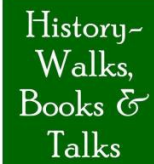


History Talks from David Clarke



1066 The Saxon Times Food, drink and 'agony aunts'

The Saxon Times allows for the free flow of imagination to express what life was like in 1066 for the ordinary man and woman. The newspaper format allows for advertisements and special editions such as Hailey's Comet, Printing, The Food Section and Ask Brother Ealdred.

This talk is an interesting and amusing take on 1066, drawn from available historical resources.

THE FOOD SECTION

From Duke William's Feast on the night before the Battle of Hastings to food served throughout the year, The Saxon Times Food Section adds a little spice to 1066.

Norman Frumente, Cruste Rolles, Mounchelet, Steyks of Venyson and Bef, and Quayle Roasted were all served at that October dinner to William and his noble friends - the ordinary men would cook whatever they could find!

August's recipe is to brew beer and although the monks of St Paul's would brew the beer in great quantities, our recipe is suitable for your home brewer, the woman of the house

The recipes in The Saxon Times are the result of research from a variety of sources. They are meant to be a representative menu of the food served to Duke William of Normandy. No cooking times, temperatures, weights or measures are given on purpose.

ASK BROTHER EALDRED

Just a bit of fun, as if the common peasant could write, but 'Ask Brother Ealdred' is a reflection on the advice on herbal and natural remedies in the '*Lacnunga*', that collection of miscellaneous Anglo-Saxon medical texts and prayers - although it is not meant to be a substitute for medical advice or diagnosis provided by your doctor or other medical professionals.

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