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## Dublin Core

### Title

Soul Food from the Sea Shore | Bwyd i'w ganfod Lawr ar Lan y Môr

### Subject

Seaweed

Food

Pembrokeshire

### Creator

Natasha de Chroustchhoff

### Publisher

Ports, Past and Present Project

### Date

2023

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### Relation

<https://perma.cc/YN5N-5XQ8>

### Format

Curatescape story

### Language

English

Welsh

## Coverage

52.022390468368364, -4.909684679971994

# Curatescape Story Item Type Metadata

## Lede

Laver, or dried seaweed, is a local delicacy and traditional cooking ingredient in coastal Pembrokeshire. Laverbread made with seaweed is a unique and popular dish.

## Lede (Welsh)

Mae lafwr, neu wymon wedi'i sychu, yn ddanteithfwyd lleol ac yn gynhwysyn a ddefnyddir mewn coginio traddodiadol ar hyd arfordir Sir Benfro. Mae bara lawr wedi'i wneud o wymon yn saig unigryw a phoblogaidd.

## Story

If you've ever noticed sheets of what appears to be a translucent brown plastic film covering the rocks and the sand where the surf rolls in, you've seen the seaweed known in Wales as laver (or sloke in Ireland).

If you've ever enjoyed sushi you will have eaten laver too because it plays a significant role in Japanese cuisine: called nori, it's used as a wrapper around small parcels of rice.

Sea shore foraging stretches back into prehistory but in recent times has been popularized by innovative restaurants and creative chefs. Relegated to history elsewhere, seaweed consumption survived in Wales where 'laverbread' has been a cherished addition to a fried breakfast for generations. Laver pickers, mainly women, would collect quantities of *Porphyra* seaweed from the beaches where it grew, rinse it thoroughly to remove the sand and boil it for hours in big tubs. The resulting black gloop was sold in local markets and butchers' shops - where you can still buy it today; it's also sold in tins, sachets and jars.

To make traditional-style laverbread, simply add oatmeal and pepper (no salt!) form the mixture into rough patties and fry them in the hot bacon fat until lightly browned. The flavour's subtle but not fishy as some assume. Laver has been dubbed Welshman's caviar; the tag caught on - an exaggeration perhaps but it remains the stuff of memories for those who grew up with it.

Laver has a place in a meat-free diet too: it can be used in soups and sauces as a nutritious flavouring or as a condiment. It even makes its way into cheese and oatcakes, available in many shops.

In the 21<sup>st</sup> century there's been a new interest in seaweed as a sustainable resource with the possibility of using it to capture carbon too. Experiments in growing and harvesting seaweed are under way on the Pembrokeshire coast near St David's. Local foraging courses and days-out offer a chance to collect your own.

## Story (Welsh)

Os ydych chi fyth wedi sylwi ar ddalennau sy'n edrych fel ffilm plastig brown lled dryloyw sy'n gorchuddio'r creigiau a'r tywod lle y mae'r tonnau yn torri, rydych chi wedi gweld y gwymon a elwir lafwr yng Nghymru (neu sloke yn Iwerddon).

Os ydych chi fyth wedi mwynhau swshi, byddwch wedi bwyta lafwr hefyd, gan ei fod yn cyflawni rôl arwyddocaol mewn bwyd Japaneaidd: ei enw yw nori, ac fe'i ddefnyddir i lapio parseli bychain o reis.

Mae fforio ar lan y môr yn rhywbeth sydd wedi bod yn digwydd ers canrifoedd, ond dros y blynyddoedd diweddar, mae cogyddion creadigol a bwytai arloesol wedi ei boblogeiddio. Er bod bwyta gwymon yn rhywbeth sy'n perthyn i'r oes o'r blaen mewn mannau eraill, fe'i gwelwyd yn goroesi yng Nghymru, lle y mae 'bara lawr' wedi bod yn ychwanegiad i'w goleddu i frecwest wedi'i ffrio ers cenedlaethau. Byddai casglwyr lafwr, menywod yn bennaf, yn casglu gwymon *Porphyra* oddi ar y traethau lle'r oedd yn tyfu, cyn ei rinsio'n drylwyr i waredu'r tywod a'i ferwi am oriau mewn tybiau mawr. Gwerthwyd yr hylif trwchus du mewn marchnadoedd lleol ac mewn siopai cigyddion – lle y gallwch ei brynu o hyd heddiw; fe'i gwerthir mewn tuniau, bagiau bychain a jariau hefyd.

Er mwyn gwneud bara lawr traddodiadol, ychwanegwch flawd ceirch a phupur (dim halen!) i greu patis bras a'u ffrio yn olew poeth y bacwn a'u brownio'n ysgafn. Mae'r blas yn gynnwl a heb fod yn bysgodlyd fel y mae rhai yn tybio y bydd. Galwyd lafwr yn gafiâr y Cymry; enghraifft o or-ddweud efallai, ond mae'n parhau i ddwyn atgofion melys i'r rhai sy'n cofio ei gael yn ystod eu plentyndod.

Mae lle i lafwr yn niet y rhai nad ydynt yn bwyta cig hefyd: gellir ei ddefnyddio mewn cawl a sawsiau fel cyflasyn neu fel elfen debyg i bupur a halen. Mae hyd yn oed cael ei gynnwys mewn caws a bara ceirch, sydd ar gael mewn nifer o siopau.

Yn yr unfed ganrif ar hugain, gwelwyd diddordeb o'r newydd mewn gwymon fel adnodd cynaliadwy, gyda'r posibilrwydd o'i ddefnyddio i ddal carbon hefyd. Mae arbrofion tyfu a chynaeafu gwymon wedi cychwyn ar hyd arfordir Sir Benfro ger Tyddewi. Mae diwrnodau allan a chrysiâu fforio lleol yn cynnig cyfle i chi gasglu eich cyflenwad eich hun.

## Factoid

### Related Resources

Angeles Rodenas, The 'Welsh caviar': should we all start eating laver?, *The Guardian*, 13th July, 2021, <https://www.theguardian.com/environment/2021/jul/13/welsh-caviar-should-we-all-start-eating-laver>, archived at <https://perma.cc/GWL2-VCK8>.

Foraging for food and thought with Wild About Pembrokeshire, *Undiscovered Wales*, 7th of March 2021, <https://undiscovered-wales.co.uk/2021/03/17/foraging-for-food-and-thought-with-wild-about-pembrokeshire/>.

Câr-y-Môr Sustainable Seaweed and Shellfish Farm, <https://www.carymor.wales/>

### Official Website