

Disclaimer

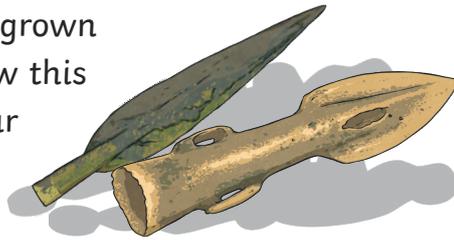
We hope you find the information on our website and resource useful. The description of any food or drink preparation or consumption activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are able to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the activity. It is also your responsibility to note that ingredients or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you are unsure, always speak to a suitably qualified health professional.

This recipe involves the use of knives and kitchen appliances. Children should be carefully supervised by a responsible adult at all times, especially when using any sharp items, such as knives or graters, or when near a heat source. It is the responsibility of supervising adults to ensure the safety of children in their care.

Bronze Age Cookies



The Bronze Age was a period in history when people began working with metal, making tools and weapons from bronze. In Britain, the Bronze Age started around 2000 BC and lasted for around 1200 years. The Bronze Age diet included meat, fish, wheat, barley and locally grown fruit and vegetables. Follow this simple recipe to create your own Bronze Age cookies.



Equipment

- mixing bowl
- wooden spoon
- tablespoon
- kitchen scales
- knife
- chopping board
- baking tray
- oven
- oven gloves
- cooling rack
- palette knife

Ingredients

- 100g spelt (if you can't find spelt, substitute with plain flour)
- small amount of flour (for dusting the work surface)
- 50g unsalted butter (plus extra butter to grease the baking tray)
- 3 tbsp of honey
- 3 tbsp of water
- 30g seeds (e.g. sunflower or pumpkin)
- 30g of dried fruit (e.g. apricots, raspberries or strawberries)

Method

1. Preheat your oven to 180°C/gas mark 4. (The use of an oven should be supervised by an adult.)
2. Use the kitchen scales to weigh out 100g of spelt (or plain flour) and put it in the mixing bowl.
3. Then, weigh 50g of butter and add it to the mixing bowl. (You may want to get the butter out of the fridge a short while before you start making your cookies as it will then be softer and easier to mix.)

4. Next, add three tablespoons of honey and three tablespoons of water to the mixing bowl.
5. Add in your seeds and dried fruit. (If the fruit is in large pieces, you may want to chop it up into smaller pieces before adding it.)
6. Stir the mixture together until it forms a dough. (If the mixture is too runny to make a dough, you may need to add a little more spelt/flour. If the mixture is too dry to make a dough, you may need to add another tablespoon of water.)
7. Use butter to lightly grease a baking tray. (You could line the tray with baking paper if you preferred.)
8. Roll a tablespoon of the mixture into a ball and place it on the baking tray.
9. Flatten the ball with the palm of your hand to make a circle that is about 1cm thick.
10. Repeat steps eight and nine until you have used all of the mixture.
11. Make sure that the cookies are spaced out on the baking tray.
12. Carefully, place the tray on the middle shelf of the oven. (The use of an oven should be supervised by an adult.)
13. Cook the cookies for 10-15 minutes or until they turn golden brown.
14. Carefully, use oven gloves to take the baking tray out of the oven.
15. Finally, use a palette knife to lift the cookies from the tray. (Remember they will be hot!)
16. Then, place the cookies on a cooling rack to cool for about ten minutes.

Enjoy your Bronze Age cookies!

