

## **MORNING REPAST –**

**Caws** - Assorted Welsh Cheese,

**Bara barlys** - Barley cakes

**Bara lawr** – Laverbread – seaweed oatcake

**Caws pobi** - Welsh toasted cheese on bread

**Cig edion wedi'I halltu** – smoked beef brisket

**Trolis** – pastry stuffed with currants and nutmeg

## **MIDDAY MEAL (FEAST)**

*1st course -*

**Bara ceich** - Oatcakes - flat cracker like bread over which the other items are served (trencher)

**Llymru** - Flummery - traditional oat porridge

**Cyw iar mewn potes** – chicken in cream broth with carrots and turnips

**Cig oen mewn llymru** - roast lamb with herbs

**Cawl** - traditional cabbage soup

**Cramwythen cregyn** - Welsh pancakes with mushrooms and leeks

**Pastai gocos** - Cockel pie – egg tart with cockels, laver (seaweed) and bacon

**Pastai katt** – Pork hand pies with dried fruits and spices

**Bresych gyda llysiau gwyrdd** – mixed greens with nuts and dried fruits topped with citrus fruits

*2nd course -*

**Bara Planc** - Manchet (white bread)

**Stiw cwningen** – rabbit stew with leeks and apples (served over manchet)

**Tarten cacennau** - Venison pie – tender pieces of venison marinated in red wine, cloves, ginger, and nutmeg with leeks, sealed in a pastry crust

**Pwdin caws** - Cheese pudding (bread crumbs, cheese, eggs and milk)

**Tarten bwmpen** - Marrow pie (marrow - Welsh zucchini - vegetarian)

**Eog wedi'I ferwi mewn llaeth** - Salmon in milk and herbs

**Tarten cwins** - Quince and bilberry tart

**Moron a gellyg** - Carrots and pears in honey with cinnamon

*Drinks –*

**Neithdar cynhaef** - Sweet drink made from water, sugar, lemon juice, and boiled raisins

**Sedir** - mix of fresh pressed and local cider - maybe warm and spiced if cold outside

**Hipocras** - grape juice with spices

## **EVENING REPAST**

**Teisennau afal** - apple fritters

**Caws** - cheese

**Bacwn oer** – cold thick sliced bacon