



# Beagnoth Bites

## What will I need?

- 500g Oats
- Pinch of Salt
- 115g Butter
- 210g Honey
- 60ml Mead / Milk / Water
  
- Mixing bowl
- Spoon
- Saucepan
- Measuring jug
- Baking tray

*Did you know...  
...all these ingredients were available  
in the year 600, though a fan oven  
probably wouldn't have been!*

## What do I do?

1. Put the oats and salt in a large mixing bowl.
2. Put the butter and honey in a saucepan. Add your mead/ milk/ water - you can use whatever you like, or a mixture, so long as it totals 60ml. For a sweeter taste, use mostly mead. If you're using milk or water, you can always add a teaspoon of vanilla extract.
3. Melt the mixture in the pan, being careful to not let it boil, then pour it over the oats and stir thoroughly.
4. Tip the contents of your saucepan onto a baking tray and spread it out using the back of a spoon or your hands. Be careful at the mixture will still be hot. Allow to cool for 15-20 minutes.





5. Preheat your oven to 180°C.
6. Take a handful of the mixture (amount the size of a golf-ball) and squeeze it together. You should have enough to make 15-20 bite-size pieces. Space your bites out on the baking tray and bake for 20 minutes.
7. Leave them to cool and firm up a bit.
8. Enjoy! We'd love to see you in action, so be sure to take pictures of your bakes and share them on social media, tagging Ipswich Museums on Twitter or facebook.

