

A supermarket feast

Your local supermarket offers many foods that are very similar to medieval dishes! With a little creative decorating, you can host your own medieval feast!

Fruits:

Apples, pears, cherries & berries were eaten in season. Dried fruits were eaten when fresh fruit was not available.

Nuts:

Hazelnuts, walnuts and almonds were used in the Middle Ages as ingredients as well as eaten plain.

Bread:

Try hearty whole grain breads like whole wheat and pumpernickel!

Meat:

Beef, chicken and pork were eaten roasted or boiled. Try a "heat-and-eat" roast chicken from your Supermarket's deli section! Meats were also "corned" (preserved in brine). Try a canned ham or canned corned beef!

Cheese:

Try English cheeses (like Cheddar), French cheeses (like Brie), Dutch cheeses (like Edam and Gouda) and Swiss-styled cheese from Europe (like Jarlsburg, Swiss or Gruyere). All of these varieties have been made for centuries in the towns after which they are named.

Sausages

Some sausages were meant to be eaten right after they were made. Try franks

and coneys, kielbasa or summer sausage! Some sausages were dried and aged for storage through the winter. Try pepperoni and hard salami!

Soups:

Meat-based soups and bean/pea soups are very medieval. Avoid cream soups and soups with lots of potatoes. Try serving a broth-based soup (especially beef soup or French onion!) over cubes of day-old bread and cheese for medieval "soppe"!

Pastries:

It was very common in the Middle Ages for ingredients to be wrapped in dough and then baked, fried or boiled. When the dough was laid in a dish like a pie, it was called a "coffin"! For main dishes, try chicken or beef pot pies, or even Hot Pockets! For something sweeter, try mincemeat, custard or apple dessert pies. Don't forget apple or berry turnovers and Fig Newtons, too. For boiled stuffed dough, try ravioli and pierogi!

Candies and cookies:

Try simple shortbread cookies like Walkers or Lorna Doons. Try highly spiced cookies like gingersnaps and pfeffernuesse. For candy, try marzipan, which is made from ground almonds. Just remember, no chocolate allowed!

