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St. Patrick Inspires a Shamrock Luncheon

By ALICE ERICSON and JULIA B. WHITESIDE

THE March hostess who is looking for something different may well take advantage of the possibilities offered by St. Patrick's Day. A green and white color scheme, besides commemorating the venerable Irishman, is very dainty and suggestive of the spring season.

For a luncheon the table is "bare," that is a table cloth is not used, but its place is taken by doilies, runners, or a choice of foods with open flowers. Any white flowers, as sweet peas, carnations, or tea-roses, with foliage, may be arranged in a green pottery plate. The centerpiece should be quite low.

If the luncheon is definitely a feature party, a very novel decoration is a miniature Irishman's head of porous clay, with white candies and nuts. Babies, cut out with a cutter, they may be decorated with angelica. The nutcups may be cut in green shamrock shapes and iced with a boiled white frosting and decorated with green icing. The following is suggestive of what may be served at a simpler and less expensive luncheon.

Pork Chops
Mashed Potatoes Gravy
Creamed Peas
Rolls Butter Olives

Fruit Salad Wafers
Frozen Pudding Macaroons (topped with green cherry)
Candies Nuts

Coffee

If desired this luncheon could be served in just two courses. The salad course may be combined with the main course or it may be omitted and a salad of head lettuce with plain mayonnaise or Thousand Island dressing substituted.

The menu to be served will depend largely upon the amount of money the hostess wishes to spend for food, the amount of food she will have in preparing and serving the luncheon, and the food materials that are available. In the city there is almost always a greater choice of food, especially fresh, green things, than there is in the small town. Foods that will help in carrying out the color scheme of the table decoration should be selected. It should always be borne in mind, however, that natural foods are much better than foods which have been artificially colored. Even if we know the coloring is pure, most of us are rather skeptical about eating colored foods. Bright green cakes may fit in very nicely with a color scheme, but, maybe it is the psychological effect they have on us, we know cakes aren't green, so we don't like to eat them. Whenever foods are in keeping with the boldest or formal, or informal, and just how elaborate the hostess wishes her luncheon to be. The first course of a luncheon may be a soup or a hot fruit cocktail, or the main course may be served without any preliminary course.

A menu that carries out the idea of St. Patrick's Day very well, and which is a very nice "party luncheon" menu consists of:

Fruit Cocktail
Chicken Croquettes Creamed Potatoes (with parsley)
Buttered Peas in Timbales
Hot Rolls Olives
Shamrock Salad
Brick Ice Cream Shamrock Cakes
Candies Nuts
Coffee

The fruit cocktail may be of grapefruit or a combination of fruits as grapefruit, oranges, and pineapple, topped with a green candied cherry. The salad is made by removing the seeds from green peppers and soaking them in cold water until they are brittle. They are then filled with cottage cheese which has been moistened with cream and mixed with walnut meats. After the peppers are stuffed, they are cut into one-half inch slices and arranged on lettuce leaves. The slices of peppers have a shamrock shape, making this a very attractive salad. The mayonnaise may be passed with this salad.

The ice cream may be purchased in bricks with a layer of green pistachio ice cream. The cakes may be baked in a thin layer and shamrock shaped cakes cut out with a cutter. They may be covered with a boiled white frosting and decorated with angelica.

Another menu, equally suitable for this type of luncheon which carries out the color scheme of green and white, is:

Cream of Pea Soup Wafers
Veal Loaf Baked Potatoes on Half a Shell (parsley garnish)
Greens Beans Sweet Pickles
Rolls Butter
Asparagus Salad
Pineapple Bavarian Cream Cakes (with tinted icing)
Candies Nuts
Coffee

The service of this luncheon may be simplified by having the salad served with the main course, or the soup course could be omitted. The cakes may be cut with the favors made of thin round paper and decorated with frosting that has been tinted a very delicate green with pure fruit coloring, or the cakes may be first covered with cream and then decorated with green icing.

The following is suggestive of what may be served at a simpler and less expensive luncheon.

Pork Chops
Mashed Potatoes Gravy
Creamed Peas
Rolls Butter Olives

Fruit Salad Wafers
Frozen Pudding Macaroons (topped with green cherry)
Candies Nuts

Coffee

**Note:** The original response is too long to present in full, but it details various menus that can be served as a Shamrock Luncheon, with suggestions for different courses and color schemes to reflect St. Patrick's Day festivities.