

Gruesome Grub!

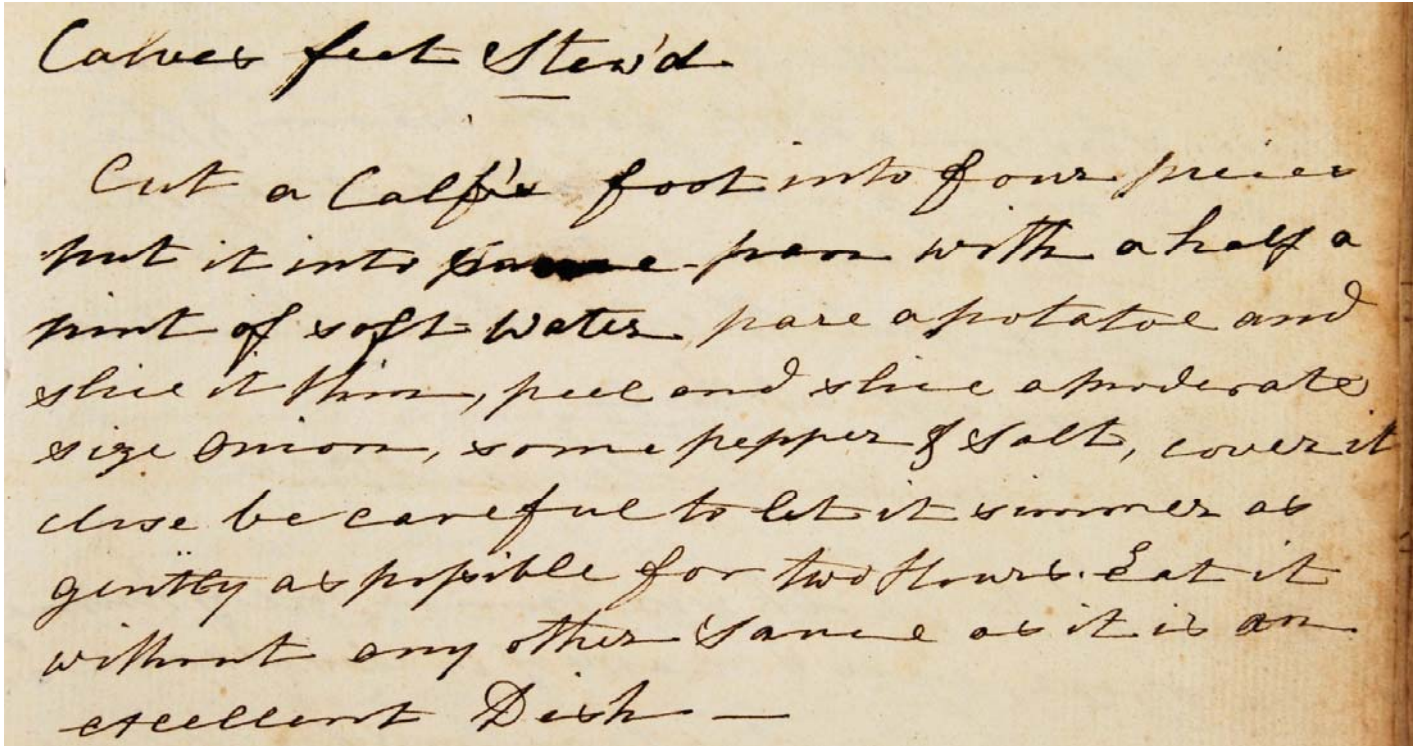
Throughout history people have been experimenting with food. Using all kinds of weird and wonderful ingredients creating some disgusting dishes.

- Many historic recipes that have revolting ingredients were created by peasants, because they had to use the cheapest ingredients possible or use substitutes.
- Poorer people usually ate hearty stews using the vegetables that they grew themselves. Cheap cuts of meat were also commonly used such as calf's feet and heads.
- In Victorian times some poor people had to resort to eating potato peelings and other scraps.
- Rich Tudors also used some gross ingredients as a sign of their wealth. During Tudor times the rich ate a lot of different meats such as Badger, Heron and Oxen.
- During the 1700's, the rich had opportunities to taste exotic/expensive treats, such as 'Green Turtle Soup'. (A Chinese/Eastern-Asian dish).
- Poor people made their own version of turtle soup with cheaper ingredients. It was a stew that contained calf's foot, head or even brains! They called it 'Mock Turtle Soup'.
- Many recipes were written in a very different way to now. In the past people didn't have a right way to spell words, and would spell them as they sounded. This could cause problems because of different accents.
- Many of the letters look very different to how they would today. In many cases, an 's' is written as an 'ʃ'. Making them tricky to read now.
- People specially study ancient/historic writing. This is called Paleography.

Now try the 'Read the Recipe' activity and see if you can spot any gross ingredients!

Read the Recipe

Have a go at reading these two recipes, and write down below what you think it says.
Remember, the spelling, letters and punctuation could all be different!



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Marble Jelly -

Bullocks Feet - very fat - let them lay some time
in cold water - boil tender, skim well - when done
cut them in little pieces into a stewpan wth as much of
the liquor as is sufficient - add Salt - whole Pepper &
Mace in a bag - nice yellow gravy - when boiled
enough take out the Pepp^r & Spice - put into moulds
when cold turn it out & send to Table -

This Jelly may be kept in the same Pickle as Brown

Wth Ashby -

Which recipe do you think is easier to read? Write down why you think that is.

Dare to Share?!

Try to make one of these three dishes. Read the recipe (original if you can) and prepare and cook your own historic dish!

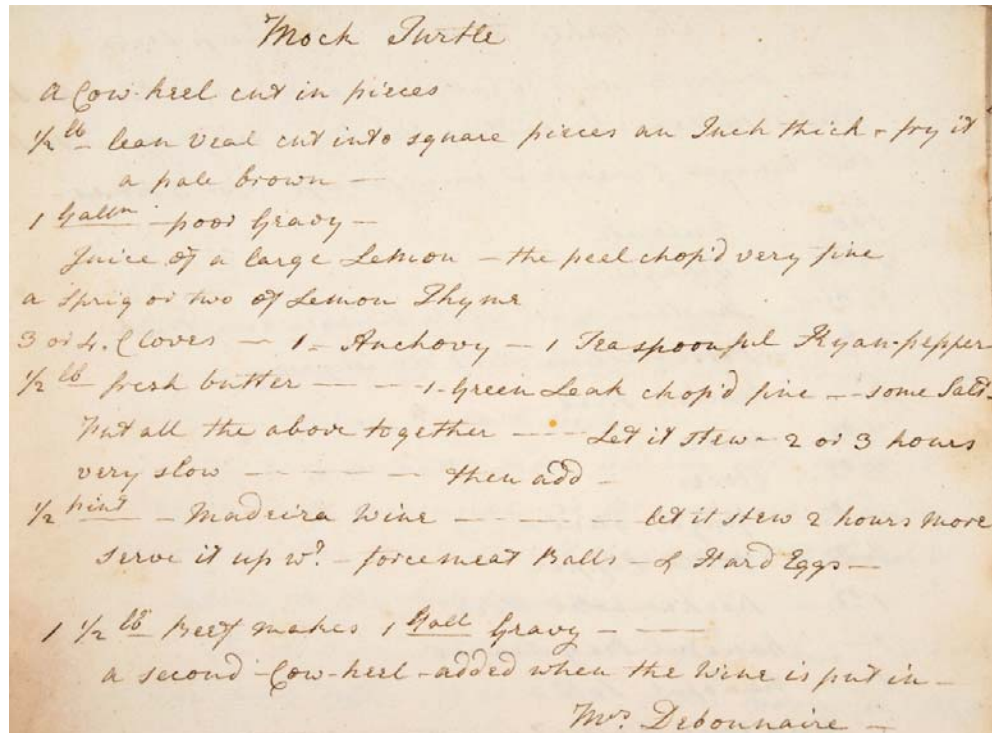
Mock Turtle

Ingredients:

- A cow-heel cut in pieces
- ½ lb lean veal cut into square pieces one inch thick – fry it a pale brown
- 1 gallon poor gravy
- Juice of a large lemon – the peel chopped very fine
- A sprig or two of lemon thyme
- 3 or 4 cloves – 1 anchovy – 1 teaspoonful Cayenne pepper
- ½ lb fresh butter --- 1 green leek chopped fine --- some salt

Method:

1. Put all the above together --- Let it stew – 2 or 3 hours very slow --- then add –
2. ½ pint Madeira wine --- let it stew 2 hours more serve it up with forcemeat balls and hard eggs
3. 1 ½ lb beef makes 1 gallon gravy
4. A second cow-heel added when the wine is put in



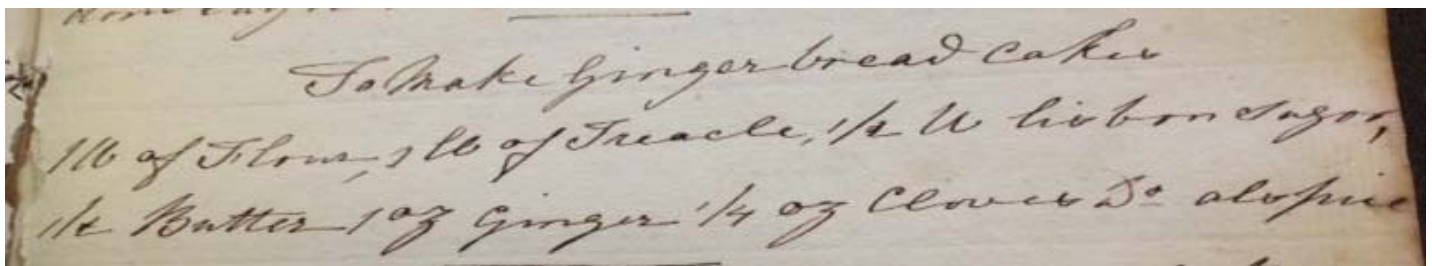
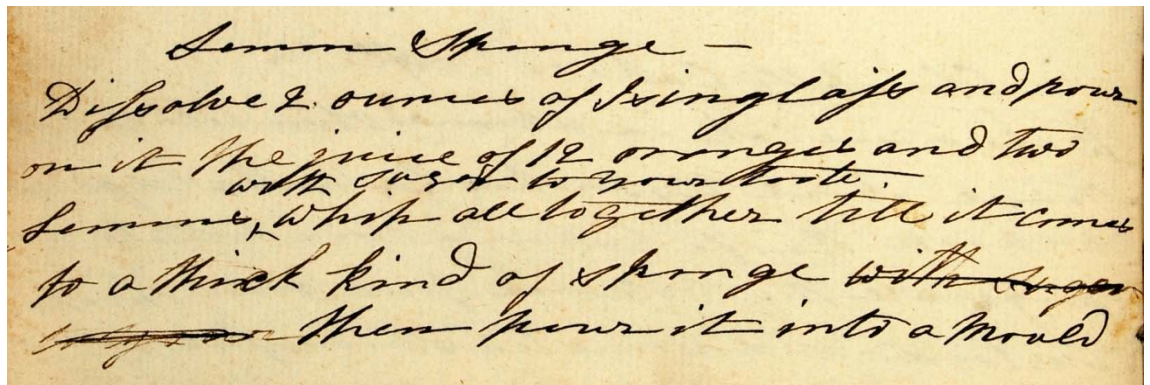
Lemon Sponge

Ingredients:

- 2 oz of gelatine
- 12 oranges
- 2 lemons
- sugar

Method:

1. Dissolve 2 ounces of isinglass (you can use gelatine)
2. Pour on it the juice of 12 oranges and two lemons, with sugar to your taste
3. Whip all together 'till it comes to a thick kind of sponge then pour it into a mould



To Make Gingerbread Cake

Ingredients:

- 1 lb of flour
- 1 lb of treacle
- ½ lb light brown sugar
- ½ butter
- 1 oz ginger
- ¼ oz cloves and allspice

Cook in the oven between 180°C-200°C for 20-40 minutes or until cooked through.