

## **LO Iron Age cooking and food.**

<https://www.youtube.com/watch?v= fp13qn6Bbc>

**How did the Iron Age people prepare food in a round house?  
How is it similar or different to our Forest school area?**

### **To do:**

Draw a picture map for the Wild Boar Stew (below)

### **Or**

Copy paste the recipe into Word, or copy out, and improve- add time conjunctions. Add images to help the reader. Perhaps add an introduction using questions to the reader.

**Optional:** *Make a meat or vegetable stew or find an Iron Age recipe to cook.*

<https://www.netmums.com/recipes/beef-stew-with-dumplings-for-kids>

[https://www.bbc.co.uk/food/recipes/versatile\\_vegetable\\_stew\\_50136](https://www.bbc.co.uk/food/recipes/versatile_vegetable_stew_50136)

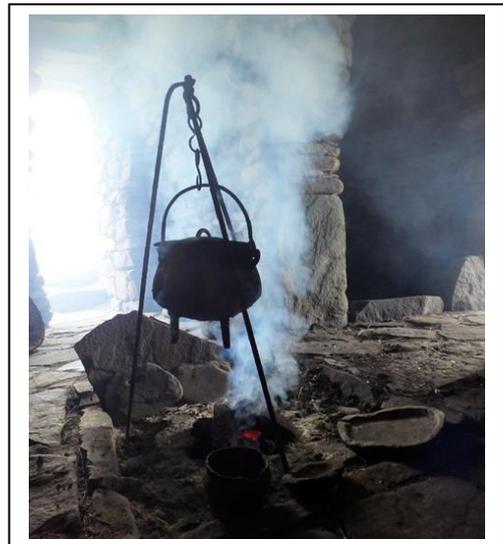
### **Wild Boar Stew**

#### **Ingredients**

1kg wild boar meat (or pork), cubed  
4 carrots, roughly sliced  
1/2 cabbage, shredded  
200g onions  
2 tbsp fresh thyme leaves  
2 tbsp fresh parsley chopped  
2 bay leaves  
10 juniper berries, crushed  
10 tbsp oil (or animal dripping)  
800ml heather ale or mead  
2 tbsp honey  
200g pearl barley

#### **Method:**

1. The day before place the meat in a dish with the ale, juniper berries and herbs and allow to marinate over night.
2. The following day drain the meat (but save the liquid), add the oil to a metal cooking pot, add the vegetables and meat and fry until the meat has browned.
3. Add the reserved ale, bring to a boil then add the honey and pearl barley.
4. Boil vigorously until the volume has reduced by a third.
5. Reduce the heat, half cover the casserole and allow to simmer gently for about two and a half hours, until the meat is completely tender.
6. At this stage remove the meat, turn the heat to high and boil vigorously until the sauce thickens.
7. Return the meat to the pot, allow to re-heat for 10 minutes and serve in bowls with a good hunk of bread or nettle pudding.





## Time Connectives



First	Later	In due course
Next	In the end	At first
Just then	Finally	Until then
Meanwhile	After a while	After that
When	Immediately	In the mean time
Before long	Eventually	Once
	After some time	