

SOURCE 2

MEDIEVAL STONE WINDOW TRACERY

This fragment of window tracery (ornamental stonework) is made from sandstone. It filled the space over an arch. It is kept in our archaeological store at Wrest Park.

This dragon carving is probably from the 13th century. William de Valence took ownership of Goodrich Castle in 1247, on his marriage to Joan, the heiress of William Marshal 1st earl of Pembroke. The coat of arms of the Earls of Pembroke was the red dragon.



SOURCE 3

'Item 10 shillings 6 pence in procuring 3 carts to transport the mistress's property by road. Item 6 pence for a horse to carry the mistress's money by road. Item 2 shillings, 5 pence for 8 horses and 4 carters, loaned by abbot of Gloucester and the abbot of Nutley for transporting the mistress's property by road, staying a night across the river Wye, unable to get across. Item 3 shillings and 6 pence for the 4-horse cart of the abbot of Nutley, taking 3 days to return from Goodrich Castle to Nutley... Item 16 pence to John the baker for 8 days travelling from Exning to Goodrich Castle to bake bread there before the mistress's arrival... 1 penny for a lock for the door of the building where the horses' feed is kept. 6 pence for buying a storm lantern for the kitchen window. 4 pounds, 5 shillings and 6 pence for 114 pounds of wax bought at Monmouth... 8 pence for making surplices for the mistress's chapel, 18 pence to the chaplain for making wax tapers for the chapel. A halfpenny for mending the door to the chapel where oats are kept.'

William de Valence died in 1296. His wife, Countess Joan, lived in the castle for many years after his death. This source is taken from the manuscripts of her household accounts kept in The National Archives. The manuscripts provide a rare insight into a great castle household at the end of the 13th century. This source is made up of extracts from 18 November, the day of the arrival of the Countess at Goodrich.

SOURCE 4

'3 quarters of beef and 1 ½ bacons, 1 ½ unsalted pigs, half a boar, half a salmon, all from the castle's store, half a carcass of beef costing 10 shillings, mutton at 15 pence, 9 kid at 3s 8d, 17 capons and hens at 2s 7d, 2 veal calves at 2s 6d, 600 eggs at 2 shillings, pigeons at 2 pence with 24 pigeons from stores in Shrivenham, cheese at 4 pence and a halfpenny for transport by boat, all told, 22s 6d halfpenny.'

Provision for Easter Sunday in Countess Joan's household expenses, 1297.



SELF-LED ACTIVITY

MAKING A MEAL OF IT



Recommended for

KS2 & KS3 (History, Maths, English)

Learning objectives

- Understand dining, food and drink in a medieval castle.
- Demonstrate knowledge of the strict hierarchy in medieval society.
- Draw comparisons between how food was prepared and served and what was eaten in medieval times to today.

Time to complete

30–40 minutes



An illustration of a meal held in the great hall at Goodrich Castle.



The remains of the great hall at the castle today.

SUMMARY

This activity will help students understand the preparation required for a medieval feast, what different roles people had and the types of food that were available. The great hall at Goodrich Castle would have sometimes been used to host important guests and feasts.

Through a whole-class discussion, explore what these different roles tell us about medieval feasts. What clues do the roles give us about what technologies were available, the materials and ingredients they used and their etiquette?

Next ask your students to look at Source 4 and/or carry out their own research on what type of meals were eaten in medieval times and how they were cooked. *Food and Cooking in Medieval Britain* by Maggie Black, *Food and Feast in Medieval England* by Peter Hammond and *Cooking and Dining in Medieval England* by Peter Brears are good source books that include recipe ideas. There is also a timeline of food in Britain on our website: www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/history/food-and-feasting-at-stonehenge/food-timeline

Working in small groups, the students should use their research to design their own recipes for a feast at Goodrich Castle.

MORE LEARNING IDEAS

Once students have written their recipes, they can start to plan their meals. They should write a menu ready to place on the tables. They might also like to take on the role of the castle steward and plan their orders to give to all the servants on the day of the feast. They could write these as part of a role play to perform with the class.

MAKING A MEAL OF IT



Role	Description
cook	directing the assistants
cook's assistants	stirring sauces over the fire, chopping vegetables, mixing, basting the meat, whisking (with twigs!)
carver	carving the meat at the table
steward	directing the waiting servants
spit boy/girl	turning the spit in the kitchen
scullion	cleaning the spit
sewer	head waiter and official taster of the food
cup-bearer	bringing the king's cup to the table
pot boys/girls	collecting empty glasses from the table; serving drinks
washer boys/girls	washing up (scouring with twigs and sand)
musicians	entertaining the guests and the lord or lady
jester	entertaining the guests and the lord or lady

RECIPE FOR A FEAST



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