



CELTIC FEASTS

A CULINARY JOURNEY
THROUGH LEGENDS
AND LORE

Ethan Craftwell



Ethan Craftwell

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Greetings, fellow enthusiasts!

I'm Ethan Craftwell, a man with an unwavering passion for the ancient world, history, and myths. This passion reflects in my diverse hobbies, from coin collecting and cooking to DIY projects.

I love exploring ancient culinary traditions and bringing historical recipes to life in my kitchen. Cooking allows me to connect with the past in a tangible and delicious way.

I am also the coordinator of the Hobbies & Crafts projects for the newly born independent publishing house, [Bamboo Circle Books](#).

This role allows me to share my passion for these timeless interests with a wider audience and connect with fellow enthusiasts.

Welcome to this e-book, where I share my passion for these timeless interests with you.



Feasts of the Tuatha Dé Danann: A Journey Through Celtic Mythology

Celtic mythology is a rich collection of stories filled with gods, goddesses, heroes, and mystical creatures, passed down through generations. Rooted in the ancient landscapes of Ireland, Scotland, and beyond, these tales reveal a deep connection to nature, life, and the spiritual balance between humankind and the earth. From Brigid, the goddess of hearth and healing, to Lugh, the master of all skills, and the wise Dagda, each deity holds a vital role in the fate of the Celtic people.

In ancient Celtic culture, food was an essential part of rituals, celebrations, and daily life. Seasonal feasts brought communities together, honoring the gods and nature's gifts. Celtic cuisine was closely tied to the land, using ingredients from the forests, rivers, and fields of their homelands. Whether celebrating the harvest or seeking divine favor, food was a sacred offering, rich in tradition.

In this e-book, we invite you on a journey to recreate the flavors of the Celtic gods and heroes. From rustic roasts to hearty oatcakes, each recipe reflects the simplicity and abundance of ancient Celtic feasts. Merging ancient inspiration with modern culinary techniques, these dishes transport you to the sacred groves and mythical lands where the legends of the Celts were born.



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APPETIZERS

Druid's Wild Herb Bread



Druid's Wild Herb Bread

A rustic bread infused with fresh wild herbs, this recipe is inspired by the ancient Celtic druids who revered nature and foraged for herbs and plants.



Prepare Time
20 Minutes



Cook Time
35 Minutes



Serve Time
5 Minutes



Ingredients

- 3 cups whole wheat flour
- 1 tablespoon baking powder
- 1 teaspoon sea salt
- 2 tablespoons fresh rosemary, chopped
- 2 tablespoons fresh thyme, chopped
- 1 tablespoon fresh sage, chopped
- 1 1/4 cups water
- 1/4 cup olive oil
- 1 tablespoon honey



Druid's Wild Herb Bread

A rustic bread infused with fresh wild herbs, this recipe is inspired by the ancient Celtic druids who revered nature and foraged for herbs and plants.



Instructions

1. **Preheat the Oven:** Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. **Mix the Dry Ingredients:** In a large bowl, combine the flour, baking powder, and salt. Stir in the chopped herbs to evenly distribute.
3. **Combine Wet Ingredients:** In a separate bowl, mix the water, olive oil, and honey until well blended.
4. **Make the Dough:** Slowly pour the wet ingredients into the dry mixture, stirring gently until a soft dough forms.
5. **Knead the Dough:** Transfer the dough to a lightly floured surface and knead for about 5 minutes, until it becomes smooth and elastic.
6. **Shape and Score:** Shape the dough into a round loaf and place it on the prepared baking sheet. Use a sharp knife to score the top of the loaf in a cross pattern.
7. **Bake the Bread:** Bake the loaf for 30-35 minutes, or until the top is golden brown and the bread sounds hollow when tapped on the bottom.
8. **Cool and Serve:** Let the bread cool slightly on a wire rack before slicing and serving.



Chef's Tips

For an authentic Celtic touch, add a handful of wild garlic or nettles to the dough, reflecting the foraged herbs used by ancient druids. To enhance the rustic flavors, serve the bread warm with a drizzle of honey and a pat of butter, embodying the simple, hearty meals of Celtic times. This bread pairs perfectly with a rich lamb stew for a feast-worthy meal.



Pictish Spiced Honey Oatcakes



Pictish Spiced Honey Oatcakes

Golden, spiced oatcakes inspired by the hearty cuisine of the Picts, perfect for a sweet snack or a simple, rustic side.



Prepare Time
15 Minutes



Cook Time
20 Minutes



Serve Time
5 Minutes



Ingredients

- 2 cups rolled oats
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/3 cup honey
- 1/2 cup unsalted butter, melted
- 1/4 cup warm water



Pictish Spiced Honey Oatcakes

Golden, spiced oatcakes inspired by the hearty cuisine of the Picts, perfect for a sweet snack or a simple, rustic side.



Instructions

1. **Preheat the Oven:** Set your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. **Mix the Dry Ingredients:** In a large bowl, combine the oats, flour, baking powder, cinnamon, nutmeg, and salt.
3. **Combine Wet Ingredients:** In a separate bowl, whisk together the melted butter and honey until well combined. Slowly stir in the warm water.
4. **Make the Dough:** Gradually add the wet ingredients to the dry mixture, stirring until a dough forms.
5. **Shape the Oatcakes:** On a floured surface, roll the dough out to about 1/4 inch thick. Use a cookie cutter or knife to cut the dough into rounds or squares.
6. **Bake the Oatcakes:** Place the oatcakes on the prepared baking sheet and bake for 18-20 minutes, or until golden brown around the edges.
7. **Cool and Serve:** Allow the oatcakes to cool on a wire rack before serving.



Chef's Tips

For a true Celtic twist, add a handful of dried currants or raisins to the dough, which reflects the foraged fruits often found in ancient Pictish diets. **For a finishing touch, serve the oatcakes warm with a drizzle of honey and a dollop of fresh cream**, reminiscent of the simple pleasures of Celtic life. Pair these with a cup of warm herbal tea to fully embrace the flavors of the past.



MAIN DISHES

Boann's Barley and Lamb Stew



Boann's Barley and Lamb Stew

Inspired by Boann, the Celtic goddess of abundance, this rich lamb and barley stew is a hearty, comforting dish perfect for any feast.



Prepare Time
20 Minutes



Cook Time
120 Minutes



Serve Time
5 Minutes



Ingredients

- 1 ½ lbs lamb shoulder, cubed
- 1 cup pearl barley
- 4 cups beef or vegetable broth
- 2 carrots, chopped
- 2 parsnips, chopped
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- Salt and pepper to taste
- 2 tablespoons olive oil



Boann's Barley and Lamb Stew

Inspired by Boann, the Celtic goddess of abundance, this rich lamb and barley stew is a hearty, comforting dish perfect for any feast.



Instructions

1. **Sear the Lamb:** Heat the olive oil in a large pot over medium heat. Add the lamb cubes and sear them on all sides until browned. Remove the lamb from the pot and set aside.
2. **Cook the Vegetables:** In the same pot, add the onion, garlic, carrots, and parsnips. Cook for about 5 minutes, stirring occasionally, until the vegetables begin to soften.
3. **Add the Broth and Barley:** Return the lamb to the pot and add the broth, pearl barley, rosemary, and thyme. Stir to combine, then bring the mixture to a boil.
4. **Simmer the Stew:** Reduce the heat to low, cover the pot, and let the stew simmer for 1 ½ to 2 hours, or until the lamb is tender and the barley is cooked through.
5. **Season to Taste:** Before serving, season the stew with salt and pepper to taste. Remove the pot from the heat and let the stew cool slightly before serving.



Chef's Tips

For a traditional Celtic twist, add a splash of mead or stout beer during the simmering process to deepen the flavors. **To capture the heartiness of ancient feasts, serve this stew with slices of warm herb bread and a generous sprinkling of fresh parsley.** This dish is best enjoyed on a cold evening, embodying the warmth and abundance Boann represents.



Fionn's Wild Boar Roast



Fionn's Wild Boar Roast

Inspired by the legendary hunts of Fionn mac Cumhaill, this rich roast of wild boar brings the spirit of ancient Celtic feasts to your table.



Prepare Time
15 Minutes



Cook Time
120 Minutes



Serve Time
5 Minutes



Ingredients

- 4-5 lbs wild boar or pork shoulder
- 3 large apples, sliced
- 4 sprigs fresh rosemary
- 2 tablespoons olive oil
- 1 cup hard apple cider
- 1 tablespoon honey
- Salt and pepper to taste
- 1 tablespoon fresh thyme, chopped



Fionn's Wild Boar Roast

Inspired by the legendary hunts of Fionn mac Cumhaill, this rich roast of wild boar brings the spirit of ancient Celtic feasts to your table.



Instructions

1. **Heat Preheat the Oven:** Preheat your oven to 350°F (175°C).
2. **Season the Boar:** Rub the wild boar (or pork) shoulder with olive oil, salt, pepper, and chopped thyme. Place the rosemary sprigs on top of the meat.
3. **Prepare the Apples:** Arrange the sliced apples in the roasting pan around the meat, drizzling them with honey.
4. **Roast the Boar:** Pour the hard apple cider into the roasting pan and place the boar in the oven. Roast for 2 hours, basting occasionally with the juices from the pan.
5. **Check for Doneness:** After 2 hours, check the internal temperature of the meat with a meat thermometer. It should reach 145°F (63°C) for pork. If the meat is done, remove it from the oven and let it rest for 10 minutes before carving.
6. **Serve:** Slice the roast and serve with the caramelized apples and pan juices.



Chef's Tips

For an authentic Celtic flavor, try adding a handful of juniper berries or foraged herbs to the roasting pan. Serve this roast with a side of roasted root vegetables and a drizzle of the pan juices, capturing the hearty, celebratory feasts of the Celts. A glass of mead or ale would be the perfect accompaniment, honoring the spirit of Fionn's legendary hunts.



SIDE DISHES

Colcannon with Leeks and Kale



Colcannon with Leeks and Kale

A beloved Celtic dish traditionally enjoyed during harvest festivals. Simple, hearty, and full of earthy flavors that connect you to the land.



Prepare Time
15 Minutes



Cook Time
20 Minutes



Serve Time
5 Minutes



Ingredients

- 2 lbs potatoes, peeled and quartered
- 1 cup leeks, thinly sliced
- 2 cups kale, chopped
- 1/2 cup unsalted butter
- 1/2 cup whole milk
- Salt and pepper to taste
- 1 tablespoon fresh parsley, chopped (optional)



Instructions

1. **Set Boil the Potatoes:** Place the peeled and quartered potatoes in a large pot of salted water. Bring to a boil and cook for 15-20 minutes, or until tender when pierced with a fork.
2. **Sauté the Leeks and Kale:** While the potatoes are cooking, melt 2 tablespoons of butter in a pan over medium heat. Add the sliced leeks and chopped kale, cooking until soft and wilted, about 5 minutes.
3. **Mash the Potatoes:** Drain the cooked potatoes and return them to the pot. Add the remaining butter and milk, and mash until smooth and creamy.
4. **Combine the Vegetables and Potatoes:** Stir the sautéed leeks and kale into the mashed potatoes. Season with salt and pepper to taste.
5. **Serve:** Transfer the colcannon to a serving dish and, if desired, garnish with chopped fresh parsley.



Colcannon with Leeks and Kale

A beloved Celtic dish traditionally enjoyed during harvest festivals. Simple, hearty, and full of earthy flavors that connect you to the land.



Chef's Tips

For an extra touch of Celtic authenticity, add a spoonful of wild garlic or chives to the mix for a more robust flavor. **Colcannon is best enjoyed with a generous dollop of butter on top**, slowly melting into the creamy potatoes. Pair this side dish with roast lamb or beef for a complete Celtic meal.



Honey-Glazed Parsnips and Carrots



Honey-Glazed Parsnips and Carrots

Honey-glazed parsnips and carrots, a sweet and savory side that captures the natural bounty of the Celtic lands.



Prepare Time
10 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes



Ingredients

- 4 large carrots, peeled and sliced
- 4 large parsnips, peeled and sliced
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 tablespoon fresh thyme, chopped
- Salt and pepper to taste



Instructions

1. **Preheat the Oven:** Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. **Prepare the Vegetables:** Place the sliced carrots and parsnips in a large bowl. Drizzle with olive oil, then season with salt and pepper. Toss to coat the vegetables evenly.
3. **Roast the Vegetables:** Spread the vegetables in an even layer on the prepared baking sheet. Roast for 25 minutes, stirring halfway through, until they are golden and tender.
4. **Add the Honey Glaze:** Remove the vegetables from the oven and drizzle them with honey. Sprinkle with chopped thyme, then return to the oven for another 5 minutes to caramelize the honey.
5. **Serve:** Transfer the honey-glazed parsnips and carrots to a serving dish and enjoy.



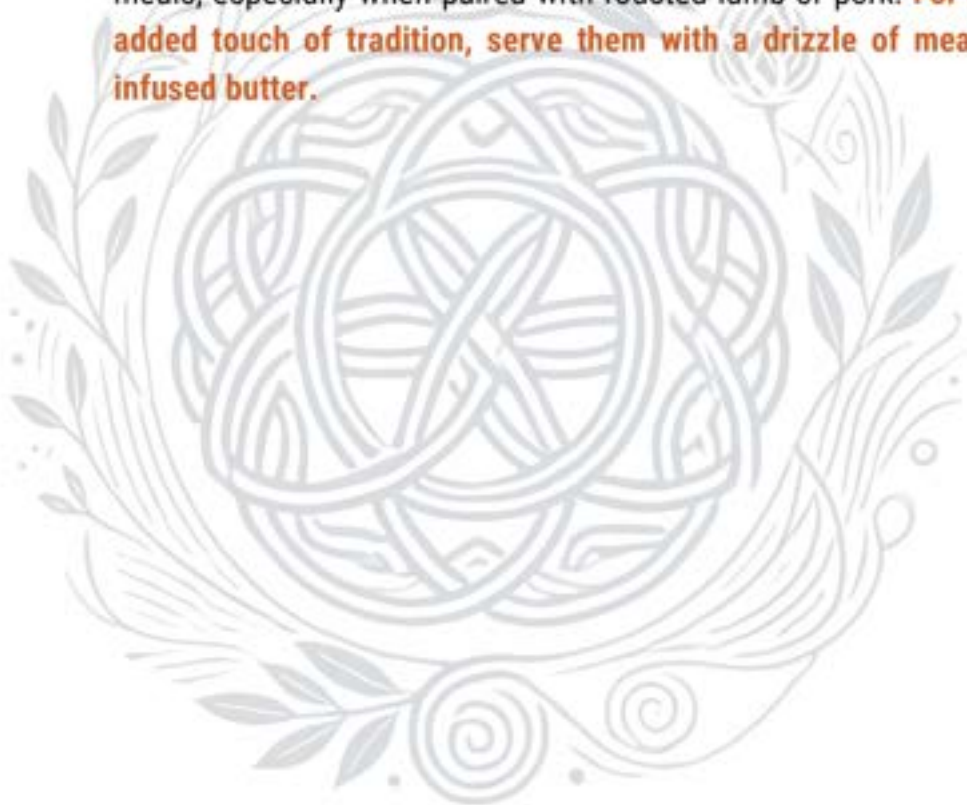
Honey-Glazed Parsnips and Carrots

Honey-glazed parsnips and carrots, a sweet and savory side that captures the natural bounty of the Celtic lands.



Chef's Tips

For a deeper flavor, try roasting the vegetables with a splash of apple cider vinegar or a handful of crushed hazelnuts. These sweet and savory roasted vegetables complement hearty Celtic meals, especially when paired with roasted lamb or pork. **For an added touch of tradition, serve them with a drizzle of mead-infused butter.**



DESSERTS

Brigid's Baked Apple Dumplings



Brigid's Baked Apple Dumplings

Inspired by Brigid, the goddess of hearth and home, these spiced apple dumplings offer a comforting and flavorful tribute to the Celtic harvest.



Prepare Time
15 Minutes



Cook Time
30 Minutes



Serve Time
5 Minutes



Ingredients

- 4 medium apples, peeled and cored
- 1 sheet puff pastry, thawed
- 1/4 cup honey
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 tablespoon unsalted butter, melted
- 1 egg, beaten (for egg wash)
- Powdered sugar for dusting (optional)



Brigid's Baked Apple Dumplings

Inspired by Brigid, the goddess of hearth and home, these spiced apple dumplings offer a comforting and flavorful tribute to the Celtic harvest.



Instructions

1. **Set Preheat the Oven:** Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. **Prepare the Filling:** In a small bowl, mix the honey, cinnamon, and nutmeg.
3. **Assemble the Dumplings:** Cut the puff pastry sheet into four equal squares. Place an apple in the center of each square and fill the core with the honey mixture. Fold the pastry over the apple, sealing the edges by pinching them together.
4. **Brush with Egg Wash:** Place the wrapped apples on the prepared baking sheet. Brush each dumpling with melted butter, then lightly coat with the beaten egg wash.
5. **Bake the Dumplings:** Bake the dumplings for 25-30 minutes, or until the pastry is golden brown and puffed.
6. **Cool and Serve:** Let the dumplings cool slightly before dusting them with powdered sugar, if desired. Serve warm.



Chef's Tips

For a true Celtic-inspired twist, try adding a handful of chopped hazelnuts or sultanas to the filling for a richer texture. Serve these dumplings with a drizzle of warm honey or a dollop of cream to embody the warmth and comfort of Brigid's hearth. Best enjoyed fresh from the oven with a cup of spiced cider or herbal tea.



Celtic Blackberry Bannocks



Celtic Blackberry Bannocks

Inspired by Celtic traditions, these blackberry bannocks blend hearty oats with sweet berries for a simple, satisfying treat.



Prepare Time
10 Minutes



Cook Time
20 Minutes



Serve Time
5 Minutes



Ingredients

- 1 ½ cups whole wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 tablespoons unsalted butter, melted
- 1 tablespoon honey
- ½ cup buttermilk
- 1 cup fresh blackberries
- 1 tablespoon sugar (optional, for sprinkling)



Celtic Blackberry Bannocks

Inspired by Celtic traditions, these blackberry bannocks blend hearty oats with sweet berries for a simple, satisfying treat.



Instructions

- 1. Preheat Preheat the Oven:** Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2. Mix the Dry Ingredients:** In a large bowl, whisk together the flour, baking soda, and salt.
- 3. Combine the Wet Ingredients:** In a separate bowl, mix the melted butter, honey, and buttermilk. Pour the wet mixture into the dry ingredients and stir until a soft dough forms.
- 4. Fold in the Blackberries:** Gently fold the blackberries into the dough, being careful not to crush them.
- 5. Shape the Bannocks:** Divide the dough into small rounds, about ½ inch thick, and place them on the prepared baking sheet. If desired, sprinkle the tops with a little sugar for added sweetness.
- 6. Bake the Bannocks:** Bake for 18-20 minutes, or until the bannocks are golden brown and firm to the touch.
- 7. Cool and Serve:** Allow the bannocks to cool slightly before serving.



Chef's Tips

For an authentic Celtic touch, try using foraged blackberries or a mix of berries for added flavor. **These bannocks are best served warm with a drizzle of honey or a spoonful of clotted cream**, embracing the simplicity of ancient Celtic baking traditions. Enjoy them with a cup of herbal tea for a light and refreshing treat.



DRINKS

Mead of the Gods



Mead of the Gods

Inspired by ancient Celtic celebrations, this honeyed mead offers a sweet, rich drink perfect for toasting at any feast.



Prepare Time
10 Minutes



Cook Time
1 Month
(Fermentation time)



Serve Time
5 Minutes



Ingredients

- 3 lbs honey (preferably wildflower honey)
- 1 gallon water
- 1 packet mead yeast (or wine yeast)
- 1 orange, sliced
- 1 cinnamon stick
- 3-4 cloves
- Optional: herbs such as thyme or rosemary for added flavor



Instructions

1. **Heat the Cider:** In Prepare the Water and Honey: In a large pot, bring the water to a boil. Remove from heat and stir in the honey until fully dissolved.
2. **Cool the Mixture:** Allow the honey-water mixture to cool to room temperature.
3. **Add the Yeast:** Once the mixture is cool, transfer it to a sanitized fermentation jug. Add the yeast, orange slices, cinnamon stick, cloves, and any optional herbs.
4. **Ferment the Mead:** Seal the jug with an airlock and store it in a cool, dark place. Let the mead ferment for at least 1 month, though longer fermentation will result in a more complex flavor.
5. **Bottle the Mead:** After the fermentation period, siphon the mead into sanitized bottles, leaving behind any sediment. Seal and store the bottles for an additional 1-3 months for aging, if desired.

6. **Serve:** Once ready, serve the mead chilled or at room temperature in rustic goblets.



Mead of the Gods

Inspired by ancient Celtic celebrations, this honeyed mead offers a sweet, rich drink perfect for toasting at any feast.



Instructions

- 1. Prepare the Water and Honey:** In a large pot, bring the water to a boil. Remove from heat and stir in the honey until fully dissolved.
- 2. Cool the Mixture:** Allow the honey-water mixture to cool to room temperature.
- 3. Add the Yeast:** Once the mixture is cool, transfer it to a sanitized fermentation jug. Add the yeast, orange slices, cinnamon stick, cloves, and any optional herbs.
- 4. Ferment the Mead:** Seal the jug with an airlock and store it in a cool, dark place. Let the mead ferment for at least 1 month, though longer fermentation will result in a more complex flavor.
- 5. Bottle the Mead:** After the fermentation period, siphon the mead into sanitized bottles, leaving behind any sediment. Seal and store the bottles for an additional 1-3 months for aging, if desired.
- 6. Serve:** Once ready, serve the mead chilled or at room temperature in rustic goblets.



Chef's Tips

For an authentic Celtic twist, try adding a handful of foraged herbs like thyme or wild rosemary to the mead during fermentation. **Mead pairs wonderfully with hearty Celtic dishes like roasts and stews, making it the perfect drink for feasting.** Enjoy this honeyed nectar with friends, invoking the ancient celebrations of the gods.



Heather Ale



Heather Ale

Inspired by ancient Celtic brews, this heather ale blends floral notes with a smooth finish, perfect for celebrating any occasion.



Prepare Time
15 Minutes



Cook Time
60 Minutes



Serve Time
5 Minutes



Ingredients

- 2 gallons water
- 1 lb heather flowers (fresh or dried)
- 3 lbs malt extract
- 1 oz hops
- 1 packet ale yeast
- 1 lb honey



Heather Ale

Inspired by ancient Celtic brews, this heather ale blends floral notes with a smooth finish, perfect for celebrating any occasion.



Instructions

1. **Prepare the Heather:** In a large pot, bring the water to a boil. Add the heather flowers and simmer for 30 minutes to extract their flavor.
2. **Add the Malt and Hops:** After 30 minutes, stir in the malt extract and hops. Continue to boil the mixture for an additional 30 minutes, stirring occasionally.
3. **Cool the Mixture:** Remove the pot from heat and let the mixture cool to room temperature.
4. **Ferment the Ale:** Once cool, transfer the liquid to a sanitized fermentation vessel. Add the ale yeast and honey, then seal the vessel with an airlock.
5. **Ferment the Ale:** Allow the ale to ferment in a cool, dark place for 1-2 weeks, depending on your desired strength and flavor.
6. **Bottle the Ale:** After fermentation, siphon the ale into sanitized bottles, leaving behind any sediment. Let the ale age for an additional week if desired.
7. **Serve:** Once ready, serve the ale chilled in rustic mugs, enjoying the floral and earthy notes of this ancient brew.



Chef's Tips

For an authentic Celtic experience, forage for wild heather flowers, which bring a distinct floral aroma to the ale. Pair this ale with roasted meats or hearty vegetable dishes to fully embrace the flavors of ancient Celtic feasts. Serve it at your next gathering and raise a toast to the legendary Picts who perfected this brew.



A Journey Through the Feasts of the Celtic Gods

We hope these recipes have inspired you to explore the rich traditions of Celtic mythology through the art of cooking. Just as the ancient Celts gathered in celebration of their gods and the natural world, we encourage you to bring that same spirit of abundance and reverence to your table.

Whether you're enjoying a meal with loved ones or simply indulging in a quiet moment with a homemade dish, know that every bite connects you to the rich stories and culture of the Celtic people.

Let these recipes serve as your gateway to the world of the gods and heroes—where each meal is a tribute, and every flavor tells a story. From Fionn's legendary boar hunts to Brigid's warm hearth, may your culinary journey through Celtic mythology be as nourishing and memorable as the legends themselves.

Warmest regards,
Ethan Craftwell

