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Only widely available outside the main tourist season, these once were food for the poor. Oysters were plentiful and free on the Irish coast before they became a delicacy and an aphrodisiac in "better circles." Normally served on ice with a helping of seaweed, a no-frills food. The traditional side dish would be a pint (or several) of Guinness.

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Irish stew The stew is made with mutton or lamb, potatoes and onions; in the south carrots are included too. The liquid may be water or stock, and is sometimes thickened with barley. Beef and Guinness Casserole This is one you have to try. Back when the Irish had nothing, drink was the main diet.

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