

## **Anglo-Saxon Pottage (or Stew)**

### **Ingredients**

- 1 litre beef or vegetable stock
- A selection of vegetables such as parsnips, turnips, radishes, onions, leeks, cabbage, broad beans, peas
- A handful of fresh herbs such as marjoram, parsley, rosemary, sage, thyme
- Cereal grain such as medium-cut oatmeal, rye or barley to thicken
- Seasonings such as salt, pepper, honey, vinegar, garlic

### **Method**

1. Wash and peel/prepare your vegetables.
2. Chop the parsnip, turnip, radishes, onion, leek, cabbage and herbs.
3. Put them all into a pot with the stock, and the beans and peas.
4. Bring the stew to a boil.
5. Turn down the heat and simmer until all vegetables have softened.
6. Add enough oats or other cereal to thicken; keep simmering until cooked.
7. Season to taste.
8. Serve with chunks of bread (brown or granary preferably).