

Gruesome Grub!

Throughout history people have used disgusting ingredients to create some truly Gruesome Grub!

- Pottage is a dish made up of stewed vegetables and possibly meat but usually scraps this was very popular in Roman times but is said to date back to Neolithic times.
- The Romans used to eat stuffed dormice.
- The Romans also enjoyed eating snails which they fattened up with milk!
- Tudors ate a lot of different meats such as badger, blackbirds and oxen.
- Poor Tudors used spices to cover the taste of rotting meat.
- During Norman/Medieval times people use to eat off of plates made from stale bread. These were called Trenchers.
- The Stuarts believed tomatoes were poisonous. This may have been because of the acid in tomatoes.
- In Victorian times the very poor/unemployed people would eat potato peelings, rotten vegetables and scraps. Many of them tried to get jobs in workhouses because the food was better.
- In Britain during World War II food was rationed and people had to eat powdered milk and dried egg.
- Also during World War II nothing was wasted, so old stale bread would be used to make puddings and potatoes were used to make cakes.

Now try writing your own Revolting Recipe!



My Revolting Recipe!

Create your very own revolting recipe! Make sure you include all the nasty ingredients and horrible flavours!

My disgusting dish contains: