

Diet

The diet of Medieval Europeans varied by social class. Those in the upper classes had a variety of imported and domesticated foods available to them. The peasant diet was more restricted. Most peasant families grew rye for bread, harvested vegetables on rented land, and commonly kept one pig or cow. The typical dish of Medieval English or Norman peasants was potage—a soup made from whatever was available at the time and thickened with oats.

Healthy recipe

Peasant's cabbage potage (serves 4-6)

Ingredients

1 head cabbage, chopped
2 leeks, chopped
2 onions, thinly sliced
3 cups water
2 Maggi cubes*
2 tbsp. olive oil
Oats, to taste

Directions

1. Chop and/or slice all the vegetables.
 2. In a large saucepan, heat the water to a boil, dissolve the cubes, and then add the oil. Reduce the heat to medium.
 3. Add the vegetables. Cook for 15 minutes or until the vegetables are soft.
 4. Thicken by slowly stirring in oats to the hot soup until the desired thickness is reached.
 5. Enjoy the potage with rye bread.
- Since ancient times people made bouillon by reducing down vegetable stock to a near solid and drying the mixture to be used later in soups and stews.