WELSH
Gastronomy

to provide you with a basic understanding of the historical, cultural, and culinary aspects of Welsh cuisine.

Today's Objectives

Describe the historical and cultural influences on Welsh gastronomy.

Identify key ingredients and traditional dishes in Welsh cuisine.

Analyse the impact of modern trends on Welsh food culture.

Celtic & Roman Influences

Celtic Influences

- Game, fish, wild plants, and dairy products were staples.
- The movement of livestock influenced food availability.

Roman Influences

- Introduction of Roman ingredients and culinary techniques.
- Adoption of practices like the use of olive oil, wine, and wheat cultivation.

Medieval and Tudor *infuences*

Medieval Influences:

- Bread, ale, dairy, and vegetables were common diet.
- Wealthier classes consumed more meat.
- Use of spices and herbs for flavour.

Tudor Influences:

- Introduction of ingredients from the Americas.
- Potatoes and tomatoes became part of the diet.
- Tudor court's culinary extravagance influenced upper-class practices.

Industrial Revolution

Changes in Agriculture

- Transition from agrarian to industrial economies.
- Enclosure movement influenced land use patterns.

Urbanisation and Changing Diets

- Urbanisation led to changes in dietary habits.
- Increased demand for convenient and affordable foods.

Impact on Local Food Production

- Mass-produced goods led to the standardization of food production.
- Centralisation of industries influenced ingredient accessibility.

Traditional Welsh Produce

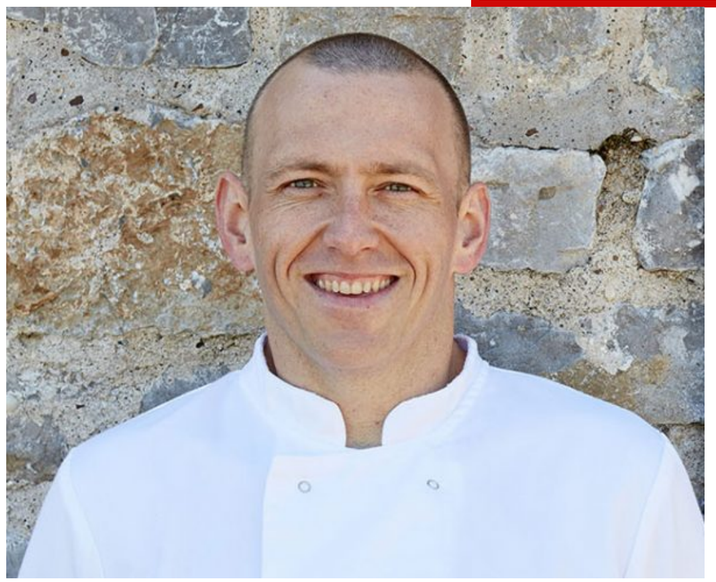
Wales is renowned for its lush pastureland, providing an ideal environment for sheep farming. As a result, lamb features prominently in Welsh cuisine. Wales boasts a long coastline, providing access to a variety of fresh seafood. The leek holds cultural significance and is a national symbol of Wales, often associated with Saint David, the patron saint of Wales.

Traditional Welsh Dishes

A hearty soup or stew featuring lamb, root vegetables, and leeks. A traditional dish featuring cockles (small shellfish) and laverbread (seaweed), often served as a breakfast dish or with bacon. A comforting soup combining leeks and potatoes, sometimes enriched with cream.

Modern Influences

Modern influences on Welsh cuisine encompass a dynamic blend of globalisation, innovative culinary practices, an emphasis on local and sustainable ingredients, and the significant contributions of contemporary Welsh chefs to the international culinary scene.



How could you incorporate Welsh Produce into your own dishes?

QUIZ TIME

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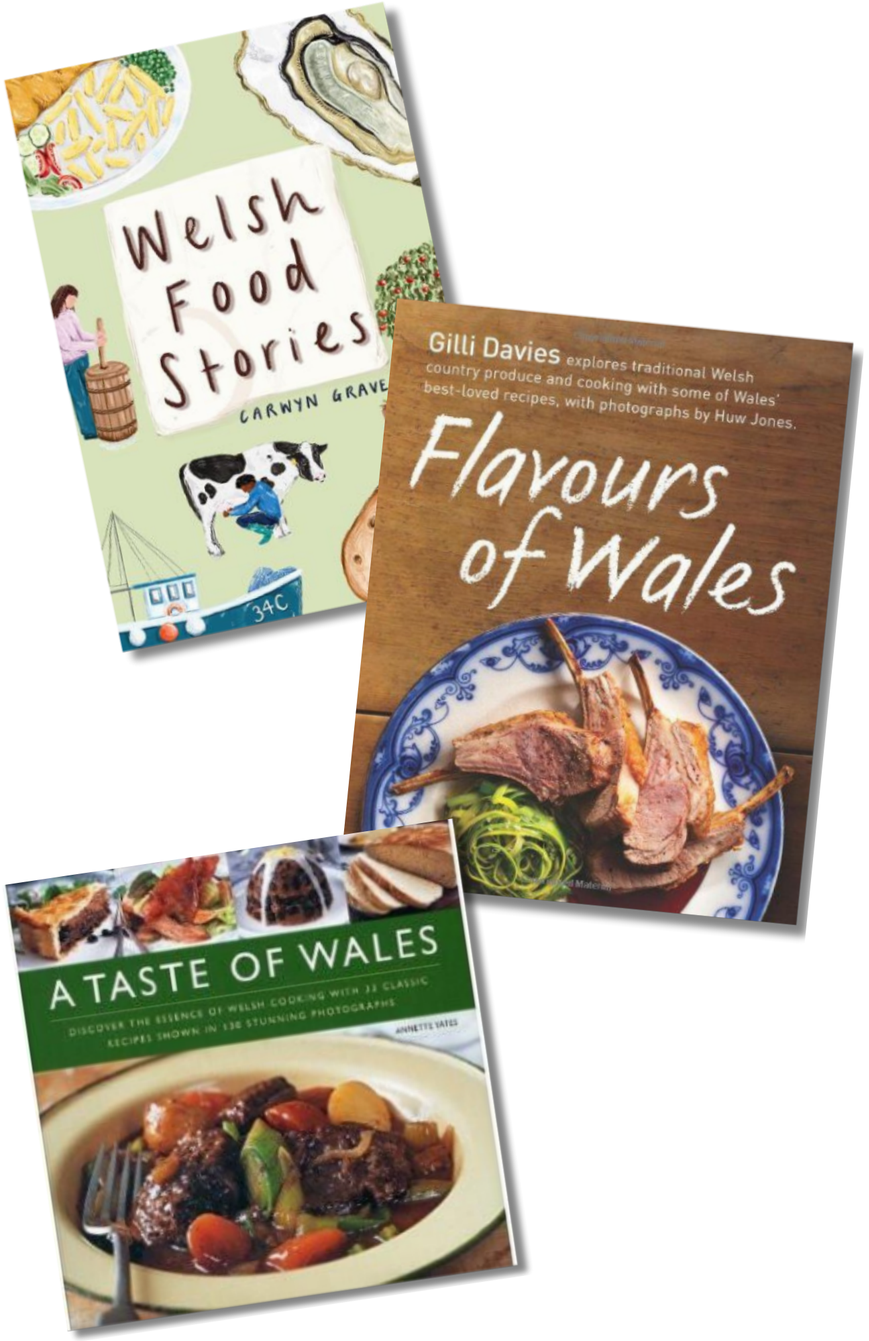

Find out More about Welsh Gastronomy

ANY QUESTIONS?

Thank you

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