



# HAPPY ST. PATRICK'S DAY

## History of St. Patrick's Day

– [History Channel](#) (13 March 2023)

**What do the Irish (in Ireland) eat on Paddy's Day  
(which was traditionally more of a religious holiday)?**



[A St Patrick's Day greeting card from 1907](#)  
[Wikimedia](#)

## **Not corn beef and cabbage – that's Irish-American.**

**For Breakfast it's likely to be . . . well . . . a traditional  
Irish breakfast . . .**

**Fried eggs**

**Irish “bacon” rashers**

(more like ham, or “Canadian bacon”)

**Sausage**

**Black pudding (blood sausage),**

or White pudding (like black pudding, but without the blood)

**Grilled tomatoes**

**Mushrooms**

**Irish brown bread or buttery scones**

The Irish are famous for their butter. The Irish butter museum is in Cork, featuring 2000-year-old-butter found in an Irish bog.

**Tea**

**For Lunch and Dinner it's likely to be . . .**

**Leg or belly of lamb or loin of “bacon” (ham), roasted in the oven with rosemary and garlic . . . or shepherd's pie**

**Potatoes and some other root vegetables**

**Or Colcannon**

(cabbage or kale with mashed potatoes, etc., and butter and cream)

**Peas and/or broccoli**

**Irish white soda bread**

**Hot apple tart served with custard and cream**

References:

- Kelly, Debra. “[What Irish people really eat on St. Patrick's Day](#)”<sup>1</sup>. *Mashed* (30 January 2023)
- Sulem, Matt. “[St Patrick's Day: What They Eat In Ireland](#)”<sup>2</sup>. *The Daily Meal* (09 February 2023)
- McDonald, Vicky. “[Here's What Irish People Actually Eat on St. Patrick's Day](#)”<sup>3</sup>. *All Recipes* (24 February 2021)

**More information on the Irish and their Food is available on the class [Ireland](#)<sup>4</sup> > [Food](#)<sup>5</sup> WebPages.**

**Have a Great St. Patrick's Day!**

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