



ALNWICK HOUSE OF CORRECTION.
 Quarter ending *Easter*, 1852
 9th Week of Quarter commencing *1st* day of *March* 1852
 ARTICLES CONSUMED BY THE PRISONERS.

DATE.	BREAKFAST.						DINNER.						SUPPER.						REMARKS.
	Number in the House.	Each 6 oz. of Oatmeal.	1 pint or Min. of Treacle Water.	£	s.	d.	Number in the House.	Description.	£	s.	d.	Number in the House.	Each 6 oz. of Oatmeal.	1 pint or Min. of Treacle Water.	£	s.	d.		
1852 March 1 st	5	30	5				4	1 lb. of Sweet Potatoe each 12 1/2 of Bread 48 lb of Potatoes		4 1/2		5	31	5					
" 5 th	11	24	1				3	1 Pint of Gravy 18 lb of Bread each 12 1/2 of Bread 48 lb of Potatoes		4 1/2		11	24	4					
" 6 th	11	24	4				2	18 lb of Bread 18 lb of Potatoes 12 1/2 of Bread 48 lb of Potatoes		4 1/2		11	24	4					
" 7 th	14	24	4				3	1 Pint of Gravy 18 lb of Bread each 12 1/2 of Bread 48 lb of Potatoes		4 1/2		5	31	5					
" 8 th	5	30	5				4	1 Pint of Gravy 18 lb of Bread each 12 1/2 of Bread 48 lb of Potatoes		4 1/2		4	24	4					
" 9 th	6	36	6				3	1 Pint of Gravy 18 lb of Bread each 12 1/2 of Bread 48 lb of Potatoes		4 1/2		5	31	5					
" 10 th	5	30	5				1	1 Pint of Gravy 18 lb of Bread each 12 1/2 of Bread 48 lb of Potatoes		10		1	24	4					
TOTALS.	53	198	33		2	3/4	33			6		51	186	31		1	11/4		





WEEKLY MEAL PLANNING WITH ALNWICK HOUSE OF CORRECTION

DIETARY OF ALNWICK HOUSE OF CORRECTION, 4TH MARCH 1852, REFERENCE: NRO 304/53

ALNWICK HOUSE OF CORRECTION

Alnwick House of Correction was situated in Green Batt and was opened in 1807. Poor people were sent there if they refused to work. It also acted as a prison for criminals who had committed minor crimes and were sentenced to

hard labour – normally breaking stones.

-  Do you think it was right to send poor people who refused to work, and criminals who had committed minor crimes to the House of Correction?
-  Do you think it was right to sentence the inmates to hard labour?
-  Do you think hard labour would have caused the inmates to work up an appetite?
-  Can you find where the House of Correction would have been on a map of Alnwick?





THE FOOD

In 1853, 73 people were committed to this prison. The prisoners were all served the same food. The document notes the food eaten by the prisoners between 4th and 10th March 1852. Breakfast each day was oatmeal with either milk or treacle water. This was probably a form of porridge.

Dinner was a bit more varied depending on the day of the week. On Thursdays, there was suet pudding, bread and potatoes. On Mondays, Wednesdays and Fridays there was soup with bread and potatoes whilst on Tuesdays, Saturdays and Sundays a little bit of meat was served with more bread and potatoes. Supper was exactly the same as breakfast.

It cost 10 shillings to feed the prisoners that week, equivalent to about £40 today.



Would you want to eat any of this food?



Do you think the inmates were served enough food?



What are macro nutrients and food groups? Can you work out the different types of food your body needs?



Can you organise the inmates' food into different food group and macro nutrient categories? Do you think they were getting enough variety?



Create a weekly food plan and shopping list for your household. Can you work out how much this would cost?



Imagine you've been given a £40 budget to feed your household for a week. Create a weekly meal plan and shopping list sticking to the budget.

Is this achievable? Can you get enough food with enough variety?



SUET PUDDING

A Boiled Suet-Pudding.

TAKE a Quart of Milk, a Pound of Suet shread small, four Eggs, two Spoonfuls of beaten Ginger, or one of beaten Pepper, a Tea Spoonful of Salt, mix the Eggs and Flower with a Pint of the Milk very thick, and the Seasoning mix in the rest of the Milk and the Suet. Let your Batter be pretty thick, and boil it two Hours.

Hannah Glasse (1708-1770), daughter of Northumbrian landowner Isaac Allgood, was a cookbook author. In 1747 she published the cookery book *The Art of Cookery Made Plain and Easy*.

The book contains a recipe for suet pudding. Suet pudding is a boiled, steamed or baked pudding made with wheat flour and suet. It can be sweet or savoury and can either house a filling or can have ingredients such as fruit and nuts cooked into the mixture.



What type of suet pudding do you think the inmates were served?



How does Hannah's recipe sound, would you like to try her suet pudding?



Would you prefer a sweet or savoury suet pudding?



How would you cook a pudding today? Would you still boil it for 2 hours? Did you know you can steam a pudding in the microwave in several minutes?



Can you come up with ideas of what you would add to your suet pudding?



Have a go at modernising and rewriting Hannah's suet pudding recipe. Can you make it more appetising? Will you change how it's cooked?



Have a go at making your updated suet pudding recipe.