



Tasting Cambridge



When you think of England, what food comes to your mind? Do you think of fish and chips by the salty sea? Do you think of a humongous roast dinner on a Sunday with your family? Do you think of scones with raspberry-red jam and a great big dollop of cream?



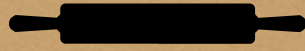
What food do you think of when you think of Cambridge? A loaf of fresh bread from the market? A Chelsea Bun from Fitzbillies? Food is not only delicious to eat, but it can also tell us a lot about who we are and where we come from. Not only that, but making old recipes can give us a scrumptious taste of what it was like to be in the past too!



In this activity, you can try your own hand at reading and baking old historic national and local recipes to get a flavour of a time gone by. Take your pick of the dishes and design your very own menu! We would love to see the treats you have made as a family, so take a picture of your creations and send it to us at enquiries@museumofcambridge.org.uk.

This activity must be accompanied by an adult at all times!

Starters



Peas and Onion with Snippets

Thick Pea Pottage

Spring Soup

Main Courses

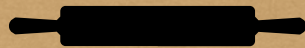


Cambridge Cabbage and Bacon

Cromwell's Favourite

Vegetable Casserole

Sweet Treats



Cambridge Tea Loaf

College Pudding

Norfolk Apple Pie



Starters

Peas and Onions with Snippets

This is a recipe for an English medieval meal! The medieval period, also known as the Middle Ages, happened between the 5th century to around the 15th century (that's around 1000 years long and over 500 years ago!)

2 lb (900 g) shelled fresh peas
3 medium onions
5 sprigs parsley (leaves only)
2 sage leaves, finely chopped
A good grinding of black pepper
2 tablespoons (30 ml) white wine
2 tablespoons (30 ml) white wine vinegar
A pinch of powdered saffron
Salt to taste
4 slices 'white' bread, crusts removed and diced

1. Cook the peas in plenty of water (but no salt) until tender.
2. Strain off 1/2 (275ml) of the cooking water into a clean pan.
3. Drain the peas and keep warm.
4. Chop the onions and parsley finely, and add to the reserved cooking liquid, with the sage and pepper.
5. Add the wine.
6. Bring to the boil, and add all the remaining ingredients except the bread.
7. Boil down to half the original quantity, or slightly less.
8. Mix in the peas, then bread dice.
9. Reheat if necessary, then serve.

Thick Pea Pottage

This recipe is from the 16th century, or the 1500s, just after the end of the medieval period. This thick pottage can be used as a quickly made and very substantial warming soup, or it may be served as a vegetable, making an excellent accompaniment to fish dishes.

- 1 oz (25g) fresh breadcrumbs
- 1 egg yolk
- 1 teaspoons (5ml) chopped parsley
- 1 teaspoon (5ml) salt
- 1/2 teaspoon (2.5 ml) ground ginger
- A pinch of saffron
- 1/2 pint (275 ml) milk
- 12 oz (350g) cooked peas, or 19 oz (525g) canned peas



1. Beat together the breadcrumbs, egg yolk, parsley, salt, ginger and saffron.
2. Bring the milk almost to the boil, pour in the peas and the breadcrumb mixture.
3. Bring to the boil over a low heat, stirring continuously.

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Here is how the recipe would have been read back in the 16th century. See if you can work out what it says, and compare these older words to the ones we would use today:

To boyle yong Peason or Beans: First shale them and seethe them in faire water, then take them out of the water and put them into boyling milk, then take the yolks of Eggs with crums of bread, and ginger, and straine them thorow a strainer with the said milk, then take chopped percely, Saffron and Salt, and serve it foorth for Pottage.

Spring Soup

This recipe from Cambridge dates back to the early 19th century.

3 large onions

25g butter

1 lettuce

1 lb (450g) fresh or frozen peas

½ pint (300ml) water

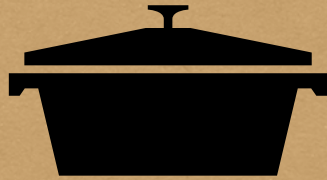
1 tablespoon each of parsley, sorrel, chervil, purslane (freshly chopped)

Salt and pepper

½ pint (300ml) milk

A little extra parsley or a few purslane flowers to decorate

1. Chop the onions and put them in a large saucepan with the butter.
2. Cook them until they are soft and golden.
3. Shred the lettuce and add this to the onions.
4. Add the peas and just enough water to cover the vegetables.
5. Add the herbs and season with salt and pepper.
6. Cook gently until the peas are tender.
7. Strain off the liquid and keep on one side.
8. Purée or sieve the vegetables and put them back in the pan with the liquid.
9. Mix the egg yolks and the milk in another saucepan and heat until it thickens.
10. Gradually add the milk mixture to the vegetable mixture, stirring all the time.
11. Heat gently but do not boil.
12. Serve decorated with a little parsley or purslane flowers.



Main Courses

Cambridge Cabbage and Bacon

During the medieval period, or the Middle Ages, many country folk kept their own pig to provide them with bacon and pork for sausages. Later, pigs were not allowed to be kept in homes because of public pressure to improve hygienic conditions.

1 white cabbage

8-12 rashers of a combination of streaky and back bacon

A little butter

Salt and pepper

A pinch of ground mixed spice

1. Shred the cabbage in boiling water for about 2 minutes.
2. Drain off the water.
3. Add a little butter to the cabbage and frazzle until tender.
4. Chop the bacon and fry in a little butter.
5. Pile the cabbage in a deep pie dish with the bacon on top.
6. Season with salt and pepper.
7. Serve immediately while still hot.

Cromwell's Favourite

Oliver Cromwell was born in Huntingdon, Cambridgeshire, in 1599 and was educated at the Grammar School there. His family owned Hinchbrooke House, which is just outside of town.

3 lbs (1.5 kg) boned shoulder of veal (or pork chops)

8 oz (225g) streaky bacon rashers

Salt and pepper

4 oranges

2 oz (50g) soft brown sugar

2 teaspoons cornflour

A pinch black pepper

A wineglassful of white wine



1. Preheat the oven to 190 degrees centigrade. Gas Mark 5.
2. Sprinkle the meat with the salt and pepper and put it in a roasting tin.
3. Lay the bacon rashers over the meat to cover it completely.
4. Cook in a hot oven for 2 hours and baste frequently.
5. While the meat is cooking prepare the sauce.
6. Grate the rind from the oranges and put this and the orange juice into a saucepan with the sugar.
7. Cook until syrupy, stirring all the time.
8. Blend the cornflour with a little cold water and stir into the syrup.
9. Season with the black pepper.
10. Cook gently until the sauce has thickened.
11. Add the wine and keep the sauce warm.
12. When the meat has finished cooking remove the bacon, pour the sauce over the meat and return to the oven for a few minutes.
13. Serve garnished with orange slices.

Vegetable Casserole

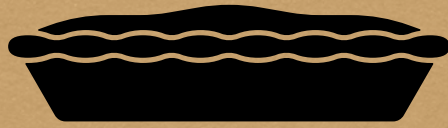
This is a simple recipe that people would make during World War 2. This was a time when food was being 'rationed', which made sure everyone in the country got a fair distribution of food when it was scarce.

- 1 lb (450g) each of potatoes, onions and carrots
- 1 lb (450g) cooked haricot beans
- 1 lb (450g) tomatoes
- 1 large cauliflower
- 1/2 lb (225g) cooked macaroni or spaghetti
- 2.2 litres (4 pints) of water
- 4 oz (100g) margarine



1. Wash and peel the potatoes and carrots and cut them into smallish pieces.
2. Peel and slice the onions.
3. Wash the cauliflower, pull off all the florets and slice the stalk and the green leaves.
4. Put into a casserole with the margarine, add salt and water.
5. Bring to the boil and simmer gently for 40 minutes.
6. After 20 minutes, add the tomatoes and the cooked haricots.
7. Cook the macaroni separately in boiling salted water and put into the stew, season and serve.





Sweet Treats

Cambridge Tea Loaf

A local recipe to kick off our sweet treats!

6 oz (175g) butter
8 oz (225g) self-raising flour
2 oz (50g) caster sugar
8oz (225g) mixed fruit
2 oz (50g) chopped mixed peel
2oz (50g) chopped walnuts
¼ teaspoon cinnamon
Approx. ¼ pint (150ml) milk
Salt

1. Rub the butter into the flour.
2. Add the rest of the ingredients.
3. Mix well together.
4. Grease a 2lb (1kg) loaf tin.
5. Spoon the mixture into the tin.
6. Oven : 180 degrees/350 degrees Fahrenheit/Gas Mark 4.



College Pudding

This is also known as a Cambridge Pudding. It was served to Cambridge students as long ago as 1617!

4 oz (100g) self-raising flour
2 oz (50g) suet
2 oz (50g) breadcrumbs
6 oz (175g) mixed dried fruit
2 oz (50g) sugar
1 oz (25g) chopped mixed peel
1 teaspoon mixed spice
1 egg, beaten
¼ pint (150 ml) milk



1. Mix all the dry ingredients together with the mixed spice.
2. Add the beaten egg.
3. Add the milk gradually to make a mixture that will droop easily from the spoon.
4. Put the mixture into a greased 2 pint (1.15 litre) pudding basin.
5. Cover with tin foil pleated in the middle to allow the pudding to rise.
6. Tie the foil down with string making a handle at the top.
7. Steam in a large saucepan of boiling water for 2-2 ½ hours, topping up the water if necessary.
8. Allow to cool a little then turn onto a serving plate.

Norfolk Apple Pie

Another local recipe!

12 oz shortcrust pastry
2 lb cooking apples
1 dessert spoon of lemon juice
1 oz butter
1 tablespoon sugar
2 tablespoons marmalade
2 oz currants or sultanas
Beaten egg or milk to glaze



1. Set the oven to 400 degrees Fahrenheit or Mark 6.
2. Roll out the pastry and use half to line a deep 8 inch pie plate.
3. Peel, core and slice the apples, and pour the lemon juice over.
4. Melt the butter in a saucepan, add the apples and cook until soft, stirring frequently to prevent them sticking.
5. Add the sugar, then beat the apples to a pulp (a potato masher is ideal for this).
6. Place half of the apple mixture in the pie plate, smooth the marmalade over and sprinkle on the currants or sultanas; top with the remaining apple.
7. Use the remaining pastry as a lid, sealing the edges well.
8. Trim and use any left-over pastry to make leaves and apples to decorate.
9. Glaze the pie with beaten egg or milk and bake for 15 minutes.
10. Reduce the oven temperature to 350 degrees Fahrenheit or Mark 4 for a further 15 to 20 minutes, or until the pie is golden.