

Litir do Luchd-ionnsachaidh

le Ruairidh MacIlleathain

Feamainn a Ghabhas Ithe (2)

A special programme, in the form of a “letter”, designed for Gaelic learners who already have some knowledge of the language. A short vocabulary and comments on points of grammar and figures of speech are included with the text. If you have comments, Ruairidh can be contacted at rodny.macleam@bbc.co.uk. This is Litir 856. Note that there is also a simplified version called An Litir Bheag which is likewise available on the BBC website. Litir Bheag 551 corresponds to Litir 856.

Bha mi a’ bruidhinn an t-seachdain sa chaidh mu ithe feamainn. Mar phàirt dhen chùrsa – Àrainneachd, Cànan is Dualchas – a bha mi a’ ruith as t-samhradh san Eilean Sgitheanach, dh’ith mi fhìn is na h-oileanaich grunn seòrsaichean feamainn. Tha mi airson innse dhuibh mun fheadhainn as blasta a dh’fhàsas gu nàdarrach air cladaichean na h-Alba. Chanainn gu bheil costa siar na h-Alba am measg nan àiteachan as fheàrr san t-saoghal airson feamainn a chruinneachadh.

An toiseach – cairgein. ’S e feamainn bheag a th’ ann, a tha eadar uaine is purpaidh. Bidh na Gàidheil a’ tiormachadh cairgein agus ga stòradh mus cleachd iad e. Nì iad nàdar de shlaman no silidh leis. Ach chan eil blas math air. Feumar siùcar a chur ann airson blas a thoirt dha. Bidh cuid a’ cur cofaidh no pùdar teòclaid ann.

Ach tha blas math air cuid de dh’fheamainn. Dh’fheuch sinn feadhainn air am bruich ann am poit le uisge no air am fraighigeadh le ìm ann am pana. ’S ann le ìm a b’ fheàrr a bha am blas.

Chòrd duileasg ris a h-uile duine. ’S e sin feamainn dearg air a bheil blas saillteach, cnòthach. Tha e gu math aithnichte do na Gàidheil, agus bidh feadhainn fhathast a’ dèanamh stiubha no brot tiugh, air a bheil ‘càl duiligs’ mar ainm. Tha duileasg làn mhèinnirean agus bheothaman, agus àrd ann am potassium. Mar sin, ’s e biadh fallain a th’ ann.

’S i an fheamainn as àirde a dh’fhàsas air cladaich creagach an fheamainn chìrean. Ann am mòran àiteachan air taobh an iar na Gàidhealtachd, bidh croitearan a’ biathadh na feamainn seo do chroth. Tha i math dhaibh, gu h-àraidh do chroth laoigh às dèidh breith laoigh. Tha i làn bheag-eileamaidean agus, air a fraighigeadh ann an ìm, tha blas air leth oirre. Saoilidh mi gu bheil i a cheart cho math do dhaoine ’s a tha i do chroth!

Chòrd a’ ghlasag rinn uile, gu h-àraidh nuair a dh’fhàs i rud beag cruaidh anns a’ phana. ’S i a’ ghlasag feamainn uaine air a bheil *sea lettuce* ann am Beurla. Bithear ga h-ithe amh cuideachd. Tha i làn Beothamain C, iarainn agus pròtain.

Bha e a-riamh na chleachdadh aig na Gàidheil a bhith ag ithe imleagan a lorg iad air a’ chladach. ’S i an imleag lus beag gleansach donn ann an cruth putain às an tig frondaichean caola fada. Agus tha na frondaichean a cheart cho blasta ris na h-imleagan. ’S e iallan-mara no *sea spaghetti* a th’ air an fheamainn seo – agus gabhaidh i a chur an cois spaghetti àbhaisteach. Cuiridh i blas math ris. Chòrd an dà chuid, na h-imleagan agus na frondaichean ris na h-oileanaich agus rium fhìn. Ach bheirinn

rabhadh seachad mu na h-imleagan – anns a’ phana, tha iad car buailteach a bhith a’ spreadhadh leis an teas!

Agus, mu dheireadh, an fheamainn as mìlse a th’ ann – langadal – feamainn mhòr fhada air a bheil *sugar kelp* no *sweet kelp* ann am Beurla. Bha an fheadhainn a chruinnich sinn car òg. Agus mar as sine a tha an langadal, ’s ann as mìlse a tha e. Ge-tà, bha e fhathast gu math blasta. Cha do dh’ainmich mi slòcan no mircean no a’ ghlasag chaolanach. Tha gu leòr **a ghabhas ithe** air cladaichean na h-Alba!

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Faclan na Litreach: cairgein: *carragheen*; blas: *flavour*; duileasg: *dulse*; saillteach: *salty*; cnòthach: *nutty*; càl duilisg: *thick dulse soup (traditional food)*; beag-eileamaidean: *trace elements*; glasag: *sea lettuce*; imleag: *button-shaped frond from which the thongs of iallan-mara grow (belly-button)*; iallan-mara: *sea spaghetti*; slòcan: *sloke, laver*; mircean: *badderlocks, dabberlocks*; glasag chaolanach: *gutweed*.

Abairtean na Litreach: mu ithe feamainn: *about eating seaweed*; dh’ith mi fhìn is na h-oileanaich grunn seòrsaichean feamainn: *the students and I ate several types of seaweed*; mun fheadhainn as blasta a dh’fhàsas gu nàdarrach: *about the tastiest ones that grow naturally*; am measg nan àiteachan as fheàrr san t-saoghal: *among the best places in the world*; cuid dhen fheamainn a dh’fhàsas gu nàdarrach: *some of the seaweeds that grow naturally*; bidh na Gàidheil a’ tiormachadh cairgein agus ga stòradh mus cleachd iad e: *the Gaels dry carragheen and store it until they use it*; nàdar de shlanan no silidh: *a sort of substance akin to curdled milk or jelly*; feumar siùcar a chur ann airson blas a thoirt dha: *sugar must be added to give it flavour*; bidh cuid a’ cur cofaidh no pùdar teòclaid ann: *some people add coffee or chocolate powder*; air am bruich ann am poit le uisge no air am fraighigeadh le ìm: *boiled in a pot with water or fried in butter*; làn mhèinnirean agus bheothaman: *full of minerals and vitamins*; an fheamainn as àirde a dh’fhàsas air cladach creagach: *the seaweed that grows highest on the rocky shore*; gu h-àraidh do chrodh laoigh às dèidh breith laoigh: *particularly for cows with young after the birth of a calf*; bithear ga h-ithe amh: *it is eaten raw*; bheirinn rabhadh seachad: *I would warn*; a’ spreadhadh leis an teas: *exploding with the heat*; mar as sine a tha an langadal, ’s ann as mìlse a tha e: *the older the sugar kelp is, the sweeter it is*.

Puing-chànain na Litreach: *If you’re interested in a list of Gaelic names for common Scottish seaweeds, email me at rodny@culcabockpublishing.co.uk and I’ll send you one. I’d particularly like to hear from people in different geographical locations in the Gàidhealtachd who may have their own names for different species (or combinations of species), so that we can compare notes and make the list more comprehensive. I’m also interested in hearing from any of you who eat seaweeds at home and have good recipes you’d like to share.*

Gnàthas-cainnt na Litreach: Tha gu leòr **a ghabhas ithe** air cladaichean na h-Alba: *there is much that can be eaten (ie is edible) on Scotland’s shores.*

Tha “Litir do Luchd-ionnsachaidh” air a maoineachadh le MG ALBA