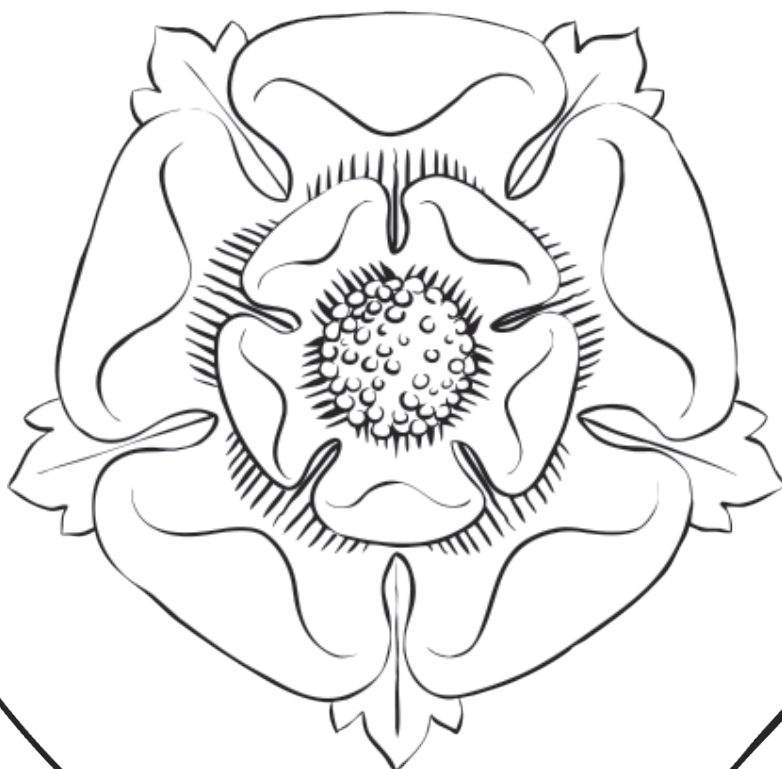
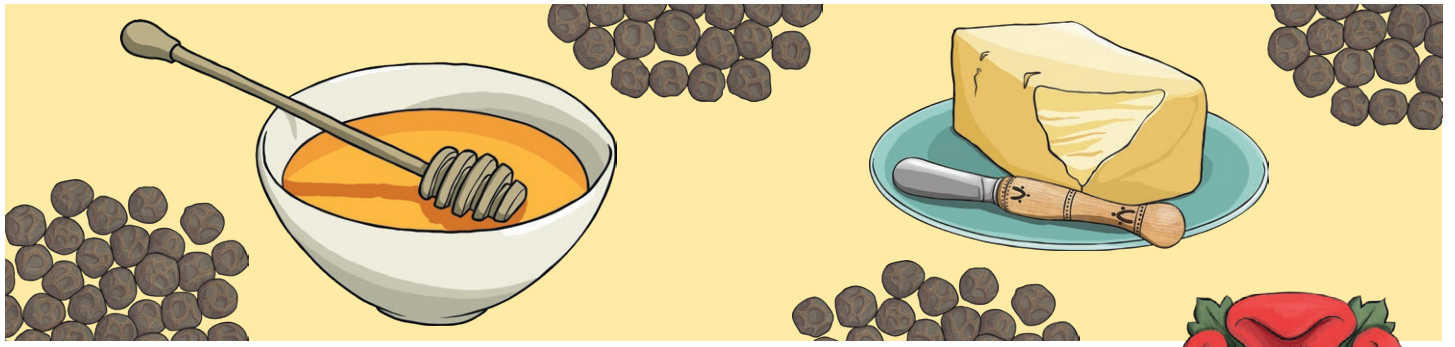


Disclaimer

These recipes are intended as a general guide only and involve the use of knives, hot water and kitchen appliances that use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability.

It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.





Gingered Bread



Ingredients

225g (about 7 slices) lightly stale bread

125g butter

50g clear honey

$\frac{1}{2}$ dessert spoon powdered ginger

$\frac{1}{4}$ teaspoon peppercorns

Equipment

Knife

Spoon

Bowl

Pan

Chopping board

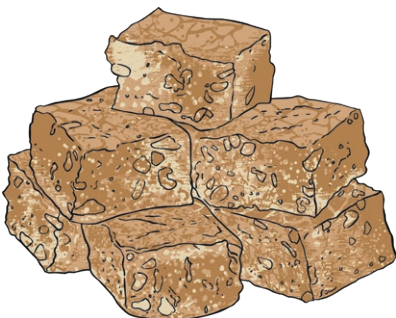
Pestle and mortar

Mould, tin or dish

Greaseproof paper

Method

1. Wash your hands before you begin.
2. Remove the crusts from the stale bread and roughly crumble into a bowl.
3. Rub the bread through your fingers to make fine crumbs.
4. Melt the butter and honey together.
5. Pour the butter and honey mixture into the bowl, over the breadcrumbs.
6. Crush the peppercorns using a pestle and mortar
7. Add the crushed peppercorns and the powdered ginger to the bowl.
8. Mix well with your hands, making a stiff dough.
9. Line the mould, tin or dish with baking paper.
10. Place the dough into the lined mould, tin or dish and press down firmly.
11. Leave the dough to completely cool.
12. Using the paper, lift the gingered bread from the tin and turn over, placing it onto the chopping board.
13. Cut into squares, arrange and serve.





Vegetable Pottage



Ingredients

- 1 medium onion
- 2 leeks
- 1 or 2 parsnips
- Spinach
- Herbs from the garden (e.g. parsley, rosemary and thyme)
- Butter
- Stock cube
- Pinch of salt (for seasoning)
- Peppercorns (for seasoning)

Equipment

- Large cooking pot
- Sharp knife
- Chopping board
- Wooden spoons



Method

1. Wash your hands before you begin.
2. Peel the onion, before roughly slicing and chopping using the sharp knife.
3. Use the sharp knife to cut the top and bottom off the leeks and parsnips. Then, peel the outer skins and roughly chop.
4. Using the sharp knife, roughly chop the spinach.
5. Warm a pot on a low heat.
6. Add some butter (enough to soften the onions) to the pot and add the chopped onions.
7. Allow the onions to soften for a few minutes, before adding the chopped leeks and parsnips to the pot.
8. Make a stock using the stock cube and hot water, as suggested on the directions.
9. Allow the vegetables to soften for a few minutes, before adding the stock.
10. Add the spinach to the pot.
11. Keep the pan on a low heat until the vegetables are cooked through.
12. Add a selection of garden herbs to the pot.
13. Leave the pan on a low heat for a few more minutes.
14. Add the seasoning (salt and peppercorns).
15. Remove the pot from the hob and allow to cool slightly before serving.



Cornish Pasty



Ingredients

250g ready-made pastry
(optional: make your own)

250g beef steak

1 onion

1 root vegetable (e.g. potato,
turnip, parsnip or carrot)

1 apple

2 teaspoons honey or sugar
(optional)

A little milk or water to seal
the pastry

Equipment

Weighing scales

Sharp knife

Chopping board

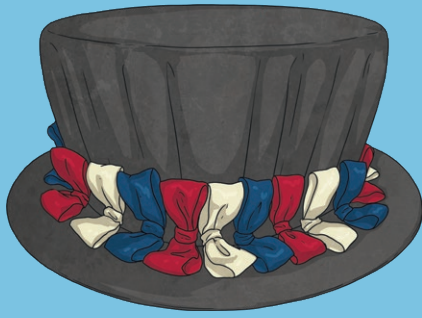
Vegetable peeler

Rolling pin

Greaseproof paper/baking
sheet

Method

1. Wash your hands before you begin.
2. Preheat the oven to 190°C/170°C fan/gas 5.
3. Sprinkle some flour onto a surface and roll out the pastry, creating a circular shape.
4. Cut a small piece from one edge of the shape and seal it to make a wall down the centre.
5. Using a sharp knife and the chopping board, chop the beef steak into cubes.
6. Peel both the vegetable of your choice and the apple, before chopping into small pieces.
7. Add the beef cubes, onion and chopped vegetable on one side of the wall in layers.
8. Add half the apple to the other side.
9. Sprinkle sugar or honey over the filling, if using.
10. Gently fold the circle over to cover the fillings. Use your fingers to pinch the edges together.
11. Seal the pastry with milk or water.
12. Place on a greased baking sheet, or tin covered in greaseproof paper, and bake for 25 minutes.
13. Serve warm or allow to cool.



Yeoman's Pudding



Ingredients

2-3 slices rough-grained brown bread

Small amount of milk

Fat or butter for cooking

2 medium eggs

Honey (to taste)

Nutmeg (to taste)

Equipment

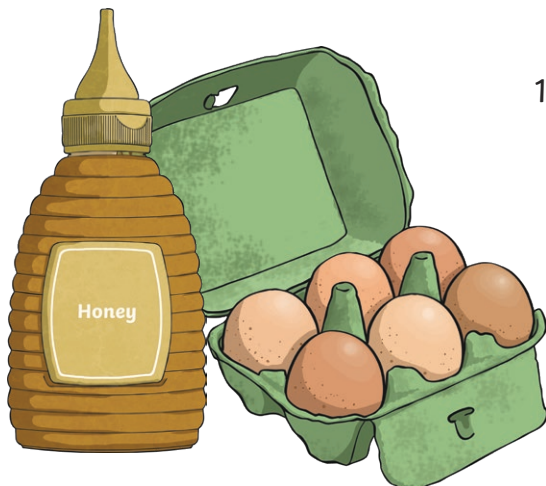
Sharp knife

Whisk or fork

Pan

Jug

Wooden spatula



Method

1. Wash your hands before you begin.
2. Using a sharp knife, cut the bread into strips.
3. Using the whisk or fork, beat the 2 eggs together in a jug.
4. Add the honey and nutmeg and beat together.
5. Add a little milk and beat.
6. Melt the fat or butter in a pan.
7. Dip the bread strips into the egg and milk mixture and place gently in the pan. **Please note: The pan will be hot.**
8. Pour the rest of the mixture over the bread in the pan.
9. Allow the mixture to fry over a low to medium heat, until the mixture sets.
10. Remove from the pan using a wooden spatula and serve hot.



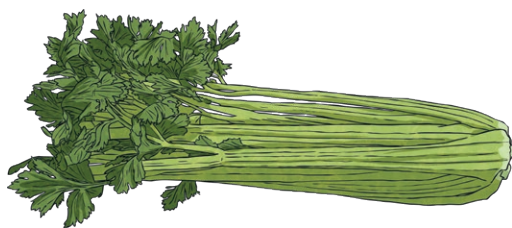
Tudor Boiled and Baked Ham

Ingredients

1 boned ham (900g-1.4kg)
2 celery sticks
2-3 bay leaves
6-8 juniper berries
Handful of cloves (optional)
2 chopped onions (optional)
Handful of dried apricots
Honey, to glaze

Equipment

Large container
Large pan
Marinade brush
Baking dish



Method

Soaking the Ham:

1. Wash your hands before you begin.
2. Place the ham in a large container.
3. Cover with plenty of water.
4. Leave to soak overnight.

Boiling the Ham:

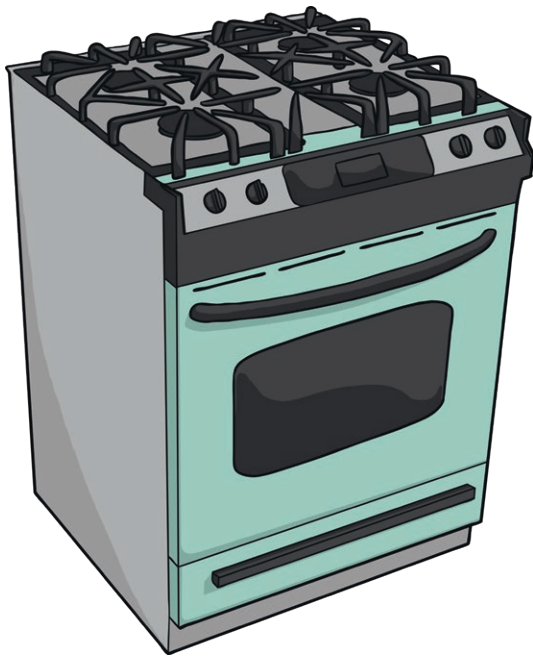
1. Wash your hands before you begin.
2. Add the celery, juniper berries and the bay leaves to a large pan. You could also add the chopped onions and a few cloves if desired.
3. Carefully, add your ham to the pan and cover with water.
4. Cover the pan and bring to the boil.
5. As soon as the water begins to boil, reduce to a low heat and allow to simmer.
6. Let the ham simmer for about 40 minutes per 500g. **Please note: times will vary - check ham weight and cooking instructions on the packaging.**
7. If needed, add more water during cooking time. **Please note: do not let the pan become dry.**



Method (continued)

Baking the Ham:

Please note: chop and soak apricots in honey prior to cooking.



1. Wash your hands before you begin.
2. Preheat the oven to 170°C/150°C fan/gas 3.
3. Carefully, lift the ham from the pan and allow it to drain.
4. Stuff the centre of the ham with the apricots.
5. Using the marinade brush, paint the skin with honey. **Please note: you may wish to warm the honey a little.**
6. Push the cloves into the skin, in an even pattern.
7. Place the ham into an ovenproof baking dish and put it in the oven.
8. Cook the ham for about an hour. The skin should be golden brown and beginning to crisp. The honey will also begin to caramelize.
9. Remove from the oven and serve as a whole joint.

