

Make your own Mead

Anglo Saxons loved to drink, especially on special occasions! This recipe is for a honey wine called *mead*.

This recipe is for a mead that won't get you drunk, so you can party like an Anglo Saxon, but safely!

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 |

You can 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



Anglo Saxon Bread Recipe

Anglo Saxons 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

250g strong wholemeal bread flour
7g pack fast action dried yeast (Anglo Saxons would use a sourdough starter but we are cheating for this as it's quicker!)
1 x 5ml spoon honey
150ml warm water
Pinch of salt
Flour for dusting

Equipment

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 - this will be hard work!
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 or pattern on the top of your roll to show whose it is. Anglo Saxons 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 fresh butter!



Anglo Saxon Butter Recipe

Anglo Saxons 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.

Anglo Saxon 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

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

Equipment

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 thoroughly 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, you should have whipped cream!
6. Continue to shake until the mixture separates. You will hear the sound change as the fat in the cream clumps together and turns into butter.
7. Drain out the buttermilk into a separate jug. Children would have drunk it as a tasty treat but you could use it to make pancakes or scones.
8. Take the butter out of the jar
9. Rinse the butter under cold water, kneading it a little to remove any last buttermilk. You can also knead in some salt if you want to keep your butter for a few days, as this will make it last longer.
10. Eat your butter on your warm bread!

*Remember to keep your butter in the fridge if you are not going to eat it straight away. Anglo Saxons didn't have fridges but if they had, they would have used them!