



(A) Carragheen :

no other gaelic name, Irish Moss, *Chondris Crispus*,
an cairgean dim. of *carraig* ; *mathair an duileisg*

- (1) Pick August. Dry. Do not rinse before drying. Rinse before cooking.
Feumainn Chiathag - looks like carragheen (Jean MacPhail) - fed to pigs
- (2) Teampal Pharaig to Port a'charabhanaich good (Donald an tailleur) (Seonan Brow)
- (3) Used to prefer bleached, but less now. (Annie Kennedy, Home)
- (4) Best Carragheen longer and darker red, grows under tangle.
Port a'charabhanaich good. Dry in sun 7 to 10 days.
Hang in cotton sack in room (Willie MacLean)
- (5) Dry on clover for the taste.
Gob a' bhodaich and eilean nan gobhar good (Mary Ann MacDonald)
- (6) Several different species used. Pick and rinse in bucket of cold water to get rid of the sand, put on white sheet (Lachie Cameron, Balevullin did this too) in May. Need misty weather, but if dry, sprinkle with watering can. Bleach well for a clean white pudding. Rinse and soak for 2 minutes to reconstitute before cooking. Neighbour cooked it in water, made into ice cubes, then put into hot milk or whisky. (Mabel Kennedy and Mabel MacArthur)

(B) Gruaigean

(Dwelly: "bladderlock or henware")

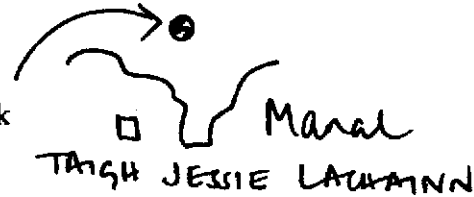
- (1)  eat 2' long brown
like rhubarb / cauliflower (*carr' a' mhillist*)
(David MacClounnan & Mabel Kennedy)
- (2) eaten raw in school breaks. "A' Chaluim Bhig" features it.

sgeir na gruagain (can walk out to it at low tide)
only place it grows in Balemartine.
(Alasdair Brown)
- (3) Another sgeir na gruagain below fever hospital, Hianais. Eat centre stalk.
(Annie Kennedy, Home.)
- (4) Peel back leaf and eat raw. (David MacClounnan)

(C) Slabhach(d)an

(Dwelly: slabhagan : "reddish seaweed cooked until it is dissolved and then eaten with bread and butter, porphyra laciniata, "sloke")

- (1) Brown flat seaweed

grows on this rock



- boiled to make jelly, "horrible" (Jesse Lachainn, Battlefield)
(2) Cooked to a jelly (Eilidh bheag)
(3) More of a medicine than food (Willie MacLean)
(4) Like brown soft tissue paper covering rock, need to wash it thoroughly.
Only person she ever knew who cooked it was Mairi Neill Bhain (Brown),
Mrs Henderson's grandmother. Turns black. Slice it and eat cold
(Mabel Kennedy)
(5) Made by Mairi Bhilti - "ugh" (Flora MacDonald)

(D) Duileasg

(Dwelly: Dulse ; rhodymenia palmata)

- (1) 12" long, red, eaten raw (Hugh MacLean)
(2) Eaten raw, or boiled and then mashed with maide-buntata to a black jelly,
then more medicinal, "kept you regular". (Sandy Ghobhainn &
Effie Macdonald)
(3) Eaten raw, or as "soup" on other islands (Jessie Lachainn)
(4) Medicine for sick beasts (Mary Parkhouse)
(5) Had boiled in milk with pepper on holiday in Ireland. Put dulse on cinders -
became green and easier to eat. (Mabel Kennedy & Mabel MacArthur)

(E) Duireaman

- (1) 2' long, red. Finger thickness (Annie Kennedy)
(2) = dulse (Donald MacIntyre)

or Dulaman Made by Anna Tailleir (MacLean) ,Sgairinis
eaten boiled, not dulse. (Rosie MacIntyre)
Word known in Irish Gaelic - Dulaman is a type of seaweed which was
gathered and used as fertilizer on the land long ago.
The refrain was sung by the sellers in the market:
"Seaweed from the yellow cliff
Irish seaweed
Seaweed from the ocean
The best on all of Ireland!" (Altan CD notes)

(F) Carragan / A'Charrag Dhubh

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| (1) | Long dark brown | (Donald an tailleur) |
| (2) | Eat stems like young tangle, same species | (Mabel Kennedy) |
| (3) | Black, like small tangles | (Flora MacDonald) |

(G) Sgeamagan

(Hugh MacLean)

or

Sgeanagan

(Eilidh bheag)

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| (1) | 9", dark, eaten raw | (Hugh Maclean) |
| (2) | Long thin 1cm. diameter brown filaments, "like mini tangle" - could eat raw | (Sandy Ghobhainn & Effie MacDonald) |
| (3) | Like red bunch of bananas | (Annie Kennedy. Home) |
| (4) | Peel back two leaf sides and eat stalk | (David MacLounnan) |

(H) Faochag (whelk)

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| (1) | Boiled and picked out
Boiled, strained, add oatmeal, put in meat
of faochag - Siabh fhaochag. | (Jessie Lachainn) |
| (2) | Siadh fhaochag | (Eilidh bheag & Mabel Kennedy) |
| (3) | Mhuin a' bhairneach (limpet) air an fhaochag - avoid in spring | (Mabel Kennedy) |
| (4) | Boil faochag, fry, onions, in butter, put in meat, sprinkle in oatmeal, pepper. | (Mabel Kennedy). |

(I) Maorach (limpets)

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| (1) | Big ones best. Boil, fry muscle in butter. | (Jessie Lachainn) |
| (2) | Coat in oatmeal first | (Mary Straker) |
| (3) | Eat raw | (James MacLeod) |

(J) Muirsgian

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| (1) | Gott Bay was a good place at spring, low tide at midnight on the full moon.
Line of men walking quietly. Clean, boil, fry. | (Mary Ann MacDonald) |
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(K) Slabhraidh

Oat husk from mill, steeped in water. Fermented until it became sour.
Boiled and drunk or eaten.