



# Happy St. Patrick's Day

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

**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." Mashed (nd)
- Fulton, April. "What the Real Irish Eat on St. Patrick's Day." National Geographic (15 April 2015)
- Sulem, Matt. "St Patrick's Day: What They Eat In Ireland." The Daily Meal (01 March 2016)
- McDonald, Vicky. "Here's What Irish People Actually Eat on St. Patrick's Day." All Recipes (nd)

More information on the Irish and their Food is available on the class Ireland > Food WebPages.

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

**Tim Roufs**

<<http://www.d.umn.edu/~troufs/>>