



Virtual Magna Faire 2020

Recipe Collection

Recipes from the Barony of Iron Mountain Head Cooks, Past and Present
Dedicated to the Barony of Iron Mountain's Sir Robert Hightower,
Former Territorial Baron (1983 - 1985), Founder of the Grand Chefs of Meridies

Edited Version - Family

Anointed Musty Balls

Submitted by Baroness **Ailleagan nas Seolta**

Order of the Laurel, Order of the Pelican, Grand Chef of Meridies, Scarlet Star

This recipe was part of my Grand Chef feast. For those that don't know, it's a enormous feast that involves researching and recreating a minimum of 21 dishes from seven different cultures or countries. One of the countries I used was French, and focused on a couple of recipes from *Le Menagier*. The main recipe, mutton meatballs, was just titled, "Balls" but it needed a sauce. I started looking for a sauce recipe. I found a delightful recipe in the same manuscript that used wine, cherries, cinnamon, and ginger. It sounded like it would be delicious with the meatballs.

Balls

Makes about 35 meatballs

1 pound ground lamb

1 pound ground pork or beef

2 egg whites

1/2 teaspoon grated fresh ginger

1 1/2 teaspoons grains of paradise, ground

1 tablespoon dried parsley

pinch whole cloves

olive oil

In a large bowl, combine the lamb, pork or beef, egg whites, and ginger. Set aside.

Combine the grains of paradise, parsley, and cloves in a spice grinder and process them to powder. Add the spices to the meat and mix thoroughly but gently.

Heavily salt a pan of water and bring it to a boil. While waiting on the water, form the meat into 1" balls. Carefully drop them into the water and let them cook for about four minutes. Remove the balls from the pan and allow them to drain.

Heat some olive oil in a skillet and pan fry the meatballs until they are golden brown. Remove them from the oil and keep them warm until service.

Sauce

1 cup red wine

1 1/2 cups water

1/4 cup granulated sugar
1/2 teaspoon ground true cinnamon
1/4 teaspoon fresh grated ginger
5 ounces dried cherries, chopped
1 pound fresh cherries, pitted, or one can of sweet cherries, drained (NOT pie filling)

In a small saucepan over medium heat, combine the wine, water, sugar, cinnamon, and ginger. Bring the mixture to a boil. Add the cherries, reduce the heat, and simmer for 10 minutes.

Remove the pan from the heat. Transfer the mixture to a blender or food processor, and process until the mixture is smooth. (There will be bits, but bits are smoother than chunks.)

Juan Sanchez Exarch's Cabbage Stew - Crown List May 2010

Submitted by **Marianna Cristina Tirado de Aragon**
Order of the Laurel, Grand Chef of Meridies, Scarlet Star

This is a great recipe that can be placed in a crockpot and let it cook for the day. A great hearty stew from *A Drizzle of Honey* - I have done this recipe for a few feasts and it has always been well received.

1 large green cabbage
6 Tablespoon olive oil
6 cloves of garlic
2 cups of dried chickpeas
2 cups vegetable broth
1-2 teaspoon salt
1 teaspoon pepper
1 teaspoon ground coriander
1 teaspoon ground cumin

Wash the cabbage and drain it. Cut it into 1-1 ½ inch pieces. Heat the oil in a large stew pot over medium heat. Add the garlic and fry it until it begins to turn golden, about 6 minutes. Add the cabbage; stir-fry for 4-5 minutes over medium heat until the cabbage begins to wilt. Place the ingredients into the crockpot. Then add the chickpeas, broth, salt, pepper, and spices. Cover and turn on high and let set. Cook for about 5 hours in crockpot until chickpeas are soften. You may need to add more broth as it cooks due to using dried chickpeas (can chickpeas can be used but the vegetable broth really add more flavor to them).

Honey Roasted Root Vegetables - Magna Faire 2019

Submitted by **Marianna Cristina Tirado de Aragon**
Order of the Laurel, Grand Chef of Meridies, Scarlet Star

This is a very easy recipe and can be done with all the root vegetables together. This recipe is from *Menagier de Paris*.

4 turnips

4 carrots

4 parsnips

2 tablespoons olive oil

4 tablespoon honey.

Preheat oven to 400 degrees. Peel all your vegetables and cut into small pieces. Place all vegetables onto a cookie sheet and mix olive oil onto the vegetables. Place in the oven for about 30 minutes or until tender. Five minutes before removing vegetables pour the honey onto the vegetables.

Beef Roast - First Arty Crown-Saturday Feast-2012

Submitted by **Marianna Cristina Tirado de Aragon**
Order of the Laurel, Grand Chef of Meridies, Scarlet Star

This recipe was an inspiration to make a Sauerbraten style Roast Beef. This recipe is from *Das Kochbuch der Sabina Welserin*.

2 lbs London broil

2 cloves garlic

½ teaspoon salt

½ teaspoon pepper

½ teaspoon ginger

½ teaspoon cloves

1 cup red wine

½ cup vinegar

½ cup chopped onion

1 sprig fresh thyme

1 bay leaf
1 tablespoon sugar
½ cup beef stock

Place meat in a glass bowl or casserole. Combine all ingredients and pour over beef. Cover with plastic wrap (or you can place in a large ziplock) and let marinate in the refrigerator for four hours or up to 72 hours. Afterwards broil on medium heat for 20 minutes, flipping after 10 minutes. If you like you can broil for the time allotted then place in a Dutch oven or roaster with lid, make sure you cover it so the steam and juices can marinate the roast. Leave in the oven for 3 hours at 300 degrees or until tender.

Chicken Baked with Prunes

Submitted by **Maestra Magdalena da Parma**

Order of the Laurel, Order of the Pelican, Grand Chef of Meridies

Mistress Dametta and I joined forces to research and prepare a Russian feast at Magna Faire in honor of Baron Bjorn. We were hard pressed to find extant recipes to redact for the feast. We referenced various sources including *Domostroi*, *Food and Drink in Medieval Poland* by Maria Dembinska, the writings of an ambassador to Russia, and descriptions of food from nearby regions. This recipe comes from Dembinka's book. She writes this dish was first mentioned in a fourteenth-century menu from Weissenfels in Saxony. The ingredients for this recipe appear together in some of the Polish royal registers. The chicken can be split in half and baked in an enclosed crust or in a covered earthenware pan. The recipe calls for a sweet Hungarian wine but I substituted apple juice since the site was dry. The weekend of the event it snowed adding to the ambiance of the event and the authenticity of the Russian theme.

1 medium onion, cut in half lengthwise and sliced thin

4 cups white cabbage, diced in chunks

1/2 pound large prunes

1 ½ cups chopped parsley

20 juniper berries

5 pound roasting chicken, split

8 bay leaves, bruised

¼ teaspoon ground ginger

½ teaspoon ground cinnamon

2 cups apple juice (or sweet Hungarian wine)

½ teaspoon dill seed

1/4 lb. Bacon, cooked crisp tender

*GARNISH: Garnish each chicken dish with 4 ounces crumbled streaky slab bacon, cooked until crisp.

Preheat the oven to 375°. Spread the onion over the bottom of a large earthenware baking pan, then cover this with the cabbage, prunes, 1 cup of parsley, and the juniper berries, taking care to distribute the ingredients evenly. Spatchcock or cut the chicken in half and sauté in pan until skin is brown. Spread the two halves butterfly fashion and cavity side down on top of vegetables and prunes. Tuck the bay leaves into spaces around the chicken. Mix the ginger and cinnamon with the wine and pour this over the bird. Scatter the remaining parsley over the top and then scatter the dill seed over this. Cover with a tight-fitting lid and roast 1 hour.

Serve hot with the chicken on a platter and the vegetables and fruit surrounding it or in a separate dish.

Bolognese Torte

Submitted by **Maestra Magdalena da Parma**

Order of the Laurel, Order of the Pelican, Grand Chef of Meridies

I strive to provide vegetarian options in each feast course. This recipe has become a family favorite and has even met royal approval. Following a Magna Faire feast, the King appeared at the kitchen door, removed his coronet, and asked if more herb tart was available. The recipe is a redaction of Bolognese Torte from Maestro Martino of Como's *The Art of Cooking*, 1465. The pastry is from *Das Kochbuch der Sabina Welserin*, 1553. A fresh mozzarella would be more period appropriate but I often use cream cheese because it is more budget friendly.

Redacted Sabina Welserin Crust

2 cups of flour

1/2 teaspoon salt

1/4 cup water*

1/4 cup shortening*

2 eggs

Mix flour and salt together. Beat eggs and work into mix dry ingredients with a fork until small pea sized clumps form. Boil water and melt shortening into water. Add slowly to flour and egg mixture working mixture together with a fork. Roll dough out and put into pie or torte dish. Leave 1/2" of dough overhanging the edge. Roll out left over dough to make top. Add filling to the prepared crust. Cover with dough top and crimp to seal. Bake 1 hour at 350°.

Redacted Pie Recipe

1 lb. of cream cheese, softened*

6 cups of Swiss Chard and Spinach mix

1 handful of fresh parsley (1/4 cup)

1 tablespoon of fresh marjoram

4 Tablespoons of butter

4 eggs

saffron

¼ teaspoon of black pepper

½ teaspoon salt

Prepare Sabina Welserin pastry shell

Trim, wash and chop greens and herbs. Mix cream cheese and butter together in a mixer. Add greens to cheese and mix in by hand or with a mixer. Beat 4 eggs and add salt and pepper to taste. Pour into prepared pie crust, smooth and sprinkle a little saffron on top.

Pour in prepared crust and top with the dough lid. Crimp and seal edges. Bake for 1 hour at 350°.

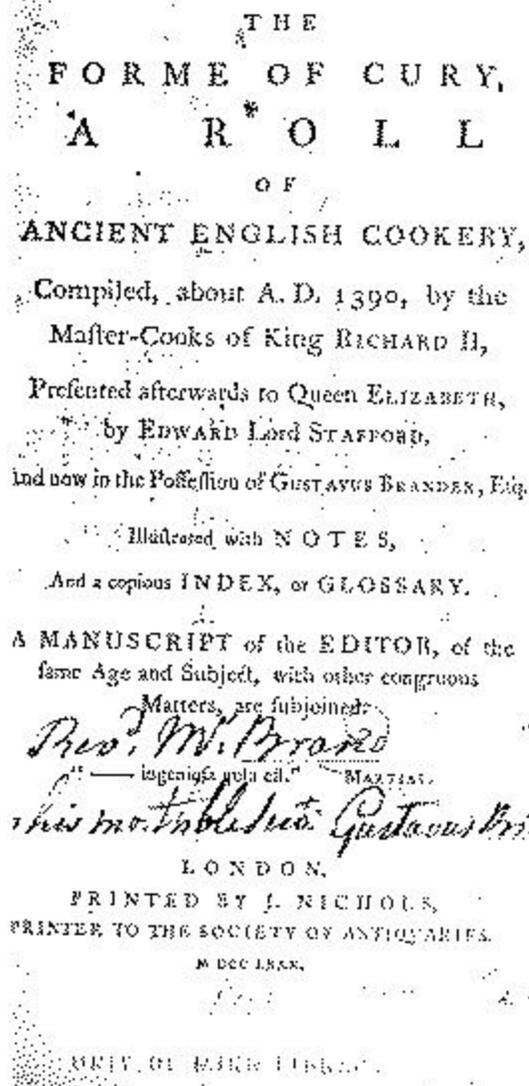
Loseyns or Lozenges

Submitted by **Mistress Marguery of Crossgate**

Former Territorial Baroness of the Barony of Iron Mountain (1993 - 2008), Order of the Laurel, Order of the Pelican, Scarlet Star

If you like mac and cheese, you should try this simple-to-make period dish from a famous 14th century English cookbook.

The Period Source



THE
FORME OF CURY,
A ROLL
OF
ANCIENT ENGLISH COOKERY,
Compiled, about A. D. 1390, by the
Master-Cooks of King Richard II,
Presented afterwards to Queen Elizabeth,
by Edward Lord Stafford,
and now in the Possession of Gustavus
Brander, Esq.
Illustrated with Notes,
And a copious Index, or Glossary.
A Manuscript of the Editor, of the
same Age and Subject, with other
congruous
Matters, are subjoined.

The Period Recipe

Loseyns^r.

xx
ii. ix.

Take gode broth and do ī an erthen pot, take flo^r of payndemayn and make ^ohof past with wa^r. and make ^ohof thynne foyles as pap^a with a roller, drye it harde and see^p it ī broth take Chese ruayn^r grated and lay it in dish^o with powd^o douce. and lay ^opon loseyns ifode as hoole as ^ohou mizt^a. and above powd^o and chese, and so twyfe or thryfe, & sūe it forth.

Loseyns: Take good broth and put in an earthenware pot, take fine white flour and make with it a paste with water, and make from that foils as thin as paper with a roller, dry them hard and seethe them in the broth. Take grated soft cheese and lay it in dishes with spice powder, and lay over it the pasta layers as many and as thick as you wish, and above powder and cheese, and so two or three times, & serve it forth.

Tarlett^o.

xx
ii. x.

Take pork yfode and grynde it small with safrōn, medle it with ayreñ and raisons of coraunce and powd^o fort and falt. and make a foile of dowh^z ^u and close the fars^a ^opinne. cast ^o Tartlet^o ī a Panne with faire wa^r boillyng and falt, take of the clene Flesh withoute ayreñ & boile it ī gode broth. cast ^opo powd^o

^r Loseyns. Vide in Gioff.

^a foyles as pap. Leaves of paste as thin as paper.

^r Chese ruyan. 166. Vide Gioff.

^a mizt. Might, i. e. can.

^o Tarlettes. *Tartlets*, in the process.

^u foile of dowh^z, or dowght. A leaf of paste.

^a fars. Forced-meat.

Notes on period terms and ingredients

“Payndemayn. 60. 139. where it is pared. Flour. 41. 162. 49, white Bread. Chaucer.”

“Chese ruayn. 49. 166. perhaps of Rouen in Normandy, rouen in Fr. signifies the colour we call roan.”

<http://www.gutenberg.org/cache/epub/8102/pg8102-images.html>

Also on the cheese, the White Oak Society states: Rewen/Rowen/Ruayn (Autumn cheese, made after the cattle had fed on the second growth. This was apparently a semi-soft cheese, but not as soft as a ripe modern Brie: one period recipe says to grate it. It appears to be the same cheese that in France today is called *fromage de gaing*. See: [Tart de Bry](#))”

<http://whiteoakhistoricalociety.org/historical-library/the-late-middle-ages-early-renaissance/food-in-the-15th-century/medieval-cheese/#:~:text=Beaufort%3B%20Brie%3B%20Camembert%3B%20Cheddar,first%20recorded%20use%20is%20in>

My redaction: Makes 4 layers in a 9x12 pan

Ingredients

½ pound lasagna noodles (9 pieces) – not the no boil
32 oz low sodium chicken stock + 1 cup HOT water
3 Tbsp butter (As Mistress Dametta pointed out to me, period stock would have been much fattier than our modern store-bought stock, so the addition of the butter add the fat and flavor.)

8 oz grated Havarti or Mozzarella cheese (or ½ and ½)

Powdered douce

All cooking scholars seem to agree that “powdered douce” is a sweet spice blend that varies in ingredients in those few period recipes where the blend is actually described. For my mixture I chose to include the most commonly mentioned spices. This recipe makes enough for this recipe.

- 1/4 tsp cinnamon
- 1/4 tsp fresh grated nutmeg
- 1/8 tsp powdered ginger
- 1.5 Tbsp granulated sugar

Non-stick spray

Directions

1. Bring chicken stock and hot water to an easy boil and then add butter.
2. Put lasagna sheets in one at a time so that they don't stick together. Cook until they are tender but not falling apart. Remove from heat. (I like to break the noodles in half between cooking; four half sheets line the casserole crosswise.
3. Spray casserole with cooking spray in preparation for noodles and cheese.
4. Remove enough noodles from the broth to line the casserole dish with a single layer. No need to drain. The broth on the noodles as flavor to the baked dish.
5. Sprinkle a light dusting of the spice mixture across all the noodles.
6. Spread ¼ (2 oz) of the grated cheese over the noodles and spices.
7. Repeat steps 4-6 for three more layers, for a total of 4 layers, ending with cheese on the top.
8. Bake at 325 for @ mins for 30 mins or until cheese is bubbling and beginning to show a golden brown.
9. Let rest for 5 mins before cutting and serving. If you want more of the spice mix flavor you can dust more of it over the cooked loseyns.

"Armored Turnips" served at my Grand Chef Feast 12/02/06

Submitted by **Master Enricx Bongnier**

Order of the Laurel, Grand Chef of Meridies, Scarlet Star

The recipe is from *Platina: On Right Pleasure and Good Health* (15th Century - Italian)

My feast followed the travels of St. Francis Xavier sailing from Europe around Africa and all the way to Japan. It presented foods from Spain, France, Italy, Nigeria, Senegal, Mozambique, Middle East, India and Japan. Little did I realize that once I chose to include turnips it would prove to be one of the more challenging dishes. The preparation is not particularly difficult but what proved a problem was finding enough turnips to serve over 100 people. There was some joking about how one turnip might be more than enough because people don't like them. I was confident that many would enjoy them this way. I soon found, however, that it was financially and physically impractical to buy that many in the grocery store. The farmers market seemed like a better choice. I asked each of the farmers operating stalls all around the large outdoor market but had no luck. The last option was the indoor retail market there on the grounds. Up and down the aisles I went finding bushels of turnip green but no turnip roots. As I was about to leave I spotted a cardboard carton pushed back into a corner behind the counter. The clerk seemed surprised that anyone wanted those roots trimmed from the delicious greens. I bought them and headed home suddenly wondering if people really would eat them. After the feast many people complimented me on those turnips.

Armored Turnips

Rapum Armatum

Ingredients:

1 lb Turnips, whole

1 cup Cheddar cheese

2 Tablespoon Margarine (or salted butter)

1 teaspoon Cinnamon (ground) [or to taste]

1/4 teaspoon Black pepper (ground) [or to taste]

1 teaspoon Salt

Directions:

Scrub the turnips clean. Put them whole into a pot with enough salted water to cover them. Bring to a boil and simmer for 4 minutes or until softened. Let them cool enough to peel. Discard the peels and slice the turnips thinly. Butter the bottom and sides of a roasting pan or baking dish. Place a layer of sliced turnips covering the bottom of the pan. Sprinkle cinnamon and pepper over this layer of turnips followed by a layer of cheese. Begin a new layer of sliced turnips. Spread butter on the slices, sprinkle them with cinnamon and pepper and a layer of

cheese. Keep repeating this process leaving room for a layer of cheese on the very top. Bake at 350 degrees until bubbling and the cheese is lightly brown.

Chicken Saronno

Submitted by **Sir Cipriano de Alvarez**

Former Territorial Baron of the Barony of Iron Mountain (1986 - 1993), Order of Chivalry, Scarlet Star

6 boneless and skinless breast halves

Salt, pepper, garlic powder, curry powder, flour

¼ cup butter

½ pound fresh mushrooms, thickly sliced

¼ Amaretto

Juice of 1 lemon

1 ½ cup of chicken broth

1 Tablespoon cornstarch

Cut chicken into 1 inch wide strips. Sprinkle with salt, pepper, garlic powder, and curry powder. Roll strips in flour. Heat butter in a large skillet. Brown chicken pieces on all sides, Add mushrooms, Amaretto, and lemon juice. Simmer for 5 minutes. Mix chicken broth and cornstarch. Stir mixture into skillet. Stir over low heat until mixture bubbles and thickens. Season to taste with salt. Serve in patty shells or over toasted bread or muffins. Serves 6.

Honeyed Carrots (*Menagier de Paris*)

Honeyed Carrots and Lenten Cookie Balls were 2 popular dishes from Magna Faire 2010 Le Grand Faire by Mistress Alianore la Cuisiniere

Submitted by **Mistress Alianore la Cuisiniere**

Order of the Laurel, Grand Chef of Meridies, Scarlet Star

1 lb carrots, scrubbed of peeled and sliced

Cook in a medium pot in as little water as possible; bring to a boil and cook until almost tender.

Add 4 Tbs honey. Stir in honey and reduce heat, Simmer until liquid has almost evaporated, Shake pan to ensure the honey has coated all the vegetables. Garnish with sprigs of parsley and serve.

This can also be made with turnips, squash, fennel root and parsley root, also, either combined or singularly.

Lenten Cookie Balls (*Viendier*)

Submitted by **Mistress Alianore la Cuisiniere**
Order of the Laurel, Grand Chef of Meridies, Scarlet Star

In a pot over low heat, combine 2 cups almond milk, 1/2 cup granulated sugar and a pinch of salt. When dissolved, add 2-3 cups diced bread (crusts removed) or biscuit pieces, or stale cake pieces. Stir well.

Add 3/4 cup raisins, 3/4 cup dates, cut into 3/4" pieces and 6-8 large dried figs, cut into 3/4" pieces. Cook, while stirring over low heat, about 15 minutes, until a thick, porridge-like consistency is obtained. Taste, add more sugar if desired.

Use 1 Tbs of mixture. Roll into a ball. Roll balls in sugar, coating thoroughly, tapping off excess sugar. Store in a tightly sealed container.

These make great War or event snacks!

Viennese Chocolate Gateau

Submitted by **Sir Cipriano de Alvarez**
Former Territorial Baron of the Barony of Iron Mountain (1986 - 1993), Order of Chivalry, Scarlet Star

Dessert Crepes

1 cup Flour
2 Tablespoon Sugar
¼ teaspoon Salt
3 whole Eggs
1 ¼ cups Milk

2 Tablespoons melted Butter

½ teaspoon Lemon extract

¼ cup water

Chocolate Filling

2 cups chocolate chips (12 ounces)

1 cup butter

½ cup water

8 slightly beaten egg yolks

4 Tablespoon sifted confectioners sugar

2 teaspoon vanilla

¼ cup finely chopped almonds

Meringue Topping

3 egg whites

4 Tablespoons sugar

Place all the ingredients for the dessert crepes in a bowl and beat well. Let the batter stand for one hour at room temperature. Cook the crepes in a lightly greased skillet, much as you would pancakes. The batter must be stirred periodically to avoid settling.

Heat the chocolate, butter, and water in a double boiler stirring often until the mixture is smooth. Remove from heat and allow it to cool to body temperature. Add the remaining filling ingredients and stir until smooth. Chill for 45 minutes.

Spread a crepe with the chocolate mixture and place chocolate side up on a chilled plate. Alternate layers of crepe and chocolate until the crepes are used up. Chill until ready to serve.

Just prior to serving, whip the egg whites while gradually adding sugar to the meringue is light and fluffy. Coat the entire outside of the gateau with meringue, and run under the broiler until the topping begins to brown. Serve as soon as possible after topping as this dessert tends to get soggy.

Makes 10-12 servings.

Lemon-Amaretto Ice

Submitted by **Sir Cipriano de Alvarez**

Former Territorial Baron of the Barony of Iron Mountain (1986 - 1993), Order of Chivalry, Scarlet Star

2 cups water

$\frac{3}{4}$ cup sugar

Juice of 1 lemon

$\frac{1}{2}$ cup amaretto

2 egg whites, stiffly beaten

In a saucepan, combine water and sugar. Bring the mixture to a boil and boil for 5 minutes. Remove from heat and stir in juice and Amaretto. Pour mixture into a freezer container and freeze until mushy. Pour mixture into a bowl and beat until smooth. Fold in beaten egg whites. Replace in container, cover, and freeze until hard. Makes 6 servings.

Rabbit Stew

Submitted by **Baroness Genevieve Alaiz d'Avignon**, from *A Taste of Russia*

Territorial Baroness of the Barony of Iron Mountain (2015-2019), Order of the Pelican - Elect

This recipe was passed to me by Scarlet Star Master Mykael Halfdan and is a favorite of Baron Bjorn the Hunter. Mykael has long been a personal friend and a friend of Iron Mountain. We miss him terribly. Often seen on the live weapons field, he was also a great cook. He cooked breakfast at our first event at Dalwhinnie in his impressive outdoor kitchen.

1 3-pound rabbit cut into serving pieces

$\frac{1}{4}$ cup all-purpose flour

Salt, freshly ground black pepper to taste

3 tablespoons butter

1 tablespoon vegetable oil

$\frac{3}{4}$ teaspoon marjoram

1 medium onion, chopped

1 medium carrot, scraped and chopped

1 tablespoon butter

1 tablespoon flour

1 cup rich chicken stock

3 tablespoon red wine vinegar
1 cup sour cream
Salt, freshly ground black pepper to taste

2 tablespoons flour
Splash of sherry



BRAISED RABBIT IN SOUR CREAM

КРОЛИК, ТУШЁНЫЙ В СМЕТАНЕ

An exciting dish, both wild and elegant.

Dredge the rabbit pieces in the flour, which has been seasoned with salt and pepper, coating them well. Brown the rabbit in a large frying pan in the 3 tablespoons of butter and the vegetable oil. When the pieces are browned, season them with the marjoram, then transfer them to a Dutch oven and keep warm.

In the same frying pan sauté the onion and carrot for about 15 minutes, or until soft. Place the cooked vegetables in the Dutch oven with the rabbit.

In a medium-sized saucepan melt the 1 tablespoon of butter and then add the 1 tablespoon of flour, whisking until smooth. Gradually stir in the chicken stock, stirring until the sauce has thickened. Then add the vinegar and sour cream. Season with salt and pepper. Pour the sauce over the rabbit and vegetables. Cover, bring to a boil and simmer for 1 hour.

Place the 2 tablespoons of flour in a small bowl and add a little of the sauce to make a thin paste, then stir the paste back into the sauce and cook for a few minutes more, until the sauce has thickened. Add a splash of sherry before serving.

Yield: 4 to 6 servings.

“Moscow remember the famous Griboedov’s! You can take your — they’re nothing, my dear Ambrose! But the sterlet, the sterlet in of sterlet layered with crayfish and fresh caviar? And the eggs en otte with mushroom puree in ramekins? And didn’t you like the little breasts of thrush? With truffles? And the quail alla Genovese? Ten rubles fifty kopecks. And the jazz, and the courteous service! And in July, when the whole family’s at the dacha and urgent literary matters keep you in town — the bowl of soupe printanière on the veranda, in a gold sunspot on arkling clean tablecloth, in the shade of a trailing grapevine? Do brose? But why ask? I can see from your lips that you remember. hitefish, your perch! But the great snipe, the tiny snipe, the jack in season, the quail, the sandpipers? And the mineral water tin- But enough, you’re getting distracted, reader!”

— Mikhail Bulgakov, *The Master and Margarita*

The Roast Boar, from *A Feast of Ice and Fire*

Submitted by *Baroness Genevieve*

Territorial Baroness of the Barony of Iron Mountain (2015-2019), Order of the Pelican - Elect

Serves 2

Prep: 15 minutes

Marinating: 1 hour or overnight

Roasting: 15 to 25 minutes

Sauce: 15 minutes

Pairs well with Oatbread, Sweetcorn Fritters, mead

At first quite peppery, the sauce quickly mellows into a complex medley of flavors that delights the palate. Cloves are predominant, but despite the quantity, the flavor isn't overwhelming. The boar itself is like a delicious hybrid—the texture similar to a high-quality cut of steak, and the richness like venison, but without the accompanying gaminess. A medieval must!

4 boar tenderloins, about ¼ pound each

⅓ cup red wine, such as a rioja or Syrah

1 cup apple cider or white grape juice

2 teaspoons Poudre Forte

⅓ cup red wine vinegar

12 to 20 whole cloves

Place the boar tenderloins in a Ziploc bag or a baking dish. Mix the wine, vinegar, and juice with 1 teaspoon of the poudre forte, and pour the marinade over the boar. Allow the meat to sit in the fridge for several hours or overnight. Preheat the oven to 350°F. Drain the liquid into a saucepan, and set it aside. Using a sharp paring knife, make small holes in the tenderloins and insert whole cloves into the meat; 3 to 5 cloves per tenderloin should suffice. Sprinkle the remaining 1 teaspoon poudre forte over the tenderloins, pressing the spices into the meat. Line a baking pan with tinfoil and place the boar on it. Roast the meat for 15 minutes, then check for doneness. Depending on the size of your tenderloins, it may take up to 10 minutes longer. Remove the boar from the oven and pour any juices from the baking pan into the reserved marinade. Cover the boar to keep it warm. Simmer the sauce ingredients until they have reduced slightly, around 15 minutes. Pour the sauce over the boar and serve.