



LOL!
What was the
Norman knight's
favourite cake?
A battleberg!

**DID YOU
KNOW?**
Norman feasts
could have
as many as
12 courses!

NORMAN SPICED DATE LOAF

MAKE THIS DELICIOUS DESSERT WITH THE HELP OF A GROWN-UP
AND EAT LIKE THE NORMAN LORD OF THE MANOR!

The medieval diet is usually associated with meat, bread and pottage rather than delicious sweet treats. However, desserts played an important role in medieval life and although they were not as varied as those we enjoy today, they could still be very tasty!

The main ingredients used in medieval desserts included honey, ginger, dates, pears, wine and spices, although spices were mainly enjoyed by the rich as they were expensive.

Dates could be used to make sweetmeat when combined with brown breadcrumbs, white wine, brown sugar, cinnamon, ginger and egg yolks – a little like a date loaf recipe still popular today. This is a modern version of the recipe, using many of the same ingredients.

RECIPE FOR ONE SPICED DATE LOAF

- 285g pitted dates
- 375g self-raising flour
- 4 eggs, beaten
- 200g light golden brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 55g unsalted butter

METHOD

- Preheat oven to 180C (160C for fan assisted ovens).
- Place dates in a small saucepan and add water to cover. Bring to a boil, drain and blend the dates in a food processor to a paste consistency.
- Add all dry ingredients in a large bowl with butter, eggs, and warm dates and mix until blended.
- Pour ingredients into a greased pan. Bake for 40 minutes or until inserted skewer comes out clean.



ENGLISH
HERITAGE