*The Whipping Boy* Foods

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| Food | Cooking/Serving Suggestion |
| Baked Apples | The book calls for fruit tarts, but you can get a similar feel with a baked apple. Core a bag of apples and put them in a 9x13 baking dish. Fill the hole with brown sugar, cinnamon, nutmeg, white sugar, or any other spices you enjoy. Put a small amount of water or apple juice in the bottom of the pan and cover with aluminum foil. Bake at 350 for about an hour or until soft. I serve them cold, for convenience, but they hold up well in a crock pot as well. |
| Brie Tart | Get a wheel of brie and cover with croissant dough. Bake according to the croissant directions. Slice to serve. There are more difficult recipes, but I’ve found that the kids are just as happy with this easy one! |
| Crusty Bread | I get Italian crusty bread and serve it ripped, like Hold-Your-Nose-Billy. If you want a real ruffian take on it, add garlic spread. |
| Boiled Potatoes | Wash potatoes and fill a pot with water until they are covered. Boil for 20-30 minutes until they are soft. Serve as-is, just like Capt’n Nips! You might want salt or pepper for seasoning. |
| Whole Milk | As easy as it sounds! If you want to be “fancy” throw it in a rustic pitcher. |
| Cider | It isn’t in the book, but cider would have been as close as we’d want to get to mead-style drinks. If you aren’t teaching this during cider-season, heat up some apple juice with cinnamon for flavor. |
| Fowl | Purchase turkey legs on the bone. Bake or boil according to instructions. Don’t worry about the seasoning – they wouldn’t have used it in the medieval times anyway! I put these in a crock pot to stay warm and fresh. |
| Herring | Pick up a can. Open it. The kids aren’t likely to try it, but it is true to the novel! |