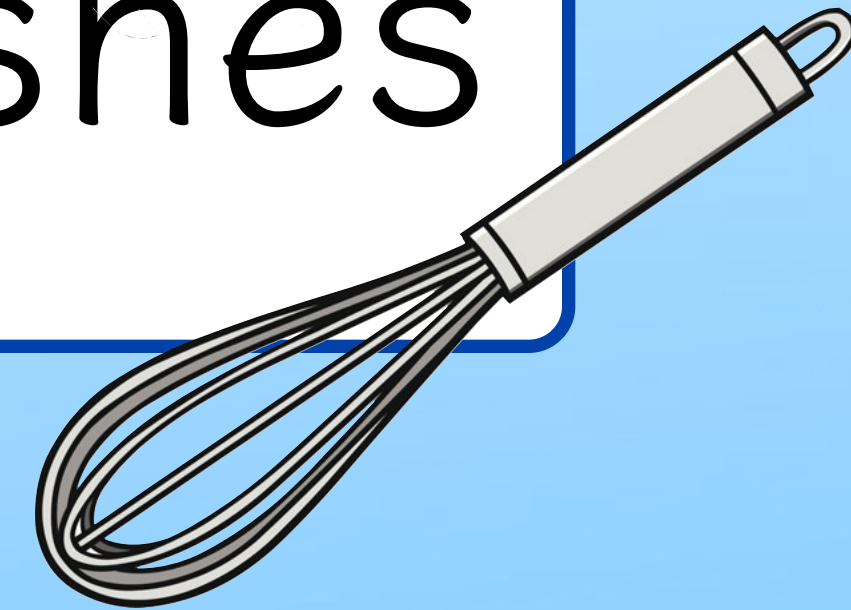




Great British Dishes



Learning Objective:

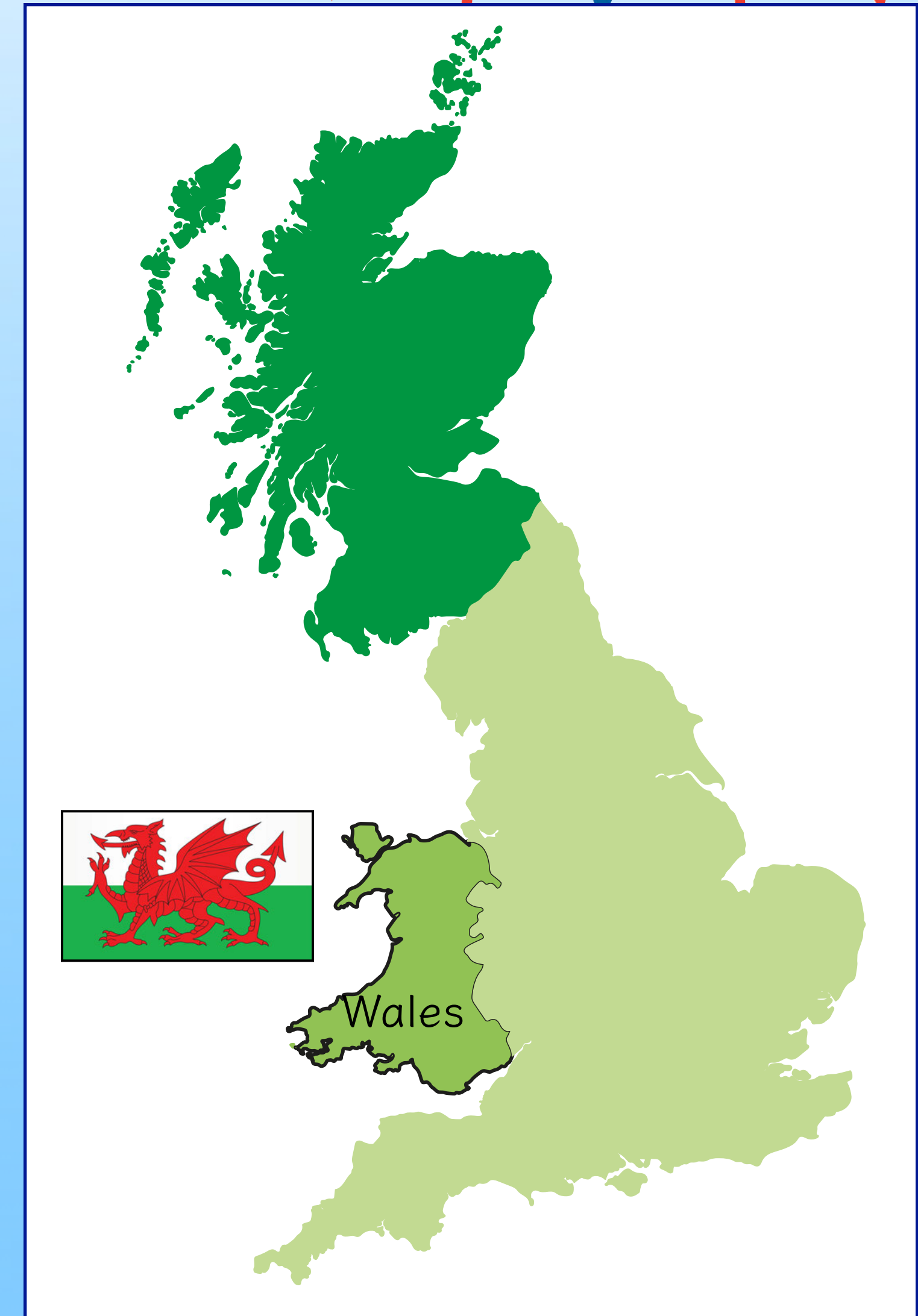
To learn about and make some national Welsh dishes





Today, we are going to focus on national dishes from Wales.

Can you name any dish that is traditionally Welsh?



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Think, pair, then share your ideas.

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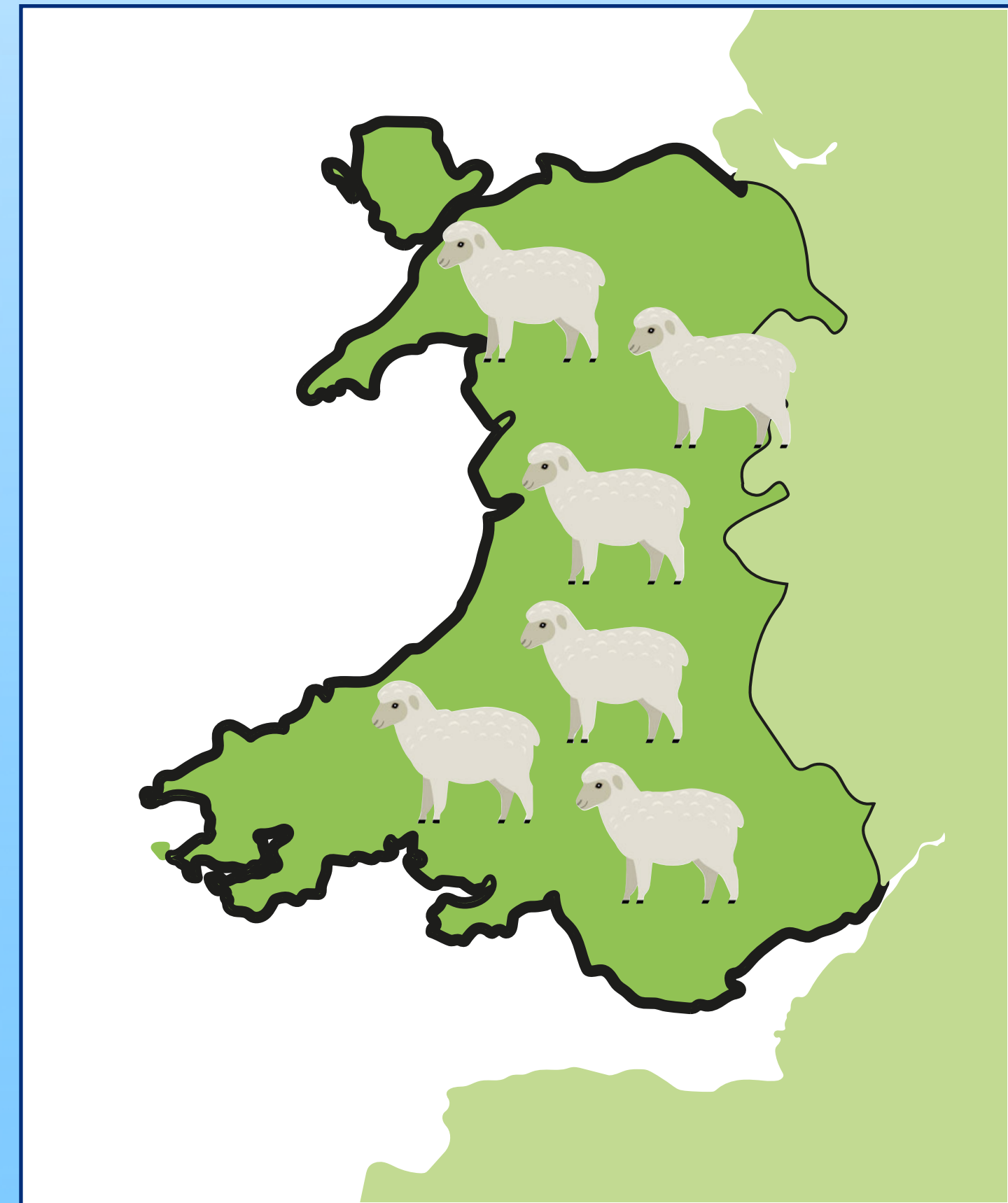


Sheep farming is a large part of the economy of Wales.

In 2017, the human population of Wales was estimated at 3.1 million.



In comparison to this, how many sheep do you think there are in Wales?!



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There are estimated to be over 10 million sheep!
That means for every one person, there are three sheep!

Therefore, sheep farming is extremely important in Wales – it accounts for 80% of the country's agriculture (the rearing of animals and growing of crops).



Do you know what
the meat of a sheep
is called?



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Lamb is the meat of a sheep that is less than one year old.
Mutton is the meat of an adult sheep.



This meat is a popular ingredient in many of Wales' national dishes.

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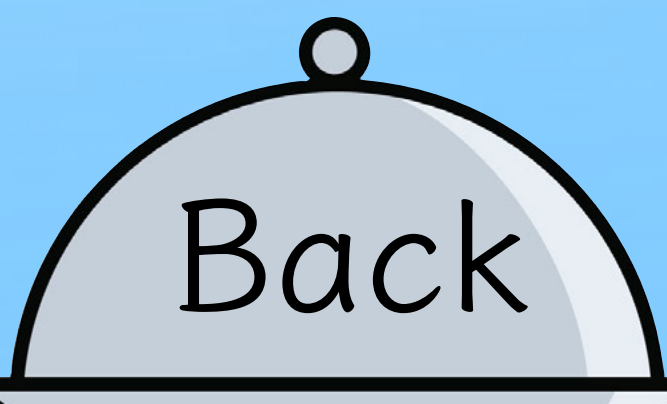
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Cawl



Cawl is a traditional Welsh soup, containing lamb, potatoes, swede and carrots. The recipe dates from the 14th century, and was typically eaten during the winter months as a warm and sustaining meal. The pieces of meat would be simmered in water alongside the vegetables. The stock was then thickened with oatmeal and served as a first course without the lamb or vegetables, which would later be served as the main course.



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Have you ever tried this dish, or something similar, before?



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The leek is a national symbol of Wales. According to legend, on the eve of a great battle, St David told soldiers to wear a leek on their helmets so that they could tell who was fighting alongside them, and who was fighting against them. This led to a great victory.



It has become a tradition on St David's Day (1st March) for soldiers in Welsh regiments to eat a raw leek!



It is also popular as a cooked vegetable in some traditional Welsh recipes...

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This is a vegetarian dish traditionally made with cheese, leeks and breadcrumbs. The mixture is rolled into sausage shapes and fried. It is thought that this dish has been around since the 1850s, when it may have originally contained pork. The vegetarian version that is so famous now became popular during WWII, when meat was scarce due to rationing.

Glamorgan sausages



Would you like
to try this dish?

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Laverbread



Laverbread is not a bread! The main ingredient is a type of seaweed, called laver. The seaweed is boiled for several hours, and then puréed to make a thick, gloopy paste. It can be eaten as it is, or rolled in oatmeal and fried.

It is traditionally eaten as part of a Welsh breakfast along with bacon and cockles. It can also be used to make a sauce for lamb, or can be added to cawl.

It is very healthy, containing high levels of several nutrients and vitamins.



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Bara Brith literally translates from the Welsh as 'speckled bread'. It is traditionally flavoured with tea, dried fruits (such as raisins, currants and candied peel), and mixed spices. It is usually made in the shape of a loaf, and is served sliced and buttered.



The traditional recipe has been experimented with, and you can now get Bara Brith chocolate and Bara Brith ice cream!

Bara Brith



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Welsh rarebit



Also known as Welsh rabbit (even though it contains no meat!), this is another traditional food of Wales. It is a simple dish consisting of a hot cheese sauce which is poured over toasted bread. Many recipes include additional ingredients such as mustard and Worcestershire sauce.



What additional ingredients would you add to this simple dish?

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Now, are you ready to make some
Welsh-inspired food?

Can you remember how to keep
your work area hygienic and
safe?

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Plenary:

‘Crepog’ is another traditional dish in Wales.
Look carefully at the ingredients and method for making it below.
Do you know of another name that this dish is called?



Ingredients:

450ml buttermilk
55g unsalted butter
275g plain flour
75g sugar
1 tsp bicarbonate of soda
1/2 tsp salt
1 tbsp vinegar
2 eggs (well beaten)

Method:

1. Gently heat the buttermilk and butter until melted.
2. Put the flour into a bowl and gradually pour in the buttermilk and butter mixture. Beat well to create a thick batter.
3. Stir in the rest of the ingredients and beat well to form a smooth batter.
4. Heat a frying pan. Drop one tablespoon of the batter into the pan. Cook for a few minutes until golden, and then flip it over and cook the other side. Once cooked, remove the crepog from the pan and cook the rest of the batter in the same way.
5. Serve the crepogs in a stack topped with butter.

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Think, pair, then share your ideas.

Next



Did you work it out?
Crepmpogs are
Welsh pancakes!



The Welsh 'crempog', or pancake!

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