

# Welsh Food

Match the pictures to their description:



## WELSH CAKES

These are traditional snacks made of flour, butter or lard (pig fat), eggs, sugar and raisins. They are roughly circular and about 1.5 cm thick.

## BARA BRITH

This is a fruit cake traditionally made with raisins, currants and candied peel.

## ROAST LAMB

This is a very traditional Welsh dish. It consists of caramelized lamb with vegetable accompaniments.

## COCKLES

These are a popular type of edible seafood. Cockles are sold freshly cooked as a snack in the UK, particularly around the coastline which are inhabited by cockles. They are available in different forms: boiled, steamed, fried, pickled in jars, etc.

## LEEK SOUP

Because of their symbolism in Wales, leeks have come to be used extensively in that country's cuisine. There are different ways of preparing the vegetable: boiled, fried, raw, along with soup.

## LAMB AND MINT SAUCE

Mint sauce is made from finely chopped mint leaves, soaked with vinegar and sugar. It is traditionally used as a complement to roast lamb.

## SCONES AND CLOTTED CREAM

Clotted cream is a thick yellow cream usually served as part of a tea on scones with strawberry or raspberry jam.

## CAWL

This is a traditional Welsh stew – consisting of meat and vegetables. Cawl is translated as 'soup' in modern day Welsh.

## LAVERBREAD

This is a traditional Welsh delicacy made from laver (seaweed). To make laverbread, the seaweed is boiled and then minced or pureed. The resulting paste is sold as it is or rolled in oatmeal. It can also be used to make sauce.

## CREMPOGS

These are Welsh pancakes served piled and spread with butter. Welsh people eat them at birthday parties.

