



ANGLO-SAXON CAKE RECIPE

WITH THE HELP OF A GROWN-UP, MAKE THESE DELICIOUS
ANGLO-SAXON HONEY, OAT AND SPICE CAKES!

DID YOU KNOW?

The Anglo-Saxons
were a mix of tribes
from Germany,
Denmark and the
Netherlands

A lot of the food eaten by Anglo-Saxons will still be familiar to us today. As well as hunting and fishing, they kept livestock and farmed the land. The main crops they grew were barley, rye and wheat. They also ate dairy products such as milk, cheese and eggs. Sugar hadn't been discovered yet, so to sweeten their puddings, the Anglo-Saxons used dried fruits and honey.

Small cakes, such as the ones here, would have been cooked in a heavy iron saucepan with a lid over a fire.

RECIPE FOR 12 HONEY, OAT AND SPICE CAKES

- 250g Scottish porridge oats
- 125g unsalted butter
- 50g chopped dried apricots or dried apples
- 4 large tablespoons runny honey
- 1 level teaspoon of ground cinnamon

METHOD

- Preheat your oven to 180C (160C in a fan oven). Melt the butter in a large saucepan and remove from the heat.
- Add the honey, oats, cinnamon and dried fruit to the butter and stir until everything is well mixed.
- Grease a baking tray, spoon 12 dollops of the mixture on it and then flatten them slightly.
- Bake in the oven for 10–12 minutes. Place the cakes on a wire rack and leave to cool before scoffing!



ENGLISH
HERITAGE