



Toftwood Federation Recipes

By

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and

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Introduction

Mrs Sutterby and Mrs Traferri are the History leads for KS1 and KS2. They are passionate about History and have put together a number of recipes based on the periods of history that are studied at Toftwood.

The recipes have been split into two sections:

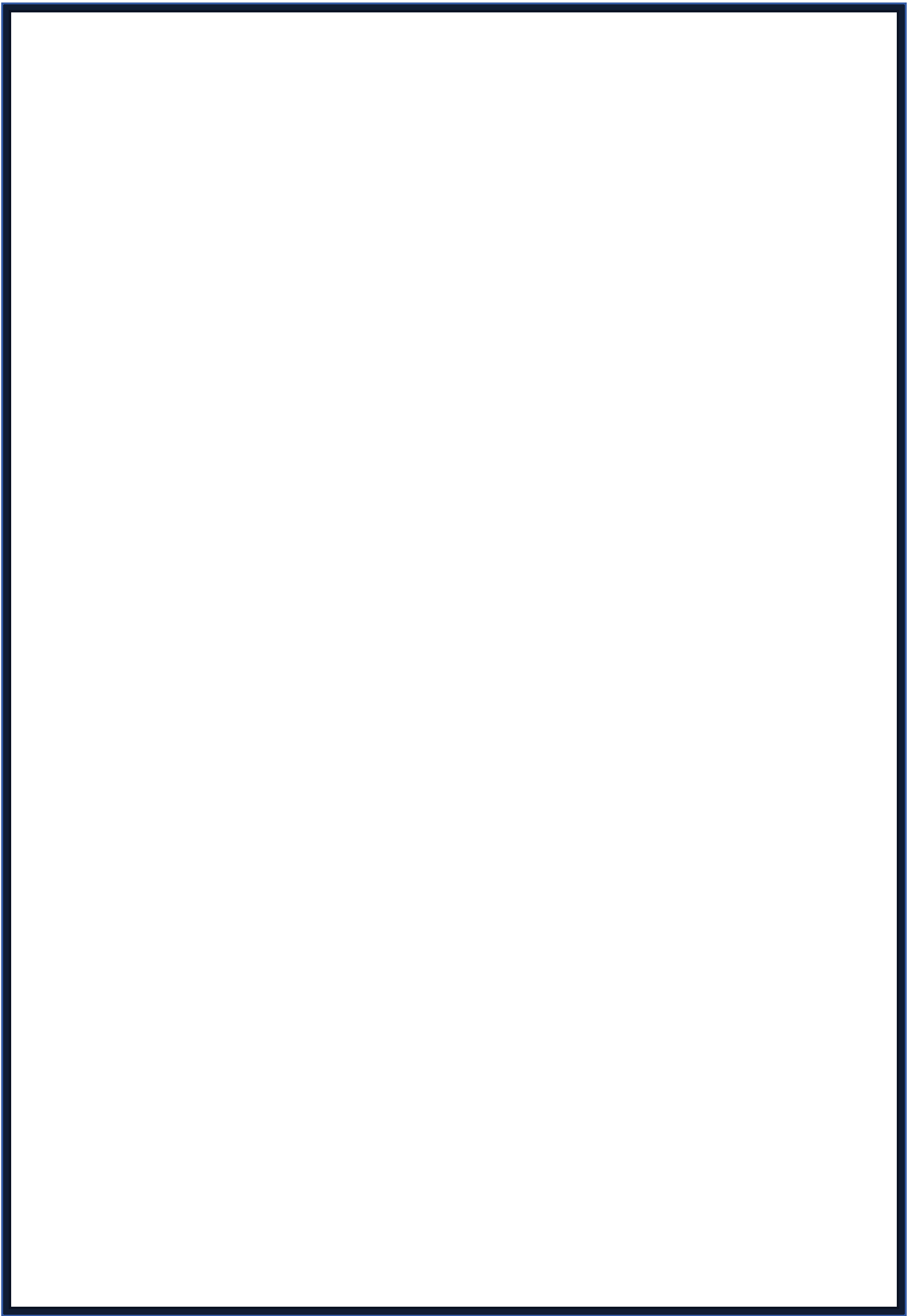
Infant (KS1)

Junior (KS2)

These show which historical areas of learning are covered at each stage. Every page in this booklet has a recipe based on the historical period studied.

Each page also has website links for further food discovery in that era as well as links to learn more about that particular period, if you wish.

Mrs Traferri and Mrs Sutterby hope you enjoy learning about the different types of food through History and would love to see any photos of recipes you have made from this booklet.



Section 1:

Infant School Recipes

Contents

Medieval. Potage Stew

Victorian. Victoria Sponge Cake

Victorian. Lemon and Barley Water

Guy Fawkes. Parkin Cake

Medieval Inspired Recipe



Potage was eaten in medieval times. A potage is a thick soup, stew, or porridge, in which vegetables and sometimes meat are boiled together with water until they form into a thick mush. A course in a medieval feast often began with one or two potages, which would be followed by roasted meats. The Year 2 children make potage stew when studying medieval times.

Potage Stew

Ingredients

- 125gms diced carrots
- 125gms diced parsnips
- 125gms diced onion
- 125gms turnips
- Vegetable broth
- 125gms diced leeks
- 125gms sliced mushrooms
- 125gms green beans
- 125gms chopped cabbage
- Seasoning: 1 bay leaf, dried thyme, rosemary, sage, salt and pepper
- 125gms oats



Always work under the supervision of a grown up.

Method

1. Add the carrots, parsnips, onion, and turnips to a pan.
2. Sweat the veggies using about 60ml cup of vegetable broth
3. After 10-15 minutes, add leeks, mushrooms, green beans, and chopped cabbage.
4. Let that simmer for a few minutes and then add 250ml vegetable broth.
5. Season with 1 large bay leaf, $\frac{1}{2}$ tsp dried thyme, $\frac{1}{2}$ dried rosemary, $\frac{1}{2}$ tsp rubbed sage, $\frac{1}{2}$ ground pepper, and $\frac{3}{4}$ tsp salt.
6. Bring the soup to a boil, and then lower the heat to LOW and cover.
7. Let simmer for 30 minutes.
8. Stir in oats.
9. Continue simmering for another 20-30 minutes, or until grains are cooked.
10. Add any additional seasoning if desired. Remove bay leaf before serving.

If you are interested in medieval cookery, check out this website:

<http://cookit.e2bn.org/historycookbook/index-27-normans-medieval.html>

If you would like to discover more about the Medieval world, look at this website:

<https://www.historyforkids.net/middle-ages.html>

Victorian Inspired Recipe



There were big differences between what the rich and poor ate in Victorian times. The very poor survived on potatoes parings, rotten vegetables and scraps. For those on a slightly better wage might be able to purchase cheese, bacon or sausage occasionally. The rich people displayed their wealth by eating rich foods using fine cutlery, plates and servants. The Victoria period saw the first canned foods. Afternoon tea was also introduced in Victorian times.

Victoria Sponge Cake

Ingredients

- 285g self-raising flour
- 2.5 teaspoons baking powder
- 285g butter
- 285g caster sugar
- 5 eggs
- 1 jar strawberry or raspberry jam



Always work under the supervision of a grown up.

Method

1. Pre-heat the oven to 170C / 340F
2. Grease and line 2 round cake tins with butter and greaseproof paper
3. Sift the flour and baking powder into a large bowl
4. Add the butter, sugar and eggs (make sure the butter is at room temperature)
5. Mix together using a wooden spoon or electric whisk until light and fluffy
6. Divide the mixture into the 2 cake tins
7. Bake in the oven for 35 - 40 minutes
8. Ask an adult the gently press it- if it springs back when touched, then it's ready
9. Allow to cool for 5 minutes before carefully turning out onto a wire rack to cool completely
10. When the cake is cool, spread one cake with a generous layer of jam. Then top with the other cake.

Victorian Inspired Recipe

For much of Victorian times, water was not safe to drink and not clean drinking water cost more money than beer, wine or gin. Most Victorians would have had beer when we would have a glass of water!



Lemon and Barley Water

Ingredients

- 3oz (150g) pearl barley
- 3 pints (1800ml) water
- 3 lemons
- 3oz (150g) sugar



Always work under the supervision of a grown up.

Method

1. Place the barley and water into a pan, cover and boil for 30 minutes
2. Strain the liquid into a large jug, through a sieve
3. Finely peel the lemons, removing only the outer yellow layer, and add this to the jug
4. Remove the white pith from the lemons
5. Slice the fruit and add to the jug
6. Stir in the sugar and allow to go cold
7. Pour/strain the cold liquid into a fresh jug and serve

Take a look at this website to find out more about Victorian food:

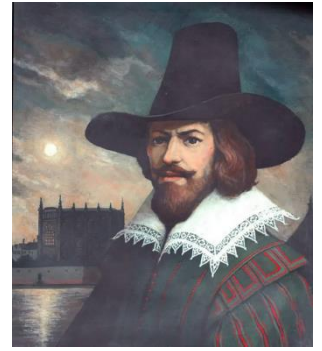
<http://cookit.e2bn.org/historycookbook/index-23-victorians.html>

Follow this link to find out more about Queen Victoria:

<https://www.bbc.co.uk/bitesize/topics/zkrkscw/articles/zfdkhbk>

Inspired by Guy Fawkes (Jacobean Era).

Guy Fawkes is known for his involvement with trying to blow up the Houses of Parliament on 5th November 1605. Traditionally, a guy is burned on a bonfire and this is often accompanied by fireworks. The traditional cake eaten on bonfire night is Parkin Cake, a sticky cake containing a mix of oatmeal, ginger, treacle and syrup. Other foods include sausages cooked over the flames and marshmallows toasted in the fire.



Parkin Cake

Ingredients

- 65gms treacle or mild molasses
- 65gms packed light brown sugar firmly but not too firmly packed
- 30mls maple syrup
- 1 stick of unsalted butter 4 oz.
- 65gms traditional rolled oats
- 200gms plain flour
- 1 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 2 1/2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon freshly grated nutmeg
- 2 pinches of ground cloves
- 65gms milk
- 1 large egg



Always work under the supervision of a grown up.

Method

1. Preheat the oven to 300°F and make sure the rack is in the middle of the oven.
2. Grease an 8" cake tin and line with parchment paper on the bottom and the sides.
3. Combine the maple syrup, treacle, light brown sugar, and butter in a small sauce pan. Place the sauce pan over low heat, stirring frequently until everything melts down and comes together. You do NOT want this to simmer or boil. There will still be some undissolved sugar--that's fine!
4. While your liquid ingredients are warming, get your dry ingredients together. Put your oats in a large bowl. Break them up a little with your hands. I break up the oats so that there are still some whole oats and some coarsely broken smaller bits. If you prefer you could blitz them up in the food processor with maybe 2 or 3 pulses. Then add the flour, baking soda, salt, ginger, cinnamon, nutmeg and cloves. Whisk it all together.
5. In a small bowl or measure cup whisk the egg and milk together.

6. Once your treacle mixture has come together, make a well in your dry ingredients and pour the treacle mixture into it. With a wooden spoon, mix it all together. Then add the milk mixture. Stir until all the milk mixture has incorporated. It will look like it's not going to come together, but keep going. It will.
7. Once it has all come together and looks like a cohesive batter pour it into your prepared cake tin.
8. Place in the oven and bake until a cake tester inserted in the middle of the cake comes out clean (55mins to 1hr. 5mins).
9. Let the cake cool in the pan, on a cooling rack, for 20 minutes.
10. Remove from the pan and allow to cool completely before slicing.
11. Serve with softly whipped cream, ice cream or simply on its own.

Check out this website to discover more about food in the Jacobean period:

<http://www.godecookery.com/engrec/engrec.html>

Follow these links to find out more about Guy Fawkes and the Jacobean era:

<https://www.bbc.co.uk/bitesize/topics/zjkj382/articles/zjsqbdm>

https://www.softschools.com/timelines/the_jacobean_era_timeline/349/

Section 2

Junior School Recipes

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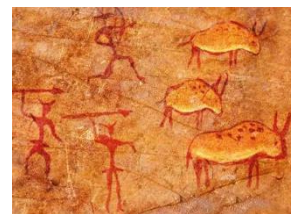
Anglo Saxon Period Honey Oat Cakes

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Stone Age Inspired Recipe

We know that our Stone Age ancestors gathered seasonal food. From archaeological evidence, we know they gathered fruit and nuts. In this recipe we have replaced bilberries with blue berries but any seasonal fruits could be used as they would have done all those centuries ago.



Wild Fruit Pudding

Ingredients

- 12-15 raspberries
- 10-12 blueberries
- 30ml milk
- 5-7 shelled (or 15gms of chopped nuts)



Always work under the supervision of a grown up.

Method

1. Chop the hazelnuts roughly (if using whole nuts).
2. Wash the fruit and place in the serving bowl.
3. Add the chopped nuts to the fruit.
4. Spoon over the milk.
5. This will keep chilled for a few hours.
6. Eat the same day.

If you would like to learn more about Stone Age food, take a look at the following websites:

<http://cookit.e2bn.org/historycookbook/index-29-prehistoric.html> and

<https://soyummy.com/stone-age-food/>

If you would like to find out more about the Stone Age - check this site out:

<https://www.dkfindout.com/uk/history/stone-age/> and

<https://www.bbc.co.uk/bitesize/topics/z82hsbk>

Ancient Mayan Inspired Recipe



Corn tortillas were a main part of the Ancient Mayan diet. The Mayans used maize for all types of food and even in their drinks. They discovered chocolate but their version of hot chocolate is very different to our own! All Mayans could drink chocolate, though only the wealthy were allowed to drink it frequently. All Mayans could have chocolate on special occasions such as weddings.

Corn Tortillas

Ingredients

- 150gms of maize flour (also known as fine corn meal)
- 100ml cold water
- Pinch of salt
- 1 tablespoon of olive oil



Always work under the supervision of a grown up.

Method

1. Add all the ingredients into a large bowl.
2. Mix together to form a dough. If it is too dry, add a little more water, if it is too sticky, add a little more flour.
3. Divide the dough into 20 balls, place back in the bowl, cling film the bowl and put in the fridge for 10 minutes.
4. Remove the dough from the fridge, take a dough ball, flatten in the palm of your hands then roll on a floured surface with a rolling pin until the tortilla is 3mm thick. Repeat with all dough balls.
5. Put a little oil in a frying pan. When the oil is hot, place one tortilla in the pan. Cook for one minute on each side and remove. Cover with a cloth and repeat with each tortilla. Serve.

If you would like to discover more about the Ancient Mayan cuisine, look at these sites:

<https://belize-travel-blog.chaacreek.com/2017/11/mayan-food/> and

<https://www.bbc.co.uk/teach/class-clips-video/history-ks2-ks3-what-did-the-maya-eat/zkxc8xs>

If you would like to learn more about the Ancient Mayans go to:

<https://www.dkfindout.com/uk/history/mayans/> and <https://www.bbc.co.uk/bitesize/topics/zq6svcw>

Ancient Greek Inspired Recipe

Ancient Greeks used vegetables, legumes (seeds from plants such as: peas, chickpeas, beans, soybeans, and peanuts), fruits, fish, olives, barley bread and eggs. Only wealthy Ancient Greeks ate meat but all drank watered wine throughout the day.



Fassolatha (pronounced Fah- So-Lar-Tha)

Ingredients

- 450gms dried white beans or a 400gms tin of white beans
- 2.3litres of water
- 75ml cup olive oil
- 1 large onion (diced)
- 2 medium carrots (diced)
- 2 stalks of celery (diced)
- 1 bay leaf
- 400gms diced plum tomatoes (un-drained)
- 2 tablespoons of tomato puree
- Dash salt (or to taste)
- Dash freshly ground black pepper (or to taste)



Always work under the supervision of a grown up.

Method

If you are using the dried white beans, you will need to soak them overnight before starting this recipe. Follow the instructions on the packet. Before you use them in the recipe, remember to rinse them in cold water first.

1. Add the beans, water and olive oil to a large saucepan and bring to the boil.
2. Reduce heat and simmer with the lid on for about 1 hour (the beans need to be cooked but not mushy).
3. Add the vegetables, tomatoes, tomato puree and bay leaf to the beans and simmer for 30-45 minutes without the lid. You want the mix to thicken up a little.
4. Season the soup with salt and pepper and remove the bay leaf before serving.

If you would like to find out more about Ancient Greek food, check out these websites:

<https://www.historyforkids.net/greek-food.html> and
https://www.ducksters.com/history/ancient_greece/food.php

If you would like to discover more about Ancient Greece, look at these sites:

<https://www.bbc.co.uk/bitesize/topics/z87tn39> and
<http://www.primaryhomeworkhelp.co.uk/Greece.html>

Ancient Egyptian Inspired Recipe

A staple of an ancient Egyptians diet was bread - as today, they had many different ways of making bread. Here is only one of them.

Saboob



Ingredients

- 256gms of plain flour
- 1 teaspoon of salt
- 96gms of milk (can also be non-dairy)
- 1 tablespoon of olive oil



Always work under the supervision of a grown up.

Method

1. Pre-heat oven to 190°C and place greaseproof paper on a tray.
2. Put the flour and salt in a bowl and mix well.
3. Add oil and milk. Mix until you have a smooth dough.
4. Lightly flour a work surface.
5. Tip dough onto the flour.
6. Knead the dough.

To knead, flatten the dough with your hands, fold the dough in half and repeat. Keep on doing this until the dough springs back when you press your finger on it. It should feel very smooth.

7. Leave the dough for 15 minutes.
8. Divide into four equal pieces.
9. On a floured surface, roll out the dough until it is roughly 1cm thick.
10. Place on the greaseproof paper.
11. Repeat with the other 3 pieces of dough.
12. Put in the oven for 8-10 minutes or until lightly browned.

If you would like to find out more about food in Ancient Egypt - check out this website:

<https://www.historyforkids.net/egyptian-food.html>

General facts about Ancient Egypt:

<http://www.primaryhomeworkhelp.co.uk/egypt/today.html>

Roman Empire Inspired Recipe

Romans used honey as a sweetener. Sugar had been discovered but it was used by the Romans in their medicines and not for cooking.

You can put this mixture into fairy cake cases but will have to reduce the cooking time.

In our opinion, if you do not like honey you will like these cakes - as you cannot taste the honey at all!



Honey Cakes

Ingredients

- 3 x Eggs
- 57gms Flour
- 198gms Honey
- Cake Tin

Method

1. Heat the oven to 165°C.
2. Place the eggs into a bowl and whisk until they are pale in colour and form soft peaks.
3. Next, pour the honey into the bowl and mix until blended together.
4. Sprinkle in the flour and fold into the egg and honey mixture.
5. Grease the cake tin.
6. Put the cake mixture in the cake tin.
7. Put in the oven on the middle shelf for roughly 40 minutes or until golden brown



Here are some links to show you what the mixture should look like:

<https://www.youtube.com/watch?v=8eTbIQXOY1k> and <https://www.youtube.com/watch?v=-3k1Xl7eriw>

If you would like to find out more about food in Ancient Roman times, take a look at this website: <https://delishably.com/world-cuisine/ancient-food-rome>

For general facts on the Roman Empire, check out these sites:

https://www.ducksters.com/history/ancient_rome.php and
<https://www.natgeokids.com/uk/discover/history/romans/10-facts-about-the-ancient-romans/>

Viking Inspired Recipe

When Vikings went on their Sea voyages they would often take cows with them so that they could have dairy products such as milk, cheese and butter. Their diet was very similar to Anglo-Saxons.



Butter

Ingredients

- 300ml of Whipping cream



Always work under the supervision of a grown up.

Method

1. Pour the whipping cream into a clean empty jar or container with an air tight, screwed on lid.
2. Place the lid on tightly. This is very important or the cream will go everywhere.
2. Shake the container vigorously. You may want to take this in turns with your grown up. It will take some time!
3. You will know when you have made butter because the cream will have turned solid.
4. Taste the butter - it is delicious! Keep refrigerated if you do not use it immediately.

If you would like to find out more about Viking food, take a look at the following websites:

http://www.bbc.co.uk/history/ancient/vikings/food_01.shtml

and <https://www.fotevikensmuseum.se/d/en/vikingar/hur/mat/recept>

If you would like to learn more about the Viking period, check out these site:

<https://www.bbc.co.uk/bitesize/topics/ztyr9j6>

and <http://www.primaryhomeworkhelp.co.uk/vikings.html>

Anglo-Saxon Inspired Recipe

Anglo Saxons had not discovered sugar so like the Romans, they used honey and dried fruits to sweeten their food. Much of the Anglo Saxon cuisine will be familiar to us today. They grew crops - mainly barley, rye and wheat. They hunted and fished and also had milk, cheese and eggs in their diet.

Honey Oat Cakes

Ingredients:

- 250gms of oats
- 125gms of unsalted butter
- 50gms of dried apricots or dried apples
- 4 large tablespoons of runny honey
- 1 level teaspoon of ground cinnamon

Always work under the supervision of a grown up.

Method

1. Preheat oven to 180°C.
2. Place the butter in a large saucepan.
3. Melt the butter and remove from the heat.
4. Add the honey, oats, cinnamon and dried fruits to the melted butter and mix thoroughly.
5. Grease a baking tray with a little butter.
6. Create 12 equal sized balls and place on tray. Flatten slightly with a spoon.
7. Bake in the oven for 10-12 minutes.
8. Allow the cakes to cool a little, then place on a wire rack until cold.

If you would like to discover more about Anglo Saxon foods, take a look at these websites:

<http://cookit.e2bn.org/historycookbook/index-28-saxons-vikings.html> and
<http://www.primaryhomeworkhelp.co.uk/saxons/food.htm>

For general information about the Anglo-Saxon period, check out these sites:

<https://www.bbc.co.uk/bitesize/topics/zxsbcdm/articles/zq2m6sq> and
<https://www.natgeokids.com/uk/discover/history/general-history/anglo-saxons/>

African Inspired Recipe

This recipe is taken from the Year 4 curriculum and their studies of Africa. We have included this as, quite frankly, it is delicious!

Stuffed Flatbreads



Dough Ingredients

- 200g/7oz plain or wholemeal flour
- 1/4 tsp salt
- 60ml warm water
- 2 tbsp oil (olive, sunflower or vegetable), plus extra for cooking

Stuffing Ingredients

- Tin of butter beans 240gms
- 80gms chopped red pepper
- 2tbsp veg oil
- 70gms chopped mushrooms
- 2 x Chopped fresh tomato (scoop out seeds)
- Fresh parsley (handful)
- Fresh coriander (1/3 of a bag)
- 3x Spring onions
- Chilli powder
- Cumin powder

Always work under the supervision of a grown up.

Method

First, you need to make the dough:

1. Mix the dough ingredients together. Divide into 5 equal pieces.
2. Flour surface and rolling pin. Roll out into a thin rough disc.

Method of Stuffing

Chop all ingredients. Keep separate.

1. Fry pepper and onions in 1 tablespoon of oil.
2. In a separate bowl mash the butter beans with a fork.
3. Add $\frac{1}{2}$ teaspoon of cumin to pepper mixture
4. Add $\frac{1}{2}$ teaspoon of chilli powder to pepper mixture.
5. Mix spices.
6. Add tomatoes and spring onions. Cook and stir constantly for one minute.
7. Add a teaspoon of tomato purée.
8. Chop parsley and coriander.
9. Turn off the heat. Add herbs.
10. Add mashed bean. Mix well.
11. Turn out into mixing bowl.
12. Divide mixture into 5.
13. Place a portion onto the middle of one half of the flatbread.
14. Smooth mixture around flatbread one side only. Careful you leave at least 2cm around the edge without mixture on.
15. Wet half of the flatbread edge with water.
16. Fold flat bread in half.
17. Press edges with fingers then turn sides over all the way around. (Like a pasty).
18. Place on oiled tray and brush flatbread with oil.
19. Place in oven on 200°C for 15-20 minutes or until brown.

If you have been inspired by this recipe and would like to learn more about African foods, take a look at these websites:

<https://www.globetrottinkids.com/a-taste-of-south-africa/> or
<http://www.griotsrepublic.com/little-foodies-kid-friendly-african-foods/>

To find out more about Africa, check this website out:

<https://www.kids-world-travel-guide.com/africa-facts.html>

World War Two Inspired Recipe

In World War 2, much of the everyday food was rationed from January 1940. People were given ration books and were allowed a set amount of food per week. Fruit and vegetables were not rationed but were often in short supply. Woolton pie was created at the Savoy Hotel, London and named after the Minister of Food: Lord Woolton.



Woolton Pie

Ingredients

Pastry:

- 170gms flour
- 45gms butter
- 45gms lard
- 60gms grated raw potato

Filling:

- 450gms diced potatoes
- 450gms chopped cauliflower
- 450gms diced carrots
- 450gms diced swede
- 3 spring onions
- 1 teaspoon of marmite
- 1 tablespoon of oatmeal



Always work under the supervision of a grown up.

Method

1. Put the filling ingredients into a pan, add some water and cook until soft. Place in pie dish.
2. To make the pastry, put the flour in a bowl.
3. Add the butter and lard. Rub the fat into the flour until it looks like breadcrumbs.
4. Add the grated raw potato. Add a little bit of water and mix. If you are not quick creating a pastry ball - it will turn grey in colour.
6. Flour a work surface and using a rolling pin, roll out the pastry to cover the pie dish.
7. Cook until the pastry is golden brown (approx 20 minutes) on 180°C. Serve.

If you would like to discover more about World War 2 recipes, check out this site:

<http://cookit.e2bn.org/historycookbook/index-20-world-war-2.html>

If you would like to learn more about World War two, have a look at these websites:

<http://www.primaryhomeworkhelp.co.uk/Britain.html> and

<https://www.dkfindout.com/uk/history/world-war-ii/>

We hope you have enjoyed travelling through history and learning about food from the past.

Mrs Traferri and Mrs Sutterby