

Ten foods and drinks you must try in Northern Ireland

Northern Irish cuisine shares similarities with both the Republic of Ireland and England, yet it's also unique. When travelling through the country, there are certain local dishes, drinks and dining experiences that you should seek out for a taste of the real Northern Ireland. The bountiful, green fields and mineral-rich waters of Ireland contain a bounty of ingredients that are famed across Europe.

From morning feasts to deep-fried treats, we have rounded up the best local food to try in Northern Ireland – and the best places to enjoy them.

1 Irish breakfast

Start your day with an Ulster fry



A Northern Irish fried breakfast consists of sausages, bacon, black pudding, eggs, potato cakes, mushrooms and beans.

Known as an Ulster fry, it's a real _____ to start your day with this huge plate of fried delicacies, though _____ in mind that it's not the

_____ meal you can find.

This mound of delicious food usually comes with your _____ of bread and a pot of tea or coffee. You could always add a glass of orange juice for a healthy _____. Portions are very _____, keeping you _____ up all day.

2 Whiskey

The water of life

Whiskey is a renowned _____ more commonly associated with Scotland, although the Irish have several fantastic _____. The most famous Northern Irish whiskey is Bushmills. In fact, it's the oldest _____ working

distillery in the world. Located in County Antrim in the north of the country, you can tour the distillery and _____ some aged blends.



Irish whiskey has some _____ differences to its Scottish cousins, typically including a _____ aftertaste. There are many _____ with a range of unique flavours, from smooth to smoky.

3 Soda bread

Traditional Irish bread



Soda bread is a staple in Northern Ireland, served as a side _____ with meals or as the base for a sandwich. _____ of yeast, baking soda is used as a leavening agent.

The first thing you'll notice when you pick up a _____ of soda bread is the _____. It's a lot heavier than your usual sandwich bread. Soda bread _____ in as many varieties as other types of bread, with brown and white varieties particularly common, _____ with more unique varieties that include Guinness, olives and honey.

4 Traditional Irish stew

This will warm your soul on a cold evening

Irish stew is a hearty dish _____ with beef or lamb and a host of root vegetables like carrots and potatoes, slowly simmered in a rich broth. Best accompanied with a glass of Guinness, this is about as Irish as a field of _____. You'll be able to find Irish stew on menus all across Northern Ireland.



A _____ pot of Irish stew on a crisp _____ is an authentic Irish _____ experience everyone should have. It's even better when enjoyed beside a roaring fire in a _____ local pub.

5 Irish oysters

The king of Ireland's fantastic seafood produce



The cold, rich Atlantic waters around Northern Ireland are home to some of the world's _____ oysters. Grown naturally and taking nourishment from the ocean only, Ireland's best oysters take three years to grow (which is why they are on the more expensive end of the _____), but they taste exquisite.

If you want to try these seafood _____ at their _____ best, you can head to several oyster farms _____ around the coast and _____ the finest Irish oysters straight from the farmer. In particular, **Carlingford Oyster Company** on Carlingford Lough, and **Rooney Fish** in County Down grow legendary oysters that are _____ to high-end restaurants all over the world.

6 Yellowman candy

A sweet pick-me-up during the day

Yellowman candy is _____ to honeycomb toffee – a _____, syrupy, and sweet treat – which you'll find in county fairs and community _____ all over Ireland. It's especially _____ during Lammas Day, a religious holiday that takes place every August in Northern Ireland.



It's the liberal use of brown sugar that gives the candy its yellow and gold _____, while baking soda creates the bubbly _____. It makes a nice gift for family back home ... just don't tell your dentist.

7 Champ

Northern Ireland's signature potato-based dish



Champ is a potato-based dish that has a creamy, _____ texture, with some added _____ and flavour thanks to the _____ of chopped green onions. This simple but _____ dish is a classic way to prepare _____ potatoes in Northern Ireland.

Ireland is _____ for its love of potatoes – certainly, you won't go a day without eating potato in some form – and this is Northern Ireland's signature _____.

8 Kearney Blue cheese

Prize-winning cheese that's still made by hand



Ireland has a wide _____ of cheeses, but Kearney Blue is one of the most _____. It has a strong flavour – a _____ of creamy and sharp – with blue speckles _____ through it. This cheese is produced with milk found _____ five miles of Farmview Dairies,

where the cheese is made, so it's also an eco-friendly product.

_____ to the number of dairy farms in Northern Ireland, it should come as no surprise that cheese is a popular addition to a meal here.

9 Barmbrack cake

A great addition to your afternoon tea

Barmbrack cake is a popular afternoon treat to enjoy with a _____ of tea. _____ full of raisins and sultanas, this _____ cake can be served fresh or _____ with butter. Directly translated as 'speckled loaf', traditional barmbrack isn't typically as sweet as cake, _____ on the dried fruits to _____ the sweetness.



Known locally as *brack*, you'll find this in cafés throughout Northern Ireland, especially in the autumn, around Halloween.

10 Irish pasties

A classic chip shop tea



Irish pasties are meat _____ found in fish and chip shops throughout Northern Ireland. You can find a _____ range of meat _____, but pasties typically contain _____ pork, onions and potato.

The difference between Northern Irish pasties and those found in the rest of the UK is the _____, which is battered and deep-fried rather than _____ as is tradition _____.

Answer the questions writing the extract number in the boxes.

1. Which contain meat?
2. Which are pricey?
3. Which has dried fruit?
4. Which is common during a celebration?
5. Which can have a smoky flavour?
6. Which has a strong flavour?
7. Which comes in many varieties?
8. Which contains chopped green onions?
9. Which is often eaten with beer?
10. Which can you get in fish and chip shops?
11. Which is produced in dairies?
12. Which is made with brown sugar?
13. Which are filling?
14. Which has brown and white varieties?
15. Which are grown on farms?