

Foods available to the Vikings

As used in the kitchen on the Hviding Farm Estate near Ribe, Denmark 980 AD

Cereal

Rye
Barley
Oats
Millet
Wheat (club, emmer)
Buckwheat
Flax
Field mustard
Camelina

Vegetables (both wild and cultivated)

Yellow onion
Onion grass
Sea kale
Curly kale
Cottager's kale
Goutweed
Broad bean
Field pea (pisum arvense)
Leek
Parsnip
Celery root
Carrot
Swede
Saltbush/orache
Stinging nettle
Dandelion
White dead-nettle
Chickweed
Fireweed
Docks and sorrels
Goosefoots
Sea beet
Mushrooms

Misc.

Honey
Egg
Milk (cream, butter, buttermilk, cheese, whey, skýr)

Fruit, berries, nuts

Plum
Apple
Raspberry
Bilberry
Wild strawberry
Rose hip berry (dog rose)
Cowberry
Sea buckthorn
Cranberry
Sloe
Cloudberry
Wild redcurrants
Elderberry
Bird cherry
Midland hawthorn
Hazelnut
Walnut (import)
Bullace
Acorn
Beechnut

Fish and shellfish

Flatfish (common dab, plaice)
Small-spotted catshark
Garfish
Salmon
Herring
Mackerel (horse mackerel)
Sturgeon
Common ling
Cod
Haddock
Thinlip mullet
Seal
Whale
Common shore crab
Common periwinkle
Blue mussel
Common cockle
European flat oyster

Herbs, spices

Salt (seawater, seaweed, peat)
Thyme
Dill
Ramsons/wild garlic
Garlic
Savory
Coriander
Marjoram
Mint
Mugwort
Chicory
Angelica
Yarrow
Elder
Myrica gale/bog myrtle
Hop
Broadleaf plantain
Caraway
Mustard seed
Juniper
Glasswort/marsh samphire
Apple mint
Stinging nettle seed
Cress
Meadowsweet
Sorrel
Watercress
Horse radish
Chervil

Meat and venison

Beef
Horse
Pork
Lamb, mutton
Goat
Chicken
Goose (domestic, barnacle)
Duck (domestic, mallard, teal)
Curlew
Hare
Deer
Wild boar

