

Do you 'dig' Archaeology? Day

Summer
Staycation
Club!

Hunter Gatherer Feast

Ptarmigan honey and hazlenut chicken with a foraged dandelion and blackberry salad with raspberry dressing

all
ages



Hunter gatherers would have eaten a variety of fresh seasonal fruits, greens, seeds nuts and meat that were freely on offer in the wild.

Oils may have been made from pressing seeds and provided fats along with meat.

Some of the braver hunter gatherers may have been able to retrieve honey from the bees in the wild and some cave man paintings have depicted man gathering honey.

- Wild Roast ptarmigan Roast Chicken with honey, soya and hazelnuts
- Wild Roast ptarmigan Roast Chicken plain
- Dandelion and blackberry salad with a raspberry and blackberry dressing.
- Mint tea



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You will need:

750g chicken legs- or chicken substitute
for veggies

For the sauce

2 tbs oil

1bs soya sauce (omit if not required)

2 tbs honey

100g approx. Hazelnuts/ nuts in a zip lock bag
Rolling pin or other hard object suitable for crushing
the nuts

Gloves for handling the raw chicken (if you
require)

Extra oil for the roasting pan.

2 Bowls

Spoon

Allergy note:

Contains soya, wheat,
nuts unless using
alternatives/ substitutes



- Mix the (soya sauce), honey and oil in a bowl
- Use the rolling pin to crush the hazelnuts in the zip lock bag, crush until the whole nuts until they are broken pieces (don't not crush until fine) then pour the nuts into a bowl.
- Drizzle a thin layer of oil into the pan.
- Dip each piece of chicken into the sauce (honey or honey and soya) and then roll in the hazelnuts. Add the chicken to the roasting pan.
- Leave any chicken Uncoated for plain roast chicken.
- Roast for 30-35 minutes gas mark 7

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- Take some of the blackberries and raspberry's and make a simple dressing...Crush raspberry's and blackberries together using a fork and gradually add the oil. Mix them all together.
- Wash the foraged greens.... (we picked dandelions today)
- Place the greens into a bowl
- Assemble your salad by adding the dressing mixture using a spoon.
- Decorate with extra blackberries
- Eat with your fingers. Rolling the leaves together with the berries inside.

You will need:

Dandelion leaves and flower heads
Raspberry's
2-5tbs oil
Handful Blackberries
Handful Raspberries

Teas are made by infusing flavour into water.

Foragers make teas out of all kind of fruits, herbs and flowers such as white clover heads, English lavender and rosehip the fruit of the rose plant.

To make Mint tea.

- Add 12 rinsed mint leaves to
- hot water in a pot. Leave to infuse for a few minutes.
- Sweeten with honey if required



FORAGER NOTES

Only ever forage with someone who knows exactly what they are doing.

Always obtain permission from the land owner to forage if it is not your own garden or allotment.

Wash ingredients thoroughly and only forage what you need respecting our wild and wonderful spaces.

Other ideas and advice can be obtained at:

woodlandtrust.org.uk

countryfile.co.uk

and there's lots of books on foraging safely. Have fun!