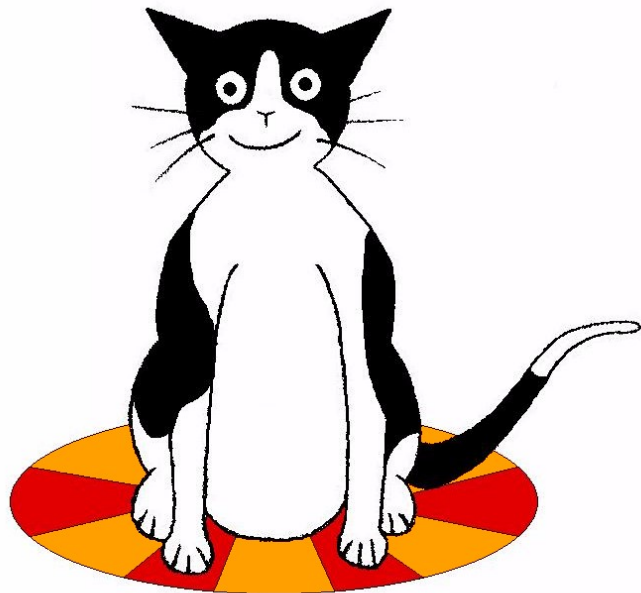


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# Viking Age Recipes



By Ragnar Skjótrson

## Viking Age Recipes

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## Herbs cont.

Thyme  
Marjoram  
Caraway  
Garlic  
Wild Garlic  
Pepper  
Cinnamon  
Bay Leaves



## Vegetables

Carrots (white or purple)  
Parsnips  
Turnip  
Celery  
Spinach  
Wild Celery  
Cabbage  
Radishes  
Beans  
Peas  
Beets  
Leeks  
Onions  
Mushrooms  
Edible Seaweeds  
Samphire

## Herbs

Dill  
Coriander  
Hopps  
Poppy Seeds  
Black Mustard  
Fennel  
Water Cress  
Cumin  
Mustard  
Horse Radish  
Lovage  
Parsley  
Mint

## Contents

Chicken Stew with Herbs	1
Chicken Stew with Beer	2
Apple Bacon	2
Meat Soup	3
Griddled Trout with Herbs	3
Rowan Berry and Mushroom Roast Venison	4
Seafood Platter	5
Honey Glazed Root Vegetables	7
Salad Oxogarita	7
Green leaf and Walnut Salad	8
Flatbread	9
Barley and Wheat Bread	10
Pancakes with Berries	11
Summer Fruit with Honey and Hazelnut Crumble	11
Honey Nut Cake	12
Honey Cream	13

Skyr and Redcurrant Sauce 13

Meat Cakes 14

Creamed Mushrooms 15

## **Illustrations**

Rowan Berry and Mushroom with Venison 5

Seafood Platter 6

Grid Iron 15

**Front Cover** Tripod, Cauldron and Firebox

## **Fruit**

Sloes

Plums

Apple

Blackberry

Bilberry

Raspberry

Elderberry

Cherries

Pears (bullaces)

Cloudberry

Strawberry

Redcurrant

Juniper Berries

Hawthorn Berries

Rowan Berries

Rosehips

Crab-apple

## **Dairy Products**

Butter

Buttermilk

Cream

Skyr

Cheese

## **Grains**

Oat

Barley

Rye

Spelt

## Ingredients List

### Meat and Fish

Sheep, Goat  
Pigs, Wild Boar  
Reindeer  
Rabbit  
Wild Bird, Seagull, Duck.  
Chicken

Cod  
Coal fish  
Salmon  
Haddock  
Halibut  
Flat fish  
Mackerel  
Smelt  
Saithe  
Ling

Roach  
Rudd  
Bream  
Pike  
Perch

Oysters  
Cockles  
Muscles  
Winkles  
Scallops  
Razor Shells

## Meat Dishes

### Chicken Stew with Herbs

#### Ingredients

Butter  
1-1½ kg meat  
450g washed and trimmed Leeks thickly chopped  
4 cloves of Garlic chopped finely  
175g pot barley  
900ml water  
3 tablespoons of Vinegar  
2 Bay leaves and Salt and Pepper  
15 chopped Sage leaves

#### Method

Melt butter in pan and fry meat with leeks and the garlic until soft then add the barley with water, vinegar, bay leaves and the seasoning, then add the sage. Allow to simmer for 1-1½ hours and serve in bowls.

For this recipe you can add different meats such as beef, pork or lamb. It is a nutritious and very flavoursome dish, especially so for the lack of potatoes. If the vegetables are chopped smaller and more stock added both dishes will make good soups, and using different meats will add varied and nutritious flavours to these recipes.

## Chicken Stew with Beer

### Ingredients

1-1¼ kg Chicken  
3-4 Carrots  
3 Onions  
1 Turnip  
1-1½ teaspoons of Salt and a dash of Pepper  
6 sprigs of Thyme  
1 bottle of dark beer

### Method

Melt butter in pan and fry chicken with onions and add the turnip, carrots diced with the beer and season with the salt and pepper and add the thyme. Then simmer for 1-1½ hours and serve in bowls .

## Apple Bacon

### Ingredients

400g (1 lb) Bacon, fresh or cured  
1 tbsp. Lard or Butter, if needed  
2 Onions, sliced  
2-3 Apples, cored and sliced  
Pepper  
a few whole Cloves

### Method

Cut the bacon into slices and fry them in a large frying pan at medium heat. Turn them over a couple of times

## Creamed Mushrooms

### Ingredients

300g Mushrooms  
1 Leek  
1 Garlic  
25g Pine Nuts  
25g Hazelnuts  
2 Handfuls Spinach, Rocket, Watercress  
100g Butter  
Teaspoon Salt  
Tablespoon Oil

### Method

Toast the Hazelnuts and Pine Nuts, melt the butter and add the mushrooms, leeks and garlic, and sauté for a few minutes. Add the toasted nuts and stir well before adding the green leaves. Let the mixture simmer until the leaves have softened, then stir in the cream and serve with Honey Glazed Vegetables and Flatbread.

## Authentic Grid Iron



## Miscellaneous Recipes

### Meat cakes

#### Ingredients

500g Minced Beef  
1½ teaspoons Salt  
¼ teaspoon Pepper  
¼ teaspoon Nutmeg  
1½ tablespoons Spelt Flour  
About 50ml milk or water  
1 egg (optional)

#### Method

Work the salt into the meat until it becomes sticky. Add in the spices and Spelt flour, and gradually add in the milk or water. Shape the mixture into round cakes and fry them in a little butter in a hot pan. Transfer to a pot with a little water and simmer for about 10 minutes.

This is a similar recipe to making beef burgers, though it differs by boiling the meat cakes to finish them (this however is optional).

### Butter

Use double cream and allow to warm at 60F for about 3½ hours, until sour then churn it until the butter separates from the buttermilk. Add salt after draining through muslin cloth.

and fry until crisp. Remove from pan, add lard or butter if needed and fry onion rings and apple slices with the spices at low heat until they are soft and beginning to colour. Return the bacon to the pan, stir and let warm through. Serve with freshly baked bread.

### Meat Soup

#### Ingredients

8-12 cups of Water  
½ kg meat (Pork, Beef, Lamb, Chicken, Venison)  
Salt (to taste)

#### Method

Put the meat in a pot. Pour the water over the meat so it is covered and put the pot onto boil. Stir every 5-10 Minutes. When the water boils it should cook for about one hour. It may be necessary to add more water to keep the meat covered. Add salt as desired, and serve.

### Griddled Trout with Herbs

#### Ingredients

6 fresh Trout  
6 sprigs of Rosemary  
75g soft Butter  
18 fresh Mint leaves  
6 sprigs fresh Thyme

6 fresh Sage leaves  
1-2 teaspoons of Salt and a dash of Pepper

### **Method**

Put rosemary down middle of the fish and then chop all the other herbs and add to the butter coat the fish generously each side and griddle for 4-5 minutes each side until the flesh falls off the bones and then serve with bread or vegetables.

## **Rowan Berry and Mushroom Roast Venison**

### **Ingredients**

Rowan berries  
Mushrooms  
Hazelnuts  
Cream  
Venison  
Salt (to taste)

### **Method**

Chop mushrooms and crushed hazelnuts to the Rowan berries and sauté before adding cream. Roast the venison joint as a spit roast or on a griddle pan. Serve with honey glazed vegetables and flatbread, pouring the rowan berry and mushroom sauce over the venison.

Tip - soak the Rowan Berries overnight and crush before using them or fresh berries and removing the skin if possible.  
It is also really nice with Redcurrants

## **Honey Cream**

### **Ingredients**

2 cups of Whipping Cream  
½ a cup of Cranberries  
1 cup of Honey.

### **Method**

Add cream and honey in a pan simmer the mixture while whisking until it thickens and spread over the honey cake and serve with whipped cream.

## **Skyr and Redcurrant Sauce**

1/2 cup Skyr  
Chopped and toasted Hazelnuts  
Honey  
Redcurrant sauce

### **Method**

Drizzle honey, hazelnuts, and redcurrant sauce over Skyr.

## **Fruit and Cream**

Simply cut up or slice fruit such as Apples, Peaches, Cherries etc and drizzle with cream Experiment with different fruit such as modern day fruits like Oranges and Bananas.



### Method

Put the fruit in a pan and cover with water and gently cook for 10 – 15 mins until the fruit is soft, not mushy, sweeten with the honey or sugar to taste, then drain off the excess juice and save to serve with the pudding.

Chop the hazelnuts until breadcrumb size and mix with breadcrumbs and the flour spoon the fruit into a dish and layer the ingredients with the top layer of bread crumbs and hazelnuts and flour bake in the oven at 180°C/350°F or gas mark 4 for 20-30 minutes. then serve with yoghurt.

## Honey Nut Cake

### Ingredients

2 cups of Hazelnuts  
1 cup of dried Apple  
1½ cups of Honey  
250g Self Raising Flour (optional to make a proper cake mix)  
4 eggs

### Method

Pre heat 175°C Finely chop Hazelnuts with the apples and mix the nuts apple and honey in a bowl whisk in the eggs spread the mixture into a large griddle pan on a baking tray and bake in the middle of the oven for 15 minutes.

This is a good cake for a lot of people.



**Rowan berry and creamed mushrooms with Honey glazed vegetables and fresh bread.**

## Seafood Platter

### Ingredients

Clams 7-8  
Oysters 3-4  
King Prawns 2-3  
Scallops 4-6  
Mackerel 2 medium fillets  
Mushrooms various types 100g  
Garlic 1 clove  
Green Leaf 50g  
Flatbreads

## Method

Chop mushrooms and garlic and simmer in oil and Butter, and Clams to boiling salted water. When Clams start to open and Prawns to the water. Remove both when the Prawns go pink. Fry Mackerel fillets then add Scallops and finally the Oysters, these only require 30secs per side. Meanwhile on a griddle pan add the flatbreads these only take a couple of minutes. Serve with green leaf salad, adding some of the mushroom juice as a dressing.

This serves 3-4 people and can be made and prepared in under 30mins.



**Seafood Platter with Flatbread**

## Deserts

### Pancakes with Berries

#### Ingredients

2-3 cups of white Flour  
½ cup of whole wheat Flour  
½ teaspoon of Salt  
2½ cups Milk  
2 tablespoons of Butter  
1 cup of Bilberries

#### Method

Preheat oven to 425°F (225°C) and mix both of the flours together with the salt, mix then add the milk slowly to make a batter and stir in the berries. Melt the butter in a pan and pour into the batter, bake in the middle of the oven for 20-25 minutes or until they are golden in colour and serve with jam. At camp use a Cauldron with a lid as an oven as is used for the bread.

### Summer Fruit with Honey and Hazelnut Crumble

#### Ingredients

1 kg mixed soft summer fruits (raspberries, loganberries, strawberries, currants, bilberries etc), Honey or Brown Sugar to taste  
75g toasted Hazelnuts  
75g wholemeal Flour  
75g whole wheat Flour  
75g brown bread crumbs

flour to stop them sticking. As they start to expand internally and both sides are nicely browned they are ready to eat. Honey or Maple syrup drizzled over them is very tasty.

At Viking camp we use a large metal griddle pan with a long handle directly over the fire.

## **Barley and Wheat Bread**

### **Ingredients**

300g Barley Flour  
100g Wheat Flour  
Warm water  
Salt  
Sugar/Honey  
Yeast  
Butter

### **Method**

Mix wheat and barley flour with the salt and honey, blend the butter in until well mixed and no longer visible and add the yeast.

Gradually add the warm water to make a dough, that can then be spread and kneaded on a floured board for 5-10 mins. Prove the bread for at least half an hour before putting into an oven or a small Viking pan with a lid and bake over an open fire. Turn once until both sides are a golden brown and the bread sounds hollow.  
Option substitute half the water with buttermilk to add more flavour.

## **Vegetables and Salads**

### **Honey Glazed Root Vegetables**

#### **Ingredients**

1 Turnip or Swede  
2-3 Carrots  
A quarter of Cabbage  
1 Leek  
1 Onion  
Some Garlic butter  
Some Honey  
Salt and Pepper to taste

#### **Method**

Peel and cut the vegetables into pieces, and bring to the boil together in slightly salted water for 5 mins and drain. Sauté in butter until soft and let leeks and cabbage Sauté with the other vegetables. To complete add the honey and add salt and pepper to taste.

### **Salad Oxogarita**

#### **Ingredients**

A Cos lettuce  
Chicory or Endive  
Basil  
Cucumber

Squill vinegar or Cider vinegar  
Garum (fish sauce) or Sunflower Oil

### **Method**

Shred and mix the lettuce and Chicory and basil and bathe cucumber in the Squill vinegar. Then slice and add to the salad then add in 2-1 mixture of the vinegar and Garum and splash over the salad, then serve.

## **Green leaf and Walnut Salad**

### **Ingredients**

Spinach Leaves  
Watercress  
Radishes  
Celery  
Red Cabbage  
Onion and some finely chopped Garlic  
Crushed Mustard seed and black Poppy seeds  
Walnuts roughly chopped  
Cider Vinegar and Honey

### **Method**

Chop radishes, Celery and Cabbage and add Spinach, Watercress, Chopped Onion and Garlic. Finally adding the Walnuts, Mustard and Poppy seeds. Drizzle Cider Vinegar and Honey over the salad and mix thoroughly.

## **Breads**

### **Flatbread**

### **Ingredients**

5 cups Barley flour  
2 cups of Whole Wheat flour  
3 cups of liquid. Use whey or buttermilk or 2 cups of Full cream milk  
Crushed Hazelnuts  
Honey/ or sweet chestnut flour  
1 Egg (optional) causes them to be a bit solid  
A dash of salt

### **Method**

Flour, liquid, and egg are to be kneaded long and thoroughly. If needed add more flour or liquid so the dough is just right. The dough should be shaped into small balls and then pressed flat and thin. The bread is baked over a glowing fire on shards of pottery or pans, about 2-3 minutes on each side. It should be light brown and sound hollow when you knock on it lightly with a fingernail. For the pottery you can use the shards from an average red burned herbal pot. Sweeter bread/cakes can be obtained by sweetening the dough with honey. Toasted stinging nettles give a good spicy taste. Chopped nuts and cooked acorns in the dough are also good. Especially Hazelnuts.

It is necessary to cook them dry using only sprinkled