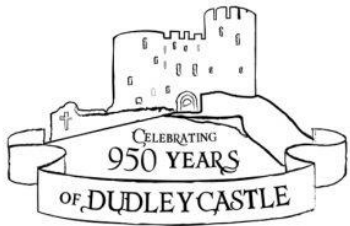


Mrs Sherwood's Delicious Medieval Recipes!



Spinach Tart

A delicious English 15th century peasant vegetarian dish

Ingredients

- 1/2 pound spinach, washed and chopped
- 1/2 cup parsley
- 6 eggs
- 2 cups grated mozzarella/dairy free
- 1/2 cup grated parmesan/dairy free
- 1 tsp. parsley
- 1 tsp. fennel
- 3 tbsp. ginger
- 2 tbsp. sugar
- 1 1/2 tbsp. cinnamon

Method

- Wash spinach and parsley, and chop them well
- Beat eggs in a large bowl, add greens and remaining ingredients, and mix well
- Pour into pie base and bake at 180 degrees (gas mark 4) for about an hour

Monks were known for their keen gardening skills with growing herbs, vegetables and flowers within walled gardens

It is thought the origin of cheese dates back to 8-10,000 years ago!

