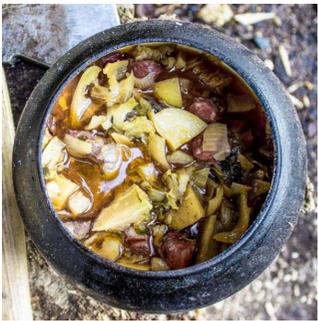


Celebrating culture and seasonality (food): An innovated Viking stew

Key People and Events

8th to 4th centuries BC	The world's oldest known evidence of stew was found in Japan.
8th century	Spices and herbs such as black pepper, cinnamon, turmeric and cardamom have been used by Indians for thousands of years for both culinary and health purposes.
793 AD - 1066	Vikings consumed a variety of vegetables including cabbage, onions, leeks, turnips, peas and beans
793 AD - 1066	Vikings also grew some herbs such as dill, parsley, mustard, horseradish and thyme.
21st century	Michelin Star chefs such as, Shaun Hill and Adam Gray have been influenced by flavours from all around the globe and modernised traditional stews.



Key Knowledge and Skills

Cutting using the bridge technique	
Cutting using the claw technique	
Peeling technique	
Slicing technique	
Chopping technique	
Slow cook	

Key Vocabulary

root vegetables	The roots of plants. These include: carrots, beets, turnips, radishes and sweet potatoes.
herbs and spices	The fragrant leaves plants or the roots, seeds and bark of plants that add flavour to a dish.
seasoning	Salt, herbs or spices added to a dish to enhance the flavour.
adapt	Change or make suitable for a new use or purpose.
substitute	Replace something with another.
combine	Blend two or more food ingredients to create a mixture.

