

Fulacht Fiadh

The *fulacht fiadh* is a cooking method which was used in the Bronze age. This type of *fulacht fiadh* combines traditional methods with some modern materials.

Dig a pit in suitable ground measuring at least 60cm x 40cm, and 60cm deep.

Fill in the ends of the pit with a survival bag or plastic sheeting to waterproof it. Support the bag/plastic with lengths of wood. Secure the edges of the bag/plastic with stones.

Add a layer of tinfoil through the out, to absorb the heat. Peddles will weight down and fill out the base. Then fill the pit with water about 2/3 of the way up.

Set up a fire near the pit. A *fulacht fiadh* works off the idea of heating rocks on a fire; these rocks will then be added to the water which will heat it enough to cook in.





Build up a decent fire with plenty of embers. Add a number of large stones to the fire. Do not use stones with air pockets, such as shale, as they will shatter in the heat.



Add the warmed stones from the fire to the water bet. Be careful as the rapid temperature change may cause some rocks to crack and shatter.



Wrap the food to be cooked in cabbage leaves or tinfoil. The food will take a while to cook in the warm water.

Remember Leave No Trace and clean up appropriately after you are done.

