



# Early Tudor food

## Tudor gingerbread

Gingerbread in 1500 was very different to the version that we eat today. It was a sweet treat rather than a baked cake. Because it contained expensive spices it was only eaten by wealthy people. It was often coloured with food dyes and moulded into intricate shapes. The recipe given here is a simple form that you can easily make in school. Even though it is not cooked it uses boiling water. Make sure that you have an adult on hand to help you.

### Ingredients:

A mug of warm honey water (see below)  
3 tablespoons of honey  
A mug of breadcrumbs  
A pinch of ground ginger  
A pinch of ground cinnamon

### Method:

*For the honey water*

Put a tablespoon of honey in a mug.

You can also add a few drops of food colouring – red works well.

Fill with boiling water and stir.

Leave to cool down a little.

Making the Gingerbread

Pour the honey water into a mixing bowl.

Quickly stir in the three tablespoons of honey.

Add the ginger and cinnamon and stir.

Stir in the breadcrumbs a little at a time until the mixture sticks together into a dough that you can mould with your hands – if it is a bit too sticky just add a few more breadcrumbs.

Take out small balls of the mixture and using your hands, mould them into whatever shape you like. They should be about 5cm thick.

Place the shapes onto baking parchment or into small cake cases.

Leave them to stand for at least 10 minutes.

Sprinkle with ground cinnamon and serve.



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## A recipe for a simple Tudor pottage

You can cook this pottage in a saucepan on a hob but it would have been cooked over a fire in Tudor times. You can use different vegetables adding whatever you like depending on what is in season, and extra garden herbs and cabbage or other greens can be added if they are available. The Tudors would have made their own stock by boiling vegetables or meat bones in water, but you can use a stock cube instead. Beware! Some things that we might put in a soup or stew today would not have been available in 1500. Think carefully about your ingredients to make an authentic Tudor dish.

Take great care when cooking on the hob and chopping the ingredients. Make sure that an adult is there to help you.

### Equipment

chopping board  
sharp knife for chopping vegetables  
wooden spoon to stir  
deep saucepan

### Ingredients

1 onion  
3 turnips  
2 carrots  
1 parsnip (about 450g of vegetables altogether)  
A knob of butter (about 30g)  
60g oats (the chunky rolled oats rather than the fine-milled ones)  
A heaped tablespoon chopped fresh parsley  
1 pint/ 570ml of vegetable stock (you could use a meat stock if preferred).

### Method

Chop the vegetables into bite size pieces. (Shred the cabbage or greens if using).

Melt the butter in the saucepan on a medium heat

Add the vegetables (all except the cabbage or greens) and fry them gently to soften them a little. Don't let them get too brown

Add the chopped parsley and oats

Add the stock

If you are including cabbage or other greens add them now.

Stir well, cover with a lid and cook slowly on a low heat for 20-30 minutes, stirring from time to time

Once the oats have thickened the sauce and the vegetables are softened, the pottage is ready

Serve in a bowl with bread

