

Tudor Pottage Recipe

9 Unless you were a member of the Tudor aristocracy,
17 your main meal would traditionally consist of pottage:
29 a type of stew made up of any ingredients that could be
39 found. Peasants rarely had access to fresh meat. Here is
43 a typical pottage recipe:

45 Suggested Ingredients

- 49 • 450g of chopped vegetables
- 53 • a knob of butter
- 55 • 60g oats
- 58 • garden herbs (chopped)
- 62 • 1 pint of stock



63 Method

- 76 1. Melt the butter in a cauldron over a fire and fry the
81 vegetables gently to soften them.
- 91 3. Add the chopped herbs and oats and stir gently.
- 103 4. Carefully, pour in the stock, cover with a lid and cook
109 slowly stirring from time to time.
- 119 5. Once the oats have thickened the sauce and the
126 vegetables are softened, the pottage is ready.

Quick Questions



1. Which word means 'people of high social importance'?



2. Why do you think peasants rarely had access to meat?



3. How do you know when the pottage is ready?



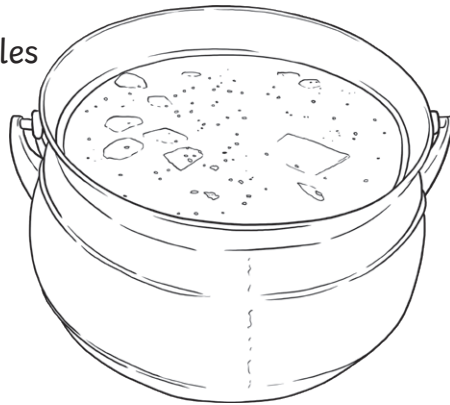
4. Why do you think the ingredients section is entitled 'Suggested Ingredients'?

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Answers



1. Which word means 'people of high social importance'?

aristocracy



2. Why do you think peasants rarely had access to meat?

Accept any sensible answer, such as: Peasants rarely had access to meat because they were poor and meat was expensive.



3. How do you know when the pottage is ready?

Accept any sensible answer, such as: The pottage is ready when the oats have thickened the sauce and the vegetables have softened.



4. Why do you think the ingredients section is entitled 'Suggested Ingredients'?

Accept any sensible answer, such as: The section is entitled 'Suggested Ingredients' because pottage is made from any ingredients that are available. The ingredients listed are what you could use to make pottage but you can also use other foods.