



# 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?