

Visit the Forty Hall 17th century kitchen

Forty Hall had no running water or electricity for hundreds of years!

What did the cook use for cooking? What do we use today?

Where do you think the water came from? How do we get it today?



What gadgets do you have in your kitchen to make life easier?

How would our lives be different if we took electricity, heating and gadgets away?

Baking bread

Baking bread was an important part of the daily routine in the 17th century. It would have supplemented the diet of a rich man like Sir Nicholas.

During the 17th century, new foods were introduced into England. A rich gentleman such as Sir Nicholas would have been able to buy in the foods he did not grow here and luxuries. Tea and coffee were introduced to England in the 17th century, and chocolate was a luxury drink.



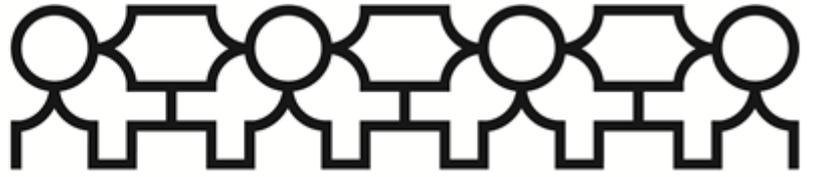
However, food remained plain for the poor. They mainly ate food like bread, cheese and onions. Ordinary people also ate pottage each day. This was a kind of stew which was made by boiling grain in water to make a kind of porridge. Vegetables were added and meat or fish when possible.

17th century food was often very decorative. Bread would have been formed into fancy shapes.

Jumbles were a popular kind of spiced biscuit that were twisted into shapes. Look at the bread knots and jumbles in our kitchen, find out more here, then back at school make your own versions from salt dough (two cups of flour to one cup each of salt and warm water).



This arch of bricks used to be a fire hole. Cooks were very clever at knowing what temperature to heat the wood fire to. There was a hole above this arch which was where the bread was cooked, like an oven.



Can you copy some of these shapes at school out of salt dough?





Find out more...

17th century jumbles

<https://www.bing.com/images/search?q=17th+century+jumbles&qvvt=17th+century+jumbles&FORM=IGRE>

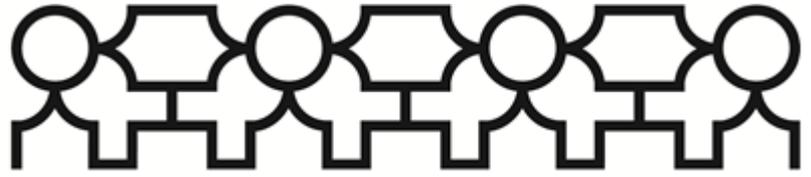
Luxuries in the 17th century

<https://www.theguardian.com/lifeandstyle/shortcuts/2016/sep/23/fancy-a-brew-google-doodle-celebrates-358-years-of-tea-in-the-uk>

<https://www.anothercoffee.co.uk/info/coffeehistory.aspx>

<http://www.foodsofengland.co.uk/chocolate.htm>

<https://www.hrp.org.uk/hampton-court-palace/history-and-stories/chocolate-fit-for-a-king/#gs.2kr4ku>



The Kitchen – making butter

The dairymaid put soured cream in the churner, filling it half-full. She churned the butter using her arms and a steady rhythm, raising the plunger all the way up and pushed it all the way down, turning the plunger around as she did so. She kept this up for around an hour and a half.



As the dairymaid churned, the cream got thicker and thicker. Eventually it separated into small balls of butter and thin cloudy buttermilk or whey. The butter was then removed from the churn and washed in cold water. All the air and water were squeezed out. Salt was added to preserve the butter. Lastly, the butter was shaped into bricks using butter pats or scotch hands.

Rhymes were used to help with a steady rhythm. **Have a go with our butter churn and see if you can follow the “up and down” rhythm on the arrows.**

<↓>Come<↑> butter <↓>come <↑> ---

< ↓>Come <↑>butter <↓>come <↑> ---

< ↓>Peter <↑>standing<↓> at the<↑> gate

< ↓>Waiting <↑>for a <↓>butter <↑>cake

< ↓>Come<↑> butter <↓>come <↑>---

Back at school, put a small amount of whipping or double cream into a jar and shake it until it turns into butter. Use the rhyme to help you keep the rhythm!



The Butter Churning Rhyme

Follow the rhythm. How long do you think you could keep this up for?

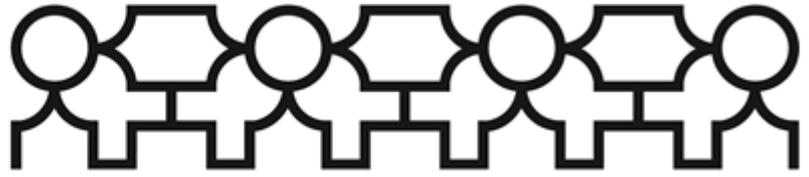
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Look at the *marchpanes* on the parlour table. Marchpane was a kind of marzipan made into shapes such as playing cards, bacon and beautiful decorative pieces. The ones on this table look a bit like tiles.

Have you ever tasted marzipan? What do we use it for now? What's your favourite pudding or dessert?

Design and colour your own marchpane. Explain to your group why you have chosen your pattern. It might be something that you'd have on your birthday cake now, such as sports or music or your favourite characters...

The Walled Kitchen Garden

Foods for the house would have been grown here. Can you find....



Rosemary



Thyme



**Golden
Thyme**



Bay



Lavender

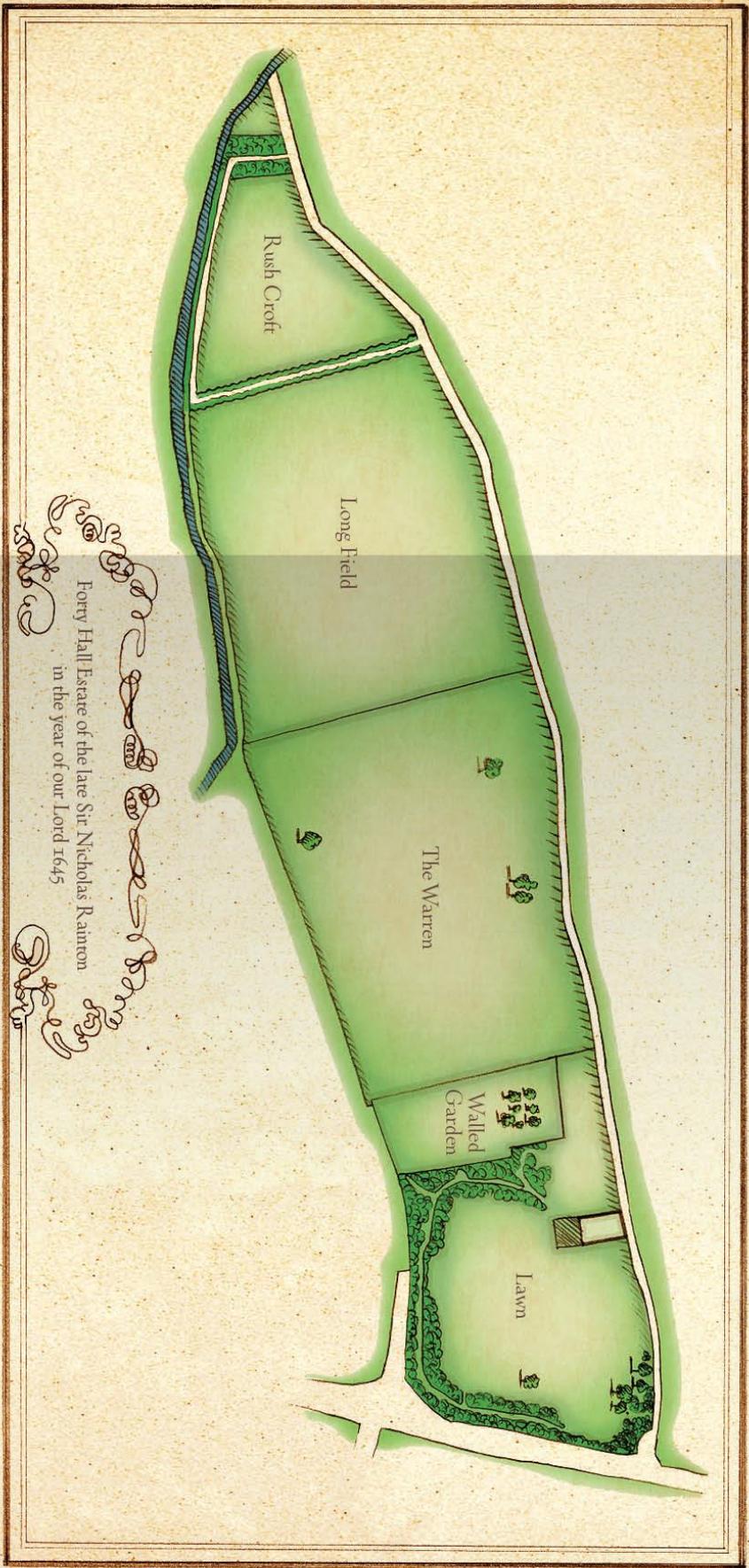


Wild Garlic

Herbs would have been used in 17th century recipes and to make cures and medicines. Sir Nicholas was also rich enough to buy foods that were not grown locally.

Fruits and vegetables were also grown here in the past. In the field next to this garden was a rabbit warren field to provide rabbits for Sir Nicholas's table. The cottage at the top of the garden was the warrener's cottage.

Use the sun to work out which way the walled garden faces. Why is this important? Why would the garden's walls be good to help the food grow?



Forty Hall Estate of the late Sir Nicholas Raintron
in the year of our Lord 1645



The Lady of a fine house like Forty Hall might have been responsible for preparing medicines for the people living here. She would have used herbs from the walled kitchen garden that still exists today at Forty Hall.

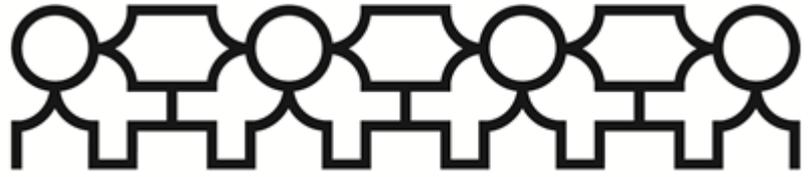
In the 17th century, lavender was found in most herbal medicine books as a cure all.

The most famous English herbalists – John Gerard, John Parkinson and Nicholas Culpepper - all wrote about lavender. People were very interested in it and street sellers appeared.

Prices were high during the Great Plague of 1665 when lavender was thought to protect against this terrible disease.

Activity:

At school, place a spoonful of lavender on a square of netting, bring up the sides and tie a ribbon around to secure it. Take this home to keep your house smelling beautiful.



The Bedchamber and the Servants' Staircase

Forty Hall had no running water or electricity for hundreds of years!

How do you think it was kept warm? How do we do this today?

What did they use for light? What do we use today?

How did they wash and go to the toilet?

Forty Hall had a Grand Staircase for the family and their guests to use and two servants' staircases so that the servants could do their work without being seen by them! Servants could get from the attic to the cellar on their staircases.

Which staircase do you think the servants would have carried the used chamber pots down – the Grand Staircase or the Servants' staircase?



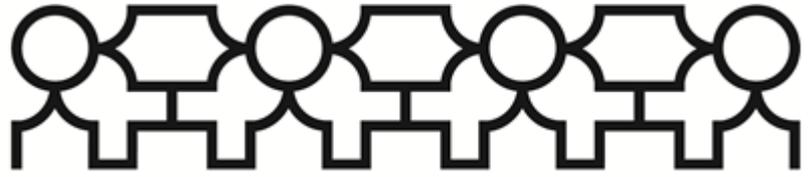


The Bedchamber – the Bible



Sir Nicholas Rainton was a Puritan. He believed in a life of prayer and hard work.

This is how the bible would have looked when he was alive. It's hard for us to read. Can you make out any words? **Please don't touch it though!**



The Bedchamber - The bed

(answers on the back!)

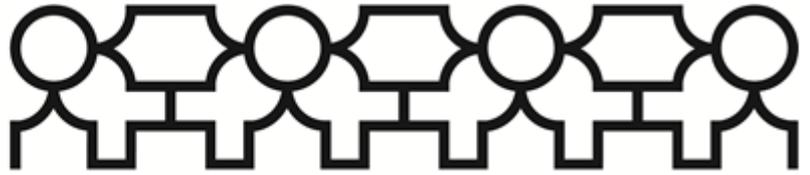


This bed had to look very fine because important people might be entertained in the bedchamber. Kings and queens might even have meetings in their bedchambers!

Beds were often *status symbols* to show how important their owners were. They were passed down through families.

Why do you think the bed has curtains around it? Why do you think it has a canopy (like a roof) above it?

If someone was sick they might have been nursed in here because it was warm. Why would the room above the kitchen be the warmest?



The Bed - Answers:

Why do you think the bed has curtains around it?

To keep the heat in and keep out draughts, to give privacy and also to show off wealth with fine fabrics.

Why do you think it has a canopy (like a roof) above it?

It would keep the bed warm but also in rooms without ceilings where there might be mice it might stop them from dropping on the sleepers!

If someone was sick they might have been nursed in here because it was warm. Why would the room above the kitchen be the warmest?

The kitchen was the warmest room and hot air rises.