Stone Age Stew

A hearty and warming stone age stew is a welcome luxury after a long day of hunting and gathering.

First, you will need to prepare the stock. For a flavoursome and rich-tasting stock, you must use the finest and freshest herbs so scavenge the woods for juniper berries, nettle leaves, sunflower seeds and hazelnuts. Add them to water in a large stone pot and drop in some red-hot stones to heat the mixture. Why not include some mammoth blood to give the stock a deep, earthy flavour?

Next, roast today's catch over the fire on a spit. When blackened, chop it into small pieces and add it into your stock. Keep stirring so that your stew does not congeal. Serve piping hot with a fresh lump of bone on the side.





