



Celtic Folklore Cooking

By Joanne Asala

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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
- Boxyty 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.

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Celtic Folklore Cooking By Joanne Asala Bibliography

- Sales Rank: #568292 in Books

- Brand: Brand: Llewellyn Publications
- Published on: 1998
- Original language: English
- Number of items: 1
- Dimensions: 9.84" h x .90" w x 7.16" l, 1.46 pounds
- Binding: Paperback
- 384 pages

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Editorial Review

Amazon.com Review

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 Lammas 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

From the Publisher

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.

About the Author

Joanne Asala (Chicago) is the author of more than 25 books on folklore, fairy tales, cooking, and traditional customs. She has traveled extensively throughout Europe and the British Isles to collect material firsthand for her books.

Users Review

From reader reviews:

Patricia Joyner:

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