

Everyday Meals in Tudor Times

1

Pottage

Make up some stock from left over bones and meat. You can use rabbit, chicken, pork, mutton, beef or anything else that you have.

Into the stock stir some pearl barley and seasonal vegetables: carrots, onions, cabbage, green beans, turnip, parsnip, sage, rosemary, thyme and parsley are all good. Serve with bread and cheese.

2

First Course

Chicken and Bacon, Potted Beef, Goose and Pork Pies, Roasted Veal, Roasted Beef, Bread

Second Course

Roasted lamb, Roasted capons, Chickens, Peacock, Venison tart, Bread, Seasonal herbs

Dessert

Figs, Almonds, Apples, Pears, Cheese

Above are two everyday meals that may have been eaten in Tudor England.

What sort of person would have eaten each meal?

Can you see any similarities between the them?

What differences can you see?

Which would you rather eat?
