

# Irish *traditional* dishes





## Champ –

– a delicious comfort food dish of potatoes mashed with lots of butter, warm milk and chopped spring onions or, as we call them, scallions. We also love our spuds fried, roast, baked and simply boiled in their 'jackets' to be peeled ceremoniously at the table.





**Irish Stew** – a hearty casserole traditionally made with meat, potatoes, carrots and onions.



## **Dulse**

- a salty, seaweed snack,  
originally

harvested by fishermen to supplement  
their income when  
fishing was slack







