look for a four-leaf clover in your lawn
   - _ Find one snack item that is green
   - _ Name one animal that is green
   - _ Name a fruit that is green
   - _ Find something you play with that is green
   - _ Find something you can color with that is green
   - _ Find something you can build with that is green
   - _ Find something on a wall that is green
   - _ Find something you can wear that is green
2. Go Ice Fishing - follow all safety guidelines
3. Hiking...choose a park in your town to explore or a state park that is nearby that you've never been to before.
4. Celebrate National Backyard Day on March 19th- From turning the soil in our garden to embarking on epic scavenger hunts, from camping under the stars in our own backyards to tackling homemade obstacle courses, these green spaces are our go-to for finding both peace and creative sparks.
5. Horseback Riding – is there a stable in your area where you can ride a horse?
6. Visit a farm to see new spring baby animals
7. Go on a spring nature scavenger hunt/nature walk and discover what's changing in your neighborhood.
8. Hike to a waterfall. Hiking weather is perfect this time of year – not too hot, not too cold.
9. Fly a kite! March is a very windy month and kite flying is such a fun activity that everyone can enjoy.
10. Learn a new sport...warmer days are on the way and recreational sports are so fun!
11. Indoor pools are a great reason to pull out that swimming suit and have fun with friends and family and a fun physical activity.
12. Get your rain gear ready! March can be very rainy so go find some muddy puddles!
13. March 30th is Take A Walk In The Park Day, and it's a fantastic way to get outside and get some fresh air.
14. Watch the Canada geese as they fly near bodies of water and fields. Listen to them honking and how they set their wings as they land.
15. March 3rd & 4th – National Day of Unplugging: This day encourages people to take breaks from technology! Get outside this year and try something new (or old!).
16. Find an interesting tree and hold a piece of paper firmly against the bark. Use a crayon or pencil to color over your paper and the pattern of the bark will be revealed!
17. Nature's Art! Make some decorative art by making a string of leaves. You will need some string, a needle, and a collection of leaves. Thread your string through the center of each leaf to create a beautiful decoration for every occasion.
18. Start some seeds inside – tomatoes/peppers/flowers
19. Create Story Stones- gather smooth rocks and paint spring symbols (sun, flower, raindrop, bird) to use in storytelling games.
20. Sunrise or Sunset Walk- take a walk at either sunrise or sunset and take pictures!