



The Welsh Cook Book

By -

Amberley Publishing. Paperback. Book Condition: new. BRAND NEW, The Welsh Cook Book, Welsh cooking traditions go back centuries. Beef and dairy cattle are raised widely. Sheep farming is extensive in the country and lamb is the meat traditionally associated with Welsh cooking, particularly in dishes such as roast lamb with fresh mint sauce. The leek, as something of the nation's 'national' vegetable, also features prominently. Welsh cooking often includes seafood, especially close to the coast, where fishing culture is strong and fisheries are common. In this, the quintessential Welsh cook book, the Right Honorable Lady Llanover, following a meeting with 'the Welsh hermit of the Cell of St Gover', explores traditional Welsh cuisine from the turn of the century, with an excellent range of homemade recipes such as South Wales Salmon, Welsh Mutton Chops, Welsh Leek Broth and Welsh Cakes.



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