



UPDATE!

Wales Coastline and Border Celebration

This Wales Coastline and Border Celebration - a very good focus for shared learning!

So far in 2018, as in every year, Wales U3A members as a whole must have clocked up hundreds of thousands of trips and activities which reference the coast and border.

We have been able to gain a taste of this through the material generated by this project - high quality, creative, celebratory, thought provoking and beautiful.

Some have been inspired to try something new or to rise to a challenge, either by themselves or with others. Stories, photographs and experiences have been shared so that others may learn from them or the places that have inspired them. Others have used the opportunity to reinforce links across and between organisations, or to refresh and promote activity programmes. There is a legacy of images and writing which can be used as a resource and strong evidence of a range of skills that have been acquired or honed, using this project as a convenient vehicle.

We have also been able to enjoy material which members have generously agreed to make available for this celebration, wherever the motivation for that material originally came from.

Let's hope that this unique and valuable Welsh asset will inspire us all for many years to come.

Cognitive diversity is as threatened as bio diversity: there is an insatiable curiosity and appetite for learning and experience – this helps define our futures!

Bernie Dunlap, The Lifelong Learner



Pause for reflection: North Wales Sunset from the Clwydian Hills, looking to the Gwynt Y Môr wind farm and the sea.

Pause for reflection: the tenth century Celtic stones now housed in a peaceful and spiritual space in Eglwys Sant Illtud, Llanilltyd Fawr.



Contact for further information or contributions:

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Facebook: [Coastline and Border Celebration](https://www.facebook.com/Coastline-and-Border-Celebration)

Two historic recipes from Welsh Coastal Food, by Sarah Lever, Swansea U3A, illustrated by Jan Spicer, Fishguard U3A.

One of the more unusual of Anglesey's recipes is *Cacennau Iago* or James' Cakes so named after the scallop shell that it was traditionally pilgrims visiting Santiago de Compostella wore as a hat badge. They are a speciality of Aberffraw and called *Benffro* cakes locally. Scallop shells are used as a mould for the cakes.

Teisen Benffro

100 gms softened buttermilk
50 gms caster sugar
150 gms plain flour

Preheat oven to 200C/400F/ GM 6.

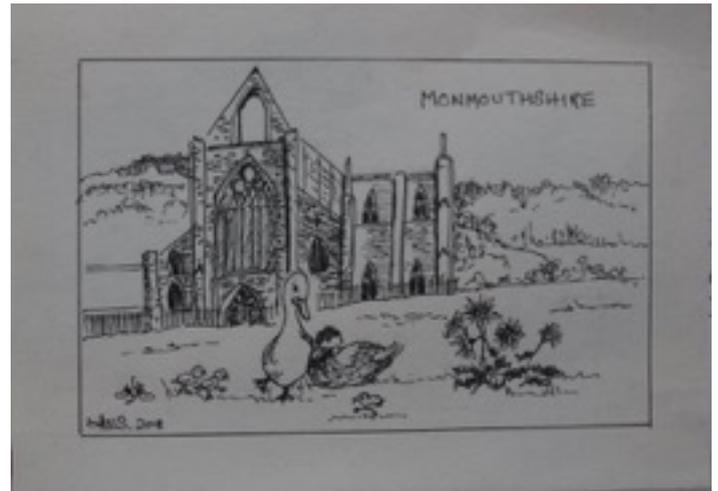
Line a baking sheet with parchment paper.

Cream butter and sugar. Sift in flour and stir until mixture is dough like.

Work dough with your hand until soft and pliable and divide and shape into 12 balls.

Sprinkle the inside of the scallop shell with sugar and carefully press dough into it making sure that the shell is evenly filled. Turn out onto baking paper and press slightly so that base is flattened and scallop imprint can be seen. Remove shell carefully.

Bake for 10 mins until set and sprinkle with sugar before cooling on a wire rack.



For many years Monmouthshire was the county added to the end of England and Wales on maps but in 1953 it became a Welsh county in its own right. Being next to the county of Herefordshire, this was very much a cider drinking area particularly in the farming community. As I have mentioned before *Caerphilly*, from this county, was the earliest named Welsh cheese. It was also in Monmouthshire that the best known collector of food recipes and all things Welsh, Lady Llanover, lived. She was the producer of *First Principles of Good Cookery* (and recipes communicated by the Welsh hermit of the cell of St Gover). Her most famous recipe is *Salt Duck* though be warned it takes 3 days to prepare.

Lady Llanover's Salt Duck

1 4-5lb duck
4 oz sea salt
water
2 chopped onions
 $\frac{1}{2}$ oz flour
 $\frac{1}{2}$ pt milk

Rub duck well with with the salt and turn and recoat every day for 3 days keeping in fridge meanwhile.

Rinse salt off thoroughly. Place in pan and cover with cold water. Bring to boil and simmer gently for 1 $\frac{1}{2}$ hours turning halfway through.

Stew the onions in a little water very gently till tender. Do not let them get dry. Strain liquid and whisk in the flour and the milk. Add cooked onions and bring to the boil. Simmer for 2 to 3 mins until thickened. Blend the sauce and season to taste.

Serve the duck thinly sliced with the sauce.

