**502** “**WARM THE COCKLES OF YOUR HEART**! “

Dan brings Art to the Gower Peninsula in southern Wales in search of the traditional foods Wales is known for. . On Three Cliffs Beach – according to some the most gorgeous beach in the British Isles – they meet Roy Church who shows them how to forage for an edible seaweed. The seaweed forms the basis for lava bread- a traditional staple of the Welsh diet for centuries.

Roy is Trustee of nearby Gower Heritage Centre and introduces them to historian Chendore Luan who shows them how to process lava bread. Chendore tells the guys the traditional Welsh breakfast is lava bread and cockles – so the next thing they should do is find some cockles.

Local amateur fisherman,Julian Devost, takes the guys to another beach nearby and shows them how find cockles and harvest them using a rake. Art whips out his harmonica and ‘raps’ a song about Dan the cockler.

Dan is worried about cooking up a feast just with cockles and lava bread . They meet another local Jonathan Davies down amongst the rock pools who shows them how to hand-catch lobsters hiding amongst the sea weed.

It’s a challenge, but Dan and Art are thrilled to cook their feast on an open pit fire

In the Medieval Long Hall at The Gower Heritage Site. Their guests agree Dan’s cooking “warms the cockles of their hearts”

Episode 502 One Line.

From cockles to lobsters to edible seaweed, Art and Dan find the scenic beaches of southern Wales are the perfect place to learn about traditional Welsh food.