

Here at COAM we have buildings from all different time periods. From our reconstructed Iron Age Roundhouse to our 1940s Prefab. Each building represents how people lived their everyday lives in that time period and all of our buildings that housed people have some form of kitchen or place to cook food.



Iron Age Roundhouse



Leagrave Cottages

In this resource we'll give you two recipes. One inspired by the Iron Age and one inspired by Leagrave Cottage and the 19th/20th Century. We'd love for you to try these recipes and see what you think!

Meals inspired by our Buildings

Iron Age Roundhouse

Our replica Iron Age Roundhouse was constructed in the 1990s. It has been furnished for the period c. 50 AD, during the Roman occupation of Britain. When you enter our Roundhouse the main thing you can smell is woodsmoke. This comes from the fire pit that is in the centre of the house and this would have been central to life in the Iron Age. Fire would have been used for cooking but also for warmth, light, and as a place to gather as a family.



Iron Age Gordon cooking stew over the fire



In the Iron Age it would have been important to keep the fire alight 24 hours a day. Above our fire we have hooks upon which meat or fish could be hung to smoke. We also have a domed bread oven in the house (seen in the photo above right).

Meals inspired by our Buildings

Iron Age Roundhouse

This Iron Age inspired recipe includes a basic flatbread recipe and a soup which uses a pulse (lentils) and mushrooms. Flatbread is made without a raising agent and could have been cooked easily in a skillet over the fire. You could try different pulses in the soup if preferred.

Lentil and Mushroom Soup with Flatbreads

Lentil and mushroom stew/soup

125 grams soaked lentils
 2 cloves of garlic skinned and chopped, or
 a handful of chopped wild garlic leaves
 1 leek washed and sliced
 25 grams butter
 250 grams mushrooms chopped
 850 ml water
 Salt or herbs for preferred flavour

Method

1. Fry leeks and garlic in butter until softened
2. Add mushrooms and cook for about 5 mins
3. Add water
4. Rinse lentils thoroughly
5. Add lentils and simmer for about an hour
6. Season to taste

Flatbread

2 tablespoons of flour (wheat, Emmer, Einkorn, Spelt or Barley flour are period appropriate)
 Butter (a walnut sized piece)
 Water
 Chopped herbs such as marjoram, chives or coriander

Method

1. Rub the butter into the flour and add herbs
2. Whilst mixing with your fingers, add enough water to form a dough. Add a little water at a time until the dough forms
3. Take small balls of dough and shape into balls, flattened the balls slightly and cook on a hot greased griddle or frying pan for 2/3 minutes on each side
4. Serve with the lentil and mushroom soup



Photo (right): Leaven Bread made with wheat flour and yeast Yeast made from fermented plums, flour and water.



Meals inspired by our Buildings Leagrave Cottages

Leagrave cottages started life as an 18th century barn in Leagrave, near Luton in Bedfordshire. The barn was converted into cottages in the 1770s. Now, one side represents how it may have been in the 18th century and the other side represents the 1920s, furnished through interviews with the Marks family who lived in the cottages from 1913 - 1928.

18th Century side



In the 18th century side of Leagrave Cottages the open fire can be used for cooking and there is a bread oven in the wall - small door on left hand side of photo. This can be used for baking bread, pies, stews etc. Wood is used as the fuel.



1920s side



In the 19th century George Bodley, a Devon iron founder, patented the 1st closed top cooking range. By the middle of the 19th century cast iron cooking ranges were being installed in many homes.



The recipe on the next page includes a soup and a soda bread recipe. The range above could be used to cook both of these recipes. The soda bread could be cooked in the oven part of the range (the door on the front) and the soup could be cooked on top. The range could be heated by either coal or wood.

Meals inspired by our Buildings Leagrave Cottages

The recipe below would have been a likely meal for people living in Leagrave Cottages in the late 19th and early 20th century with access to a range to cook with.

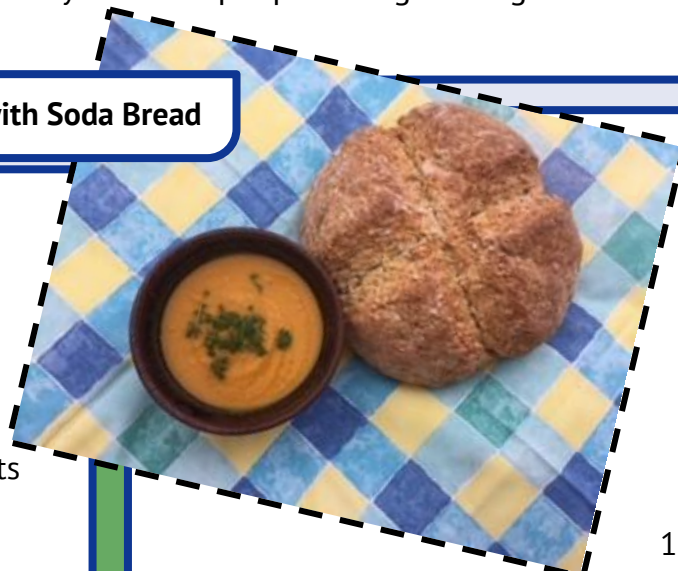
Carrot and Onion Soup with Soda Bread

Carrot and Onion Soup

1oz of butter or margarine
1lb of carrots, scraped or peeled and thinly sliced
2 onions, skinned and chopped
1 clove of garlic, skinned and crushed
1 1/4 pints vegetable stock or 1 1/4 pints water + 1 teaspoon Bovril or Marmite
Salt and pepper to taste
Chopped parsley or grated nutmeg

Method

1. Melt butter in a large saucepan
2. Fry (sweat) the vegetables and garlic for about 5 minutes
3. Add the stock and seasoning, bring to the boil and then let it simmer for 30 minutes or until the carrots are tender
4. Purée the soup in a blender or push through a sieve to make smooth
5. Adjust the seasoning and reheat
6. Sprinkle each serving with parsley or nutmeg. Serve with the soda bread.



Soda Bread

14 ozs plain flour + 1 tablespoon for dusting
1 level teaspoon salt
2 level teaspoons bicarbonate of soda
1 oz butter or lard
2 ozs oats
1 level tablespoon honey or sugar
1/2 pint buttermilk (bought or homemade - see below)
2 tablespoons milk

Method

1. Preheat the oven 200c
2. Sift flour, salt and bicarbonate
3. Rub in the butter. Stir in the oats
4. In a bowl mix honey or sugar, buttermilk and milk together, add to the flour mixture
5. Mix to a soft dough. Knead the dough lightly until smooth
6. Shape into a 7" round and place on a greased baking sheet
7. Thickly dust the the top of the dough with flour and with a sharp knife, cut a deep cross on top going about half way through the loaf
8. Bake for 30- 35 minutes until bread is risen, golden brown and sounds hollow when tapped underneath. Cool on a wire rack
Eat on the day of making.

Homemade buttermilk

1/2 pint milk (whole or semi skimmed)
1 tablespoon of lemon juice or vinegar

Method: Mix milk + lemon juice in a jug

Leave at room temperature for 5 - 10 minutes until the milk has thickened slightly.

We hope you enjoy making these recipes. Why not do some extra research and see what time period appropriate ingredients you could add into the meals. Or look into some of our other buildings and make recipes inspired by them.

Were your favourite foods available in the Iron Age or even in the 20th Century?

A big thank you to our volunteer Jenny T for sourcing and testing out these recipes. You can see her in the photo on the right, cooking away in the 1920s side of Leagrave Cottages.



Next Time: On each Tuesday of the Buckinghamshire Easter Holidays (6th and 13th April) we will be publishing our final resources of this home learning series. Both resource packs will include a few different spring and Easter inspired crafts for you to do at home. Check back next week to find out more!