

Diet

At the time of this story, the Irish diet that immigrants carried over with them was dependent on potatoes, with some meat, vegetables, and dairy offerings. The diet was high in carbohydrates and fat. In rural areas, a pig was often kept for winter bacon and ham. Meats were rarely spiced or even salted and were often served boiled. Common dishes served by the Irish were boiled corned beef and cabbage, various potato recipes, Irish stew (made with mutton and potatoes), soda bread, boxty (a potato pancake), and bacon and cabbage.

Healthy recipe

Potatoes O'Brien (serves 6-8)

Ingredients

4 large potatoes, peeled and cut into uniform cubes of about ½" square
1 red bell pepper, seeded and cored and cut into uniform pieces of about ½" x ½"*
1 yellow or orange bell pepper, seeded and cored and cut into uniform pieces of about ½" x ½"*
½ green bell pepper, seeded and cored and cut into uniform pieces of about ½" x ½"*
½ cup canola oil (add more if needed)
½ onion, peeled and diced
2 gloves garlic, peeled and minced
Salt and pepper to taste

- *Always scrape out the white insides of the peppers when you core and seed*

Directions

1. Prepare the potatoes and peppers. Separate the green peppers from the other ingredients.
2. In a large skillet, heat the oil to medium or medium high. Add the potatoes and the red and yellow (or orange) peppers. (Always make sure the oil is hot before adding potatoes, or they will soak up too much oil.)
3. Saute ingredients until the potatoes are lightly browned on all sides.
4. Add green peppers. Mix in for 2 minutes.
5. Turn off heat. Add onion, garlic, and salt/pepper. Mix.
6. Serve with chicken or fish and a cold cucumber salad.