Imagine Immigration
Foods Special to Immigrant Groups

**French-Canadians – Tourtière**
Touriére is a traditional meat pie that Franco-Americans brought with them from Quebec. It is made with ground meat: pork, veal or beef. It is enjoyed throughout Canada and the northern States where people of Quebec ancestry brought the recipe when they immigrated. Every family seems to have their own favorite recipe.

**Irish – Corned Beef and Cabbage**
Many Mainers enjoy eating New England Boiled Dinner around St. Patrick’s Day, which Irish people brought to America and call it Corned Beef and Cabbage. They do not have to wait for St. Patrick’s Day to enjoy cooking and eating this yummy meal. They also like to make and eat Irish Soda Bread and Potato Bread, too.

**Boxty** are potato pancakes. Usually, they are a mixture of grated raw potatoes, leftover mashed potatoes, baking powder, and sweet milk. They may be flavored with onions. They are usually served on the Celtic New Year.

**Polish – Kielbasa**
Is a spicy sausage made with pork and sometimes beef. Some cook kielbasa with a mixture of brown sugar, ketchup and horseradish.

**Lithuanian – Cold Beet Soup**
This soup is made from beets, cucumbers, eggs, buttermilk, and young boiled potatoes.

**Potato Kugelis** are made of grated potatoes, eggs, milk, onion, and chopped bacon; usually served as a side dish.

**Greek – Galatopita (Milk Pie)**
It is like custard pie, made with milk and eggs; baked in thin, flaky filo pastry.

**Fasoulada** is a popular bean soup that has other vegetables, too. It is usually served with feta cheese and crusty bread.

**Italian** – Italian dishes vary widely for different parts of Italy. Exactly where your ancestors lived in Italy will determine your favorite meals and recipes.

**Gnocchi** are small dumplings made with egg, cheese and flour; sometimes spinach or squash is added, too. The dumplings are cooked in water.

**Scottish** – Haggis
Haggis is a meat dish made with sheep’s heart, lungs and liver that are finely chopped or ground, mixed with spices, oatmeal, and onion, then boiled for 3 hours.