



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.



CLIB SCOUTS