



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:

- **[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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