

The British Isles



The British Isles Historic Society

Heritage, History, Traditions & Customs

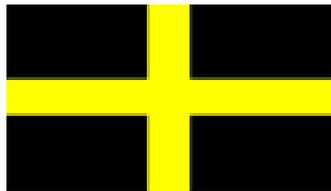
03-21a March Newsletter



March 1st.

St. David's Day

Our Heritage:

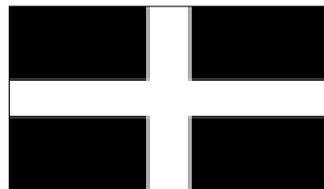


March 1st. St. David's Day,

is the feast day of Saint David, the patron saint of Wales. (Welsh: Dydd Gŵyl Dewi Sant or Dydd Gŵyl Dewi;) and falls on 1 March, the date of Saint David's death in 589 AD.

March 5th. St. Piran's Day

(Cornish: Gool Peran) is the national day of Cornwall held on 5 March every year. and is the Patron Saint of Cornwall, a 5th-century Cornish abbot.



March 8th. Commonwealth Day,

replacing the former Empire Day, is the annual



celebration of the Commonwealth of Nations, often held on the second Monday in March.



March 17th. St. Patrick's Day,

the Feast of Saint Patrick is a cultural and religious celebration celebrated by the Irish.

March 20, 2021, Saturday, Equinox

An equinox is commonly regarded as the instant of time when the plane of Earth's equator passes through the geometric center of the Sun's disk. This occurs twice each year, around 20 March and 23 September. In other words, it is the moment at which the center of the visible Sun is directly above the equator. The realms of Land, Sea and Sky; or the interconnected parts of our existence (Mind, Body, and Soul)

While the solstices result in a change of the length of night and day, the equinoxes do not. The summer and winter solstices result in the longest and shortest day of the year respectively while the equinoxes result in an equal amount of daylight and darkness received all across the earth.



St David was born in the year 500, the grandson of Ceredig ap Cunedda, King of Ceredigion. According to legend, his mother St Non

gave birth to him on a Pembrokeshire clifftop during a fierce storm. The spot is marked by the ruins of Non's Chapel, and a nearby holy well is said to have healing powers.

He's said to have made a pilgrimage to Jerusalem where he became an archbishop and established a strict religious community in what is now St. David's in Pembrokeshire, West Wales. He was famed for his pious austerity – he lived on leeks and water, apparently - and his ability to perform miracles. Once, while preaching at Llandewi Brefi, he caused the ground to rise up beneath his feet so that everyone could hear his sermon.

St David died on 1 March – St David's Day - in 589. He was buried at the site of St Davids Cathedral, where his shrine was a popular place of pilgrimage throughout the Middle Ages. His last words to his followers came from a sermon he gave on the previous Sunday: 'Be joyful, keep the faith, and do the little things that you have heard and seen me do.' The phrase 'Gwnewch y pethau bychain mewn bywyd' - 'Do the little things in life' - is still a well-known maxim in Wales.

<https://www.visitwales.com/info/history-heritage-and-traditions/st-david>

St. David's Day

Many people mark St David's Day on March 1st. by wearing a leek or a daffodil, the national emblems of Wales, or by displaying the flag of St. David, which features a yellow cross on a black background. The Welsh translation of "Happy St David's Day" is "Dydd Gŵyl Dewi Hapus".

The Leek: The leek. This humble root vegetable

is cited as a symbol of Wales in William Shakespeare's Henry V. Historical evidence also exists that the Tudor dynasty issued leeks to be worn by their guards on March 1, known as St David's Day in honour of the patron saint of Wales. The 7th century king of Gwynedd, Cadwaladr, is said to have ordered his men into battle wearing them for identification purposes.



The daffodil: The origins of the national flower of Wales appears to be as an attractive interloper, introduced during the 19th. Century as a replacement for the humble leek. David Lloyd George, the only Welshman to serve as Prime Minister, was a public advocate of the Narcissus (its Latin name) and its appearance in early spring as a symbol of nature's optimism neatly coincides with St David's Day on March 1st.

Flag of St. David: The history of the flag is somewhat obscure, but it seems to have emerged at the beginning of the 20th century. One theory is that it was developed to fly atop Anglican churches in Wales.



Welsh Flag: The significance of the dragon in Welsh culture is believed to date back to Arthurian legend when Merlin had a vision of a red dragon (representing native Britons) fighting a white dragon (the Saxon invaders). It was used by Henry VII at the battle of Bosworth in 1485 after which it was carried in state to St. Paul's Cathedral. The red dragon was then included in the Tudor royal arms to signify their Welsh descent. It was officially recognised as the Welsh national flag in 1959. The use of green and white refer to the colours of the House of Tudor, the 15th century royal family of Welsh origin.

<https://www.wales.com/about/culture/national-symbols-wales>



Wales

(Welsh: Cymru [ˈkəm.rɨ] is a country that is part of the United Kingdom. Wales is a country in southwest Great Britain known for its rugged coastline, mountainous national parks, distinctive Welsh language and Celtic culture. Cardiff, the capital, is a refined coastal city with a nightlife scene and a medieval castle with ornate Gothic Revival interiors. In the northwest, Snowdonia National Park has lakes, glacial landforms, hiking trails and a railway up to the peak of Snowdon.

The English words "Wales" and "Welsh" derive from the same Old English root (singular Wealh, plural Wēalas), a descendant of Proto-Germanic *Walhaz, which was itself derived from the name of the Gaulish people known to the Romans as Volcae. This term was later used to refer indiscriminately to inhabitants of the Western Roman Empire. Anglo-Saxons came to use the term to refer to the Britons in particular; the plural form Wēalas evolved into the name for their territory, Wales. Historically in Britain, the words were not restricted to modern Wales or to the Welsh but were used to refer to anything that Anglo-Saxons associated with Britons, including other non-Germanic territories in Britain (e.g. Cornwall) and places in Anglo-Saxon territory associated with Britons (e.g. Walworth in County Durham and Walton in West Yorkshire).

Welsh national identity emerged among the Britons after the Roman withdrawal from Britain in the 5th century, and Wales is regarded as one of the modern Celtic nations. Llywelyn ap Gruffudd's death in 1282 marked the completion of Edward I of England's conquest of Wales, though Owain Glyndŵr briefly restored independence to Wales in the early 15th century. The whole of Wales was annexed by England and incorporated within the English legal

system under the Laws in Wales Acts 1535 and 1542.

<https://en.wikipedia.org/wiki/Wales>



Welsh rarebit

Ingredients:

50g/2oz flour

50g/2oz butter

250ml/9oz strong beer,

warmed

250g/9oz strong cheddar, grated

2tsp English mustard

2 tbsp Worcestershire sauce

black pepper

4 large slices granary bread

Method:

In a small saucepan melt the butter and make a roux with the flour. Cook for a couple of minutes, stirring to prevent the roux from burning. Stir in the warm beer by degrees, until you have a thick but smooth sauce. Add the grated cheese and stir until melted. You should now have a thick paste. Mix in the mustard and Worcestershire sauce and season well with black pepper.

Lightly toast and butter the bread, then pile up the cheesy mixture on each slice. Cook under a hot grill for a few minutes, until browned and bubbling.

<https://www.bbc.co.uk/food/recipes/perfectwelshrarebit>



Welsh Laver Bread:

As is common across Britain, a full breakfast is the expected meal on any special day, and St. David's is no different. Laver Cakes are an essential part of a Welsh breakfast and are cooked as a side dish alongside roast meats. The cakes are a delicious mix of seaweed (fresh or canned), oatmeal, and fat, making them both hearty and tasty fare.



Who was the Patron Saint of Cornwall?

Saint Piran or Pyran

(Cornish: Peran, Latin: Piranus), died c. 480, was a 5th-century Cornish abbot

and saint, of Irish origin. He is the patron saint of tin-miners, and is also generally regarded as the patron saint of Cornwall, St Piran, is the patron saint of both Cornwall and tin miners.

Legend has it that he was viciously strapped to a mill-stone by Irish heathens, who then rolled him over a cliff into a stormy sea.

The tale continues that the waters became instantly calm and the saint floated safely over the water landing on the beach in Cornwall.

If the legend is to be believed, his first followers were a badger, a fox and a bear.

In Cornwall St Piran is then said to have established himself as a hermit, a lifestyle that gained him great respect from others with people travelling from far around to benefit from his miracles.

It is said that he was joined by a number of other Christians and he founded the Abbey of Lanpiran.

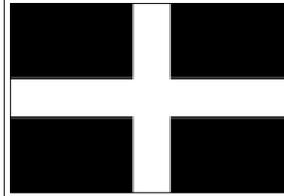
It is also said that he rediscovered tin-smelting after the practice had been lost when the stone on his fireplace - which naturally had a small amount of tin in it - had the tin melt out of it, collecting on the top in the shape of a cross.

It is from this legend that we have St Piran's flag, the white cross on the black background.

<https://www.thesun.co.uk/news/2924796/st-pirans-day-cornwall-gool-peran-lowen/>



March 5th. St. Piran's Day



Saint Piran's Flag

(Cornish: Baner Peran) is the flag of Cornwall, England, United Kingdom. The earliest known description of the flag as the Standard of Cornwall was written in 1838. It is used by some Cornish people as a symbol of their identity.

Happy St Piran's Day in Cornish, it's

Gool Peran Lowen.



ENGLISH SPIRIT - ST PIRAN'S RUM

Named after the patron saint of Cornwall, who brought fortune to his countrymen with the discovery of tin and famously loved a drink. This scratch-distilled rum is blended with Cornish water from a borehole at Treguddick Manor, where it is also rested in oak casks; truly an English rum with Cornish soul. Rammed full of smooth raisin and cracked caramel flavours, this is a rum for sipping.

Cornwall Quiz

- 1.) What's the proper name for the Cornish language?
- 2.) Cornish pixies are famous for leading you off your path – how do you break their spell?
- 3.) In the 1900's, half of the world's WHAT came from Cornwall?
- 4.) Name the only city in Cornwall?
- 5.) How many beaches in Cornwall?



Cornwall is famous for its pasties (a type of pie often containing meat), as well as saffron buns, Cornish Heavy (Hevva) Cake, Cornish fairings (biscuit).



Wimpy Bar

The first UK Wimpy 'Bar' opened in 1954 at the Lyons Corner House in

Coventry Street, London. Its popularity led to separate Wimpy Bars, serving only hamburger-based meals. At the company's peak, in 1970, there were a thousand Wimpy restaurants across twenty-three countries.



Caerphilly

was originally made around the town of Caerphilly in Wales. Now, production has moved predominantly to Somerset and

Wiltshire, though it must be made with milk from Welsh cows to be designated as Traditional Welsh Caerphilly. It's a hard, milky, crumbly white cheese, with a distinct citrus taste and a pleasant buttery flavour.

Remember these prices in the 1970's

WIMPY THE WORLD WIDE SYMBOL OF EATING PLEASURE		WIMPY MENU WIMPY	
WIMPY BRUNCH 35p	WIMPY GRILL 35p	BROWN DERBY 17p	KNICKERBOCKER GLORY 25p
		WHIPPY THREE MIX SHAKES 15p	
SHANTY SALAD 45p	SHANTY BRUNCH 35p	SUNDAES	
		FOR THE FULL RANGE OF SOFT ICE CREAM SPECIALITIES, SUNDAES, MILK SHAKES AND FLOATS SEE OTHER SIDE MENU.	
DELTA BRUNCH 35p	DELTA GRILL 35p	PASTRIES	
		RECUTS 3p	
WIMPY SPECIAL GRILL 42p	INTERNATIONAL 50p	PASTRIES - Various from 6p to 13p	
SOUPS 7p		SOFT ICE CREAM with above 3p	
WIMPY 100p		ROLL AND BUTTER 40p	
WIMPY CHEESEBURGER 25p	WIMPY EGGBURGER 25p	MARMALADE or JAM 7p	
WIMPY KING SIZE 35p	WIMPY EGG BRUNCH 35p	BEVERAGES	
WIMPY SALAD 45p	WIMPY SALAD 45p	TEA 50p LEMON TEA 4p	
BENDER the meaty frankfurter 100p	BENDER BRUNCH 25p	COFFEE 8p CHOCOLATE 3p	
BENDER BRUNCH 25p	BENDER BRUNCH 25p	MILK 8p COCA COLA 8p	
BENDER EGG BRUNCH 35p	BENDER EGG BRUNCH 35p	ORANGE 8p RASPBERRY 8p	
BENDER EGG BRUNCH 35p	BENDER EGG BRUNCH 35p	SPARKLING DRINKS - Orange, Lemon Fruit 15p	
SHANTY the golden fish portion 100p	SHANTY the golden fish portion 100p	ROBOBOTS FILTER COFFEE 11p	
		WIMPY CHEESE EGGBURGER 27p	
		SHANTY GRILL 35p	
		EGG AND FRENCH FRIED POTATOES 25p	
		TWO EGGS AND FRENCH FRIED POTATOES 25p	
		EGG AND BACON 25p	
		EGG, BACON AND FRENCH FRIED POTATOES 25p	
		FARMHOUSE GRILL 50p	
		SOUTH SEA GRILL 44p	
		Minimum Charge per person of 25p at Management Discretion between 12 noon - 2p.m. and all day Saturday.	
		Ice Cream used contains non milk fat.	



Studley Royal Park and Ruins of Fountains Abbey

Studley Royal Park has some amazing sites

which make it famous for being a UNESCO world heritage site. There are the vast late Elizabethan Fountains Halls, the Medieval Deer Park, and the Georgian Water Garden.

You'll find ornamental lakes, temples, cascades, and canals within the park all with the aim to impress. All these sites make The Studley Royal Park a UNESCO World Heritage Site thanks to the cultural and architectural richness which is found there.

Another site which adds to the importance of Studley Royal Park is the vast ruins of the Fountains Abbey. This is one of the largest preserved ruins which have been conserved to keep its authenticity intact dating from 1132. The history attached to the Fountains Abbey starts when Henry VIII broke with the Catholic Church in Roman.

During that process, many monastic foundations were formed, and Fountains Abbey was one of them.

<https://dayoutinengland.com/unesco-world-heritage-sites-england/>

1.) What is the capital city of Wales?

- A. London
- B. Swansea
- C. St. Davids
- D. Cardiff





English Gammon Steaks:

Gammon is the hind leg of pork after it has been cured by dry-salting or brining, which may or may

not be smoked. Like bacon, it must be cooked before it can be eaten; in that sense gammon is comparable to fresh pork meat, and different from dry-cured ham like prosciutto. The term is mostly used in the United Kingdom and Ireland, while other dialects of English largely make no distinction between gammon and ham. In the United Kingdom and Ireland, joints of cooked gammon are often served at Christmas. It can be found in most supermarkets either as a full joint or sliced into steaks, which can then be cooked via pan frying in a manner similar to bacon. The word 'gammon' is derived from the Middle English word for 'ham', gambon, which is attested since the early 15th century.

<https://en.wikipedia.org/wiki/Gammon>

Gammon Bacon

(Irish Back bacon) can be cured either wet, by immersion in strongly salted water, or dry, by having plain

salt or a mix of salt, sugar and spices rubbed in over a period of days. Smoking is not compulsory, though it is delicious (unsmoked bacon used to be called green bacon, though the term is losing currency). For the full breakfast character, a period of two or more weeks drying, and maturing is essential.

Answer to question #1.): Cardiff, Cardiff is the capital city of Wales and a county. Officially known as the City and County of Cardiff, it is the United Kingdom's eleventh-largest city and the main commercial centre of Wales.



Windsor Castle, Berkshire

Windsor Castle is a

famous heritage site declared by UNESCO. It is one of the oldest castles in the world and is the official residence of Her Majesty Queen Elizabeth II.

Windsor Castle is a royal residence at Windsor in the English county of Berkshire. It is strongly associated with the English and succeeding British royal family and embodies almost 1,000 years of architectural history. The original castle was built in the 11th century after the Norman invasion of England by William the Conqueror.

<https://dayoutinengland.com/unesco-world-heritage-sites-england/>



Cabinet pudding, also

known as Chancellor's pudding or Newcastle pudding is a traditional English steamed, sweet, moulded pudding made

from some combination of bread or sponge cake or similar ingredients in custard, cooked in a mould faced with decorative fruit pieces such as cherries or raisins, served with some form of sweet sauce. Other versions of cabinet pudding might use gelatin and whipped cream. "In London Belongs to Me", Mr. Jossier complains when his cabinet pudding is served with custard rather than white sauce.

One of the earliest recorded recipes can be found in John Mollard's 1836 work The Art of Cookery New edition.

https://en.wikipedia.org/wiki/Cabinet_pudding

I love **Fried Bread** with a full English or Irish Fry Up. Do any of my newsletter readers?



A full English breakfast will often include bread fried in oil, butter, or bacon drippings.

In Northern Ireland, an Ulster fry may include fried Irish soda farls.





New Westminster

New Westminster is a historically important city in the Lower Mainland region of

British Columbia, Canada, and is a member municipality of the Greater Vancouver Regional District. It was founded by Major-General Richard Moody as the capital of the new-born Colony of British Columbia in 1858, and continued in that role until the Mainland and Island Colonies were merged in 1866, and was the Mainland's largest city from that year until it was passed in population by Vancouver during the first decade of the 20th Century. His Excellency, Major-General Richard Clement Moody FICE FRGS RIBA (13 February 1813 – 31 March 1887) was a British Imperial Governor and Royal Engineer.

It was suggested by Moody and the Royal Engineers, Columbia Detachment that the site be proclaimed "Queensborough". Governor James Douglas proclaimed the new capital with this name on February 14, 1859. The name "Queensborough", however, did not appeal to London and it was Queen Victoria who named the city after Westminster, that part of the British capital of London where the Parliament Buildings were, and are to this day, situated. From this naming by the Queen, the City gained its official nickname, "The Royal City".

2.) How many National Parks are there in Wales?

- A. 7
- B. 3
- C. 5
- D. 1



"Nerth gwlad, ei gwybodaeth"

The strength of a nation is its knowledge.

A Welsh saying



Isles of Scilly, Cornwall

Lying off the Cornish coast, this small archipelago is about as

close to leaving England as you can get, without actually leaving England. Each of the Scilly Islands has its own unique charms to discover though.

St Mary's is the most populous, with 1,800 residents enjoying its beaches, beautiful coastal walks and quaint towns.

St Martin's boasts the best beaches and an exciting array of wildlife, from puffins to seals and dolphins.

Tresco is home to one of the world's most famous botanical gardens, as well as a ruined castle and plenty more. Tresco Abbey Garden is home to subtropical plants and also the Valhalla Museum, displaying shipwrecked figureheads. The tower of 17th-century Cromwell's Castle stands at the north of Tresco.



Kathleen Lonsdale played a fundamental role in establishing the science of crystallography.

Born Kathleen Yardley in Co Kildare in 1903, Lonsdale moved to England as a child and went on to prove the benzene ring was flat through X-ray diffraction methods in 1929, and was the first to use Fourier spectral methods while solving the structure of hexachlorobenzene in 1931.

Lonsdale was also one of the first two women elected as fellow of the Royal Society in London in 1945 and, in 1966, a rare form of hexagonal diamond was named lonsdaleite in her honour. She died in 1971, and there are buildings in both University College London and the University of Limerick named in her honour.

<https://www.siliconrepublic.com/innovation/irish-scientists>



Tea Time Scones

Ingredients:

- ◆ 2 ¼ cups flour
- ◆ 2 tbsps. sugar
- ◆ 2 ½ tsps. baking powder
- ◆ ½ tsp. baking soda
- ◆ ½ tsp. salt
- ◆ ½ cup cold, cubed butter
- ◆ 1 cup buttermilk

Directions:

In a large bowl mix all dry ingredients.

Cut in the butter, with two knives or a pastry blender until the mixture resembles coarse crumbs.

Make a well in the middle and add all the buttermilk, mixing with a fork to make a soft, slightly sticky dough.

Form the dough into a ball and gently knead about ten times.

Pat or roll out dough to ¼" thickness and, using a 2 ½" cutter, cut out rounds. Place a parchment lined pan (or ungreased pan).

Preheat oven to 425 degrees F.

Place pan in freezer for about 30 minutes.

Remove from freezer and lightly brush tops with buttermilk and sprinkle with sugar (sweet scones) or a little coarse salt (savory scones).

Bake for 12 – 15 minutes, or until tops are golden.

Options:

Sweet Scones:

1/3 cup dried fruit (raisins, cranberries or any

other) Or 1/3 cup chopped nuts.

½ tsp. cinnamon

Savoury Scones

1 cup shredded (preferably old) cheddar or any cheese you prefer.

¼ cup chopped jalapeno pepper

¼ - 1/3 cup chopped ham

¼ tsp. cayenne pepper

Any or all of these can be added to the dry mixture.

Best served hot. Can be frozen (if there are any left over) for about a month.

Recipe by Lil McVittie

3.) How many Great Little Trains of Wales are there?

- A. 2
- B. 1
- C. 8
- D. 11



Equinox

Saturday, March 20, 2021

An equinox is commonly regarded as the instant of time when the plane of Earth's equator passes through the geometric center of the Sun's disk. This occurs twice each year, around 20 March and 23 September. In other words, it is the moment at which the center of the visible Sun is directly above the equator.

Answer to Question #2.): three (3), Snowdonia

National Park, Brecon Beacons National Park and Pembrokeshire National Park





Hevva cake

(**Cornish: Hevva**) is a cake made from flour, lard, butter, milk, sugar and raisins that

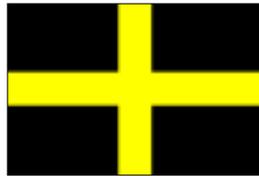
originated in Cornwall. Its name is derived from the pilchard industry in Cornwall prior to the 20th century when a 'huer' (cliff top lookout) helped locate shoals of fish. The huer would shout 'Hevva!, Hevva!' to alert the boats to the location of the pilchard shoals. Cornish tradition states that Hevva cake was baked by the huers on their return to their homes, the cake being ready by the time the crews returned to land. Alternatively, it is known as heavy cake as it is not "light", not risen in the same way as yeast cake or a seedy bun.

The cakes are about 1/2" thick, with a criss-cross pattern scored across the top, representing the fishing nets.

https://en.wikipedia.org/wiki/Heavy_cake

4.) What emblem is on the Welsh flag?

- A. Crest
- B. Dragon
- C. Daffodil
- D. Country Shield



A British Isles Pudding



A British pudding is a dish, savory or sweet, that's cooked by being boiled or steamed in something: a dish, a piece of cloth, or even animal intestine.

The earliest puddings, in this sense of the word, were sausages; black pudding, a type of sausage made with pig's blood, is sometimes included in a traditional English / Irish breakfast.

Other puddings are sweet, such as spotted dick — a sort of steamed cake with currants that's barely sweet and, like many puddings, flavored



with suet, or beef fat, rather than butter. Jam roly-poly, or roly-poly pudding, is traditionally steamed; it consists of a pastry made with suet, spread with jam, and rolled up.



And just to make things a bit more confusing, some dishes are referred to as "puddings" that are sometimes baked but formerly were boiled or steamed. The best example is sticky toffee pudding, a date cake with caramel sauce that's traditionally steamed but is now often baked. (It also might originally be Canadian, not British.)

Those boiled in intestines:

- Black pudding
- White pudding
- Haggis

Those that are steamed in a basin and are savoury:

- Steak, kidney and oyster pudding
- Minted lamb pudding
- Pork and apple pudding
- Leek and onion pudding
- Mutton, apple and raisin roly-poly
- Mussel and leek roly-poly
- Pease pudding

Those that are steamed in a basin and are for after's:

- Christmas pudding
- Jam roly-poly
- Spotted Dick
- Sussex pond pudding
- Steamed sponge pudding
- Sticky toffee pudding

5.) What is the name of the highest mountain in Wales?

- A. Mount Snowden
- B. Mount Cardiff
- C. Mount Wales
- D. Mount Everest



Bird's Custard

was first formulated and first cooked by Alfred Bird in 1837 at his chemist shop in Birmingham. He developed the recipe because his wife was allergic to eggs, the key ingredient used to thicken traditional custard. The Birds continued to serve real custard to dinner guests, until one evening when the egg-free custard was served instead, either by accident or design. The dessert was so well received by the other diners that Alfred Byrd put the recipe into wider production.



Alfred Bird:

Born: 1811, Nympsfield Gloucestershire, England.
Died: 15 December 1878, Kings Norton, Worcestershire, England.

6.) How many castles are there in Wales?

- A. 7
- B. 29
- C. 641
- D. 137



Answer to question #3.):
eleven (11),



Jamie's steamed pudding pots

Ingredients:

- 375 g chunky marmalade
- 150 ml single cream , plus extra to serve
- 2 large free-range eggs
- 100 g self-raising flour
- 150 g ground almonds

Method:

Grease six heatproof teacups with a little olive oil. In a large bowl, whisk 100ml of olive oil and 2 tablespoons of marmalade with the cream and eggs. Add the flour, almonds and a pinch of sea salt, and whisk again to combine.

Place the remaining marmalade in a small pan with a splash of water and simmer on a medium-high heat until thick and syrupy, then remove.

Divide the pudding mixture between the teacups, then microwave in pairs for 2½ to 3 minutes on high, or until puffed up.

Turn out, drizzle with the marmalade syrup, and serve with a little extra cream, if you like.

<https://www.jamieoliver.com/recipes/fruit-recipes/speedy-steamed-pudding-pots/>

A people without the knowledge of their past, history, origin and culture is like a tree without roots.

You don't stumble upon your heritage. It's there, just waiting to be explored and shared.



Prawn cocktail, also known as shrimp cocktail, is a seafood dish consisting of shelled, cooked prawns in a Marie Rose sauce or cocktail sauce, served in a glass. It was the most popular hors d'œuvre in Great Britain, as well as in the United States, from the 1960s to the late 1980s. In the United Kingdom, the invention of the Prawn Cocktail is often credited to British television chef Fanny Cradock in the 1960s; however, it is more likely that Cradock popularised her version of an established dish that was not well known until then in Britain.



**MARIE ROSE SAUCE
(ENGLISH COCKTAIL SAUCE)**

INGREDIENTS:

- ◆ 1/2 cup mayonnaise
- ◆ 1 Tbsp. ketchup
- ◆ Pinch of salt
- ◆ 1 tsp. lemon juice (optional)
- ◆ 1/2 tsp. Worcestershire sauce (optional)
- ◆ 1/4 tsp. hot sauce, like Tabasco (optional)
- ◆ Pinch of cayenne pepper (optional)

INSTRUCTIONS:

In a small bowl combine the mayonnaise, ketchup and salt. Taste.

Add any or all of the lemon juice, Worcestershire sauce, hot sauce and cayenne pepper. Stir.

<https://cookthestory.com/mari-rose-sauce/>

Answer to question #6.): six hundred and forty one (641), Did you know that Wales has more castles per square mile than anywhere else in Europe?



Answer to question #5.):

Mount Snowdon



Britvic

plc is a British producer of soft drinks.

The Company was founded in

the mid-nineteenth century in Chelmsford, Essex as the British Vitamin Products Co. It started producing fruit juices in 1938 and started marketing them under the Britvic name in 1949.

The Company changed its name to Britvic in 1971. In 1986 it merged with Canada Dry Rawlings so acquiring the R. White's Lemonade brand.

It acquired Tango from Beechams in 1987 and since that year it has also owned the UK and Ireland franchises of Pepsi and 7 Up. In 1995 it bought Robinson's from Reckitt and Coleman and in 1998 went on to launch J2O.

Answer to question #4.): Welsh Dragon, (Welsh:

Y Ddraig Goch, meaning the red dragon, pronounced [ə 'ðraɪg 'gɔːχ]) is a heraldic symbol that appears on the national flag of Wales.



Our British Isles Heritage

Your British Isles Heritage is your unique, inherited sense of family identity: the values, traditions, culture, and artifacts handed down by previous generations. ... Some families define their heritage primarily as their ethnic, cultural, or national identity. What can we do to preserve our Heritage?



Pontefract cakes (also known as Pomfret cakes and Pomfrey cakes) are a type of small, roughly circular black sweet measuring approximately 3/4" (2 cm) wide and 1/5" (4mm)

thick, made of liquorice, originally manufactured in the Yorkshire town of **Pontefract, England**. The exact origins of liquorice growing in England remain uncertain. However, by the 16th century there is record of the activity, possibly via monastic gardens and as a garden crop for the gentry. During the 17th century it was recorded as being grown in areas with alluvial soil overlying magnesian limestone such as in Surrey, Lincolnshire, Nottinghamshire and Yorkshire. Camden's Britannia of 1637 noted the crop in Worksop and Pontefract. By 1780 liquorice growing was concentrated almost wholly in Pontefract and in Surrey, around Godalming.

In Pontefract the growing of liquorice was done on plots of land behind people's houses. In a map of the 1648 Siege of Pontefract (reproduced in Chartres) the liquorice is indicated as being grown in "garths" either side of Micklegate, the street which runs between Pontefract's Market Place and the castle. In the 18th century liquorice was used as a medicine both for humans and for horses.

What countries make up the British Isles and what is their relationship to British Columbia, its history, its culture, and its traditions. Back issues of our British Isles Historic Society newsletters are at:

<https://rssg.org.uk/branches/overseas/americas/canada/>

09-20 The Welsh in British Columbia

10-20 The Irish in British Columbia

11-20 The Scottish in British Columbia

12-20 The English and Cornish in British Columbia and more... ..

Answers to Cornwall Quiz

1.) Kernewek: is a Southwestern Brittonic language of the Celtic language family. It is a revived language that became extinct as a first language in Cornwall in the late 18th century. A revival began in the early 20th century. The language is often described as an important part of Cornish identity, culture and heritage.

2.) Turn your coat inside out. It seems likely that this is effective because it changes your appearance and throws the pixies off the scent or releases you from the enchantment that traps you in a fairy ring.

3.) Tin:

4.) Truro, Truro is a cathedral city and civil parish in Cornwall, England, UK. It is Cornwall's county town and only city, and its centre for administration, leisure and retail. Its population was recorded as 18,766 in the 2011 census. People from Truro are known as Truronians.

5.) 300+ With over 250 miles of coast, Cornwall has one of the most varied and beautiful coastlines in the UK with over 300 beaches.



What are your favourite British Isles Deli foods?

02-21a British Isles Sausages, Fruit Breads & Cheeses

02-21b British Isles Style Bacons & Meat Pies

02-21c British Isles Dates in History

