



Bradford Peverell, Dorchester, Dorset DT2 9SD

[www.newbarn.co.uk](http://www.newbarn.co.uk)

01305 268865

[office@newbarn.co.uk](mailto:office@newbarn.co.uk)

## Activity Specific Risk Benefit Assessment - Living History Cooking Session Addition

This risk assessment is to be read in conjunction with the 'Dynamic & Generic' risk assessment.

This activity consists of a full or half day session with activities themed towards different historical periods.

These activities are available for residential and day groups.

*Each session is led by an interpreter, and they take place within the Iron Age homestead. For groups over forty a New Barn ranger will assist in the running of the activities.*

- This activity is an optional add on activity to take place in the Living History area or the Town Hall Classroom.
- The day is led by an interpreter, and takes place within the Iron Age homestead.
- Only approved and tested recipes are used.
- Each group should have the appropriate adult to child ratio; therefore, each child should have one or more adults always nearby.
- Checks are made with group leader for any medical history that should be considered before any activity takes place.
- Any allergies will need to be considered in the light of some of the recipes.
- Adults accompanying the group will be briefed by the interpreter on their role and responsibilities during the visit.
- They will be made aware that their contribution is an essential part of the safety of the pupils and that they must stay with their assigned group/task.

An introductory talk will be given to the group covering the following areas of site safety.

- ❖ Always walk
- ❖ Beware of uneven or wet and slippery ground
- ❖ Animals that may be present and electric fences
- ❖ Keep fingers & thumbs out of mouths & away from faces
- ❖ Always ask the interpreter before picking up or using anything that you haven't been given permission to use or touch
- ❖ Only participate in the activities that have been demonstrated
- ❖ Wash hands before eating & at the end of the session

### How will young people BENEFIT from this activity?

This activity will provide the opportunity to experience historical cuisines and develop the culinary skills used in historical methods of cooking.



Bradford Peverell, Dorchester, Dorset DT2 9SD

www.newbarn.co.uk

01305 268865

office@newbarn.co.uk

Risk Assessment Completed By: MCD		Date of last update: September 2023	
		Review date before: September 2024	
Risk	Who might be affected	How risk is controlled	Overall risk rating: L/M/H
Vegetable Knives & Cutting Boards	Staff & Pupils	<ul style="list-style-type: none"> <li>• Interpreter to count knives out &amp; in at the end of the session.</li> <li>• Groups are instructed not to walk around the room with a knife in their hand.</li> <li>• Knives are to stay on the boards when not in use.</li> <li>• Alert group to potential hazards in briefing that takes place before each activity.</li> <li>• Interpreter to demonstrate how to safely use the knives whilst cutting vegetables.</li> <li>• A member of school staff to always be with the group when cutting vegetables</li> <li>• If any knives or boards are damaged do not use and report to MCD.</li> </ul>	L
Herb Preparation	Staff & Pupils	<ul style="list-style-type: none"> <li>• Interpreter to demonstrate how to safely use the knives whilst cutting herbs.</li> <li>• A member of school staff to always be with the group when preparing herbs.</li> </ul>	L
Cooking the Stew	Staff & Pupils	<ul style="list-style-type: none"> <li>• The fire in the longhouse is small and controlled, with water nearby.</li> <li>• When a fire is lit no pupil is to enter the building without an adult who has been made aware of the dangers.</li> <li>• For sessions inside the buildings with a lit fire the interpreter organises the entry and departure of everyone from the building.</li> <li>• Everyone is to stay seated in the building.</li> <li>• No one is to add anything to the fire or to the stew.</li> </ul>	L
Grinding Grain Injuries, Allergies & Food Poisoning	Staff & Pupils	<ul style="list-style-type: none"> <li>• Alert the group to the dangers in the introduction talk.</li> <li>• Demonstration of the activity by the interpreter.</li> <li>• Adult supervision.</li> </ul>	L



Bradford Peverell, Dorchester, Dorset DT2 9SD

[www.newbarn.co.uk](http://www.newbarn.co.uk)

01305 268865

[office@newbarn.co.uk](mailto:office@newbarn.co.uk)

Grinding Grain		<ul style="list-style-type: none"> <li>No one is to try and lift any of the quern stones.</li> <li>Fingers to be kept out of the way when the stones are turning.</li> <li>In school information and briefing check for any wheat or nut allergies.</li> <li>No one is to eat the grain or the flour produced.</li> <li>Flour to be used to make bread will be ground off site in a commercial flour mill.</li> </ul>	
Butter Making Allergies Food Poisoning	<b>Staff &amp; Pupils</b>	<ul style="list-style-type: none"> <li>Alert the group to the dangers in the introduction talk.</li> <li>Demonstration of the activity by the interpreter.</li> <li>Adult supervision.</li> <li>In school information and briefing check for any dairy allergies.</li> <li>The butter can only be eaten if it is made in a clean sterile area.</li> <li>The butter for eating must be made in the bowls used during the cooking activity.</li> </ul>	L
Cheese Making Allergies Scalds	<b>Staff &amp; Pupils</b>	<ul style="list-style-type: none"> <li>Alert the group to the dangers in the introduction talk.</li> <li>Demonstration of the activity by the interpreter.</li> <li>Adult supervision.</li> <li>In school information and briefing check for any milk/plant/lanolin/soap allergies and eczema.</li> <li>The cheese will not be eaten.</li> <li>Re enforce not to put fingers in mouth.</li> <li>Milk is heated away from pupils.</li> <li>Only New Barn staff have access to the fire.</li> <li>Milk then cooled to below 60 c.</li> </ul>	L
Bread Making Allergies, Food Poisoning & Burns	<b>Staff &amp; Pupils</b>	<ul style="list-style-type: none"> <li>Alert the group to the dangers in the introduction talk.</li> <li>Demonstration of the activity by the interpreter.</li> <li>Adult supervision.</li> <li>In school information and briefing check for allergies and eczema.</li> <li>Re enforce not to put fingers in mouth.</li> <li>The bread will be put by the fire by New Barn staff only.</li> <li>The bread is only to be eaten if made with the flour purchased from a commercial flour mill.</li> <li>The bread will only be handled &amp; eaten when cool enough.</li> </ul>	L



Bradford Peverell, Dorchester, Dorset DT2 9SD

[www.newbarn.co.uk](http://www.newbarn.co.uk)

01305 268865

[office@newbarn.co.uk](mailto:office@newbarn.co.uk)

### Recipes to Be Used in The Iron Age:

#### **Columella Salad**

Columella's writings suggest that Roman salads were a match for our own in richness and imagination:

Put the fresh soft cheese in the mixing bowl with mint, rue, coriander, parsley, sliced leek, or, if it is not available, onion, lettuce and rocket leaves, green thyme, or catmint.

When this is all crushed together. Stir in a little pepper & vinegar.

Put this mixture onto lettuce leaves and pour oil over it. (Columella, *Re Rustica*, XII-lix)

A wonderful salad, unusual for the lack of salt (perhaps the cheese was salty enough), and that Columella mixes the ingredients in a bowl.

fresh mint (and/or pennyroyal)

fresh coriander

fresh parsley

leeks

fresh thyme

fresh soft cheese

vinegar

pepper

olive oil

Follow Columella's method for this salad using the ingredients listed.

In other salad recipes Columella adds nuts, which might not be a bad idea with this one. Note any allergies.

Apart from lettuce and rocket many plants were eaten raw—watercress, mallow, sorrel, goosefoot, purslane, chicory, chervil, beet greens, celery, basil and many other herbs.



Bradford Peverell, Dorchester, Dorset DT2 9SD

[www.newbarn.co.uk](http://www.newbarn.co.uk)

01305 268865

[office@newbarn.co.uk](mailto:office@newbarn.co.uk)

**Iron Age & Dark Age Stew also known as Pottage (Can also be a Vegetarian Stew)**

**Pottage:** Pottage was perhaps the most widely consumed dish during the Iron Age. It was a stew prepared with chopped vegetables, bits of meat (pork, chicken, beef, and mutton), cheese and herbs. It was eaten with salted bread by many Romans & Celts. The quality of pottage depended on the financial strength of the person preparing it. Those who could not afford to add meat and cheese used only vegetables and herbs. Apicius' lamb stew recipe is a fine example of Roman pottage.

**Ingredients:**

Cooked Chicken Chunks

Olive Oil or Vegetable Oil	Salt	Pepper
Garlic Cloves	Green Cabbage	Leeks
Celery	Suede or Turnips	Diced Tomato
Carrot	Parsnips	Honey

**Method:**

All the vegetables need to be chopped as per the interpreter's instructions and put into the Dutch Oven.

When all the vegetables have been added the cooked meat can be added and mixed together.

Water is added to the Dutch Oven along with Salt, Pepper, Garlic & Oil

Place the lid onto the Dutch Oven and then place the Dutch Oven onto the embers/charcoal.

The stew needs to be stirred occasionally and 20 minutes before serving honey needs to be added and cooked through.



Bradford Peverell, Dorchester, Dorset DT2 9SD

[www.newbarn.co.uk](http://www.newbarn.co.uk)

01305 268865

[office@newbarn.co.uk](mailto:office@newbarn.co.uk)

### Dark Age Chicken & Cream Stew

#### Ingredients:

Cooked Chicken Chunks	Carrots	Yellow Onions
Leek	Salt	Black Pepper
Thyme	Whole Allspice	Cream

#### Method:

All the vegetables need to be chopped as per the interpreter's instructions and put into the Dutch Oven.

Fry the chicken & Vegetables.

Season with salt and pepper and add the thyme, allspice and cream.

Let the stew boil for about 15 minutes or until vegetables are tender.

Serve the dish with bread.

**Note:** The use of allspice in this recipe probably isn't a very good recreation. Allspice is the dried, unripe berry of *Pimenta dioica*, an evergreen tree in the myrtle family. After drying, the berries are small, dark brown balls just a little larger than peppercorns. Allspice comes from Jamaica, Mexico, and Honduras, all in the New World in areas where the Vikings never visited. Christopher Columbus discovered allspice in the Caribbean, mistaking it for black pepper, which he had heard about but never seen himself, calling it "pimienta," which is Spanish for pepper. Its Anglicized name, pimento, is occasionally used in the spice trade today.