

Glorious Georgians

A day in the life of a Georgian child



Summer
Staycation
Club!



all
ages

Georgian recipes: Georgian picnic basket with sweet treats



Salmagundi

Like a very posh "plough man's lunch" Salmagundi's were first introduced in the 17th Century- The perfect picnic to have to celebrate Georgian Day.

Salmagundi would include stewed cooked vegetables, roast meats, chopped boiled eggs and salad greens.

The master of the house, Walter Spenser Stanhope's favourite meat was roast beef, it was regularly served at Cannon Hall for family and their guests which helped the house earn the nickname of 'roast beef hall', so this particular dish includes lots of cold roast beef.

It also has fresh round leaf lettuce, chopped boiled egg, sautéed mushrooms with green beans in butter, olives, tomatoes in balsamic vinegar, onions in balsamic vinegar, grapes & roast ham.

Have a go at making one yourself. Use left-over cold meat. Sauté or stew any spare vegetables and chop everything quite small or shred. Chicken and prawn also work with this dish or you can have a vegetarian or vegan designed dish.

Lettuce
Chopped boiled egg,
Sautéed mushrooms
Green beans in butter
Olives
Tomatoes in balsamic
vinegar
Onions in balsamic
vinegar
Grapes
Roast beef
Ham



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Non-alcoholic Syllabub (makes 2-4 depending on size of glass)

- Whisk the double cream until it becomes very thick.
- Add the yoghurt and continue to whisk.
- Add the sugar and continue to whisk until thick and creamy.
- Chop a lemon in half and squeeze both sides of the lemon into the mixture and mix.
- Taste add the other lemon if required
- Use a spoon or piping bag to place the mixture into glasses
- Grate the rind of the citrus fruits and place on the top of the syllabub for decoration and extra zing.

250 ml Double cream
250 ml Yoghurt
1-2 Lemons
depending on taste
125g table spoons
sugar
60ml Sparkling grape
juice



You could use orange instead of lemon to make an orange syllabub.

Raspberries or other fruit look pretty in the bottom of the glass too.

For the adults; for an alcoholic version replace the grape juice with sparkling white wine.



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Ginger and Lemon Drizzle Cake

You will need:

Tea spoon
Mixing spoon
Large bowl
Baking paper
Large Baking tin, dish,
or cake tin
Grater

- Preheat the oven to gas mark 4. Line and grease your baking tin.
- Place the dry ingredients into the bowl...the flour, sugar, ginger and the bicarbonate of soda.
- Add the chopped butter and use your fingers to rub the butter into the dry mixture until it looks like fine breadcrumbs.
- Add the beaten egg and the syrup. Give it a good mix.
- Pour the mixture into your baking tin and Bake for 40-50 mins



Make the drizzle .

- Chop the lemon in half. Add two heaped tablespoons of icing sugar to a bowl, squeeze in half of the lemon and mix
- Use a spoon to drizzle the icing sugar mixtures over the ginger cake.
- Add grated lemon rind for extra zing.
- Leave to cool then cut into squares

