

## March 17

### ST. PATRICK

St. Patrick, the great apostle and patron of Ireland, died in 461. Today, the popular celebration on St. Patrick's Day in the United States consists of traditional details. In the morning, families attend Mass. Then there is a solemn parade, with subsequent meetings, speeches, fes-

tive meals in the home, and entertainment in the evening.

On this day, Irish Soda Bread is served as a reminder of a family's ancestral roots in Ireland. This bread is usually served as a dessert to top off a meal that often features Irish potatoes, and sometimes corned beef and cabbage.

#### *Irish Soda Bread*

- 3 c. flour
- $\frac{2}{3}$  c. sugar
- 1 tbsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- $1\frac{1}{2}$  c. raisins
- $1\frac{3}{4}$  to 2 c. buttermilk
- 2 eggs, lightly beaten
- 2 tbsp. melted shortening

Combine dry ingredients in a large bowl. Add buttermilk, eggs, and shortening to make a soft dough. Add raisins and knead a few minutes on a lightly floured surface. Form a round loaf about two inches thick. Place on a lightly floured or mealed baking sheet; cut a cross on top. Bake at 350 degrees for about an hour. Yield: 1 loaf.

—Rev. Kevin Shanley, O. Carm.

(The son of Irish immigrant parents)

#### **The Wearing of the Green — Ireland**

Although the custom of wearing green on St. Patrick's Day did not begin until over a thousand years after his death, the charming practice of displaying the shamrock is traced to the legend that St. Patrick taught King Oengus the doctrine

of the Holy Trinity by using the shamrock as an illustration. St. Patrick's Day heralded the beginning of spring in Ireland, and it is still regarded as the best time in many sections of the country for the farmers to begin planting potatoes.