

# The Irish Pantry

Dairy	Grains	Meat	Freshwater Fish
Butter (Kerrygold) Milk Buttermilk Cheese	Barley Oats Wheat	Beef Chicken Lamb Pork Goose Turkey Offal (Organ meat)	Pollen Trout Salmon

Ocean Seafood	Vegetables	Fruit	Misc.
Cod Mackerel Hake Haddock Mussels Oysters Lobster Crab Seaweed (sea vegetables) Dillisk	Kale Potatoes Carrots Onions Cabbage Rhubarb Scallions Tomatoes	Apple Pear Plum Blackberry Strawberry Raspberry	Irish Breakfast Tea Canned Haggis Shortbread Cookies Irish Whiskey Irish Orange Marmalade Baking Soda Sugar Flour Salt Pepper