

# BOXTY ON THE GRIDDLE

*'Boxty on the griddle,  
Boxty in the pan  
If you don't eat your boxty  
You'll never get a man.'*

*And the answering rhyme chanted by the young women is instructive:*

*'I'll have none of your boxty  
I'll have none of your blarney  
But I'll whirl my petticoats over my head  
And be off with my royal Charlie.'*

*Boxty is perhaps the most individual of our traditional potato dishes. It differs from other European dishes using grated raw potato in that cooked mashed potato and flour are also added. It is particularly associated with the northern midlands and the province of Ulster. Boxty must be cooked as soon as it is prepared lest the raw potatoes turn black.*

MAKES 2 large rounds, 4 farls, or 8 small squares

## Ingredients:

450 g/1 lb raw floury potatoes, peeled and grated  
450 g/1 lb cooked floury potatoes, mashed while warm  
1 10 g/4 oz/1 US cup unsifted plain white flour  
2 teasp salt

## Method:

Grate the raw potatoes directly into a clean cloth. Holding the cloth over a bowl, twist the ends of the cloth together tightly and wring out all the starchy liquid from the potatoes into the bowl. The wrung potatoes are placed in another bowl and covered with the mashed potatoes (this prevents the grated potatoes becoming discoloured). The liquid in the first bowl settles and the starch drops to the bottom. Carefully pour off the clear liquid at the top. Then mix the starch thoroughly with the grated and mashed

potatoes. Finally flour is sifted with the salt, mixed in, and kneaded as if you were kneading bread dough. This is rolled out on to a floured board until about 1.5 cm/½ inch thick. Cut into farls (triangles), squares, or circles.

Heat a heavy griddle (or frying pan) which has been very lightly greased. Cook the boxty cakes slowly until well browned on both sides. They are best eaten hot, fresh from the pan, lightly buttered.

Traditionally boxty cakes were fried in bacon fat for breakfast. If this is your plan you might make them thicker and then slice each cake in two horizontally before frying.



*The Full Irish, with  
Boxty*