

Iron Age recipes

Oatcakes (makes 8-12)



You will need:

500g medium oatmeal
250g stone-ground wheat flour
60g lard
1 tsp sea salt
water

- Mix the flour and oatmeal together, add the salt and rub in the lard.
- Gradually add water, combining as you do so, until you have a dry dough.
- Shape the dough into flat cakes.
- Bake at 190c for 20-30 minutes or until pale brown.

Lentil and mushroom soup (serves 6)



You will need:

125g pre-soaked lentils
2 cloves of garlic
1 leek
25g butter
1 bowl of mushrooms
850ml water
salt

- Crush the garlic cloves, slice the leek and chop the mushrooms.
- Fry the leek and the garlic in butter.
- Add the mushrooms and fry those.
- Add the water and lentils and simmer for 1 hour.
- Season to taste.

