

Kegin Esther

Cornish Pasty

Recipe by Ester Johns

Pastry:

8oz bread flour + 8oz plain flour

4oz margarine + 4oz lard

Pinch salt

Water to mix

Filling:

1lb 8oz potato

10oz turnip

1lb beef skirt

One large or two smaller onions

Salt and pepper



Words & expressions in Kernewek the Cornish language used in this video

Beef = Kig bewin

To crimp = Criba

This can be downloaded from our website

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Apple & Blackberry Jelly

Recipe by Ester Johns

3lb blackberries
3 medium apples
Half pint water
1lb sugar for each pint of juice extracted



Words & expressions in Kernewek the Cornish language used in this video

Apple = Aval

Blackberry = Mor-du

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Hevva Cake

Recipe by Ester Johns

2lb plain flour
1 tsp baking powder
Pinch salt
8oz lard
6oz sugar
1lb currants
Just under 1 pint milk
6oz butter



Words & expressions in Kernewek the Cornish language used in this video

Cake = Tesen
To bake = Pobas

Don't forget to crisscross the hevva cake as this represents the fishing nets of the fishermen

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Saffron Buns

Recipe by Ester Johns

10 grains of saffron
Half a cup of milk
1lb Bread flour
1tsp Dried yeast
3oz Lard
3oz Butter
2oz Sugar
1 Egg
6oz Currants



Words & expressions in Kernewek the Cornish language used in this video

“As Dear as Saffron” = Mar Gostek avel Safarn

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Elderflower Wine

Recipe by Ester Johns

14 - 20 heads Elderflower
Juice and peel of 2 lemons
1kg sugar
6 Pints water



Words & expressions in Kernewek the Cornish language used in this video

Elder = Skaw
Wine = Gwin

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