

TUDOR CRAFTS

CANDLES AND RUSHLIGHTS

These would be the only means most people would have of lighting their home. To make candles, a wick made from coarse thread was dipped into beeswax. It would then be removed and hung up until the wax had set, then it would be dipped into the wax again. This process was repeated until the candle was wide enough. Rushlights were made from rushes dipped into melted animal fat, but these would not have burned for as long as candles.

HERB AND FLOWER SALAD

This would have been made mainly of dandelion and daisy flowers and leaves, but may also contain primrose flowers, sorrel, chopped fennel and leek, watercress, mint and rosemary. (It is NOT recommended that anyone tries to eat wild flowers.)

POTTAGE

This was made of peas, milk, egg yolks, breadcrumbs and parsley and flavoured with saffron and ginger.

JUMBLES (knotted biscuits)

This recipe comes from a cookery book called "The Good Huswife's Jewell", written by Thomas Dawson in 1596. He spells jumbles as "iombils".

1-1/2oz (40g) salted butter
1 tablespoon rose water
4 oz (115g) caster sugar
1 tablespoon caraway seed
2 eggs
8 oz (230g) plain flour

Beat the butter and rose water, add the sugar, and cream them together. Beat the eggs and add them, then add the spices and flour to make a soft dough. Knead the dough on a floured board and make it into about 15 simple knots, twists or rings. Put them on a buttered baking sheet. Bake in the oven (180°C, 350°F, gas mark 4) for 15-20 minutes. When they are golden, remove them from the oven and put them on a wire rack to cool.

SHAKESPEARE'S GLOBE

When I was last at the theatre, they had a self-assembly model of the theatre for educational purposes in their gift shop. There may be something on their web site at <http://www.rdg.ac.uk/globe/Globe.html>. This site has many other details about Elizabethan theatre and London.

BIBLIOGRAPHY

Much of the information in this document comes from Wilson, Laura. "Daily Life in a Tudor House". London: Hamlyn, 1995. ISBN 0-600-58882-3. This book also contains many useful pictures.

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