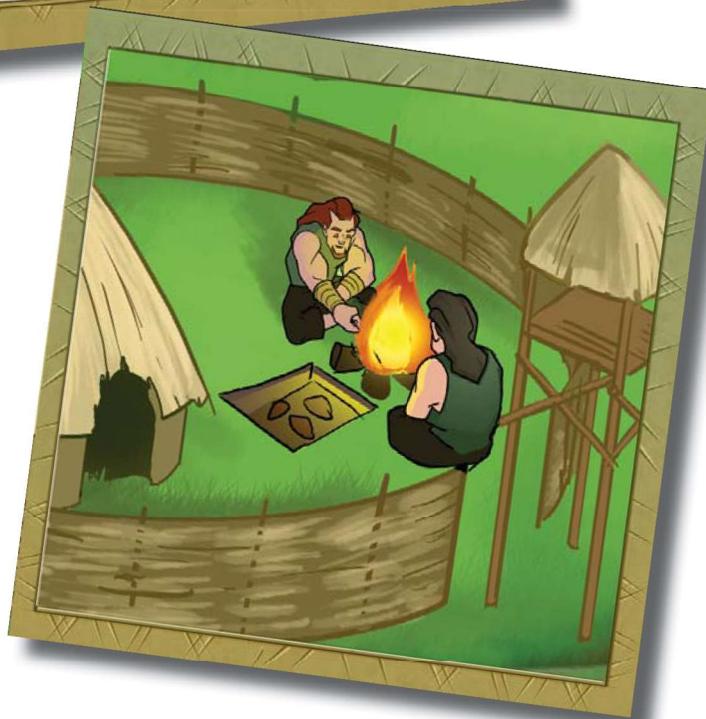




# FULACHT FIA

## Getting Started...

Feasts are an important part of any culture. Feasts play an important role in bringing people together. Sharing of food is a key ingredient to a unified community. The "Land of the Celts" puts a big emphasis on sharing meals. They had many feasts and ways of feasting. A Fulacht Fia is one such example of how a way of cooking a feast brought people together.



### Plan

- In the Six discuss how they could use the idea of a Fulacht Fia as a feast.
- Chat about what a Fulacht Fia is and the principle of using boiling water to cook
- They may want to try an actual "Fulacht Fia" and encourage this if they want however, the Fulacht fia was hard to do so a more easier meal and similar method might be used.

### Do

- Design a menu based on locally sourced ingredients like the Celts
- Get the ingredients and cook the meal using a fulacht fia style method
- Use a conventional cooker to cook the same meal and compare the two meal and see what was better

### Review

- As part of the meal, have a chat about the meal and how the Celts ate their meals.
- There may be some traditions that the Six may like to start; like saying the Promise or Law before the meal.

### Resources

Large Billie Can of Water

Fire

Gammon steaks, cabbage, potatoes

### Top tips

Try to do some backwoods cooking use the idea of making it into feast.



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