



# Happy St. Patrick's Day

**On St. Patrick's Day the whole world is Irish!**

**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:

- **History of St. Patrick's Day** – History Channel (14 March 2022)
- 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!**

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