

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?



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



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



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