

Make your own Mead

Vikings and Anglo Saxons loved to drink! This recipe is for a special honey wine called *mead*.

This recipe is for a mead that won't get you drunk, so you can try out your Viking drinking horn.

Recipe for non-alcoholic mead:

- ✕ 2 parts apple juice
- ✕ 4 parts honey
- ✕ 6 parts water

Method

Mix in a pan, bring to a boil and let simmer for half an hour, then cool.
Your mead is ready to drink!

Optional activity

Measurements

You might notice that this recipe doesn't give specific amounts, like litres or pints, it says "parts". A part means you can choose any measurement as long as you keep the same relationship between the parts.

For example, you could use:

- | | | |
|------------------------|----|----------------------|
| ✕ 2 litres apple juice | | ✕ 2 cups apple juice |
| ✕ 4 litres honey | or | ✕ 4 cups honey |
| ✕ 6 litres water | | ✕ 6 cups water |

Children could work out the measurements you need to make mead for everyone in the class by taking the total required and working backwards.

Example:

If there are 30 children in the class and you want to make 250ml for each person, you would need a total of:

$250\text{ml} \times 30 = 7500\text{ml}$ (7.5l) of mead

How much of each would you need?

Total parts = 2 apple + 4 honey + 6 water = 12

Total required (7500ml)/total parts (12) = 625ml per part



Viking Bread Recipe

Vikings didn't have a lot of the food we have today like potatoes or rice, so they would have bread with every meal. Bread was so important that when someone died, they would bury a loaf of bread with the person to take to the afterlife.

Ingredients – per group of 4 children

250g strong wholemeal bread flour

7g pack fast action dried yeast

1 x 5ml spoon honey

150ml warm water

Pinch of salt

Flour for dusting

Equipment – per group of 4 children

Baking tray, sieve, mixing bowl, weighing scales, measuring jug, measuring spoons, flour dredger, oven gloves and cooling rack.

Method

1. Preheat the oven to 220°C or gas mark 7. Grease a baking tray.
2. Sieve together the flour and salt into a mixing bowl.
3. Stir in the yeast and sugar.
4. Make a well in the middle of the flour mixture and add the warm water. Mix to form a soft dough.
5. Sprinkle flour on to a clean work surface and place the dough on the surface.
6. Knead the dough for 8 minutes – take turns.
7. Divide the dough into 4 pieces and shape into rolls.
8. Place the rolls on the greased baking tray.
9. Cover the dough and leave to prove for 30 minutes in a warm place until they double in size.
10. Make a mark on the top of your roll to show whose it is! Vikings would share one oven in the village and this made sure you got your own loaf back. It could be your initial or a shape you like e.g. a star.
11. Bake for 10 - 15 minutes until golden brown. Eat warm with your Viking butter!



Viking Butter Recipe

Vikings got milk from the cows, sheep and goats on their farms. As they didn't have fridges or freezers they would turn the milk into butter or cheese to make it last longer.

Viking butter was made by half filling a goat's stomach with cream and then shaking it until it turned into butter! But if you don't fancy using a goat's stomach, you can use a nice clean jam jar with a lid.

Ingredients – per person

Double cream, enough to half-fill your jam jar. About 200ml

Equipment – per person

A clean jam jar with a tightly fitting lid.

A jug or mixing bowl to drain the buttermilk into.

Method

1. Make sure your jam jar has been washed in hot water and dish-soap. Rinse with clean water and leave to dry.
2. Half fill jam jar with double cream
3. Put the lid on tightly
4. Start shaking!
5. When the sloshing sounds stop, remove the lid. You should have whipped cream!
6. Put the lid back on, and continue to shake until the mixture separates into buttermilk and butter.
7. Drain out the buttermilk into a separate jug. Viking children would have drunk it as a tasty treat!
8. Take the butter out of the jar
9. Rinse the butter under cold water, kneading it a little to remove any last buttermilk
10. Eat your butter on warm Viking bread!