

Easy Pottage in any Scale

By Janet Smith
Desert Minis, Inc.
www.desertminis.com



Materials Needed

Polymer Clay (Examples Show Sculpey Sweet Potato, Black, White)
Tissue Paper (Examples show Green Tissue Paper, but white could be used)
Pastel Chalks in White, Light Yellow and Purple (Purple Optional)

Green Paint (Ceramcoat Dark Green or similar)
TLS (Translucent Polymer Clay)
A cooking pot to put the pottage in
A toaster Oven to back the Polymer clay

Background

You may be wondering why me (an American) is giving instructions for making pottage. As my grandmother would say, "I don't know pottage from a hole in the ground." But when thinking about Tudor foods, my mind went to the things we miniaturists like to do in that realm...boar's heads (or whole pigs), rack of lamb, marzipan, etc. But these were the foods for the elite. I was interested in the foods of the commoners. They had to eat what they could grow (like vegetables, which were rejected by the monarchy as only suitable for the peasants to eat), or raise (like chickens) or catch (like rabbits.) Pottage would vary depending on the season and what was available and in season. We'll be making black carrots as the orange carrots we know today weren't yet around, turnips and spinach. You can add other veggies or even some chicken or rabbit. The vegetables were cut into bite sized pieces, thrown in the pot, thickened with oats, and cooked.

Instructions

Carrots.

1. Condition a little bit of Sculpey Sweet Potato clay. Add a TINY amount of this clay to the Sculpey black and mix well. Now mix 1 part Sweet Potato with 2 parts of the Black/Orange mix, but don't mix too well. Separately, mix 1 part of the Black/Orange mix with 2 parts of the Sweet Potato. You'll end up with four colors of clay as in the photos to the right.

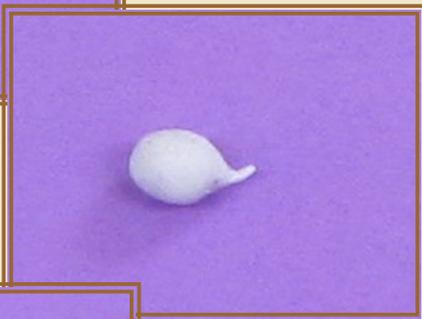
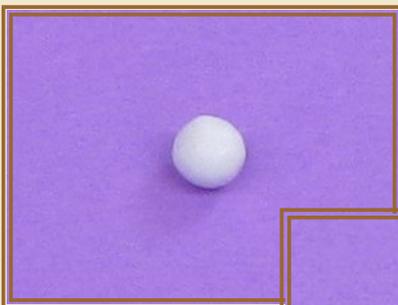


2. Make a short cylinder out of the sweet potato clay. Roll out, thinly, the mixed clay that is more orange very thinly and wrap a piece around the edge of the sweet potato cylinder. Roll out, thinly, the mixed clay that is more black than orange and wrap a piece of this around the outside of the now-two toned cylinder. Now add a thick layer of the mostly black clay on the outside. You will have something that looks like the figure below.

3. Now stretch this cylinder into a long thin snake. You can do this by stretching it or by rolling it. Think about the scale you are trying to use. Carrots in one inch scale would be slightly less than 1/8" in diameter. If you want to work with half or quarter scale, reduce that diameter to 1/16" for half scale and 1/32" for quarter scale.

4. If you want some raw carrots to lay around your miniature scene, just cut a piece the length of a carrot and roll one end into a point. To add some texture, lightly roll a razor blade or x-acto knife around the carrot.

5. Cook the carrot roll according to the instructions on the package of clay. When it is done, slice it for your pottage.



Turnips.

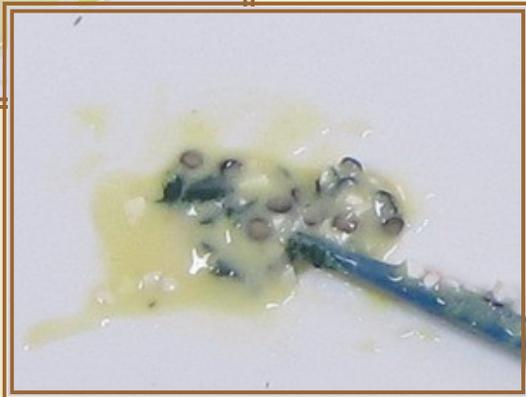
1. Mix a TINY, TINY bit of sweet potato clay with white clay. You want just enough so that the white clay isn't really white. Roll these into balls the size of a turnip. For one inch scale, these would be 1/4" in diameter, half inch would be 1/8" in diameter and quarter scale would be 1/16 inch in diameter.

2. If you want whole turnips, take these balls and roll one end between your fingers to create a tail. Then pull this off to leave just a little stub of root behind. Grate some purple pastel chalks and brush some on the top of the turnip.

3. Bake the turnips according to the instructions. Cut your white balls into "bite sized" pieces for your pottage.

Spinach.

1. Take a small piece of tissue paper (I used green, but white will work). Paint the paper using a pseudo-dry brush technique so that there are variegations in color.
2. Let the paper dry and then tear it into small pieces.



Pottage.

1. Unless you are a purist, fill your pot at least half full with a plug of the same clay you used for the turnips. Bake this according to the package directions.
2. Grate some white and light yellow pastel chalks and mix these with a bit of TLS (Translucent Liquid Sculpey.)
3. Mix your chunks of veggies with your "stock". Add this to the pot and bake according to the instructions on the TLS container.

Now your pottage is ready to serve!

Desert Minis, Inc.

Janet Smith
575-532-5432
desertminis@gmail.com
www.desertminis.com

