

## Victorian Summer Salad

### Ingredients

Makes 1 large salad

- Lettuce
- Cress
- Tomatoes
- Hard boiled eggs
- Radishes
- Cucumber

### Method

Wash and dry all the vegetables.

Carefully slice the cucumber, radishes and tomatoes. The lettuce and cress can be left whole.

Carefully peel the hard boiled eggs and cut into quarters.

Place all of the chopped vegetables and hard boiled eggs in a bowl.

## Victorian Salad Dressing

### Ingredients

- 1 tbsp wholegrain mustard
- 4 tbsp white vinegar
- 1/2 tsp salt
- 1/2 tsp ground pepper
- 1/2 cup olive oil

### Method

Add all of the ingredients to a bowl and whisk together until combined. Once finished, the salad dressing can be poured over your salad.

## Potato Scones (1940s)

### Ingredients

Makes 9 medium scones

- 6 oz flour
- 4oz mashed potato
- 1 tsp baking powder
- ½ tsp salt
- 1 oz fat
- 4-5 tbs milk
- 1 oz grated cheese

### Method;

First, peel, boil and then mash your potatoes. Leave to cool.

Mix the flour, salt and baking powder together in a large bowl. Add the cooled mashed potato and mix well. Rub in the fat then add the cheese to the mixture, ensuring it is evenly distributed.

If the mixture is dry at this point, very slowly add a little milk until the mixture resembles a soft dough.

Roll out the dough to ¼ inch thickness. Use a cutter to cut the dough into rounds. Brush the tops with milk. Place on a greased baking sheet and bake for 15 minutes in a hot oven.

## Carrot Croquettes (1940s)

### Ingredients

Makes approximately 8 croquettes

- 6 carrots
- 1 oz margarine
- 1 oz cornflour
- 4oz porridge oats
- ¼ pint milk
- salt and pepper to taste

### Method

Carefully peel the carrots and slice them. Boil until tender

Once cooked, drain the carrots mash them. Add a little salt and pepper. Place the mashed carrots on kitchen paper to remove excess water.

Next, use the corn flour, margarine and milk to make a white sauce. Do this by pouring the milk into a saucepan. Add the cornflour to the milk and mix until dissolved.

Put your pan on medium hot hob and stir. Keep stirring! (it will go lumpy if you stop).

Wait until your mixture has thickened (you can tell because it will be more difficult to stir), then stir in the margarine.

Next, add the mashed carrot to your white sauce and mix well. Leave to cool.

Once the mixture is cool, shape it into croquettes.

Roll each croquette in the oats and place on a greased baking tray. Bake until crispy.

# Roman Tiger Nut Sweets

## Ingredients

Makes approximately 8 sweets

- 250g of dates
- 1 tsp cold water
- 15-20 walnut halves
- ¼ tsp of cinnamon
- Runny honey

## Method

Carefully chop the dates into small pieces and place in a bowl with the water. Mix well.

Use your fingers to break the walnuts into small pieces and add to the bowl. Stir in the cinnamon.

Use your hands to shape the mixture into balls. The date and walnut mixture should be fairly sticky. If the mixture is dry and not holding its shape, you can add a small amount of honey, ½ tsp at a time.

Place the ground almonds on a plate. Roll each of the sweets in the ground almonds, making sure they are well coated.

The sweets can be chilled if desired.

## Tudor Marchpane Sweets

### Ingredients

- Marzipan
- Gel food colouring (we used red, blue, pink and green)

### Method

Divide your marzipan block into 5 equal pieces. Use the gel food colouring to colour 4 of the pieces a different colour. Add the colour a little at a time and kneed well, ensuring the colour is even. Keep the last piece 'natural'. Next, fashion the marzipan into small, decorative shapes. Our shapes included balls, plaits and twists.



# 1950s Chocolate Dessert

## Ingredients

**Makes 6 desserts**

- 4 oz of dark chocolate
- ½ tsp instant coffee
- Pinch of salt
- 1 cup of cream
- 3 tbsp sugar
- ½ tsp vanilla extract

## Method

Carefully chop the chocolate into small pieces. Then stir the chocolate, instant coffee and salt together in a large jug.

Add the cream, sugar and vanilla to a saucepan and heat over a medium hob, **stirring constantly** until it begins to simmer (bubble). Then take it off the hob.

Immediately pour the hot cream mixture over the chocolate mixture. Leave it for 1 minute.

Whisk the chocolate and cream mixture for 1-2 minutes until it is smooth in texture and even in colour.

Carefully pour the mixture into espresso cups or small glasses. Tap gently to remove air bubbles. Chill in the fridge for at least 4 hours. Top with whipped cream and chocolate shavings.