



Virtual Magna Faire 2021

Expanded Recipe Collection

2021 Recipes included from other fine cooks
**2020 Recipes are 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 - Adult

MEAT DISHES

Grete Pyes – Our featured “Cook Along with Mistress Christianna” recipe!!

Submitted by **Mistress Christianna MacGrain**
Order of the Pelican, Order of the Laurel, Scarlet Star

Ingredient and Equipment List

Fresh Ingredients

1 pound of assorted cooked meats, cut into ½ sized chunks (choose from ground or chunks of beef, pork, lamb, venison, chicken, turkey, etc.)

* or 2 cups of roasted vegetables * (Brussels sprouts, fennel, root vegetables)

¼ cup fresh cranberries

2 hard boiled egg yolks, cut into quarters

1 cup beef, turkey or vegetable broth

Enough pastry to make a bottom and top cover for your pan of choice*

Pantry Ingredients

½ cup assorted dried fruits (raisins, currants, dates, cherries, apricots, etc.)

2 tbsp solid fat: suet, bacon chunks, butter. (For veg version, toss vegetables in good quality olive oil before roasting)

½ cup bread crumbs (1 slice of regular or GF bread, dinner roll, etc. Or, use my favorite GF breadcrumb solution: ground puffed rice cereal!)

1 tbsp red wine vinegar

1 bottle Red wine or Concord grape juice

ground cinnamon

ground ginger

ground cloves

Optional spices: cardamom, grains of paradise, galangale, black peppercorn)

Equipment

Deep dish pie pan or small casserole pan (*volume of ingredients should match the size of the pan. Recipe amounts based on a 9” pie pan)

Slow cooker or medium sized saucepan

The Period Recipe -Source [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]

Take faire yonge beef, And suet of a fatte beste, or of Motton, and hak all this on a borde small; and caste therto powder of peper and salt; and whan it is small hewen, put hit in a bolle. And medle hem well; then make a faire large Cofyn, and couche som of this stuffur in. Then take Capons, Hennes, Mallardes, Connynges, and parboile hem clene; take wodekokkes, teles, grete briddes, and plom hem in a boiling pot; And then couche al this fowle in the Coffyn, And put in euerych of hem a quantite of powder of peper and salt. Then take mary, harde

yolkes of egges, Dates cutte in ij peces, reisons of coraunce, prunes, hole clowes, hole maces, Canell and saffron. But first, whan thoug hast cowched all thi foule, ley the remenaunt of thyne other stuffur of beef a-bought hem, as thou thenkest goode; and then strawe on hem this: dates, mary, and reysons, &c. And then close thi Coffyn with a lydde of the same paast, And putte hit in the oven, And late hit bake ynough; but be ware, or thou close hit, that there come no saffron nygh the brinkes there-of, for then hit wol neuer close. [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]

Grete Pyes are a fantastic way to use up leftover pieces of roast meats, dried fruits and nuts. In the Middle Ages, the “cofyn” would have been a flour and water paste that provided more of a container than an edible pastry, and diners would break pieces off and select the morsels they wanted from inside. Bottom crusts where the juices seeped were probably fed to dogs. The standing crust in the painting above (by Pieter Claesz “Still Life” 1625), is probably the type that is more for looks and construction. That doesn’t stop you from making your own flaky pastry and enjoying every last bit of the flavors that will infuse it. To create your own “Great Pie”, start with chunks of leftover turkey meat and any other types of meat you would like to add. Roast beef, ground beef, pork, lamb, chicken, hens, game birds, venison, or any other tasty morsels you might have can all be included. Hard boiled egg yolks are found in the original versions, but don’t use the hard boiled egg whites as they become rubbery when baked. For a vegetarian version, use firm vegetables that roast well: Brussels sprouts, broccoli, cauliflower, carrot, artichoke hearts, mushrooms, scallions, etc. Cut them into 1 inch pieces, roast until browned.

For the fruits: dates, raisins (regular, golden, red), currants, grapes, fresh and/or dried cranberries, prunes, dried apricots, etc.

Crust: Enough pie crust (or gluten-free pastry crust) for a bottom and top cover. This can be made as quite a large pie based in a roasting pan for example, or done in a standard pie pan. Plan on enough crust to cover the entire vessel you plan to use.

For one 9 inch deep pie shell:

Enough pastry to make a bottom and top cover for your pan of choice

1 pound of assorted cooked meats, cut into ½ sized chunks

* or 2 cups of roasted vegetables *

½ cup assorted dried fruits

½ tsp cinnamon

½ tsp ground ginger

¼ tsp ground cloves

¼ cup fresh cranberries

2 tbs solid fat: suet, bacon chunks, butter.

(For veg version, toss vegetables in good quality olive oil before roasting)

2 hard boiled egg yolks, cut into quarters

1 cup beef, turkey or vegetable broth

½ cup bread crumbs (1 slice of regular or GF bread, dinner roll, etc. Or, use my favorite GF breadcrumb solution: ground puffed rice cereal!)

1 tbs red wine vinegar

1. Pre-heat the oven to 350 degrees.

2. Roll out bottom pie crust dough, line your pan, and pre-bake with pie weights for 10 minutes, then remove weights and bake for 5 more minutes. Remove from oven and let cool.
 3. Cut all of the meat into bite-sized pieces. If using suet or bacon, sauté them until they release some fat and crisp up. Toss the meats in the fat.
 4. Toss the dried fruits in the spice blend.
 5. Cover the bottom of the pie with half of the meat mixture. Next add a layer of the fruits. Nestle the egg yolks in evenly around the pie. Add another layer of the meat, alternating until the pie is full. If using butter or other softer fat, dot small chunks around the pie.
 6. In a small saucepan, combine the broth, vinegar, and breadcrumbs. Heat until the breadcrumbs are soft and start to melt into the sauce. Pour the sauce over the meat and fruit mixture in the pie.
 7. Brush the edges of the bottom crust with an egg wash (1 egg + 1 tbsp water whisked together). Carefully lay the top crust over the bottom. Trim the excess and pinch to seal the edges. Cut a few vents into the top crust and bake in a 350 degree oven until the crust is golden brown, 35 – 45 minutes. Allow to cool slightly before serving.
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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". Well, that made my inner delinquent snicker. But in the cooking directions near the end of the recipe, it says, no joke, "Anoint your balls well." After I stopped laughing and wiped the tears from my eyes, 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. The only... problem... is that it was called Must Sauce.

Anointed Musty Balls.

The jokes and laughter were pretty much endless leading up to the feast. But the best was saved for last.

Duke Caspar was on the throne at the time. His close friend, Sir Cydrych, was serving High Table. I admit I didn't hear the conversation leading up to it, but I will never forget, during the service of this course, hearing His now-Grace boom, "I've waited a long time to say this... Sir Cydrych, ANOINT MY BALLS!"

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 all the cherries, reduce the heat, and simmer 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.)

Beef Roast **- First Artsy Crown-Saturday Feast-2012

Submitted by **Maestra 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
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon ginger
1/2 teaspoon cloves
1 cup red wine
1/2 cup vinegar
1/2 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 Dembinska'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 apple juice or 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.

Rabbit Stew**

Submitted by **Baroness Genevieve Alaiz d'Avignon**, from *A Taste of Russia*
Former 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 Bjorn the Hunter. Mykael has long been a personal favorite, miss him terribly. Often seen on the live weapons fire breakfast at our first event at Dalwhinnie in his impregnable

1 3-pound rabbit cut into serving pieces
¼ cup all-purpose flour
Salt, freshly ground black pepper to taste

3 tablespoons butter
1 tablespoon vegetable oil
¾ teaspoon marjoram
1 medium onion, chopped
1 medium carrot, scraped and chopped
1 tablespoon butter
1 tablespoon flour
1 cup rich chicken stock
3 tablespoons 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 sparkling 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 Alaiz d'Avignon**
Former Territorial Baroness of the Barony of Iron Mountain (2015-2019), Order of the Pelican

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
½ cup red wine, such as a rioja or Syrah
1 cup apple cider or white grape juice

2 teaspoons Poudre Forte
1/8 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.

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
1/4 cup butter
1/2 pound fresh mushrooms, thickly sliced
1/4 Amaretto
Juice of 1 lemon
1 1/2 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.

Meatball Dish

Submitted by **Mistress Andriet di Pisan** – dish served at my Grand Chef feast
Order of the Pelican, Scarlet Star, Grand Chef of Meridies

Period Source: *Anonymous Andalusian Cookbook Kitab al tabikh fi-l-Maghrib wa-l-Andalus fi 'asr al-Muwahhidin, limu'allif majhul. The Book of Cooking in Maghreb and Andalus in the era of Almohads*, by an unknown author.

Recipe:

Take red, tender meat [lamb], free of tendons, and pound it as in what preceded about meatballs.

Put the pounded meat on a platter and add a bit of the juice of a pounded onion, some oil, murri naqî' [use soy sauce], pepper, coriander, cumin, and saffron.

Add enough egg to bind the mixture, and knead until it is mixed, and make large meatballs like pieces of meat, then set them aside.

Take a clean pot and put in it some oil, vinegar, a little bit of murri [use soy sauce], garlic, and whatever quantity of spices is necessary to taste, and put it on the fire.

When it boils brown the meatballs in it, then let them cook for a while [covered], and when it has finished cooking, set the container aside on the hearthstone and cover the contents with some beaten egg, saffron, and pepper and let it congeal.

You might dye the dish as any variety of tafâyâ [stew], or any dish you want. [Cilantro juice or mint juice was used make dishes green, saffron to make dishes yellow, almonds to make dishes white.]

My redaction:

1 lb. hamburger

1 lg. onion, (juice only)

¼ c. olive oil

¼ c. soy sauce (I will use store bought since it takes months to make *murri*)

Salt, pepper to taste

½ tsp. coriander

½ tsp. cumin

Saffron, a few strands

Sauce:

½ c. red wine vinegar

½ c. olive oil

¼ C. soy sauce

2 TB. Garlic

Spices: salt, pepper, saffron, cumin, coriander to taste

VEGETABLE & SIDE DISHES

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°.

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

Submitted by **Maestra 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 (canned chickpeas may be used, but the vegetable broth really adds more flavor to them)

Honey Roasted Root Vegetables - Magna Faire 2019**

Submitted by **Maestra 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.

Joke Rice (Tiny Egg Dumplings)

Submitted by **Mistress Dametta of Arundel**
Order of the Laurel, Scarlet Star, Grand Chef of Meridies

Original Receipt:

Rice in Jest that is called Counterfeit. Get white flour and, for each bowlful, a fresh egg, salt, and sugar. Chop everything up together as fine as salt, then set it to dry in front of the fire. When it is dry, have good fat bouillon just on the point of boiling and put it in, stirring attentively. When dishing it up, fine grated cheese on top.

Source: Scully, Terence. *The Vivandier*. A Fifteenth Century French Cookery Manuscript (1430-1475). Prospect Books, 1997.

Yield: 4 half cup servings

1 large egg
1 c. unbleached or other plain flour
1/8 tsp. salt
1/8 tsp. white sugar
2 1/4 cups *chicken broth, beef broth or vegetable broth
1 tsp. butter or olive oil
1 T. Finely grated Parmesan cheese (optional)
Pastry cutter

Beat the egg and set aside. In a glass bowl add the salt and sugar to the flour and mix well. Using a pastry cutter, cut in the egg into the flour mixture until the mixture begins to look like small grains of rice. Some pieces will be larger, and some will be smaller than actual rice grains. Spread the pieces out onto a cookie sheet. Place into the oven on warm setting to dry or use the lowest setting of your oven. Stir the pieces around every 15 minutes to ensure even drying. If your oven gets too hot during the drying process, simply cut it off to cool down to a warm temperature. After about an hour or once the grains feel like dried pasta, remove them from the oven and set aside to cool completely. Cook immediately or store in an airtight container in the refrigerator until use due to the egg ingredient. These can be made ahead for using later at home or for a feast.

To cook, bring the broth and butter/oil to a boil and add the “rice”, whisking constantly to avoid lumps. Think “grits”. Reduce heat to low and simmer for 10-15 minutes. Stir occasionally with the whisk to ensure there are no lumps. Place on serving platter and sprinkle with the cheese. When I make this dish, I sometimes have pieces that are much smaller than grains of rice and some that are larger. Other times I have pieces that are more consistent in size. I do think that either way, the dish does look as a rice dish would have looked during the medieval period.

Cook’s Notes:

*I use chicken broth for the “rice” if I serve chicken, beef broth with a beef dish, etc.

This recipe is rather like a simple entremet (English: subtlety) and could be used as such for a feast. This is a food presented as something else in order to delight or entertain feasters.

Loseyns or Lozenges** from the *Forme of Cury: A Roll of Ancient English Cookery*, compiled @ 1390 A.D. by the Master-Cooks of King Richard II

Submitted by **Mistress Margery of Crosgate**

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 Recipe

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.

A note 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://whiteoakhistoricalsociety.org/historical-library/the-late-middle-ages-early-renaissance/food-in-the-15th-century/medievalcheese/#:~: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** (or *Rapum Armatum*) 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.

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.

Honeyed Carrots** (*Menagier de Paris*) - Magna Faire 2010 Le Grand Faire

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.

Mushroom and Cheese Pie

Submitted by **Mistress Dametta of Arundel**
Order of the Laurel, Scarlet Star, Grand Chef of Meridies

The Goodman of Paris (Le Menagier de Paris). A Treatise on Moral and Domestic Economy by A Citizen of Paris (c. 1395). - Yield: 8 side dish servings

8 oz. sliced mushrooms
8 oz. brie cheese, refrigerated until used
16 oz. beef broth or beef stock
1 tsp. olive oil
1/2 tsp. - 1 tsp. spice powder* or fine powder* to taste

One shallow 8" or 9" pie shell, or two if you want a lid for the pie

Parboil the mushrooms in 16 ounces of beef broth, beef stock, or water. Drain well. Set aside. Grate the cold brie in a large bowl, leaving the rind on the cheese to grate. Add oil, mushrooms, and spices. Mix well. Place in pie shell and bake at 350° F for 30-45 minutes, or until pastry has browned.

Cook's Notes:

- Spice powder in *Le Menagier de Paris* was used to season many types of dishes. I use equal amounts of the spices to make the first spice mixture below. For the second, the fine powder mix, I use 1 tsp. of ginger, 1/4 tsp. of cinnamon, 1/8 tsp. of cloves, and 1/4 tsp. of grains of paradise, all ground, and 3/4 tsp. of white sugar. Feel free to adjust the spices and sugar to your own taste. If you don't have grains of paradise, I suggest adding a little more pepper. Grains of paradise are easier to find now than in years past, and I've found them in Whole Foods in a grinder. Many online sources have them also. They have a nice, peppery, almost fruity flavor that I really like.
- I have used gruyere and white cheddar cheeses for this pie and like them both in it.
- Double this recipe to make a deep, 9" pie, but this smaller pie serves 8 at a feast table. If I have pie crust left over, I use it to make simple decorations for the top of the pie.

Original Receipts: 14th Century France

Pasties: Mushrooms of one night be the best and they be little and red within and closed at the top; and they must be peeled and then washed in hot water and parboiled and if you wish to put them in a pasty add oil, cheese and spice powder.

*Spice Powders:

Item, take half a quarter of clove wood, called stem of cloves, half a quarter of cinnamon, half a quarter of pepper, half a quarter of ginger, half a quarter of nutmeg, half a quarter of grain of paradise, and reduce them all to powder.

Fine Powder. Take of white ginger an ounce and a dram of selected cinnamon a quarter, of cloves and grain (of paradise) each half a quarter of an ounce, and of lump suga a quarter and reduce them to powder.

Source: Power, Eileen. *The Goodman of Paris (Le Menagier de Paris)*. A Treatise on Moral and Domestic Economy by A Citizen of Paris (c. 1395). The Bath Press, for The Folio Society, 1992.

Carrot Torte - from Scappi.

Submitted by **Mistress Aislinge MacCuithein**
Order of the Laurel, Scarlet Star, Grand Chef of Meridies

This is by far the most requested recipe that I have redacted for a feast. Don't let the amount of cinnamon or pepper deter you because somehow it really works.

1 lb. Carrots
9 oz. Ricotta Cheese
6 oz. mozzarella cheese
3 oz. mascarpone cheese
1 c. sugar
2 tbsp. butter
1 tbsp. cinnamon
2 tsp. Pepper
1 oz. orange zest
2 eggs

Boil carrots until very soft and puree. Mix with cheeses, pepper, cinnamon, orange zest, sugar, eggs and butter. Put in a pie pan lined with puff pastry. Mix a little cinnamon and sugar with rosewater (or the juice of the orange) and brush the top. Bake at 350 for about 30-40 minutes or until the pie crust is golden brown and the center is almost set.

SWEETS / DESSERTS / BEVERAGES

Lenten Cookie Balls** (*Viendier*) - Magna Faire 2010 Le Grand Faire

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
¾ cup sugar
Juice of 1 lemon
½ 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.

Hippocras - Le Menagier de Paris, c 1393

Submitted by **Mistress Christianna MacGrain**
Order of the Pelican, Order of the Laurel, Scarlet Star

To make powdered hippocras, take a quarter of very fine cinnamon selected by tasting it, and half a quarter of fine flour of cinnamon, an ounce of selected string ginger, fine and white, and an ounce of grain of Paradise, a sixth of nutmegs and galingale together, and bray them all together. And when you would make your hippocras, take a good half ounce of this powder and two quarters of sugar and mix them with a quart of wine, by Paris measure. And note that the powder and the sugar mixed together is the Duke's powder. [end of original]

Hippocras Spice Mix

4 oz stick cinnamon
2 oz powdered cinnamon
2 oz of nutmegs and galingale together
1 oz of ginger
1 oz of grains of paradise

Grind them all together to create a spice powder.

To Make Hippocras

1. Heat 2 quarts of red wine or Concord grape juice in a large non-reactive pot to a simmer. (The quart used to measure wine in Paris c. 1393 was about 2 modern U.S. quarts, the pound and ounce about the same as ours).
 2. Add 1/2 ounce of the powder and 1/2 lb (1 cup) of sugar to the wine. Stir to dissolve the sugar.
 3. Allow the spices to simmer in the wine for 20 minutes.
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Entrement-Almond Sweetmeat

Submitted by **Mistress Andriet di Pisan** – dish served at my Grand Chef feast *Manual de mugeres*; translated by Meisterine Karen Larsdatter (16th C. Spanish manuscript)
Order of the Pelican, Scarlet Star, Grand Chef of Meridies

Recipe for making a conserve of *alajú* (a delicacy of Arabic origin, basically a paste made of almonds, walnuts, or pine nuts, toasted breadcrumbs, spices, and honey)

Knead together well-sifted flour with oil and water. And leave the dough somewhat hard and knead it well.

And make thin cakes and cook them well, so they can be ground; and grind them and sift them.

And then take a [celemín](#) of ground cleaned walnuts, and two pounds of ground toasted almonds. And while you crush the walnuts and almonds, mix them.

Put a well-measured [azumbre](#) of honey to the fire, and the best that you can find, skim it and return it to the fire. And when the honey rises, add the walnuts and almonds in it. And cook it until the honey is cooked.

And when it is, remove it from the fire and put with it a half a [celemín](#) of the grated flour cakes, and mix it well.

And then add a half ounce of cloves and another half (ounce) of cinnamon, and two nutmegs, all ground-up. And then repeat the stirring a lot. And then make it into cakes or put it in boxes, whichever you desire more.

My Redaction:

1 c. breadcrumbs
1 c. walnuts
1 c. almonds, toasted and ground
1 c. honey
1/8 tsp. ground cloves
1/2 tsp. ground cinnamon
1/4 tsp. nutmeg

Candied Orange or Lemon Peel (Dry Suckets)

- Yield: 10-12 Servings

Submitted by **Mistress Dametta of Arundel**

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

3 oranges or 3 lemons
3/4 c. white sugar, plus 1/2 c. sugar for coating
1/2 c. water

Use a vegetable peeler to peel the oranges or lemons, being careful not to peel the pith away with the peel. Scrape any remaining pith (white, inner part) away from the inner peel and cut the peel into 1-2- inch pieces. Any small pieces that may have broken off while peeling the fruit are fine to use too. In a saucepan, heat the peel in enough water to cover them and bring to a boil. Reduce heat and simmer uncovered for 30 minutes. Drain and then repeat the process.

Once the second boiling process is finished, heat the 3/4 c. sugar and 1/2c. water to boiling in the saucepan, stirring constantly until the sugar is dissolved. Stir in the peel. Simmer uncovered, stirring occasionally, for 45 minutes. Strain the peel from the sugar syrup. Place the peel into a sealable container with the 1/2 c. sugar and shake to coat all the pieces of peel. Spread the pieces out onto a cookie sheet to cool and dry out a bit, about an hour-two hours, depending upon the humidity at the time. Once cool and dry, put them back into the sealable container with the sugar and shake well again. Store peels and any loose sugar in a sealed container for up to

a week. I store them in the refrigerator if I'm not serving them for a few days, especially during summer weather. If needed, I add a little more sugar to them and give them a good shaking to coat them again and keep them from sticking together.

Cook's Note: For a 100-person feast, use one 3 lb. bag of oranges or one bag of lemons plus 2-3 extra, 2 c. sugar, plus extra for coating, and 1 c. water for the sugar syrup. Use just enough water to cover the peels for the two, water boiling processes.

There are many recipes for candied citrus peels within the medieval time period. "Wet" suckets were made using honey or various sugar syrups to candy the fruit, leaving the fruit combined with the cooked, thickened syrup. The Italians used a small sucket fork for eating them at banquets. "Dry" suckets were made by using a syrup to boil them, then drying them, and sometimes tossing them with extra sugar after they were dry. This is my shortcut version of a dry sucket. Feel free to add any of the flavorings used in the "receipts" below in your syrup.

Original Receipts:

To confite Orange peeles which may be done at all times in the yeere, and chiefly in May, because then the saide peeles be greatest and thickest.

Take thicke Orange peeles, and them cut in foure or five peeces and steepe them in water the space of ten or twelve daies. You may know when they be steeped enough, if you hold them up in the sunne and see through them, then they be steeped enough, & you cannot see through them, then let them steepe until you may. Then lay them to drye upon a table, and put them in a Kettle or Vessell leaded, and adde to it as much Honny as will halfe cover the saide peeles, more or lesse as you think good, boyle them a little and stirre them always, then take them from the fire, least the Honny should seeth overmuch. For if it should boyle a little more then it ought to boyle, it would be thick. Let it them stand and rest foure daies in the said Honny, stirring and mingling the Orange and Honny every day together. Because there is not honny enough to cover all the said Orange peeles, you must stir them well and oftentimes, thus doo three times, giving them one bobbling at each time, then let them stand three days then strain them from the honny, and after you have let them boile a small space, take them from the fier, and bestrew them in vessels, putting to them Ginger, cloves and Sinamon, mixe all together, and the rest of the Sirrope will serve to dresse others withal.

Source: Dawson, Thomas. *The Second Part of the Good Hus-wives Jewell*. E. Allde for Edward White, dwelling at the little North doore of Paules Church at the signe of the Gun, 1597. Reprint: Falcon Press, 1988.

To candie Orange pilles. Take your Orange pilles after they be preserued, then take fine sugar and Rosewater, and boile it to the height of *Manus Christi*, then drawe through your Sugar, then lay them on the bottome of a sieve, and dry them in an ouen after you haue drawne bread, and they will be candied.

Source: Plat, Sir Hugh. *Delightes for Ladies*. To adorne their Persons Tables Closets and Distillatories. 1609. Crosby Lockwood & Son LTD, 1948.

How to Preserve Lemon Peel or the inner part of the fruit (Excerpt)...You can use this method with all other things you may wish to preserve with sugar. If you want to preserve bitter-orange or lime peel in sugar, then you must go about it as I have described for lemons. If, however, you want to preserve them in honey or boiled wine, you must do so in an altogether different way, as you will see when we come to that.

Source: Boeser, Knut ed. *The Elixirs of Nostradamus*, Nostradamus' Original Recipes for Elixirs, Scented Water, Beauty Potions and Sweets (1552). Bloomsbury Publishing, 1995.

Gyngerbrede

Submitted by **Mistress Christianna MacGrain**
Order of the Pelican, Order of the Laurel, Scarlet Star

To make gyngerbrede - The Forme of Cury, Curye on Inglysch*

Take goode honye & clarefie it on the fere, & take fayre paynemayn or wastel brede & grate it, & cast it into the boylenge hony, & stere it well togyder faste with a sklyse that it bren not to the vessell. & thanne take it down and put therin ginger, longe pepere & saundres, & tempere it up with thin handes; & than put hem to a flatt boyste & strawe theron suger, & pick therein clowes rounde aboute by the egge and in the mydes, yf it plece you, &c.

{*The Forme of Cury, from a manuscript dated 1381, on the Feast of Saints Felix and Audatus (August 30th), included in the compilation "Curye on Inglysch" edited by Constance B. Hieatt and Sharon Butler, c. Early English Text Society by the Oxford University Press, 1985}

Gyngerbread (Rendered Recipe from *The Accomplisht Childe* by Christine Seelye-King)

This gingerbread is not the cake that we know today, but rather a sticky confection that is very rich. If you get your honey from a beekeeper, you might need to boil it and skim the scum off the top, removing wax, bee parts and other impurities until it is clear. If you have clear honey to start with, heat it in a large pot until it begins to bubble. Add ginger and other spices, this mixture can be very peppery and spicy if you wish. Cloves, pepper (and other types of pepper such as cubebs, grains of paradise, and long pepper can also be used), saffron, saunders (a non-aromatic sandalwood that gives a red-orange to red-brown color) powder douce and/or powder forte can all be used. Grate breadcrumbs (fine white bread can be used, but I think brown bread makes better gingerbread) and add them to the honey. The drier the breadcrumbs, the more honey they will absorb so again, the amounts will vary. You will use roughly twice as many breadcrumbs by volume as honey. Keep adding breadcrumbs until the honey is absorbed, and the mass has reached a dough-like consistency. Turn it out into an oiled pan to cool. Once cool, you can mold it or form it into individual pieces. Strew with sugar (this will help make the outside less sticky) and decorate with cloves or other spices, even herbs.

Gingerbread (Modern Recipe Formula)
3 c. honey

2 tsp. powdered cinnamon
1 tsp. powdered ginger
1/2 tsp. ground long pepper (or white or black pepper)
1/4 tsp. powdered cloves
6 cups *dry* bread crumbs, crushed/processed to the consistency of cornmeal
Cinnamon/(white) sugar mixture for sprinkling, or Saunders to sprinkle on top
Whole cloves (optional)

Bring the honey and spices to a boil in a large saucepan, then turn off the heat and stir in bread crumbs 1 cup at a time, mixing completely for best texture.

Spread the resulting dough out on a baking sheet lined with foil or waxed paper cover with another sheet of waxed paper, and roll out to a thickness of approx. 1 inch.

Sprinkle well with cinnamon and sugar (about 1 part cinnamon to 4 parts sugar works well; the mix can be varied to taste). Using a sharp knife, cut into 1 - 1 1/2 inch squares. Let cool until firm enough to handle, then break apart squares and lay out on a tray to finish cooling. If you like, push a whole clove spike into each square for decoration. The clove can be eaten or held in the mouth (especially effective as a medieval cure for a toothache!) or discarded.

Goode Cookys-Springerle cookie

Submitted by **Mistress Andriet di Pisan**
Order of the Pelican, Scarlet Star, Grand Chef of Meridies

The Springerle cookie originated in Swabia & Switzerland by the 14th century; we use our own, original recipe, based directly on the Baseler Springerle receipt, one of the oldest Springerle recipes known to exist today:

Source: <http://www.springerle.com/springerleE/REZEPT/rez03.html>

Take 1 pound flour and pass it through a fine sieve and place it overnight in the oven hole (to keep it warm).

Take a **pound of dry sugar** and **4 eggs**, but big ones, **2 spoons cleaned anise** (if you want good ones then roast the anise first).

Then **2 tablespoons aged Baseler cherry schnapps** (helps to get rid of the egg taste and helps the dough rise).

Let the oldest boy mix the sugar eggs and anise. Then the second oldest, then the third, altogether at least 1/2 hour. Then add the schnapps, mix the flour, and knead the dough until it stays together.

Roll the dough out, but not too thin, and carefully press, but with enough pressure the mold into it.

Afterwards store on flour dusted board for 24 hours, in a warm place. Then bake with low heat. To get them nice and white, before baking, dust some flour on them and then blow it away.

If you don't get feet (a bottom layer) in your springerle, then the boys or the house girl will scold you: "It was badly stirred, or there was a draught in the room." Springerle without feet are a nuisance.

Pears in Compote

Perys en Composte: Two Fifteenth-Century Cookery-Books (England, 1430)

Submitted by **Mistress Andriet di Pisan**

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

Peris in compost. Take Wyne, canell, And a grete dele of white Sugur, And sette hit ouer the fire, And hete hit but a litull, and no3t boyle; And drawe hit thorgh a streynour; And then take faire dates, and y-take oute the stones, and leche hem in faire gobettes al thyn, and cast there-to; And then take pere Wardones, and pare hem, And seth hem, And leche hem in faire gobettes, and pike oute the core, and cast hem to the Syryppe; And take a litull Saundres, and caste there-to in the boylyng, And loke that hit larif well, with Gynger, Sugur, And well aley hit with canell, and cast salt thereto, and lete boyle; And then caste it oute in a treyn (Note: treyne is treen, wooden) vesse [correction; sic = MS. Vesselle vesselle] II, And lete kele; And then pare clene rasinges (Note: shavings, parings) of ginger, and temper hem ij. Or iij. Daies, in wyne, And after, ley hem in larified hony colde, all a day or a night; And then take the rasons4 oute of the hony, And caste hem to theperes in composte; And then serue hit forth with sirippe, all colde, And nought hote.

Redaction:

2 pears

1 cup sweet red wine

2 tsp cinnamon

¼ cup sugar

1 TB fresh ginger

1 tsp white wine vinegar

1 small pinch saffron