

Medieval Recipe

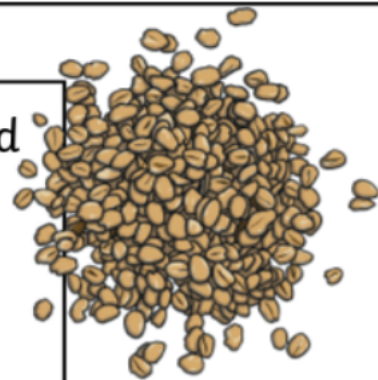


Hello, My name is Mary and
I live in Scotland in 1314.
I help the cook in the Castle
but I have taken some time off
to help you with your
Medieval Recipe.

Most of the cooking takes place over an open fire in pots or fried
on a griddle.

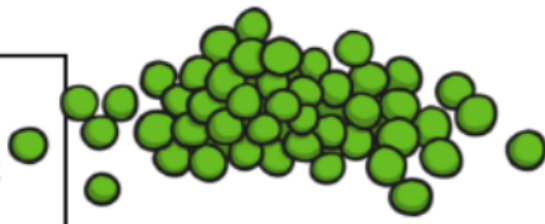
We do have big roasts on a spit but only when there
is a celebration going on, such as a wedding.

Wheat does not grow very well in Scotland
so most of our
crops are Barley, Oats and Rye.
We use Rye to make most of our Bread.



We grow a lot of root vegetables
in the fields next to the Castle.
Our best crops this year have been
Turnip, Leeks, Onion and Carrots.

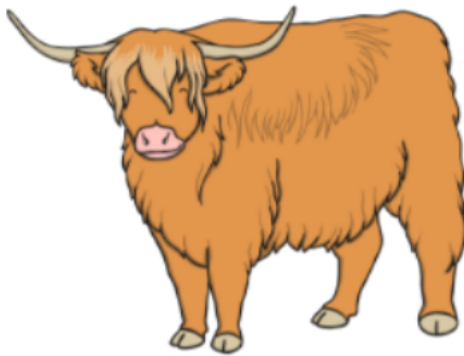
In the Kitchen garden
we also grow Kale, Peas
and Beans



The Kitchen Garden is also
where you will find
our Herbs such as
Rosemary, Thyme and Mint



This year Our Laird has decided to
plant an Orchard for Apples
but usually I just send one of the
Children out into the countryside to
forage for fruits such as
wild Strawberries, Blackberries and Cherries.



I can hear the Cows in the next field!
We keep the cows mainly for meat
but we do use the milk for Cheese making
along with the Sheep and Goats milk.

We also have Sheep in the fields, mostly for their Wool and only use
them for food when they are old.

Pigs are in the nearby pigstys, and will eat anything, so they are
very good at getting rid of Kitchen scraps!

The Chickens roam wherever they want which makes
collecting the Eggs
a problem sometimes!





Just before we head back to the castle to prepare the food, I must stop by the Bee Skeps and get the Honey

Honey is very important to Castle Life. We use it to sweeten dishes, preserve food and our Healer uses it for medicine.



Now that you have had a look around and found out about some of the food we have available, Its time to take some notes and produce your very own Medieval Recipe.

Before I go back to the Castle. do you know what a Bee Skep is? You may know them as Bee Hives!

Notes:

Medieval Recipe

Ingredients:

Method: