



## A Tudor Recipe

# Vegetable Potage



Vegetable potage was a cheap meal for poor Tudors. Vegetables were more readily available than meat with many people growing their own. It was similar to a thick soup or broth.

**This recipe uses a small chopping knife, hot water and the hob. Ask an adult to help you make this food.**

### Ingredients

1 onion  
1 parsnip  
1 large leek  
1 carrot  
25g butter  
50g porridge oats  
700ml vegetable stock  
1 bag of spinach  
 $\frac{1}{2}$  teaspoon thyme and rosemary  
salt and pepper

### Method

1. Wash your hands thoroughly.
2. Peel and chop the onion.
3. Cut the top and bottom off the leek and peel off the outer layers.
4. Roughly chop the leek and put it in a sieve. Rinse the leek in cold water.
5. Cut the top and bottom off the parsnip and carrot, peel them both and roughly chop them up.
6. Chop the spinach.
7. Put a large cooking pot or pan on the hob at a medium heat.
8. Add the butter and allow it to melt.
9. Add the onions and allow them to soften. Then, add the leek and parsnip. Let the vegetables soften for a few minutes while stirring every now and then.
10. Pour in the vegetable stock and stir.
11. Add the spinach.
12. Cook the potage until the vegetables are soft. Then, add the porridge oats.
13. Stir well and season with a pinch of salt and pepper. Add the herbs and leave to simmer for 5-10 minutes.
14. Serve with crusty bread.