

Anglo Saxon Food

Compared to the rich foods that the Romans had enjoyed, The Anglo-Saxons ate quite simply. People ate course bread which they baked themselves, and soft cheeses made from goat's milk.

In the winter time when food for everyone was scarce, the weakest of the farm animals would be killed. The meat would be preserved by smoking it over a fire, or salting it.

Salting was a very common way of preserving food, and as well as meat, fish, peas and beans would be salted too.

Salt was very expensive as it was hard to produce. In Anglo-Saxon times salt came from the coast or from salt-pans at Droitwich. These belonged to the King who then sold the salt around the country.

Mead made from honey, and ale made from barley were the main drinks in Saxon times, especially on feast days when everyone gathered in the Lord's Hall.

The harvest was a time when everyone celebrated. Boar's meat and venison would have been eaten as a treat. It would have made a tasty change to bread and cheese.