

SOCRAFLIX

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THE TUDOR TWISTORY COOKBOOK

Vol 1: Henry VII

Patter cake, patter
cake, Beaufort's
son,
Bake me a crown as
fast as it's won.
Flip it with
Stanley, sprinkle
Yorkist hate,
Serve it at
Bosworth on a
Tudor plate.



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Socraflix is a subscription-based service that takes learning and gives it a glow-up. Think Netflix binge... but with Tudors, Plague Pits and Weimar angst. All designed and created by a former Head of History & examiner!

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HENRY'S KITCHEN PANTRY

Ingredients:

- A joint of Sir Reginald Bray - steady, meaty finance chief;
- A splash of John Morton - sharp, vinegary legal mind; famous for "Morton's Fork"
- A pinch of Richard Fox - smooth diplomatic sauce; mild on the palate but leaves a lasting aftertaste.
- A spoonful of John de Vere, Earl of Oxford - hearty military stock; adds backbone to any political stew.
- - Two Stanley brothers -
 - - - Thomas Stanley - slow-cooked caution; comes through in the end when the heat's right (see Bosworth garnish).
 - - - William Stanley - volatile mix, liable to curdle if exposed to Perkin Warbeck.
- - A sprig of assorted grooms, confessors, and clerks - the garnish no one remembers but without which the dish looks unfinished.

Method:

1. Select only the freshest, most loyal ingredients — if insufficient in quantity, select those loyal when the wind is blowing your way.
2. Marinate in shared battle honours (Bosworth is best) and years of personal loyalty to the king.
3. Blend Morton's acidity with Fox's smoothness to create a stable government sauce.
4. Stir in Bray's careful accounts, de Vere's military seasoning, and the Stanleys' political clout until thickened.
5. Skim off any impurities — like William Stanley's late-stage flirtation with a Yorkist pretender — before serving.

How to serve to the examiner:

Show how Henry built his authority on a small, handpicked council of proven allies. Highlight the blend of finance, law, diplomacy, military force, and regional influence in his closest circle. Assess the risks of relying on powerful nobles, even those with long records of service, when loyalty could turn under pressure.



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COUNCIL LEARNED IN THE LARD

Ingredients:

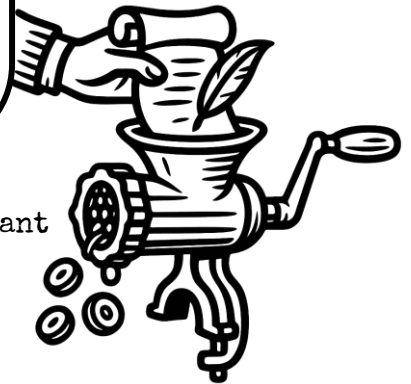
A dollop of Henry VII – serving cold suspicion with every course.

A generous scoop of Sir Reginald Bray – the chef who started stirring the pot, but in a measured way.

A pinch of Richard Empson & Edmund Dudley – the sous-chefs of financial intimidation, notorious for their “pay up or else” garnish.

Dash of noble resentment – spicy and long-lasting.

Sprinkle of fear – essential for keeping the larder well stocked.



Method:

1. Preheat your Tudor kitchen to a gentle but constant temperature of mistrust.
2. Into a well-guarded pot, pour a base of royal insecurity — the kind you get after snatching a throne with a questionable family tree.
3. Whisk in a desire for tighter control over the nobility, ensuring no lumps of rebellion remain.
4. Fold in a generous spoonful of financial exploitation, making sure the bonds and recognizances are evenly coated in legal loopholes.
5. Let this mixture simmer under the watchful eye of the king, stirring occasionally to prevent nobles from rising.

Caution: Avoid over-seasoning with fairness — bitterness is key to the final flavour.



How to serve to the examiner:

Serve to the examiner as proof Henry VII preferred legal grease over open fire. Council Learned in the Law kept nobles on a slow roast of bonds and recognizances — tenderising loyalty through debt. Subtle, relentless, and more lucrative than chopping off heads.

MATRIACHAL MARGARETS YULE LOG

Ingredients

1 iron-willed Tudor mother (Beaufort) with a rosary and a rolling pin
1 vengeful York aunt (Burgundy) with a piping bag full of rebellion
Equal parts dynastic pride and personal spite
Two rival Houses, York & Tudor, chopped finely and folded into the sponge
A generous scoop of inconvenient nephews and impostor claimants, rolled inside like surprise fillings

1. Margaret Beaufort rose from years of plotting to act as Henry VII's unofficial sous-chef. She quietly managed estates, marriages, and whispered strategy into her son's ear.
2. Margaret of Burgundy fired up her own oven of mischief, funding Lambert Simnel's rebellion in 1487 and serving him up with a Yorkist army at Stoke.
3. Unshaken, Beaufort kept the Tudor cake firm — securing loyalty at court and making sure Henry's crown didn't sink in the middle.
4. Burgundy wasn't finished: she whisked up Perkin Warbeck in the 1490s, seasoning him as "Richard, Duke of York" and trying to pass him off as the missing prince.
5. Beaufort outlived Henry VII and made one last batch of Tudor stability — hand-picking the young Henry VIII's first council to keep the dynasty's mixture rising.
6. Beaufort's recipe ended abruptly: a final feast with roast cygnet left her fatally ill in 1509. The Tudor matriarch who had iced the dynasty's first Yule Log was gone.



How to serve to the examiner:

Use the two Margarets to show how dynastic security was baked at home and battered abroad. Beaufort proves Henry's success wasn't just personal skill but also strong family scaffolding. Burgundy shows the crown's fragility, with pretenders kept alive by foreign sugar-daddies. Together, they let you whisk examiners towards a balanced argument: stability was crafted, but never fully set.

PEASANT'S BROTH

Ingredients:

A base stock of **yeomen** with enough land to keep the pot bubbling

A ladleful of **husbandmen**, tied to their manorial contracts but fairly secure

A scattering of **cottagers** with barely a scrap of land, for added bitterness

A pinch of **landless labourers**, working for wages when available; warning: too much leads to vagrancy

A lone shepherd with mutton from the highlands

Local fisherman's catch - available within 10 miles of the coast

1. Place all peasant types in the manorial pot, allowing them to stew under the late medieval economy.
2. Pour in arable farming as the staple — wheat, barley, and rye to keep bellies and markets full.
3. Add the essential ingredient - the harvest - must be heated to precise temperature to ensure crops grow, but don't wither; they are watered, but not flooded.
4. Fold in pastoral farming — sheep grazing on common land, fattening both flocks and merchant profits.
5. Gradually stir in enclosure, fencing off common fields for sheep. Watch resentment rise and livelihoods curdle.
6. Allow social tension to simmer until complaints spill into local courts — or full-blown rebellion if left too long.



How to serve to the examiner:

Present as a lumpy blend of rural Tudor England: a mix of economic necessity and simmering resentment. Show how enclosure threatened the fragile balance between agrarian and pastoral livelihoods, hitting the poorest hardest. Emphasise that peasant unrest wasn't just about wages — it was about survival of the harvest and having the basics to survive.

DOOM CAKE

Ingredients

- 1 large slab of Purgatory - the essential middle layer between death and salvation.
- A generous handful of indulgences - paper-thin wafers stamped with papal approval.
- 3 spoonfuls of masses for the dead - paid for by the grieving and the guilty alike.
- Several chantries - mini spiritual kitchens turning out salvation on demand.
- A well-fed priest - preferably one who can recite your name for a fee.
- A thick layer of parish expectations - confess, tithe, and obey.
- A sprinkle of fear - best sourced from Doom paintings above the chancel arch.



Method

1. Start with a base layer of fear: paint a vivid Doom scene on oven door — devils dragging souls, the scales of justice tipping ominously.
2. Mix in economic devotion: collect tithes and indulgence money — fold until parishioners barely notice the blend of faith and finance.
3. Beat in social compliance: use sermons, festivals, and public rituals to keep everyone following the same recipe.
4. Whisk together salvation and transaction until smooth — people pay, priests pray, and Purgatory time is reduced (in theory).
5. Add a final dusting of relics and pilgrimages for moral flavour — not essential for doctrine, but excellent for revenue.
6. Bake in the warm oven of orthodoxy until resistance collapses into habit.

How to Serve to the Examiner

Slice into themes: religious doctrine (Purgatory's place in belief), economic role (funding the Church through fear), and social control (compliance through ritual and obligation).

Drizzle with analysis: *Why* did belief in Purgatory make the Church so embedded in daily life? How did it monetise salvation?

Garnish with criticism: corruption, abuse of indulgences, and rising reformist suspicion — the soggy bottom of the cake.

End with a sharp aftertaste: this reliance on Purgatory left the Church wide open to Protestant attacks on doctrine and revenue - later, under Henry VIII!

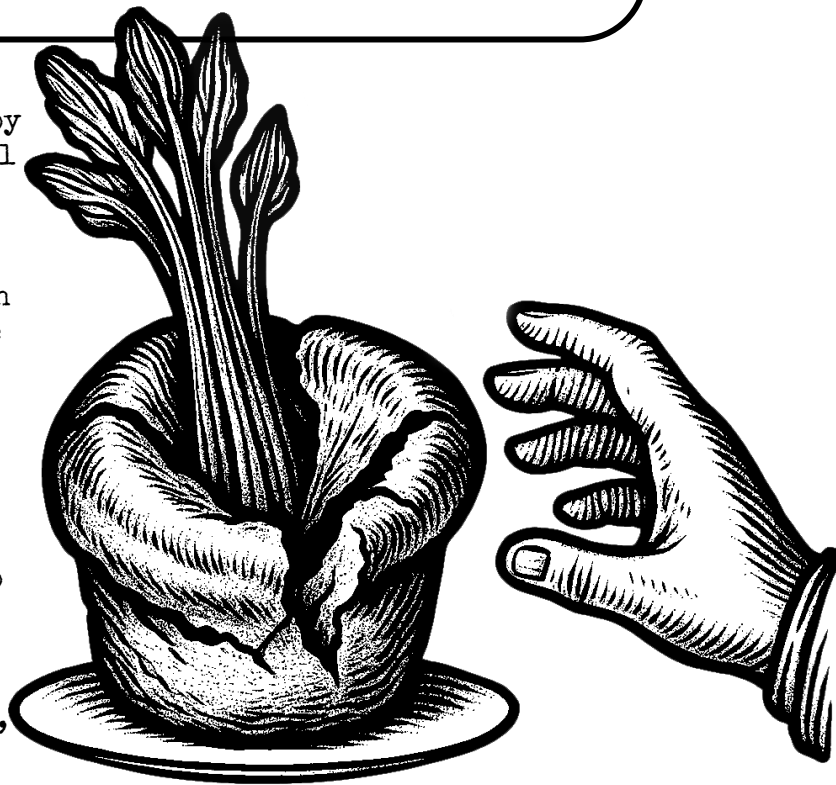
YORKSHIRE PUDDING FOOL

Ingredients:

- 1 deep golden Yorkshire pudding - puffed up with local pride.
- A generous bunch of Yorkshire rhubarb - homegrown, tart, and worth fighting for.
- 1 Earl of Northumberland - slightly overconfident in crowd control.
- A jug of Brittany war tax demands - imported, overpriced, and unwelcome.
- A handful of royal enforcers - led by opportunist Earl of Surrey.

Method:

1. Preheat northern loyalty by reminding everyone how loyal they were during the Wars of the Roses.
2. Place a fresh Yorkshire pudding on the table, garnish with local rhubarb — let the sweet-and-tart balance show harmony between crown and county.
3. Without warning, pour a thick glaze of foreign war taxes over the top. Watch as the pudding sags and rhubarb turns bitter.
4. Send in the Earl of Northumberland to “smooth things over” — stir too hard, and he gets permanently removed from the recipe.
5. Sprinkle in royal troops led by Earl of Surrey to stop the batter rising again.



How to serve to the examiner:

- Link taxation resentment to the wider theme of central/regional tensions in Henry VII's reign.
- Explain how local pride and economic hardship combined to trigger protest.
- Weigh up whether this was a dangerous revolt or a quick flare-up once royal heat was applied.

TAX-STUFFED CORNISH PASTY

Ingredients:

- 1 large Cornish pasty - hand-crimped with regional pride.
- A hearty filling of beef, potato, and swede - the taste of home.
- A handful of tin ore - straight from the stannaries.
- A ladle of royal tax demands - imported from London, bitter aftertaste guaranteed.
- A pinch of London arrogance - optional, but historically authentic.
- A sprinkling of rebel determination - enough to march all the way to Blackheath.



Method:

1. Close the local bakeries (the stannary courts) so peasants have no legitimate place to air grievance
2. Preheat resentment by demanding Cornwall pay for a war in Scotland, despite being hundreds of miles away and long exempt under ancient rights.
3. In the pastry shell, layer hearty local ingredients with the weight of tin mining pride.
4. Force in the royal tax demands until the pastry bulges.
5. Crimp the edge tight, locking in anger.
6. Place the pasty in the heat of rebellion and carry it toward London — expect it to collapse before fully baked at Blackheath.

How to serve to the examiner:

Cornwall's pasty wasn't the only thing with a hard crust — its miners and tin workers prized their historic rights and local economy, both dented by Henry VII's tax demands. Geography kept them isolated, tradition kept them defiant. In reality, it was a long march for a short fight.

AULD HAGGIS

Ingredients:

A handful of Border raids for spice
One fresh Perkin Warbeck (lightly stuffed with Yorkist claims)
One peppered noble woman (close enough in relation to crown to lure Warbeck to Scotland, distant enough that she can later be discarded)
A ladle of James IV's chivalry and mischief
Chopped-up Auld Alliance with France
A ladle of Princess Margaret Tudor, the real prize
A sack of peace treaties and truces
Root vegetables of mutual suspicion (parsnip for England, neep for Scotland)

Method:

1. Start by chopping your early reign policy roughly — truce here, raid there, with a dash of distrust.
2. Throw in Perkin Warbeck and let him simmer in Scottish hospitality until he overcooks with the 1496 invasion.
3. Skim off the Franco-Scottish froth — too much will make the dish bitter.
4. Add root vegetables of pragmatism and stir in Princess Margaret's marriage to James IV.
5. Keep the pot simmering gently until someone shouts "Flodden!"

How to serve to the examiner:

Present all the key ingredients — raids, pretenders, truces, dynastic marriage — in the same dish to prove breadth across the reign. The flavour profile starts mellow with early truce, then becomes hostile with Warbeck, then simmers down after marriage alliance in 1502.

Stress how Henry balanced firmness (border defence) with conciliation (marriage alliance) to secure the northern border long-term.



PAELLA DEL CAMPO

Ingredients:

1 Prince Arthur, diced
into dynastic hopes
1 Infanta of Aragon, no
returns accepted
A cup of anti-French
alliance rice
Saffron threads of
Spanish prestige
A sprinkle of papal
approval
A few treaty clauses
chopped fine (no pips)
Half a dowry of gold for
insufficient richness
Strictly no pretender
flavouring



Method:

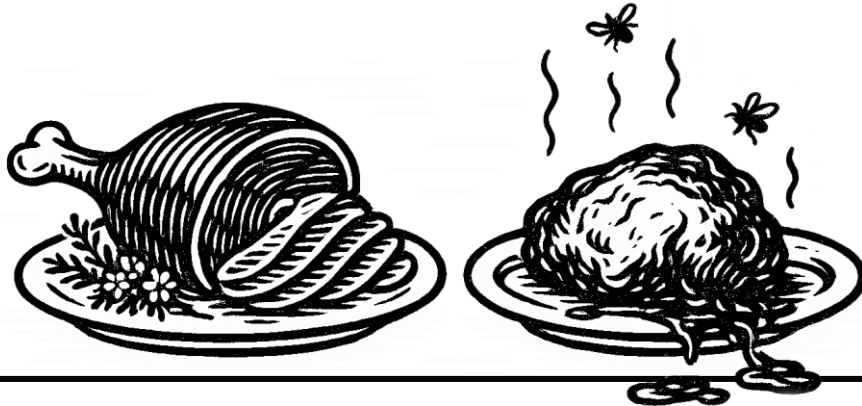
1. Heat up England's foreign policy pan until just desperate enough for a continental alliance.
2. Fry Prince Arthur gently in the prestige oil until golden.
3. Add Catherine, stirring in the anti-French seasoning until fragrant.
4. Pour in half the dowry stock slowly — careful not to spill it on Burgundy when Philip pops by for tea.
5. Simmer until wedding day... then watch the rice stick after Arthur's untimely death.

How to serve to the examiner:

Plate it as dynastic security, anti-French, and a prestige boost, but note the burnt edges after 1502. Leftovers can be served after 1509.

Don't just list ingredients — discuss how the dish curdled after the main course (Arthur) was removed. Remember that Henry had more to gain (and lose) from alliance than Ferdinand did.

MUTTON INTERCURSUS



Ingredients:

- 1 scheming Margaret of Burgundy with a dash of loathing
- A generous lump of Perkin Warbeck, the Pretender du jour
- Several bales of English wool, the only thing the Burgundians want more than family drama
- A firm handful of Merchant Adventurers, sulking in Calais
- 1 Philip of Burgundy, to be added later for a smoother texture
- A scattering of White Rose (Yorkist exiles) for decorative bitterness

Method

1. Begin by letting Margaret of Burgundy simmer with Warbeck until their combined heat boils over into open support for his claim.
2. Stir in an embargo on English trade with Burgundy (1493) — be prepared for this to make both economies curdle.
3. Add Intercursus Magnus (1496) once both sides are exhausted — a rich, mutually beneficial broth restoring trade and banishing Warbeck.
4. For added drama, throw in Intercursus Malus (1506) — a slightly fishy concoction forced from a stranded Philip of Burgundy.
5. Remove quickly when Philip dies and the dish is declared inedible by the other party.

How to serve to the examiner...

Present as proof that cooking a strong trade deal was as delicate as a medium-rare steak; a deal only works if both diners leave the table smiling. But for Henry, stability was always the main course, with commerce as the side dish.

ETAPLES ECLAIRS

Ingredients:

1 Charles VIII, looking one part guilty, one part smug
A spoonful of Breton peril
745,000 crowns of French filling
A quick splash of Burgundy vin (1492 Warbeck vintage)
A sprinkling of prestige sugar dust



Method:

1. Warm the oven with the Breton Crisis — Henry's bid to stop Charles marrying Anne of Brittany and swallowing the duchy.
2. Pretend you're about to defend Brittany with a full English bake-off army.
3. Pipe in some token military presence at Calais to make France sweat.
4. Let Charles buy you off with a lump sum and yearly payments.
5. Remove any leftover Warbeck from the French pantry.
6. Chill relations until the next continental crisis.

How to serve to the examiner:

Plate as peace with profit — note the income stream and prestige boost. Henry spent far less on the campaign than he gained from the treaty. Link directly to the Breton Crisis and Anne of Brittany's marriage, showing Henry's loyalty vs security dilemma and shrewd decision-making.

Finally — Etaples was the gift that kept giving — due to the annual pension of £5,000