

Examples of 'Stone Age' recipes

Modern recipes inspired by prehistoric supplies and used in the Archaeological-Ecological Centre Albersdorf (DE)



Ragout of mushrooms with leek and bacon

Ingredients: 750 g cepe-mushrooms, 400 g unground wheat, 450 g leeks, 300 g bacon, 200 g grease (pig), 300 g sour cream, 1 l stock bouillon, salt

Preparation: Let the wheat cook over a fire in a pot or cooking vessel for about 30 minutes in the bouillon, then let the wheat swell for about 5 – 6 hours without heating. Cut the bacon into small pieces and fry it for about 5 minutes in the hot grease. Then add the mushrooms and the leeks (both cut into slices) to the bacon and continue with frying for a further 10 minutes (with low heat). Put the swollen wheat-corns (without the rest of the liquid) in the bacon-mushroom-mix and continue to cook over a low heat for 15 minutes. Finally, carefully add the sour cream carefully and add salt to taste.



Stew of mussels, salmon and leek

Ingredients: 500 g mussels (without shell), 250 g salmon (cut into pieces), 2 l water, about 1 kg of leek, horseradish (ground), sour cream

Preparation: Heat the water, add the leek and let it cook for 5 minutes. Add the fish and the mussels to it and continue to cook for approximately 5 minutes (low heat). Season it with horseradish and sour cream before serving. Serve with flatbread.



Marmelade of rowan

Reap berries of rowan-bushes (after some weeks of frost - before they are much too bitter). Mix with apples and peaches, and cook it until it forms marmalade.



Blackberries with honey and nuts

Wash the blackberries, put (a little) honey on it and serve with ground (hazel)nuts.