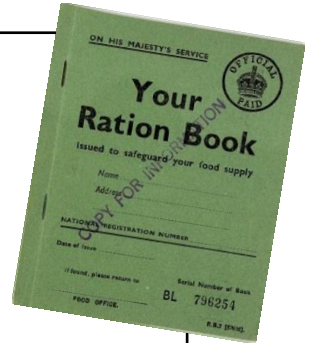




DT Food

Year 8

British War Time Food Project



Name: _____

Tutor Group: _____

Subject Teacher: _____

Given out: Monday 27 January

Hand in: Monday 3 February

Parent/Carer Comment

Staff Comment

Target

History of the Cornish Pasty

Reading Task – BY [NATE BARKSDALE](#)



Few meals have roots as deep as the Cornish pasty, a hand-held meat and vegetable pie developed as a lunch for workers in the ancient English tin mining region of Cornwall. With its characteristic semicircular shape and an insulating crust that does double-duty as a handle, the humble pasty—which, perhaps unfortunately, rhymes with “nasty” rather than “tasty”—today receives special designation, along with Champagne and Parma ham, as a protected regional food by the European Union. The Cornish pasty descends from a broader family of medieval English meat pies. The earliest literary reference to pasties is likely from Chaucer’s “Canterbury Tales.” Legal records from 13th century Norwich describe pastry-makers accused of reheating three-day-old pasties for sale as fresh. In London, a 1350 regulation barred cooks—on pain of imprisonment—from charging more than a penny for putting a rabbit in a pasty. These pasties (and the alleged venison pasty 1660s London diarist Samuel Pepys suspected was actually beef) were little more than cuts of meat wrapped in pastry dough. By then the Cornish pasty—made from chipped beef, potatoes, swedes and onions—had already taken its place in Cornwall’s regional cuisine.

The Cornish pasty was a food for families, fishermen and farmers, but it shone in the closed-in darkness of Cornwall's mines. Tin had been gathered in Cornwall—first from rivers and then from ever deeper pits and shafts—since prehistoric times. In ancient Europe, Cornish tin was likely traded via intermediaries with the Phoenicians, who controlled the Mediterranean trade of the metal. Mining continued throughout the Roman and medieval eras and into the early modern period. For Cornish men and boys heading underground, the pasty amounted to a highly efficient food: self-contained, self-insulated and packed with calories. The thick semicircular edge of the crust could be monogrammed with carved-dough initials or toothpick codes to make sure each man and boy took the right pasty as he headed to the mines. The ropelike crust had an additional virtue: miners' hands were often covered with arsenic-laden dust, so the crust could function as a disposable handle.

Today in Cornwall you can find pasties with all sorts of fillings, but since 2011 the European Union's rules for what constitutes a true Cornish pasty have been much more restrictive: to be a Cornish pasty, you must have potato, swede, onion and beef, with the filling containing at least 25 percent vegetables and at least 12.5 percent meat. Most importantly, the pasty must be made in Cornwall. Cornish tradition, though, allows for a little more variety. A local Cornish joke says that "the devil never dared to cross the Tamar River from Devonshire to Cornwall for fear of the Cornish women's habit of putting anything and everything into a pasty. "

Answer the questions below on the history of Cornish pasties.

1. Where did the first recorded eaters of Cornish pasties work?
2. What were the two functions of the thick pastry crust?
3. What four ingredients does a true Cornish pasty have to have in it?
4. Where can you find the earliest literary evidence to pasties?
5. In London, if you went against the 1350 regulation that barred cooks from charging more than a penny for putting a rabbit in a pasty, where could you find yourself?
6. For Cornish men and boys heading underground to the tin mines, why was a Cornish pasty such an ideal lunch?
7. How did the cooks make sure each man and boy took the right pasty as he headed to the mines?
8. What nasty chemical, present as dust in the tin mines, meant that the miners had to dispose of, rather than eat, the pasty's rope-like crust?
9. What river divides Devonshire from Cornwall?

Research seasonal Fruit and Vegetables

What does 'seasonal' mean? What is in season now? What is in season the rest of the year? Why is it good, considering climate change, to use fruit and vegetables that are 'in season'? Why did people need to eat food that was 'in season' during WW2?



- 8- very detailed, fascinating facts, intelligent links, illustrative pictures.
- 6- good, detailed facts in own words, interesting, good use of images.
- 4- good facts, own words, good pictures.

Research on Potatoes

What is a 'staple food'? How many different types of potatoes are there? Where are they grown? What nutrients do potatoes have? What products can you make with potatoes? Include images.



- 8- very detailed, fascinating facts, intelligent links, illustrative pictures.
- 6- good, detailed facts in own words, interesting, good use of images.
- 4- good facts, own words, good pictures.

Research on Apples

How many different varieties of apples are there? Where are they grown? What nutrients do they have? What products can you make with apples? Include images and recipes.



- 8- very detailed, fascinating facts, intelligent links, illustrative pictures.
- 6- good, detailed facts in own words, interesting, good use of images.
- 4- good facts, own words, good pictures.