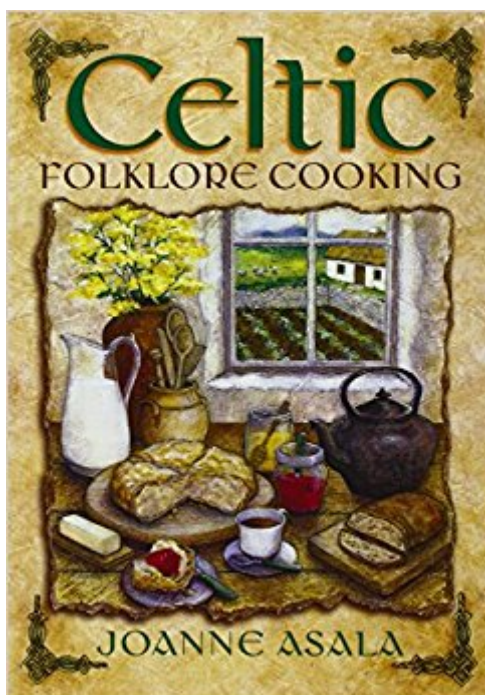


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# Celtic Folklore Cooking



## Synopsis

A treasury of delectable recipes, *Celtic Folklore Cooking* by Joanne Asala will help you select foods to serve at your celebrations of the Sabbats and Esbats: the festivals and ritual times for Witches and Wiccans. It is also a terrific introduction to Celtic culture. The recipes in this book were gathered during four trips the author took to Ireland and Britain, as well as visits to Scotland and Wales. She searched for people who still cooked in the traditional of their ancestors, passing down recipes from generation to generation. The result is a book that is rich in Celtic tradition. And the foods are delicious any time, too! Like a well-stocked larder, *Celtic Folklore Cooking* offers plenty of tempting choices for daily meals or special celebrations. Pick from more than 200 tasty traditional dishes, all nestled among colorful food-related proverbs, poems, tales, customs, and other nuggets of folk wisdom. Each recipe lists ancient and modern holidays associated with the dish so you can select the perfect fare to complement the season. Recipes include: - Mushroom and Scallop Pie - Heather Wine - Pratie Oaten - Beestings Pancakes - Hot Cross buns - Figgy Pudding - Boxy on the Griddle - Barm Brack - Sweet Scones - Scotch Eggs - Colcannon - Cockle Soup - Flower Pudding - Flummery - Mead The ancient Celts celebrated their Sabbats with music, dance, games, food, and drink. Whether you are a solitary practitioner or a part of a larger group, food and drink should always be a part of your festivities, rituals, and ceremonies. This book can be the key to a wide variety of foods that will make you the talk of the town! If you are involved in Celtic traditions, this book is a must. If you simply like unique recipes for foods that are as tasty today as they were hundreds, even thousands of years ago, you'll want this book, too.

## Book Information

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## Customer Reviews

Sabbats, festivals, and informal gatherings all have something in common--food. But choosing the right food for the occasion can be difficult. Celtic Folklore Cooking takes the guesswork out of planning a feast, with plenty of sumptuous ideas for an entire meal, from soup to dessert and even drinks to accompany your food. (Consider baked trout for Beltaine or Lammastide cookies for Lughnasadh.) Joanne Asala gathers generations-old recipes from Wales, Cornwall, Scotland, Ireland, and England, associates them with appropriate festivals and times of the year, then sprinkles a dash of folklore between them. Perhaps you would like to learn the 400-year-old "Song of Harvest Home" while making Marigold Buns. Celtic Folklore Cooking is like having centuries of Celtic tradition in your kitchen, and it will help you find just the right flavor for your festivities. --Brian Patterson

Many people today are following Celtic traditions as part of their spiritual paths. But the foods eaten by the ancient Celts have been little known--until now. In Celtic Folklore Cooking author Joanne Asala reveals recipes she has gathered from journeying to the British Isles. She found the best traditional cooks in Ireland, Scotland, Wales, and Cornwall who center their menus today around the same simple foods that have fed the Celtic people for generations: fresh meats and fish, nutty grains, wild fruits, rich dairy cream and butter, and home-grown vegetables. More than 200 of their recipes are included in Celtic Folklore Cooking. But there's more! Through the generations, the foods of the Celts have inspired a rich crop of proverbs, legends, and songs. Celtic Folklore Cooking combines the recipes with their folklore, resulting in a book that is valuable to Wiccans, chefs, and people interested in ancient traditions and folklore. This book is as charming as a whitewashed cottage and cozy as tea and scones by the fire. Celtic Folklore Cooking will draw you into the culture, folkways, and character of the Celts, who have always lived close to the land and the changing of the seasons. This delightful book will fill your mind with joy and your stomach with tasty food. Get a copy today.

Breaking the Food Seduction: The Hidden Reasons Behind Food Cravings---And 7 Steps to End Them Naturally  
As a Christian, I believe one of my responsibilities is to be respectful of other religions. This being said, I found the discussions on Wicca as enriching as the tales and the food, and I learned to appreciate the Wiccan culture which provided us with mistletoe in Advent and

Christmas and the hot cross bun on Good Friday. As an American of Irish ancestry, I was fascinated with the Irish tales that accompany many of the recipes, some of which produced in me laughs as hearty as a good bowl of stew. I found the recipes being grouped according to the Wiccan seasons helpful because it seems as if the Wiccans have a great respect for the earth and for agriculture; from Asala's perspective, food that may be appropriate Pentecost in May or June may not be so at around the time Christmas is celebrated and vice versa. From a health perspective, many doctors, including my friend Arlene Alexander, M.D., the sister-in-law of InterVarsity's founder John Alexander, and Neal Barnard, M.D. have considered oatmeal very beneficial to one's heart, yet even when I was vacationing in Ireland, I have avoided oatmeal simply because I do not like sweet things for breakfast, or have considered oatmeal boring. Asala's Brotchan Foltchep (Leek and Oatmeal Soup) has completely transformed the way I look at oatmeal. In keeping with Barnard's teachings against mammal products, I find this recipe easily modifiable by substituting mushroom broth for the whole milk or beef stock mentioned, and olive oil for the melted butter, even though olive oil may not have been readily accessible in Ireland prior to 1500. This is an excellent feast for the body, mind, and spirit - and not just for St. Patrick's Day!

I love this book and have tried many recipes from it and so far, I can say that it's worth the money. However, be sure to leave room for modification of measurements and methods as some are off slightly to make the food either more difficult to prepare or be underdone or overdone. For example, the recipe for Scotch Egg, I would recommend dipping each hard-boiled egg into the egg batter THEN dusting with flour before rolling on the sausage, which is opposite of what the book recommends. The reason is that the sausage adheres to the flour and the flour adheres to the egg batter. If you dust first and then dip in the egg batter, you will have a hard time making the sausage stick. Then dip the egg/sausage into the egg batter once more before rolling it in the breadcrumbs. Also, I would quick fry in the oil and then bake rather than fry as the sole method or your egg might be burned on the outside but underdone on the inside. It's still a yummy recipe but I had to work it out myself to get it just right. On the other side of the equation, the tidbits and folklore are lots of fun so this book still earns 5 stars from me.

I am trying to introduce my children to some of the foods that their ancestors ate. This book has a lot of facts and folklore as well as interesting recipes. I have only made one so far but it was pretty good.

This is an elementary and basic variety look-see peek into a cultural area of some amount of Celtic ways. I have enjoyed it and some of the recipes in it. I have used it numerous times. It provides a section on some cultural information and how the food it is using for that recipe ties into the various events which it does cross reference for multiple places on the calendar. It is "folklore" based, so keep that in mind. Some folklore has been handed down and has had some basis of reality and meaning somewhere at some point. It is a fun book for me. I would recommend trying out recipes ahead of time before events, to make sure they work well for your own interest and taste.

My ex had this cookbook and I'm ecstatic that I've been able to purchase it for myself. While it's not a print version, I'm ok with that. The Kindle version was only \$1.99 on sale! I couldn't pass it up! The recipes are wonderfully yummy. But the recipes aren't they only part of this that makes it so neat. There are little things throughout that make this book a gem: poetry, tales, random snippets of wisdom, all of these and more lift this cookbook above and beyond other similar books. A few other things I like about this particular cookbook: -The index is not only arranged by ingredient, but also by occasion. -The glossary includes terms not only used in cooking, but also used in Pagan beliefs as well as a few celtic language phrases -A list of bibliography, sources where the author of this cookbook obtained her information for poetry, tales, etc., not only listed for purposes of works cited, but also as a suggested reading list for your own research and informational purposes.

Good recipes

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