

# Ready, Steady, Cook!

Aston Hall's kitchen has seen a few changes in the last 400 years. But it is still easy to imagine Sir Thomas' cook, kitchen scullions(men) and kitchen maids(women) hard at work preparing a feast for when the king visited in October 1642. Have a good look around and make notes under the headings. Then use your notes to write a story about the kitchen, on the day the king came, from the point of view of a servant (scullion or maid)

**What does the table look like?**

**List the items of food on the table:-**

**Describe the sink.** There would not have been a tap - water would have been brought from a well -

**Describe the meat safe.** The meat safe in the corner is the fridge. It was hoped air filtering through the wires would keep the meat cold.

**Make a list** of other items in the room and what they are made from.

**The ball and mortar** by the sink was for crushing herbs or meat or lumps of sugar. Make a sketch of it below.

**Look at the cooking range.** Try to work out how food was cooked on here. Note pot hooks, ovens and the notched iron pieces for the bars of the roasting spit (the chains turned the wheels of a much bigger spit which is not here). Think about how the boiling, frying, roasting and baking were done. You can make some notes below