Make Viking-inspired popcorn!

The Vikings ate, grew and foraged lots of herbs and plants that we still use today. This includes herbs like coriander, cumin, mint and thyme which grew across Nordic countries. It’s likely that the Vikings also traded goods for valuable spices like cinnamon, ginger, nutmeg and cloves. The most common Viking seasoning was salt, which was made by evaporating sea water! They used salt to season and preserve food like meat and fish.

Corn only arrived in Europe from America in the 15th century, meaning the Vikings didn’t have access to it. However, using the grains they had available, they created their own type of popcorn snack. They roasted whole wheat corns with some water on a flat plate over an open hearth, until the wheat puffed up. Once they had puffed up, they would season them with honey or salt.

Using the same seasonings as the Vikings, we’ve created a modern version of this recipe so you can make it at home! The puffed wheat might have been served in a large bowl like this one from the Museum collection.
You will need:
- 100g popping corn kernels
- 2 tbsp vegetable or olive oil
- Honey (optional)
- Cinnamon (optional)
- Salt (optional)
- Cumin (optional)

You might need an adult’s help with this recipe!

1. Heat the oil in a large saucepan over a medium heat.

2. Once your oil has heated up, place in your popping corn kernels and cover your saucepan with a well-fitting lid.

3. Gently shake the saucepan to coat the kernels in the oil.

4. Listen to it pop!

5. Cook until the popping slows to several seconds between pops. You then know that the popcorn is ready.
6 Carefully remove the saucepan lid and transfer your popcorn into a large bowl or smaller bowls.

7 For sweet popcorn, drizzle over honey and sprinkle with cinnamon. For savoury, add a teaspoon of olive oil and sprinkle a little salt and/or cumin before giving your bowl a good mix with a spoon.

Your delicious Viking-inspired snack is now ready to eat!