



People have been figuring out ways to keep food for thousands of years. Once we started living in one place, keeping animals and planting crops it is important to be able to store food for the months when not much is available. Think about how we store food today, were these methods available to people hundreds or thousands of years ago?

Some recipes stay almost the same for thousands of years. These recipes would have been used here in the United Kingdom from the Neolithic onwards – some of us still use them today.

Soft cheese

Pot

Milk 1l (cow, goat or sheep milk works)

Vinegar 2 Tbsn

Cheese cloth

Spatula

Bowl

Element

Sieve – optional



Put milk in pot and heat gently until just before it boils, stirring regularly to stop the milk sticking to the base of the pot.

When the milk just starts to boil, but before it raises up add the vinegar



Stir constantly while the curds form.

MAKING A CHEESE SANDWICH THE OLD-FASHIONED WAY



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Once the milk has separated pour through cheese cloth, this is easier to do if the cloth is placed in a sieve first.

Tie the cloth and suspend over bowl for approximately 1 hour. Keep the whey, left over liquid for use in the bread.



The cheese is ready to eat.

If you would prefer a harder cheese then place cheese, while still wrapped in a container and add weight.



Harder cheeses were made by leaving them in caves with the right humidity and temperature to develop into hard cheeses, this can also be done by burying the cheese.



Some ideas from the past include: wrapping the cheese in nettle leaves and leaving in for a few days to ripen; adding herbs including garlic, adding nuts such as hazel nuts.

Do you think that the first person that made cheese did it on purpose?



Small flat bread

- Wholemeal Flour
- Liquid - whey, buttermilk, water or milk. (If you have made cheese or butter the left over liquid is the best thing to use)
- 1/4t salt
- (optional) Any flavouring e.g herbs, nuts, berries or a few tables spoons of honey



Mix the flour and salt with enough liquid, a little at a time, until it becomes cohesive and not too wet dough that easily leaves the fingers. Seed from beech, chopped nuts or finely chopped fruit (apples and rosehip are particularly suitable) can be mixed in the dough. Add honey to improve the taste.



Separate the dough into walnut-sized balls, then flatten them.

Cook on a large flat surface such as a fry pan or if around a fire on a flat stone (this can be done in forest school). The bread should be turned frequently until they sound hollow when tapped. For those relying on modern technology you can either dry fry or bake for around 20 minutes.





Butter

Double Cream (at least a day old)

Bowls

Wisk (the one in the picture is made from peeled willow sticks)

Wooden paddles (you could use flat spatulas or salad servers)



Put the cream in a glass or metal container as this helps the process by adding heat to the cream.

You can use your fingers (very effective) or a whisk and beat.

The cream will turn yellow and eventually the buttermilk will separate out.

Tip this out into a cup, it can be drunk or used as liquid for bread or pancakes.



Squeeze the butter between the paddles to remove the remainder of the buttermilk. The butter can also be washed by

adding water and squeezing it out until the liquid runs clear (removing the buttermilk helps to preserve it for longer)

The butter can be eaten straight away, as sweet butter or salt can be added which will preserve it for longer.

Butter has been stored a number of ways and recent finds include butter that was stored in a glacier and melted out, the butter was tested and said to be suitable for eating. Along with Bog Butter, which is stored wrapped in nettle leaves then in a sealed barrel and placed in a bog.



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Just like today people in the past would use different flavourings to add to their food. The table below gives you an idea of things that you can add for your time period – some items are only available to people in the right season.

Neolithic	Bronze Age	Iron Age	Viking/Anglo Saxon
Hazel nuts	Hazel nuts	Hazel nuts	Hazel nuts
Blackberries	Blackberries	Blackberries	Blackberries
Honey	Honey	Honey	Honey
Bilberries (you can use blueberries)			
Wild garlic	Wild garlic	Wild garlic	Almonds
Beech nuts	Mushrooms	Mushrooms	Walnuts
Apple	Elderberries	Elderberries	Fennel
Nettles	Sorrel	Sorrel	Onions
Juniper	Leeks	Leeks	Aniseed
Mushrooms	Chives	Chives	Dill
Raspberries	Raspberries	Onion	Marjoram
Dandelion	Apple	Raspberries	Mint
Elderberries	Dandelion	Rosehips	Rosemary
	Nettles	Flax seed	Mustard
		Linseed	Sage
		Sage	Rosehips
			Tarragon
			Apple
			Peach
			Garlic
			Elderberries

Why do you think foods and flavours changed over time?

Which of these do you eat regularly, which ones are new to you?

Please post pictures of your cooking on our Facebook page

<https://www.facebook.com/Puku-B-Living-History-Workshops-141530829809617>

Please note these lists are indicative and not exhaustive!