

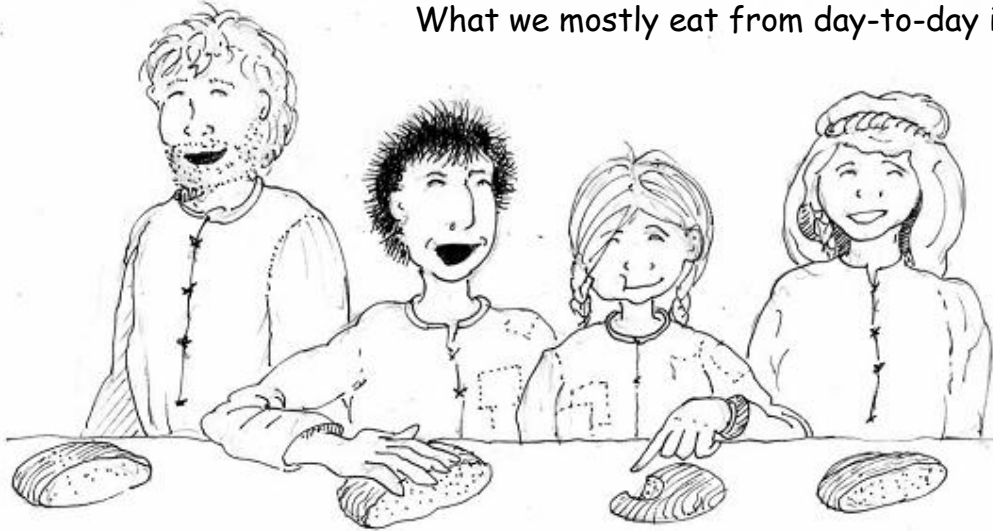
Cutha's Chronicles

Anglo-Saxon Adventures

Eala! Hello!

We're pleased you've come to see us again! Are you hungry after your journey?

What we mostly eat from day-to-day is **BREAD**.

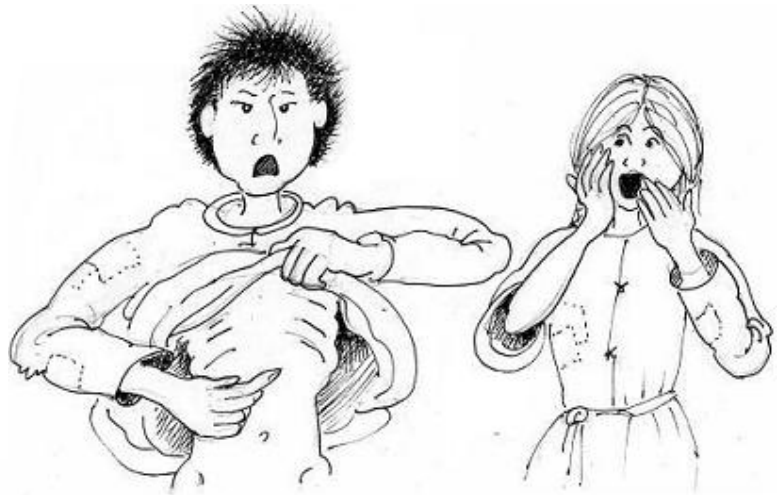


In winter, we have to help in the fields, ploughing and sowing. It's hard work, and we get cold and tired and muddy — but if we don't, there won't be any food for us!



In springtime and summer, we have to chase the birds off the growing corn. The birds get up really early — so we have to be in the fields as soon as it gets light, and we don't get home again until dark!

We're always very hungry in the summertime: last year's corn has to last us until the new harvest is ready.

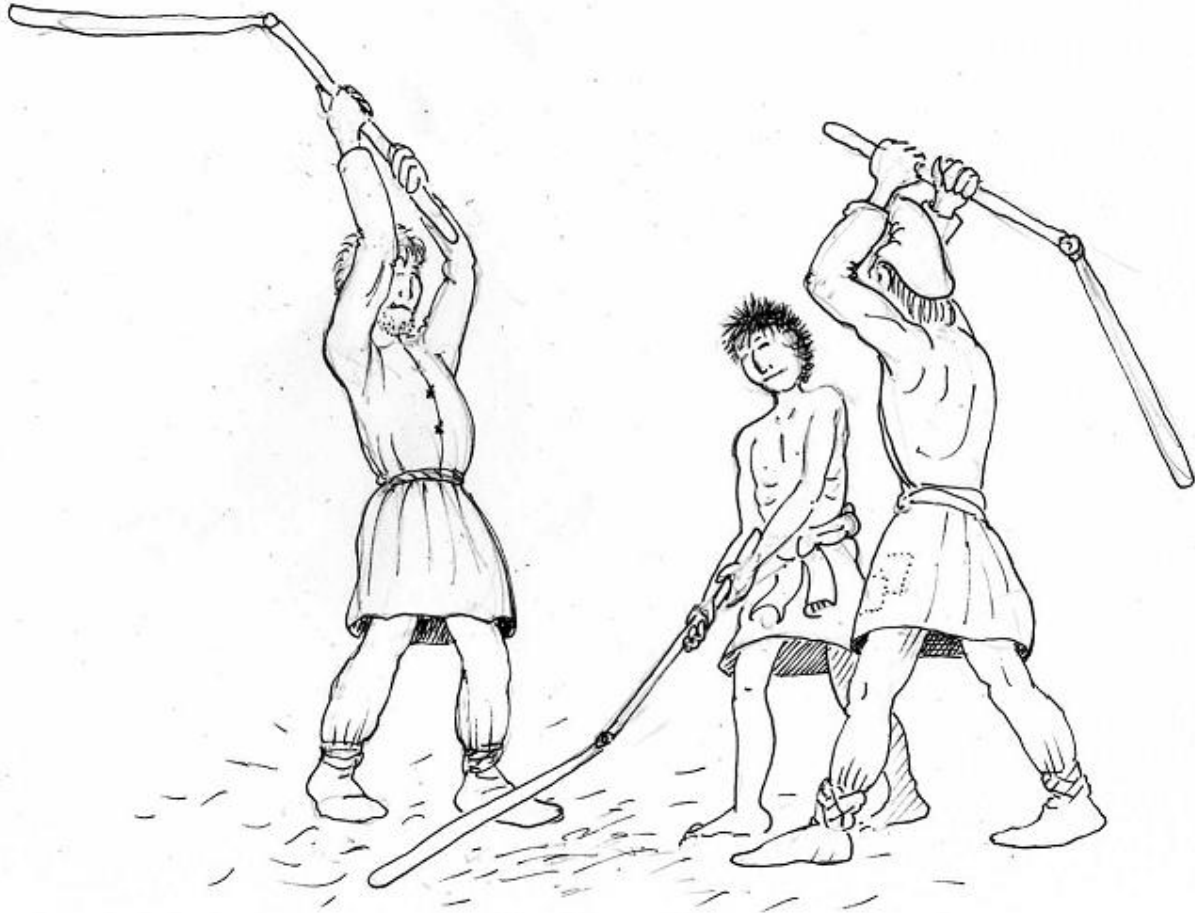


When it is ripe, the corn has to be cut with **SICKLES**. It is made into **SHEAVES** in the fields, and brought in when it is dry.

It is very bad news if it rains at harvest-time: if the corn gets wet, it will go mildew and make us sick!
So we have to work hard all day in the hot sun to get the harvest in.



The corn has to be **THRESHED** to separate it from the husks, and **WINNOWERD** to clean it. It is hot and hard and dirty work! Once it is threshed, we have to keep some of the corn aside to sow again next wintertime: even if that means there won't be a lot for us to eat through the year!



When we want to use it, the corn is ground in a **QUERN** to make flour.



So we can bake bread.



Would you like some?

SAXON BREAD

Would you like to taste bread like Cutha and Cyne might have eaten? Many supermarkets nowadays sell a special baking flour made from **SPELT** – an old type of wheat which was grown in Anglo-Saxon times. If your local supermarket does not sell it, you can use ordinary wholemeal flour instead.

1lb/500g flour (spelt or wholemeal)

2 tablespoons honey (there was no sugar in Anglo-Saxon times!)

2 tablespoons melted butter

1 tablespoon yeast

1 tablespoon salt

1pt/500ml warm water to mix (mix it 1 part hot water to 2 parts cold)

1. mix the yeast with 1 cup water to make a milky liquid. Leave for 15 minutes
2. place flour and salt in a large bowl and mix them well
3. add the melted butter and the honey and mix well in
4. add the yeasty water and mix it in
5. add and mix more water **VERY SLOWLY** until your mixture becomes a sticky dough (like play-dough) – you will likely not need all of the water you have!
6. turn the dough on to a floured worktop and knead for 15 minutes
7. make into 2 loaves
8. allow loaves to stand in a warm place for 30 minutes to prove
9. bake in the oven at 200° for about 20 minutes until crisp and brown

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