

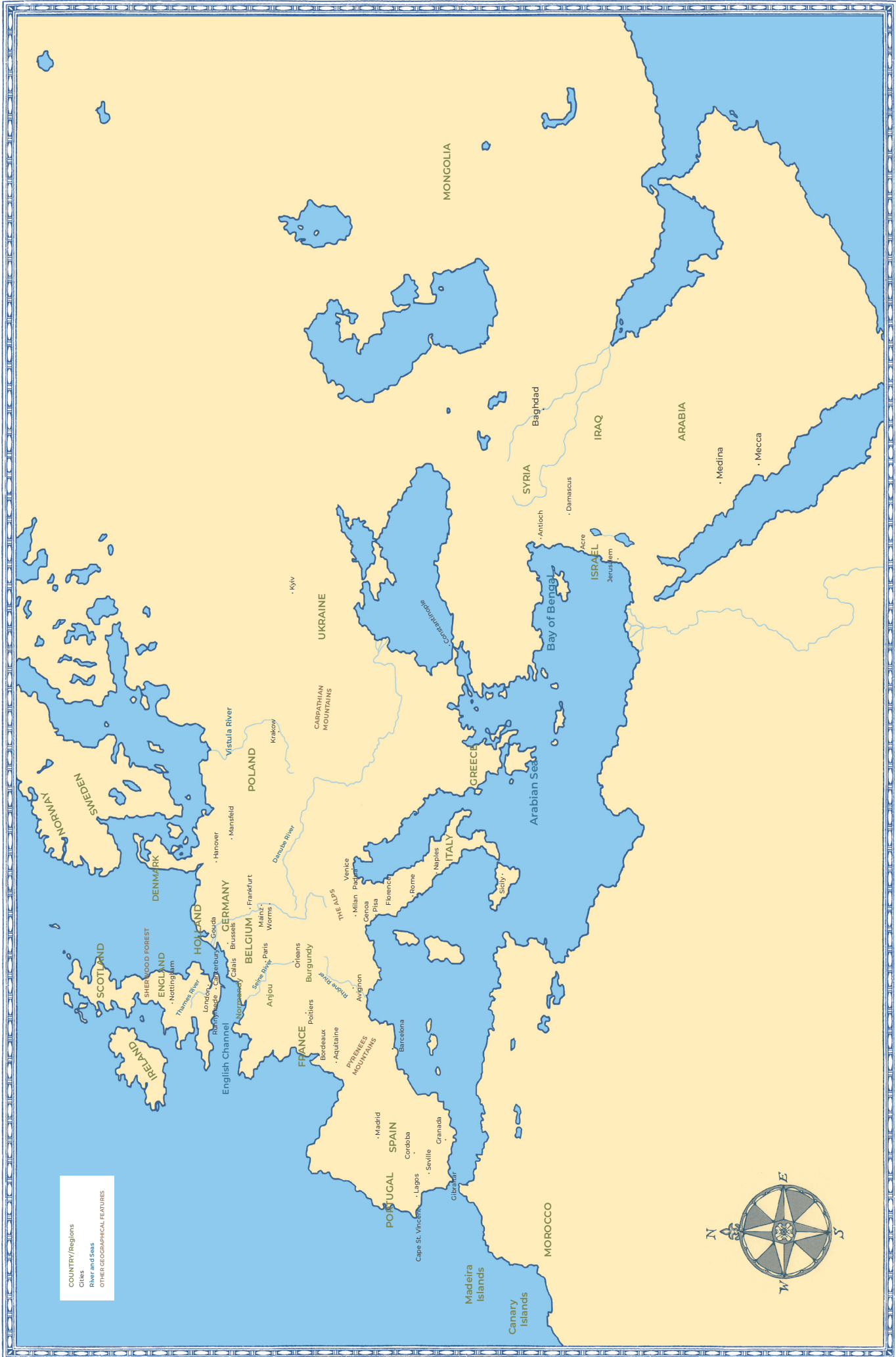


# Medieval History

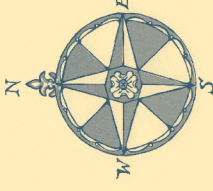
Resource Packet



LINKS + RECIPES



COUNTRY/Regions  
 Cities  
 River and Seas  
 OTHER GEOGRAPHICAL FEATURES



# Part One

## Lesson 1

- ["Medieval Europe: Crash Course European History #1"](#) on the CrashCourse YouTube channel (NOTE: Video contains medieval artwork that has nudity.)

## Lesson 3

- [www.bl.uk/medieval-literature/videos/reading-of-beowulf-in-old-english](http://www.bl.uk/medieval-literature/videos/reading-of-beowulf-in-old-english)

## Lesson 5

- [www.abdn.ac.uk/english/beowulf/rune.htm](http://www.abdn.ac.uk/english/beowulf/rune.htm)

## Lesson 7

["Did King Arthur Really Exist? | Animated History"](#) on the English Heritage YouTube channel

## Lesson 8

- [www.earlybritishkingdoms.com/arthur/index.html](http://www.earlybritishkingdoms.com/arthur/index.html)
- [www.earlybritishkingdoms.com/kids/index.html](http://www.earlybritishkingdoms.com/kids/index.html)

## Lesson 10

- [www.earlybritishkingdoms.com/arthur/places/index.html](http://www.earlybritishkingdoms.com/arthur/places/index.html)
- [www.kingarthursknights.com/structures/stonehenge.asp](http://www.kingarthursknights.com/structures/stonehenge.asp)
- [www.english-heritage.org.uk/daysout/properties/stonehenge/history/](http://www.english-heritage.org.uk/daysout/properties/stonehenge/history/)
- [www.britainexpress.com/History/Early\\_Christian\\_Britain.htm](http://www.britainexpress.com/History/Early_Christian_Britain.htm)



# The Danish Feast

## Cured Salmon (Gravlax)

- 1 lb. fresh salmon, skin on
- 1 bunch of fresh dill, roughly chopped
- 1 c. granulated sugar
- 1 c. coarse salt

1. Grab a baking dish large enough for the salmon to fit in. Line with plastic wrap.
2. Combine the dill, sugar, and salt in a small bowl.
3. Pour some of the salt mixture onto the cling wrap where the salmon will go. Then, place the salmon on top, skin side down.
4. Use the rest of the salt mixture to completely cover the salmon. Then wrap up tightly in the plastic wrap.
5. Add weight to the top of the covered salmon—this could be a small, heavy cast iron skillet, a small flat baking sheet weighed down with canned goods, or even a brick! You just want weight pressing down on the fillet.
6. Next, place in the refrigerator and leave to cure for 12 hours.
7. After 12 hours, flip the salmon and again weigh it down. Leave to cure for another 12 hours.
8. Depending on how hard of a cure you like, you can remove the plastic wrap and all remaining salt mixture after 24 hours, or flip again and leave to cure another 24-48 hours. 24-36 hours will give you a medium cure, while 36+ hours will give you a harder cure, closer to jerky.
9. After you've wiped off the salt mixture, slice and enjoy!

## Lefse

- 1 lb. gold potatoes, peeled and rinsed
- ¼ c. unsalted butter, divided  
(2 T. melted, 2 T. set aside for the pan)
- 2 T. heavy cream
- 2 t. salt
- 1 c. flour

1. Add the potatoes to a pot and cover with water, then bring to a boil over medium-high heat.
2. Once the water is boiling, turn heat down to medium-low, cover, and simmer for 20-25 minutes, until the potatoes are fork tender.
3. Drain the potatoes and mash well—if you have a potato ricer, even better! You want to get rid of as many lumps as possible.
4. Mix in the melted butter, cream, and salt.
5. Let the potatoes chill for at least one hour. (You want these to be cold and dried out. I like to thinly spread these out in a metal baking pan, then put in the refrigerator uncovered. These can sit overnight if you don't mind waiting!)
6. Once the potatoes have cooled, add them to a mixing bowl with the flour. Using your hands, knead the flour into the potatoes until a dough forms. You do not want this to be too wet or sticky, so add flour as needed to reach the right consistency.
7. Divide the dough into eight smaller balls of dough.
8. Heat a skillet over medium heat.
9. On a floured surface, pat and press the first ball of dough into a flat circle like a pancake, about one quarter-inch thick.
10. Add the butter to the pan, then add the flattened dough. Cook for about two minutes on each side, until it's speckled brown and cooked through. Set aside.
11. Repeat with the remaining balls of dough.
12. These are delicious warm straight from the pan. They're delightful with jam, preserves, hazelnut spread, or with more savory toppings like cured salmon!

# Part Two

## Lesson 12

- <https://transportgeography.org/contents/chapter1/emergence-of-mechanized-transportation-systems/>
- <https://archive-yaleglobal.yale.edu/content/legacy-silk-road>
- [www.pbs.org/wgbh/globalconnections/mideast/themes/religion/index.html](http://www.pbs.org/wgbh/globalconnections/mideast/themes/religion/index.html)

## Lesson 14

- [www.historylearningsite.co.uk/medieval-england/feudalism/](http://www.historylearningsite.co.uk/medieval-england/feudalism/)
- [www.studentsofhistory.com/the-feudal-system](http://www.studentsofhistory.com/the-feudal-system)

## Lesson 15

- “[Birth of the Gothic: Abbot Suger and the ambulatory at St. Denis](#)” on the Smarthistory YouTube channel
- “[PBS - Cathedral - David Macaulay](#)” on YouTube

## Lesson 16

- [www.byzantium1200.com/tiles.html](http://www.byzantium1200.com/tiles.html)
- [www.medievaltimes.com/courtyard/images/crusades/second/second\\_crusade\\_route\\_map.jpg](http://www.medievaltimes.com/courtyard/images/crusades/second/second_crusade_route_map.jpg)

## Lesson 17

- [www.bbc.com/news/uk-45799443](http://www.bbc.com/news/uk-45799443)

## Lesson 18

- [www.schoolhistory.co.uk/year7links/becket/Becket.pdf](http://www.schoolhistory.co.uk/year7links/becket/Becket.pdf)

## Lesson 19

- “[The History of Medieval Tournaments](#)” on the AncientGaming YouTube channel
- “[Trouveres, courtly love songs from northern France](#)” on the Musica Medievale YouTube channel
- “[Henry II – English Monarchs Animated Documentary](#)” on the History Box YouTube channel

## Lesson 20

- [www.fontevraud.fr/en/royal-abbey/discover-fontevraud-royal-abbey/](http://www.fontevraud.fr/en/royal-abbey/discover-fontevraud-royal-abbey/)
- [http://kevin.lps.org/Middle\\_ages/castles/weapons/crossbow.html](http://kevin.lps.org/Middle_ages/castles/weapons/crossbow.html)
- <https://warfarehistorynetwork.com/the-medieval-crossbow-redefining-war-in-the-middle-ages/>
- [www.popsci.com/how-to-build-medieval-crossbow/](http://www.popsci.com/how-to-build-medieval-crossbow/)
- [www.wikihow.com/Make-a-Small-Crossbow-out-of-Household-Items](http://www.wikihow.com/Make-a-Small-Crossbow-out-of-Household-Items)

## Lesson 21

- [www.worldhistory.org/Saladin/](http://www.worldhistory.org/Saladin/)
- “[Richard I – English Monarchs Animated History Documentary](#)” on the History Box YouTube channel
- “[The Dark Ages...How Dark Were They, Really?: Crash Course World History #14](#)” on the CrashCourse YouTube channel



# The Middle Eastern Feast

## Sharbat

4 c. water  
2/3 c. sugar  
Juice from 3 large lemons (about 2/3 c.)  
1 bunch of mint, coarsely chopped

1. Stir together the water, sugar, and chopped mint in a medium saucepan over medium-high heat, and bring to a boil.
2. Reduce the heat and allow to simmer for about five minutes, until the sugar has dissolved.
3. Strain the lemon juice into a pitcher.
4. Strain the mint mixture into the pitcher with the lemon juice.
5. Stir to combine, then chill before serving over ice.

## Mujaddara

3 c. chicken broth  
1 c. brown basmati or jasmine rice  
3/4 c. brown lentils, rinsed  
1/4 c. olive oil  
2 medium yellow onions, thinly sliced  
1/2 t. cumin  
1/2 t. smoked paprika  
1/2 t. salt  
1/2 t. pepper  
Fresh parsley, for garnish  
Lemon wedges, for garnish

1. Bring the chicken broth to a boil in a medium saucepan, then add the rice and lentils. Cover and reduce heat to a simmer for 40-45 minutes.
2. While the lentils are cooking, heat the olive oil in a large skillet over medium-low to medium heat. Once the pan is heated, reduce the heat to low.
3. Add the onions to the pan with a pinch or two of salt, then leave to slowly caramelize, stirring occasionally. (To get nice, rich caramelized onions, you'll want to cook them low and slow, around 45 minutes.)
4. When the rice and lentils are done, remove from heat but leave to sit, covered, until the onions are ready.
5. When the onions have browned and caramelized, add the cumin, paprika, salt, and pepper, stir to mix, and cook another minute or two. Then, remove from heat.
6. Mix the onions into the rice and lentils, and garnish with the fresh parsley and a squeeze or two of fresh lemon juice.

# Part Three

## Lesson 22

- [www.sarahwoodbury.com/forest-laws](http://www.sarahwoodbury.com/forest-laws)

## Lesson 23

- [www.boldoutlaw.com/robbeg/index.html](http://www.boldoutlaw.com/robbeg/index.html)

## Lesson 24

- [www.abookintime.com/world-history-activities/medieval-crafts/](http://www.abookintime.com/world-history-activities/medieval-crafts/)

## Lesson 26

- [www.history.com/news/church-sanctuary-asylum-middle-ages](http://www.history.com/news/church-sanctuary-asylum-middle-ages)
- [www.bl.uk/anglo-saxons/articles/the-battle-of-hastings-fact-and-fiction](http://www.bl.uk/anglo-saxons/articles/the-battle-of-hastings-fact-and-fiction)

## Lesson 27

- “King John – English Monarchs Animated History Documentary” on the History Box YouTube channel
- [www.instructables.com/id/How-to-Make-a-Bow-and-Arrow/#step1](http://www.instructables.com/id/How-to-Make-a-Bow-and-Arrow/#step1)
- [www.wikihow.com/Make-a-Bow-and-Arrow](http://www.wikihow.com/Make-a-Bow-and-Arrow)

## Lesson 28

- [www.ehow.com/how\\_4878772\\_tissue-paper-stained-glass-window.html](http://www.ehow.com/how_4878772_tissue-paper-stained-glass-window.html)

## Lesson 29

- “City life in the middle ages -Medieval Madness” on the Madnes 64 YouTube channel
- [www.bbc.co.uk/history/british/middle\\_ages/](http://www.bbc.co.uk/history/british/middle_ages/)

## Lesson 30

- [www.jewishvirtuallibrary.org/jsource/vjw/England.html](http://www.jewishvirtuallibrary.org/jsource/vjw/England.html)

## Lesson 31

- [www.kiplingsociety.co.uk/poem/poems\\_runnymede.htm](http://www.kiplingsociety.co.uk/poem/poems_runnymede.htm)
- <https://edubirdie.com/blog/magna-carta>

## Lesson 32

- [www.earlybritishkingdoms.com/kids/manuscripts.html](http://www.earlybritishkingdoms.com/kids/manuscripts.html)
- [historymedren.about.com/od/bookofkell1/ig/Book-of-Kells-Images/](http://historymedren.about.com/od/bookofkell1/ig/Book-of-Kells-Images/)
- “800 Years of Magna Carta” on the British Library YouTube channel
- [www.bl.uk/magna-carta/articles/timeline-of-magna-carta](http://www.bl.uk/magna-carta/articles/timeline-of-magna-carta)
- “Magna Carta and the Constitution – History” on the Annenberg Classroom YouTube channel

## Lesson 33

- [www.wikihow.com/Make-Illuminated-Manuscripts](http://www.wikihow.com/Make-Illuminated-Manuscripts)
- “How To Make Illuminated Manuscripts Using Traditional Techniques | History In The Making” on the Discovery UK YouTube channel

## Lesson 34

- [www.guedelon.fr](http://www.guedelon.fr)
- [www.pics4learning.com/lessonplan\\_details.php?id=h10](http://www.pics4learning.com/lessonplan_details.php?id=h10)
- [www.buildmodelcastles.com](http://www.buildmodelcastles.com)



# The Anglo-Saxon Feast

- <https://amerrierworld.com/2011/02/22/beowulfs-feast-the-broth-the-bread-and-the-spit-roasted-chicken/>
- [www.godecookery.com/mtrans/mtrans.htm](http://www.godecookery.com/mtrans/mtrans.htm)

## Simple Bread Loaf

- 1 ½ c. warm water
- ¾ T. active dry yeast
- ¾ T. coarse salt
- 4 c. all-purpose flour

1. Lightly oil a large bowl.
2. Add all ingredients to the bowl, then mix with a wooden spoon. Once the ingredients have all started to come together, use your hands to shape into a ball.
3. If needed, add a bit more oil to the sides of the bowl, cover with a towel, and leave to rise in a warm place for two hours.
4. Scrape the dough out of the bowl and shape back into a ball. Then "cloak" the dough by gently stretching the top surface of the ball over and around to the bottom. Do this on all four sides, tucking the dough back up under the bottom. The bottom doesn't need to look nice, but the top of the dough ball should be smooth.
5. Set the dough on a lightly floured surface to rest for another 20 minutes.
6. Preheat the oven to 450 degrees. Set your baking stone in the oven to heat along with the oven.
7. When the oven is preheated, lightly flour the top of the dough and use a serrated knife to make two perpendicular cuts across the top.
8. Move the dough to the heated baking stone, and bake for 40-50 minutes.
9. When the crust has turned a deep golden brown, take the loaf out of the oven and allow to cool for about an hour. Slice and enjoy!

## Beef Stew

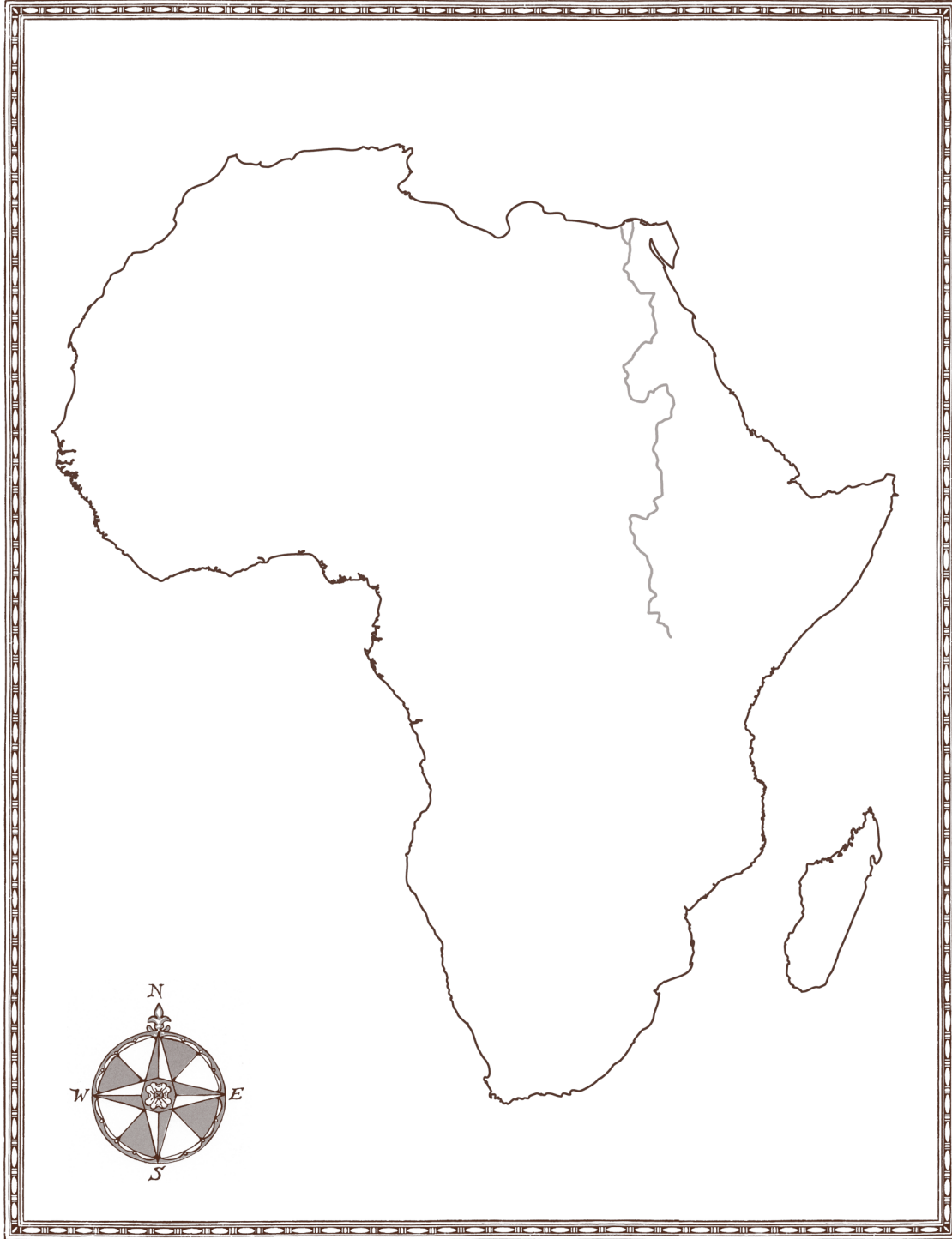
- 2 T. oil
- 1-1 ½ lb. stew meat, cubed
- 1 medium yellow onion, diced
- 1 T. minced garlic (about 3 cloves)
- 4 c. beef broth
- 3 medium russet potatoes,  
peeled and cut into 1" cubes
- 2-3 carrots, peeled and roughly chopped
- 1.5-2 c. baby bella mushrooms, chopped
- ¾ t. of chili powder, if desired
- 1 T. paprika  
(smoked paprika, if you've got it!)
- 1 t. oregano
- ¾ t. thyme
- 1 T. dried parsley
- 2 T. flour

1. Heat the oil in a large pot over medium to medium-high heat.
2. Add the cubed beef to the pot, searing on all sides, about five to six minutes. Remove from the pot and set aside.
3. If needed, add a bit more oil to the pot, then add the onion and cook until translucent, stirring occasionally.
4. Add the minced garlic and cook another minute or so.
5. Add the meat back into the pot and stir, then add the beef broth.
6. Next, add the potatoes, carrots, mushrooms, and spices, and stir to mix. You can also add a pinch or two of salt and pepper.
7. Stir in 2 cups of water to the pot, then bring to a boil.
8. While bringing the stew to a boil, create a slurry by mixing the flour and two tablespoons of water in a small bowl.
9. Once the stew is boiling, add the flour mixture to the pot and stir to combine.
10. Let boil for another minute or two, then turn down the heat to medium-low and allow to slow simmer for at least an hour, but up to three. (The longer it simmers, the thicker the stew gets, and the more the flavors meld together!)



# Part Four

## Lesson 35



### Lesson 37

- "[Medieval West Africa](#)" on the World History YouTube channel

### Lesson 38

- "[The Griot tradition of West Africa | Sibou Bangoura](#)" on the TEDx Talks YouTube channel

### Lesson 39

- <https://pitt.libguides.com/silkroads/catalanatlas>
- [www.khanacademy.org/humanities/renaissance-reformation/late-gothic-italy/xa6688040:spain-the-lategothic/a/the-catalan-atlas](http://www.khanacademy.org/humanities/renaissance-reformation/late-gothic-italy/xa6688040:spain-the-lategothic/a/the-catalan-atlas)
- "[Mansa Musa, one of the wealthiest people who ever lived](#)" on the TED-Ed YouTube channel

### Lesson 40

- "[Sudano Sahelian Architecture](#)" on the HiddenHistory YouTube channel
- "[Griot B – Medieval West Africa \(Black History Rap\)](#)" on the Schoolyard Rap YouTube channel



# The West African Feast

## Tiguadege Na

2 ½ T. oil, divided  
2 lb. beef stew meat, roughly 1" cubes  
2 onions, chopped  
3 cloves garlic, minced  
1-14 oz. can diced tomatoes  
1 T. tomato paste  
4 c. beef broth  
3 T. peanut butter  
2 t. smoked paprika  
1 t. cumin  
1 t. ground ginger  
1 t. cayenne, if desired  
½ t. salt  
½ t. black pepper  
3 carrots, chopped into ¾" pieces  
5-6 gold potatoes, or 2 russet potatoes, chopped into ¾" pieces

1. Heat 2 tablespoons of the oil in a heavy-bottomed pot over medium-high heat, then brown the meat on all sides before setting aside on a plate.
2. Turn the heat down to medium. If needed, add the remaining oil to the pan to heat. Then, add the onions and cook until softened, about three minutes. Next, stir in the garlic and cook for another minute until fragrant.
3. Add the tomatoes and tomato paste to the pan, then stir in the broth, peanut butter, and spices.
4. Add the meat back into the pot, along with the carrots and potatoes, and then bring the pot to a boil. Once it begins to boil, cover the pot, reduce the heat to medium-low, and allow to simmer for 45 minutes. Then, remove the lid and simmer for another 15 or so minutes, or until the sauce has reached desired thickness.
5. Serve over rice.

## Jollof Rice

1 medium yellow onion, chopped  
1-14 oz. can diced tomatoes, drained  
2 red bell peppers, sliced  
¼ habanero pepper, stem removed  
2-3 c. vegetable stock, divided  
½ t. salt  
¼ t. black pepper  
1 t. curry powder  
½ t. garlic powder  
½ t. onion powder  
¼ t. dried thyme  
¼ t. ground ginger  
1 bay leaf  
2 c. long-grain rice (basmati or jasmine)

1. Working in batches, puree the onions, tomatoes, and peppers in a blender or food processor. Use 1 cup of the vegetable stock to help blend smoothly.
2. Pour the blended mixture into a large pot or Dutch oven.
3. Add the salt, black pepper, curry powder, garlic powder, onion powder, thyme, ginger, and bay leaves, and stir to combine.
4. Bring the mixture to a simmer over medium heat, stirring occasionally, until reduced by half.
5. Add the remaining cup of stock to the pot, stir to combine, and then bring to a boil.
6. Stir in the rice, cover the pot with aluminum foil, and then add the lid on top of the pot, sealing in the steam and flavor.
7. Reduce the heat to low/medium-low and leave to cook for 30 minutes.
8. After 30 minutes, remove the lid and foil and stir the rice, checking to see if it's cooked through and/or if the mixture needs more liquid. If the rice is still crunchy and needs to keep cooking, stir in another ½ c. of stock or water and continue to steam until cooked through.

# Part Five

## Lesson 41

- [www.newadvent.org/cathen/04223b.htm](http://www.newadvent.org/cathen/04223b.htm)
- <http://ancienthistory.mrdonn.org/3Teachings.html>



## Lesson 42

- [http://academickids.com/encyclopedia/index.php/Marco\\_Polo](http://academickids.com/encyclopedia/index.php/Marco_Polo)
- [http://commons.wikimedia.org/wiki/File:Travels\\_of\\_Marco\\_Polo.svg](http://commons.wikimedia.org/wiki/File:Travels_of_Marco_Polo.svg)

## Lesson 43

- [www.wikihow.com/Make-Chinese-Kites](http://www.wikihow.com/Make-Chinese-Kites)
- "Traditional art of Chinese kite making" on the AP Archive YouTube channel

## Lesson 47

- [www.worldhistory.org/Song\\_Dynasty/](http://www.worldhistory.org/Song_Dynasty/)
- <http://afe.easia.columbia.edu/songdynasty-module/index.html>
- "And then came Genghis Khan – Sorrow of the Song Dynasty | History of China" on the IT'S HISTORY YouTube channel

## Lesson 48

- [www.worldhistory.org/Kublai\\_Khan/](http://www.worldhistory.org/Kublai_Khan/)
- "Kublai Khan: Great Khan of Mongol Empire" on the Time Traveller YouTube channel
- "The rise and fall of the Mongol Empire" on the TED-Ed YouTube channel

## Lesson 49

- [www.thecollector.com/the-mongol-empire-and-divine-winds-the-mongol-invasion-of-japan/](http://www.thecollector.com/the-mongol-empire-and-divine-winds-the-mongol-invasion-of-japan/)
- <http://asianhistory.about.com/od/warsinasia/p/SamuraiProfile.htm>

# The Chinese Feast

## Pork Dumplings

.5 lb. ground pork  
1 c. cabbage, chopped  
1 T. minced ginger  
1 T. soy sauce  
1 T. sesame oil  
1 package of dumpling/potsticker wrappers  
(You can find these in the freezer section; just be sure to thaw in the fridge one day before.)

Makes approximately 20-25 dumplings. (You can easily double the recipe and freeze the assembled, but not yet cooked, dumplings for later.)

1. Combine pork, cabbage, ginger, soy sauce, and sesame oil in a bowl. Set aside.
2. Fill a small bowl with water and set at your work station—you'll be dipping your fingers into the water to wet and seal your dumplings as you assemble them.
3. Working one by one, scoop about 1 tablespoon of the pork mixture into the center of a wrapper. You'll want to dip your finger in the water and then wet the outer edge of your wrapper. Then, fold the wrapper in half, creating a half-moon shaped dumpling, and press the edges together.
4. You can also experiment with different folding techniques for sealing your dumplings! For example, you can pleat one edge of the wrapper as you seal it closed, like we normally see dumplings. Or, you can make a small pouch by pulling the edges all together in the center and twisting (like a soup dumpling).
5. As each dumpling is assembled, set aside for cooking.
6. To pan fry your dumplings, heat 1 T. of oil in a large nonstick skillet over medium heat. Working in batches, add the dumplings to the pan and cook until the bottoms begin to brown, about one to two minutes. Add 1/3 cup of water to the pan, cover, and let cook for another two to three minutes. Then, uncover the pan and continue cooking until the water has evaporated. Repeat until all dumplings have been cooked.
7. To steam your dumplings, fill a steamer pot with water and bring to a boil. Spray the steamer basket with a nonstick spray, or you can line it with cabbage leaves, and then add the dumplings. Cover and steam for 10-12 minutes, until cooked through.
8. Serve with dumpling sauce, chili oil, or soy sauce, and enjoy!

# Part Six

## Lesson 50

- [“PHILOSOPHY - Thomas Aquinas”](#) on The School of Life YouTube channel

## Lesson 51

- [www.stalbanscathedral.org/the-history-of-st-albans-cathedral](http://www.stalbanscathedral.org/the-history-of-st-albans-cathedral)

## Lesson 52

- [www.medievaltimes.com/education/medieval-lifestyles/entertainment](http://www.medievaltimes.com/education/medieval-lifestyles/entertainment)
- [www.stpauls.co.uk/our-timeline](http://www.stpauls.co.uk/our-timeline)

## Lesson 53

- [www.yourchildlearns.com/heraldrygame/index.html](http://www.yourchildlearns.com/heraldrygame/index.html)
- [www.digiserve.com/heraldry/symbols.htm](http://www.digiserve.com/heraldry/symbols.htm)

## Lesson 54

- [www.stgileshill.org.uk/sgh/](http://www.stgileshill.org.uk/sgh/)

## Lesson 55

- [www.encyclopedia.com/history/encyclopedias-almanacs-transcripts-and-maps/winchester-statute](http://www.encyclopedia.com/history/encyclopedias-almanacs-transcripts-and-maps/winchester-statute)
- [www.encyclopedia.com/social-sciences-and-law/law/crime-and-law-enforcement/hue-and-cry](http://www.encyclopedia.com/social-sciences-and-law/law/crime-and-law-enforcement/hue-and-cry)

## Lesson 56

- [www.parliament.uk/about/living-heritage/](http://www.parliament.uk/about/living-heritage/)
- [www.britishmuseum.org/sites/default/files/2020-11/Membership\\_Craft\\_Activities\\_Wassail\\_punch.pdf](http://www.britishmuseum.org/sites/default/files/2020-11/Membership_Craft_Activities_Wassail_punch.pdf)

## Lesson 58

- <http://justus.anglican.org/resources/bio/7.html>
- [www.encyclopedia.com/people/literature-and-arts/german-literature-biographies/jan-hus](http://www.encyclopedia.com/people/literature-and-arts/german-literature-biographies/jan-hus)

## Lesson 59

- [www.whatdowedoallday.com/fox-and-geese/](http://www.whatdowedoallday.com/fox-and-geese/)
- [“What Made The Black Death \(The Plague\) so Deadly?”](#) on The Infographics Show YouTube channel

## Lesson 60

- [“A Moment in History: John Wycliffe”](#) on the FISM TV YouTube channel

## Lesson 61

- [www.ox.ac.uk/about/organisation/history](http://www.ox.ac.uk/about/organisation/history)
- [www.wardsbookofdays.com/10february.htm](http://www.wardsbookofdays.com/10february.htm)
- [www.bbc.co.uk/history/british/middle\\_ages/black\\_01.shtml](http://www.bbc.co.uk/history/british/middle_ages/black_01.shtml)
- [www.mrdowling.com/703-plague.html](http://www.mrdowling.com/703-plague.html)
- <http://hosted.lib.uiowa.edu/histmed/plague/plaguemapnew.html>

## Lesson 63

- [www.internationalschooltoulouse.net/vs/pilgrims/journey.htm](http://www.internationalschooltoulouse.net/vs/pilgrims/journey.htm)

## Lesson 67

- [www.britannica.com/event/Hundred-Years-War](http://www.britannica.com/event/Hundred-Years-War)

## Lesson 68

- [www.britannica.com/biography/Saint-Joan-of-Arc](http://www.britannica.com/biography/Saint-Joan-of-Arc)
- [www.maidofheaven.com/joanofarc\\_quick\\_life\\_facts.asp](http://www.maidofheaven.com/joanofarc_quick_life_facts.asp)
- <http://pagesperso-orange.fr/jean-claude.colrat/2-chrono.htm>
- [www.stjoan-center.com/topics/standard.html](http://www.stjoan-center.com/topics/standard.html)



# Part Seven

## Lesson 69

- "[The rise of the Ottoman Empire - Mostafa Minawi](#)" on the TED-Ed YouTube channel
- "[The Age of Exploration: Crash Course European History #4](#)" on the CrashCourse YouTube channel  
(NOTE: Video contains footage of historical art with nudity and a reference to rape during exploration and conquest.)

## Lesson 70

- <https://lifeinitaly.com/life-in-italy-during-the-middle-ages/>

## Lesson 71

- "[The Italian Renaissance in 7 Minutes](#)" on the Independent History: Unbought & Unbossed YouTube channel

## Lesson 72

- [www.thinkingkidsblog.org/johann-gutenberg-printing-press-toilet-paper-rolls-craft/](http://www.thinkingkidsblog.org/johann-gutenberg-printing-press-toilet-paper-rolls-craft/)

## Lesson 73

- [www.dailymotion.com/video/xdtq64\\_the-machine-that-made-ffus-1-3\\_shortfilms](http://www.dailymotion.com/video/xdtq64_the-machine-that-made-ffus-1-3_shortfilms)

## Lesson 74

- [www.intopoland.com/poland-info/history-of-poland.html](http://www.intopoland.com/poland-info/history-of-poland.html)
- "[How Poland Finally CRUSHED the Mongols – DOCUMENTARY](#)" on the Real Crusades History YouTube channel

## Lesson 75

- [www.catholic.org/saints/saint.php?saint\\_id=69](http://www.catholic.org/saints/saint.php?saint_id=69)
- [http://en.wikipedia.org/wiki/John\\_Cantius](http://en.wikipedia.org/wiki/John_Cantius)

## Lesson 76

- [www.katedra-wawelska.pl/en/](http://www.katedra-wawelska.pl/en/)
- [www.krakow-info.com/mariacki.htm](http://www.krakow-info.com/mariacki.htm)
- [www.krakow-info.com/signal2.wav](http://www.krakow-info.com/signal2.wav)
- <http://historymedren.about.com/od/alchemy/p/alchemy.htm>

## Lesson 80

- "[Venice and the Ottoman Empire: Crash Course World History #19](#)" on the CrashCourse YouTube channel

## Lesson 81

- [www.jewishvirtuallibrary.org/jsource/History/Inquisition.html](http://www.jewishvirtuallibrary.org/jsource/History/Inquisition.html)
- <http://history.howstuffworks.com/european-history/spanish-inquisition.htm>

## Lesson 82

- "[Florence and the Renaissance: Crash Course European History #2](#)" on the CrashCourse YouTube channel  
(NOTE: This video contains imagery of nude Renaissance art.)

## Lesson 83

- "[The Northern Renaissance: Crash Course European History #3](#)" on the CrashCourse YouTube channel  
(NOTE: This video contains imagery of nude Renaissance art.)

## Lesson 84

- <https://bit.ly/3SMw6y6>
- "[Leonardo da Vinci: Renaissance Artist & Inventor | Mini Bio | BIO](#)" on the Biography YouTube channel
- [http://flyhi.de/modellbau/modell\\_davinci\\_durable.html](http://flyhi.de/modellbau/modell_davinci_durable.html)

## Lesson 86

- "[The Protestant Reformation: Crash Course European History #6](#)" on the CrashCourse YouTube channel



### Lesson 87

- [www.rmg.co.uk/stories/topics/why-did-henry-viii-break-rome](http://www.rmg.co.uk/stories/topics/why-did-henry-viii-break-rome)
- [www.nationalgeographic.com/culture/article/magellan-first-sail-around-world-think-again](http://www.nationalgeographic.com/culture/article/magellan-first-sail-around-world-think-again)

### Lesson 88

- "A Tour through Ancient Rome in 320 C.E." on the Smarthistory YouTube channel

### Lesson 89

- "Reformation and Consequences: Crash Course European History #7" on the CrashCourse YouTube channel





# The Spanish Feast

## Torrijas

4 c. milk  
1 c. sugar, divided  
Zest from 1 lemon  
Zest from 1 small orange  
1 t. ground cardamom  
Scraped vanilla bean  
1 c. olive oil  
4 eggs  
1 unsliced loaf of bread,  
the staler the better!  
2 t. cinnamon  
Honey, for garnish

1. Add milk,  $\frac{1}{2}$  c. sugar, lemon and orange zest, cardamom, and scraped vanilla to a medium saucepan over medium heat, bringing to a slow simmer for about 10 minutes. Set aside to cool slightly.

2. Slice the bread into thick slices, at least 1 inch-thick. You should have around 8 slices. Lay out the slices on a rimmed baking sheet.

3. Pour the cooled mixture over the slices of bread. Leave the bread to absorb the mixture for about five minutes. Then, flip the slices and allow to sit and absorb the mixture for another five minutes.

4. Heat the oil in a large, deep frying pan over medium-high heat. (You want the oil to come about half an inch up the sides of your pan, half the width of your bread slices.)

5. Cover a large plate or dish with paper towels and set to the side of your stovetop.

6. Beat the eggs in a shallow dish, then dip the bread slices one by one into the eggs, allowing the excess to drip off before adding them to the hot pan.

7. Fry each slice until golden brown on both sides, flipping after three to four minutes. When a slice is golden brown, remove from the pan and set on the paper towel-lined dish.

8. Once all the slices have been fried and set aside, mix together the remaining sugar and the cinnamon in a small bowl. Sprinkle the cinnamon sugar mixture over the fried bread, then drizzle with honey and serve.

# Part Eight

## Lesson 90

- “O Wow Moment: The Gravity of the Situation” on the Children’s Museum Houston YouTube channel
- “Reformation and Consequences: Crash Course European History #7” on the CrashCourse YouTube channel

## Lesson 91

- <https://leftbraincraftbrain.com/how-to-build-a-telescope/>
- <https://skyandtelescope.org/interactive-sky-chart/>
- “How to Use a Sky Chart” on the Sky & Telescope YouTube channel

## Lesson 92

- “Galileo Galilei – in a nutshell” on the NutshellEdu YouTube channel
- <https://sciencing.com/make-model-solar-system-5382914.html>

## Lesson 93

- “Sevilla, Spain: Gothic Cathedral” on the Rick Steves’ Europe YouTube channel
- “RomaFest - Gypsy Dance - Body Percussion” on the oMs - Event Videography YouTube channel
- “What is Flamenco Dancing? Spain’s traditional dance!” on the WanderLearn with Francis Tapon YouTube channel

## Lesson 94

- [www.theartstory.org/artist/rubens-peter-paul/](http://www.theartstory.org/artist/rubens-peter-paul/) (NOTE: Some of Rubens’s artwork, which appear in this article and in the video below, include nudity.)
- “The Art of Rubens” on The Britisher YouTube channel

## Lesson 97

- [www.metmuseum.org/toah/hd/vela/hd\\_vela.htm](http://www.metmuseum.org/toah/hd/vela/hd_vela.htm)
- [www.nationalgallery.org.uk/artists/diego-velazquez](http://www.nationalgallery.org.uk/artists/diego-velazquez)
- “Velázquez, Las Meninas” on the Smarthistory YouTube channel



# The Renaissance Feast

- [www.modaruniversity.org/Bocce.htm](http://www.modaruniversity.org/Bocce.htm)

## Macaroni and Cheese

1 lb. macaroni pasta  
¼ c. butter  
¼ c. flour  
2 ½ c. whole milk, heated  
½ t. salt  
¼ t. black pepper  
6 oz. gruyere, shredded and divided  
4 oz. smoked gouda, shredded and divided

1. Preheat oven to 350 degrees.
2. Cook the pasta according to package instructions but stop a minute or two shy of the al dente cook time. Drain and set aside.
3. Melt the butter in a medium saucepan over medium-low heat. Slowly add the flour to the pan, whisking constantly until the mixture turns a light golden color.
4. Slowly whisk in the heated milk and bring the mixture to a boil for about a minute.
5. Lower the heat back down, stir in the salt and pepper, and cook for another two to three minutes, until the sauce has thickened.
6. Remove the sauce from the heat and gradually whisk in two-thirds of each of the cheeses until the mixture is smooth.
7. Pour the cheese mixture over the cooked pasta and stir to combine. Then, pour into a large baking dish.
8. Sprinkle the remaining one third of the cheese over the top of the pasta, and bake for around 30 minutes, until the cheese is bubbling and the top has turned golden. (You can also broil for an additional minute or two if you want to really brown the top.)
9. Remove from the oven, allow to sit for 10-15 minutes, then serve!