

# Stone Age Stew

10 A hearty and warming Stone Age stew is a welcome  
19 luxury after a long day of hunting and gathering.

29 First, you will need to prepare the stock. For a  
37 flavoursome and rich-tasting stock, you must use  
46 the finest and freshest herbs so scavenge the woods  
54 for juniper berries, nettle leaves, sunflower seeds and  
65 hazelnuts. Add them to water in a large stone pot and  
76 drop in some red-hot stones to heat the mixture. Why  
85 not include some mammoth blood to give the stock  
89 a deep, earthy flavour?

96 Next, roast today's catch over the fire  
103 on a spit. When blackened, chop it  
111 into small pieces and add it into your  
118 stock. Keep stirring so that your stew  
124 does not congeal. Serve piping hot  
133 with a fresh lump of bone on the side.



# Quick Questions



1. What do you think the word 'congeal' means in this text?

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2. Which creature's blood would give this stock a deep, earthy flavour?

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3. How does the author make this stew sound appealing?

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4. How does this stew compare to food we eat today?

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# Answers



1. What do you think the word 'congeal' means in this text?

**Accept any reasonable answer which relates to 'sticking together' or 'going bad/hard'.**



2. Which creature's blood would give this stock a deep, earthy flavour?

**Accept: (Woolly) Mammoth**



3. How does the author make this stew sound appealing?

**Accept any answer pertaining to use of exciting adjectives which talk about flavour.**



4. How does this stew compare to food we eat today?

**Accept answers which discuss any relevant similarities and differences between this stew and food eaten today.**