







Celebrating culture and seasonality (food): An innovated Viking stew

Key People and Events

<b>8th to 4th centuries BC</b>	The world's oldest known evidence of stew was found in Japan.
<b>8th century</b>	Spices and herbs such as black pepper, cinnamon, turmeric and cardamom have been used by Indians for thousands of years for both culinary and health purposes.
<b>793 AD - 1066</b>	Vikings consumed a variety of vegetables including cabbage, onions, leeks, turnips, peas and beans
<b>793 AD - 1066</b>	Vikings also grew some herbs such as dill, parsley, mustard, horseradish and thyme.
<b>21st century</b>	Michelin Star chefs such as, Shaun Hill and Adam Gray have been influenced by flavours from all around the globe and modernised traditional stews.



Key Knowledge and Skills

<b>Cutting using the bridge technique</b>	
<b>Cutting using the claw technique</b>	
<b>Peeling technique</b>	
<b>Slicing technique</b>	
<b>Chopping technique</b>	
<b>Slow cook</b>	

Key Vocabulary

<b>root vegetables</b>	The roots of plants. These include: carrots, beets, turnips, radishes and sweet potatoes.
<b>herbs and spices</b>	The fragrant leaves plants or the roots, seeds and bark of plants that add flavour to a dish.
<b>seasoning</b>	Salt, herbs or spices added to a dish to enhance the flavour.
<b>adapt</b>	Change or make suitable for a new use or purpose.
<b>substitute</b>	Replace something with another.
<b>combine</b>	Blend two or more food ingredients to create a mixture.
<b>produce</b>	Agricultural and other natural products.
<b>harvest</b>	The process or time of gathering crops.
<b>climate</b>	The weather conditions in an area over a long period of time.

