



Sue has family in Wales and we were looking for another recipe project. So Welsh recipes it is?.

Ingredients for the Laver Cakes:-

- 2 Tbsp of Laverbread (We bought this in a tin as it's a long walk to Wales to harvest our own!)
- 3 Tbsp of Gluten Free Quinoa Flakes
- 2 Tbsp of Buckwheat Flour
- 2 Tbsp of Cockles

Method:-

- (1) Combine all the ingredients.
- (2) Divide into two patties.
- (3) Fry in a little Oil on a medium heat for 3 minutes on each side.
- (4) Dress with a little Laver and a few Cockles to serve.

Apart from the Laver Cakes the other components were, A fried Egg, Pork and Caramelised Onion Sausages, Bacon, Baked Beans, Baby Tomatoes and fried foraged Pine Bolete Mushrooms.

The Laver Cakes are Sue's modification using Quinoa Flake to replace the Oats, so the Cakes are Gluten Free. If you can tolerate Oats, that would be more tradition. But they were really good!