

What's Cooking



When the Fencibles arrived in New Zealand they had kitchens that were very different from our own. There was no electricity, no appliances and no running water!

TASK 1 : What are some of the differences ?

Have a look at your kitchen at home and then look at the picture below, this is one of the Kitchens in the village. Write down as many differences that you can see..





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What are the differences?

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Fun Fact

Did you know that they would use dried cow pat to fuel the fire?



Fun Fact

When the fencibles first arrived in Howick, they lived on the beach in tents and huts so most of the cooking was done on an open fire outside



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Because the Fencibles did not have a fridge or freezer to keep their food in, they devised clever ways to make their food last longer. Fresh milk was turned into butter and cheese. Loaves of bread were made without yeast.

The recipe below would have been a favourite of the fencibles so why not give it a go?

Traditional Irish soda bread made with just a few simple ingredients.

Ingredients

4 cups flour

2 teaspoons baking soda

1 teaspoon salt

1 3/4 cups buttermilk, if you do not have buttermilk try this:

- Pour two tablespoons of vinegar into a bowl.
- Add 2 cup of milk.
- Gently stir and let the mixture sit for about 5 minutes. This will allow the milk to slightly curdle, giving it a buttermilk-like texture and taste.

Method

1. Preheat oven to 210 Celsius. Grease and flour a 9-inch round cake pan.
2. In a large bowl, combine the flour, baking soda and salt. Gradually stir in the buttermilk until the dough comes together in a slightly sticky ball.
3. Turn dough onto a floured surface and knead gently a few times. Form the dough into a ball and then press into the prepared pan so that the dough resembles a large disk. The dough should reach the edges of the pan but may spring back slightly.
4. Cut an X into the dough with a sharp knife, about 1/4 of an inch deep. Cover the pan of dough with another round cake pan turned upside down or another pan that covers the tin.
5. Bake for 25-30 minutes, covered, then remove the top pan and bake uncovered for about 10 minutes more or until the crust is dark golden brown.

