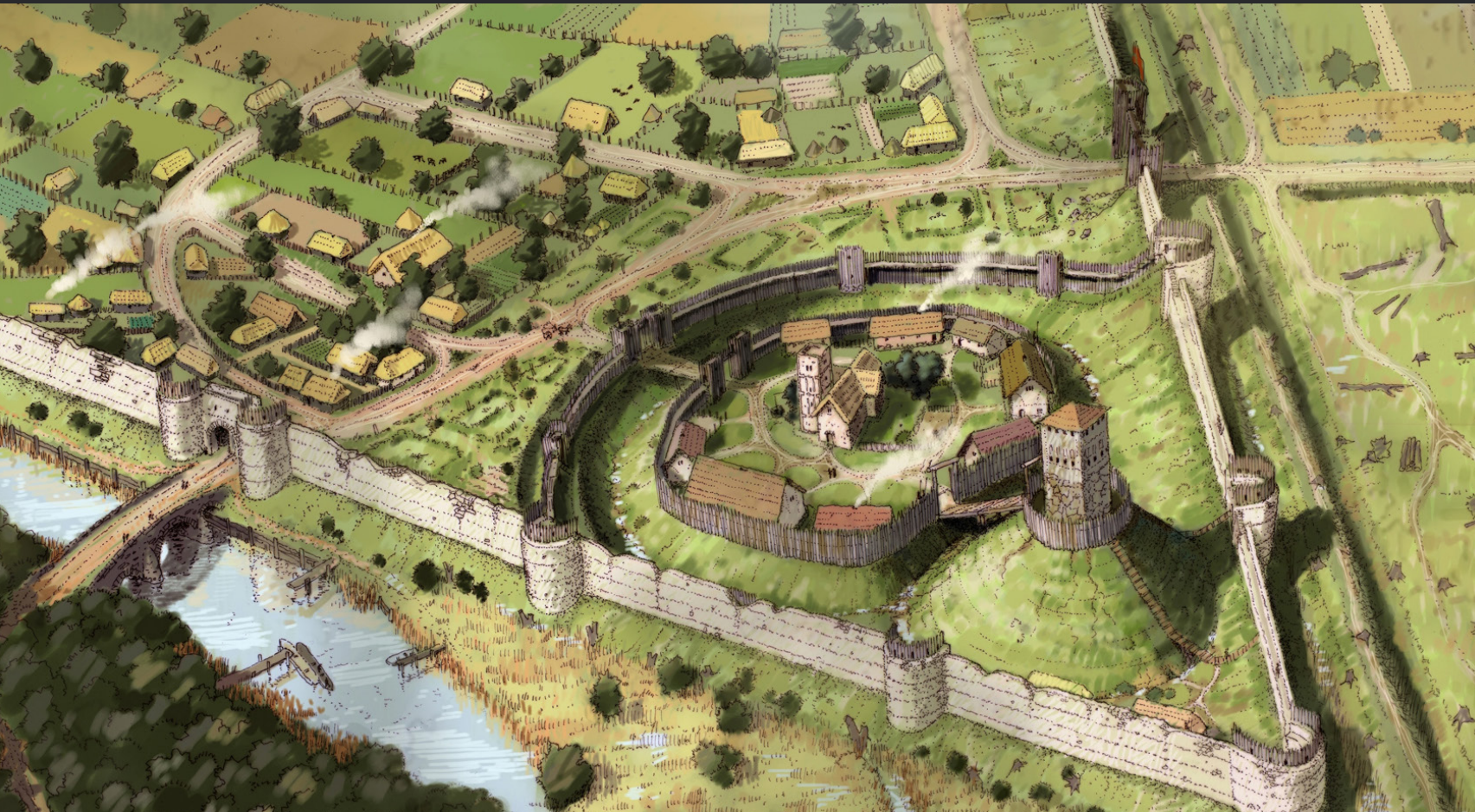


DMU MUSEUM MEDIEVAL MENUS

EASY • 15 minutes prep



DE MONTFORT
UNIVERSITY
MUSEUM



Artist Interpretation of Leicester Castle and Bailey as it was in 1150, John Cook

NORMAN NIBBLES

Photo by Los Muertos Crew



Honey Water



Photo by Pexels

Honey

Photo by Eva Bronzini



Breadcrumbs

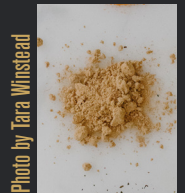


Photo by Tara Winstead

Ginger

Photo by Tara Winstead



Cinnamon



NORMAN NIBBLES

Try to create your own **Dark-Age-Delight** at home follow the simple no-bake gingerbread recipe!

Gingerbread was a little different to what we are used to today from the supermarket bakery. It was literally made with ginger and bread and was much more like a small sweet enjoyed on a special occasions, like a banquet or feast and formed into a variety of shapes - what shape will yours be?

Depending on how wealthy the hosts were the gingerbread would be flavoured with other spices like cloves, nutmeg and cinnamon too.

INGREDIENTS

1 mug Honey Water (adults, mix a tbsp of honey in one mug of boiling water)

3 tbsp Honey

1 mug Breadcrumbs

1 pinch of Ground Ginger

1 pinch of Cinnamon

Allergens: Honey

EQUIPMENT

Mixing Bowls

Wooden Spoon

Mug

Baking Tray

(Baking Parchment, optional)

INSTRUCTIONS



1. Honey, and more honey!
Pour the honey-water into a mixing bowl followed quickly by the three tbsp's of honey.



2. Spice Things Up!
Add the spices (and any extra) and add the breadcrumbs a spoonful at a time whilst stirring.



3. Get in the Mix!
Keep mixing until you have sticky dough that can be moulded.



4. Time to get Messy!
Using your hands, mould the gingerbread into your desired shape.



5. Leave to Rest!
Place the shapes onto baking paper or in cake cases and leave to stand for 10 minutes.



6. Decorate or Devour!
It is optional but we sprinkled ours with a little cinnamon and drizzled with icing sugar to serve. Enjoy!