



What is 'Cawl'?

In North Wales, we call it 'Lobscouse'

- Cawl is a Welsh meal.
- A traditional Welsh dish, cawl is made with seasonal meat and vegetables.
- The meat used varies from area to area, but usually you'll find either Welsh Lamb, Welsh Beef or bacon.
- The vegetables used in cawl can vary, but usually you'll find carrots, parsnips or swede, leeks, onions and potatoes. Everything is then slow cooked in a stock.
- The term 'cawl' is thought to have originated from the 13th century from the Latin word 'Caulis' meaning plant stem or cabbage.
- Historically, people would eat the liquid first, and then the meat and vegetables so it was a two-course meal. The liquid was also served in wooden dishes and eaten using a wooden spoon, so people didn't burn their mouths. Today we eat it all together, often with bread and a piece of Welsh cheese.

