

KS1 - History Activity Sheet
Leighton Hall

Victorian Recipe

The Victorians were keen cooks. Most foods were home made and made in enormous quantities. Here is a recipe for a popular Victorian drink.

Lemon Barley Water

Juice and rind of 1 lemon
25g of pearl barley
15g of sugar
1 litre of boiling water

Peel the rind of the lemon very thinly.

Squeeze the juice from the lemon.

Add the lemon juice and rind to the pearl barley in a large bowl. Pour boiling water on to all the ingredients and leave to cool.

Once cool, pour the lemon barley through a sieve and serve chilled for a refreshing Victorian drink.

4 glasses