

# Medieval Feaste

Medieval feasts and dinners were remarkably similar to our own modern manner of eating; today's meals generally start out light, such as with a soup or salad, then move on to the heavier items of meats and vegetables, and end with something sweet - and the more formal or special the occasion, the more likely the dessert will be something extravagant or showy. Medieval meals, too, followed such a pattern, but the reasons for the foods that were eaten, how they were prepared, and when they were eaten followed a train of thought much different than ours of today.

Dinners & feasts usually started with foods that were considered easily digestible, such as light meats, warm & moist foods such as soups and broths, moist fruits (especially peaches), and greens such as lettuce, cabbage, and "herbs." Spices were thought to warm the stomach, and were therefore an excellent stomach opener. Cheese was eaten both before and during the meal, as an aid to digestion and to help a "weak stomach." Foods that were more difficult to digest, such as beef & fatty pork and heavy fruits, like pears & chestnuts, were consumed later in the meal. In large feasts, very rich and exotic foods were served in smaller portions only to highly distinguished guests after the more filling and common dishes had been served to the entire hall. This practice would continue as the feast progressed, ending with the finest of delicacies being served to just the table of the king or nobleman in charge of the affair.

When meat was eaten, it was normally followed with cheese, which physicians recommended for proper digestion. When fish was served, it was followed with nuts, for essentially the same reason. Wines and ales of all sorts were consumed during the entire meal. Sweets, like today, were saved for last, and spices were again used here as a digestive aid to end the meal. Wine, as a custom, was drunk just before retiring, and so the evening would usually end with a snack of sweet fruits & cakes, & spiced wines.

Dinners were arranged in courses, each course containing several items, with several courses in each dinner. A feast may contain many courses with just a few dishes in each, or just a few courses with many dishes included. After the final course came the concluding presentation of wine and sweets. At royal feasts, the courses were broken up with a mini-course called an entremet, featuring lavish presentations and spectacles, and fantastic and fanciful foods called solteties. These exotic creations were crafted mainly from sugar and made to represent saints, warriors, heroes, scenes from mythology, etc., but also were such dishes as the Cockentrice and the Coqz Heaumez. Food-in-disguise was also a popular soltetic, and a cake could appear as a realistic looking fish and a meatloaf could be crafted to resemble a fancily painted pitcher. Beautiful and awe-inspiring, a well-presented soltetic was a masterpiece of imagination and skill on the cook's part. Spectacles often included music, singing, and play-acting. The French cookbook *Le Viandier de Taillevent* describes a spectacle which featured a tower manned by a boy dressed as the mythological wild man of the woods, who would throw rocks at a group of attacking soldiers below.

A modern Medieval feast, whether done for friends and family as an amusement, or presented by schools and historical societies for the public, should follow the traditional standards of the Middle Ages. Begin dinner with soup or broth, bread, & cheese. Follow with green vegetables, a meat dish of lean pork or chicken, or perhaps fish, accompanied with sauces, then move on to the heavier and fancier items, in smaller portions. End with sweets and spiced desserts. Serve wine and ale throughout the entire meal, or if the event is non-alcoholic, use apple cider, grape juice, lemonade, water, etc. Just don't let your guests go thirsty! Divide the various dishes among two or three courses, serving each course in its entirety and leaving time for talk, music, & entertainment for guests between courses. For larger events, separate the two main courses with an amusing and entertaining presentation, such as a performance of some sort of an unusual or flashy food item - a roast pig always has a welcome audience at a time like this, or try a fancy food-in-disguise soltatie. A good Medieval feast should last at least several hours, and your guests should leave not only full of delicious food, but emotionally satisfied and intellectually entertained. Give them one final drink and a sweet morsel to send them on their way home, but first make sure they offer a toast to the evening, the friends present, and the magnificent cook who made it all possible!

*The Presentation of a Medieval Feast* ©1998 James L. Matterer from Master Huen's Boke of Gode Cookery

## BREADS

Buttered Scones  
Cream Scones  
Garden Herb Loaf  
Honey Butter  
Honey Wheat Bread  
Irish Buttermilk Bannock  
Irish Spice Bread  
Irish Tea Bread  
Pumpkin Bread  
Scottish Highland Biscuits

## MAIN DISHES

### Breakfast

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Scottish Pancakes

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Basic Meat Pie  
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### Cheese & Dairy

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### Soups

Cockaleekie Soup  
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## SIDE DISHES

Cheese Tarts  
Colcannon  
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Garlic Mushrooms  
Garlic Roast Potatoes & Greens

Gode Broth  
Green Beans with Almonds  
Harvest Rice  
Herb Soup  
Mushroom Puffs  
Spiced Meatballs  
Spinach Tart

## DESSERTS

### Fruit-Based

Apple Crumble  
Baked Apples  
Cherry Pudding  
Cherries in Wine  
Highland Raspberry Cheesecake  
Lemon & Honey Tart  
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Pumpkin Cream Pie  
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## BEVERAGES

### Coffee Variations

Celtic Moon Coffee  
Einish Coffee  
Gaelic Coffee  
Irish Coffee  
Pumpkin Spice Coffee

### Cider

Hot Mulled Cider  
Another Mulled Cider Recipe

### Wine & Ale

Apricot Wine  
Kirnan's Spiced Wine  
Scottish Spiced Ale

### Specialty

Hot Buttered Rum  
Homemade Irish Cream  
Mead  
Spicy Apple Eggnog  
Strawberry Liqueur  
Wassail

# BREADS

## Cream Scones

Makes 8

The easiest and most reliable approach to mixing the butter into the dry ingredients is to use a food processor fitted with a steel blade. Resist the urge to eat the scones hot out of the oven. Letting them cool for at least 10 minutes firms them up and improves their texture.

2 cups (10 ounces) unbleached all-purpose flour, preferably a low-protein brand such as Gold Medal or Pillsbury  
1 tablespoon baking powder  
3 tablespoons sugar  
1/2 teaspoon salt  
5 tablespoons chilled unsalted butter, cut into 1/4-inch cubes  
1/2 cup currants  
1 cup heavy cream

1. Adjust oven rack to middle position and heat oven to 425 degrees.
2. Place flour, baking powder, sugar, and salt in large bowl or workbowl of food processor fitted with steel blade. Whisk together or pulse six times.
3. If making by hand, use two knives, a pastry blender, or your fingertips and quickly cut in butter until mixture resembles coarse meal, with a few slightly larger butter lumps. Stir in currants. If using food processor, remove cover and distribute butter evenly over dry ingredients. Cover and pulse 12 times, each pulse lasting 1 second. Add currants and pulse one more time. Transfer dough to large bowl.
4. Stir in heavy cream with rubber spatula or fork until dough begins to form, about 30 seconds.
5. Transfer dough and all dry, floury bits to countertop and knead dough by hand just until it comes together into a rough, slightly sticky ball, 5 to 10 seconds. Cut scones into 8 wedges. Place wedges on ungreased baking sheet. (Baking sheet can be wrapped in plastic and refrigerated for up to 2 hours.)
6. Bake until scone tops are light brown, 12 to 15 minutes. Cool on wire rack for at least 10 minutes. Serve warm or at room temperature.

From [America's Test Kitchen](#)

SUGGESTED DRINKS: [Celtic Moon Coffee](#), [Einish Coffee](#), [Mulled Cider](#)

## Herbed Garden Loaf

Ingredients:

- 4 to 4 1/2 cups all purpose flour
- 2 packages of yeast
- 3/4 teaspoon marjoram leaves
- 3/4 teaspoon dried rosemary leaves
- 3/4 teaspoon dried thyme leaves
- 1/2 cup water
- 1 egg
- 3 tablespoons sugar
- 1 1/2 teaspoons salt
- 3/4 cup milk
- 1/4 cup plus 1 tablespoon butter
- additional spices to taste

In a large bowl combine 1-1/2 cups flour, sugar, undissolved yeast, salt, marjoram, thyme and rosemary. Heat the milk, water and 1/4cup butter together until very warm (120 to 130 degrees); then stir into the dry ingredients. Stir in egg and enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 4 to 6 minutes. Cover and let rest on a floured surface for 10 minutes.

Divide the dough into 3 equal pieces. Roll each piece into a 30inch rope. Braid the ropes together and pinch the ends to seal. Tie a knot in the center of the braid, and wrap the ends around the knot in opposite directions and tuck under to make a round loaf. Place on a greased cookie sheet. Cover; let rise in a warm, draft free place until doubled in size, about 20 to 40minutes.

Bake at 375 degrees for 30 to 35 minutes, or until done, covering the loaf with foil the last 10 minutes to prevent over browning. Melt the remaining butter and brush it over the loaf. If desired, sprinkle with additional spices. Remove from cookie sheet and let cool on a wire rack.

FROM <http://www.usd.edu/~socrean/arts/fstrecpe.htm>

## Honey Butter

- 2 cups honey
- 1 cup butter

Let butter stand in room temperature until soft. Add honey and stir until it is perfectly blended. Cover tightly and keep cold.

Blend with chopped nuts or spices.

### A Boke of Gode Cookery/Modern Recipes for Beginners

## Honey Wheat Bread

Ingredients:

- 2-1/2 cups wheat flour
- 1 tsp baking soda
- 1/2 tsp. salt
- 1 tsp baking powder
- 1/4 tsp. cinnamon
- 1/2 cup light honey
- 1/4 vegetable oil
- 1-1/2 cups buttermilk
- 1/2 cup chopped walnuts
- 1 tbsp. grated orange rind

In a large bowl mix all the ingredients together, beating until they're well-blended. Pour into a greased and floured 9x5-inch loaf pan. Let stand 20 minutes. Bake at 375 degrees for 45 to 60 minutes. Turn out onto wire rack and cool.

Related topics: Autumn Harvest, Spring, Ostara

## Irish Buttermilk Bannock

### INGREDIENTS

- 4 cups All purpose/bread flour
- 3 teaspoons Baking powder
- 1 teaspoon Salt to taste
- 3/4 teaspoon Baking soda
- 1 cup Raisins
- 2 Eggs
- 1 1/2 cups Buttermilk

Stir flour, baking powder, salt, baking soda and raisins together. Separately, fork-blend eggs and buttermilk, then add to dry ingredients. Stir until sticky batter is formed. Scrape batter onto well floured surface and knead lightly. Shape batter into ball, then place in round non-stick casserole that has been sprayed with cooking spray. Mark a cross in the center, using a sharp knife. Bake uncovered in preheated 350 degree oven for about 1 1/4 hours.

Wait 10-15 minutes before attempting to remove bread from casserole, then cool on wire rack. If desired, cut loaf into quarters and then slice thinly.

## Irish Spice Bread (ÉIREANNACH SPIOGRAI)

Yield: 8 servings

- |                        |                               |
|------------------------|-------------------------------|
| 10 oz Flour            | 2 oz Chopped candied peel     |
| 2 ts Baking powder     | 6 oz Raisins, plain or golden |
| 1/2 ts Baking soda     | 4 oz Butter                   |
| 1 ts Mixed spice *     | 6 oz Golden syrup **          |
| 1/2 ts Ground ginger   | Large egg, beaten             |
| 4 oz Light brown sugar | 4 tb Milk                     |

\* Equal parts of cinnamon, nutmeg and allspice.

\*\* Lyons' Golden Syrup, carried in some fancy groceries. If you can't find it, use Karo golden corn syrup.

Sift the flour with the soda and baking powder, and the mixed spice and ginger: then add the brown sugar, chopped peel and raisins: mix. Make a well in the center. Melt the butter with the syrup over low heat, then pour into the well in the mixture. Add the beaten egg and milk and mix very well. Pour into a greased 2-lb loaf pan and bake in a preheated oven at 325 F for 40-50 minutes, or until it tests done. This bread will keep moist for several days, and actually improves somewhat during this period.

Source: from the Internet

## Irish Tea Bread

Servings: 4

- |                           |                                  |
|---------------------------|----------------------------------|
| 12 teaspoons strong tea   | 1 ounce butter (melted)          |
| 1 pound mixed dried fruit | 9 ounces all-purpose flour       |
| 6 ounces soft brown sugar | 1/2 teaspoon bicarbonate of soda |
| 1 egg, lightly beaten     |                                  |

The mixed fruit can include raisins, currants, and any other kind of dried fruit you like; chop any larger pieces down to about raisin size. Place the tea, mixed fruit and sugar in a bowl; cover and leave overnight. Stir in the egg and melted butter. Sieve the flour and the bicarb together and fold them in. Line the bottom of a large loaf pan with baking parchment, and brush the whole inside of the pan with melted butter. Pour the mixture in and smooth the top. Bake in a preheated oven (360 F) on the middle shelf for 1 1/2 hours. After removing from the oven, leave in the pan for 2-3 minutes; then turn out of pan and cool on a wire rack.

Source: from the Internet

## Pumpkin Bread

- 1 large can pumpkin
- 1 cup melted butter
- 3/4 cup water
- 4 eggs
- 2 tsp. baking soda
- 3-1/2 cups flour
- 2-1/4 cups sugar
- 1-1/2 tsp. salt
- 2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. ground cloves
- 1 cup chopped walnuts
- 1 cup raisins (optional)

Mix together pumpkin, melted butter, water and eggs. Blend in baking soda, flour, sugar, salt, cinnamon, nutmeg, cloves, walnuts and raisins. Place batter in a greased and floured loaf pan. Bake at 350 degrees for 1 hour or until top is golden brown.

## Stoneclave Scones

These have become a favorite of ours over the years. There's nothing like a fluffy, hot scone fresh out of the oven, smothered in real butter and topped with fresh jam!

Ingredients:

- \* 2 3/4 cups flour
- \* 1/4 cup sugar
- \* 2 tsp. baking powder
- \* 1 egg yolk
- \* 1/2 tsp. baking soda
- \* 1 stick butter
- \* 3/4 cup milk

Directions: Mix flour, baking powder and baking soda in large bowl. Cut butter into mixture until the mixture is crumbly. Add sugar, mix.

Add egg yolk and milk, mix well. Knead dough slightly and separate into two large balls of dough. Make a cross-cut to separate each one into four pieces, and place on a slightly greased baking sheet.

Bake in oven at 425 degrees for 12 to 15 minutes, or until tops are a golden brown.

Serve warm with a pat of butter and your choice of jam or other topping. Our favorite is fresh raspberry jam! Scones go great with a hot cup of tea and cream or a mug of your favorite coffee. You can also create your own flavored scones by adding your favorite ingredients.

SUGGESTED DRINKS: [Celtic Moon Coffee](#), [Einish Coffee](#), [Mulled Cider](#)

## Scottish Highland Biscuits

This is a famous cookie from the Highlands of Scotland. In the United Kingdom, cookies are often referred to as "biscuits". The hot biscuits that Americans usually enjoy with dinner are called 'rolls'. Caster sugar is just a little finer than the sugar you put in coffee. Plain flour is the sort which contains no rising agent. Demerara Sugar is brown sugar (soft). Cup sizes are American.

Ingredients:

- 1/2 cup Margarine
- 1/4 cup Caster sugar
- 1/4 cup Semolina
- 1 1/4 cup Plain flour
- Demerara sugar

Preparation:

- Cream the sugar and margarine together, and then add the semolina and flour.
- Knead until smooth and roll into sausage shape in the demerara sugar, coating evenly.
- Cut into slices and lay on a greased and floured baking tray.
- Bake in a preheated oven (350° F) for about 30 minutes.
- Leave on a wire rack to cool.

## SIDES

### Cheese Tarts by Judith Carr

"To Make a Tart of Cheese, take a good fine paste and drive it as thin as you can. Then take cheese, pare it, mince it and braye it in a mortar with the yolks of Eggs til it be like paste, then put it in a faire dish with clarified butter and put it abroade your paste and cover it with a faire cut. Cover, and so bake it; that done, serve it forth."

A. W., **A Book of Cookery, 1591**

- 1 lb. shredded cheese
- 2 eggs
- 1/4 tsp. each salt & ground mustard
- 1/8 tsp. each pepper & ginger
- 1 1/8 tbs. butter
- pastry for 1 double crust pie

Combine cheese, eggs, spices and butter. Put 3 cups of this mixture in an unbaked pie shell. I interpret A. W.'s "faire cut" cover as a closed lid with a shaped cut-out. I used a Thistle shape when making this pie for a feast for the The Marche of the Thistle (SCA chapter in Kent, Ohio). Bake at 375° F for 20-25 minutes or until crust is browned and a knife inserted in the pie comes out clean. The recipe makes 8 small pieces per pie.

#### A Boke of Gode Cookery/Modern Recipes for Beginners

### Colcannon

#### (Baked Mashed Potatoes with Cabbage)

Yield: 4 servings

- 6 russet potatoes (about 3 pounds)
- 2 lb. cabbage, diced
- 1 stick unsalted butter, cut into bits
- 2 T minced fresh chives
- 1/2 cup milk
- 1 1/2 cups grated sharp Cheddar

Peel the potatoes, cut them into 1-inch dice, and in a large saucepan combine them with enough cold salted water to cover them by 1 inch. Bring the water to a boil, simmer the potatoes for 15 minutes, or until they are tender, drain. In another large saucepan combine the cabbage with enough cold salted water to cover it by 1 inch and bring to a boil. Simmer the cabbage for 10 to 12 minutes, or until it is just tender, and drain. In a large bowl mash the potatoes and stir in the butter, the chives, the milk, the cabbage, and salt and pepper to taste. Transfer the mixture to a 2-quart baking dish, sprinkle the Cheddar over it, and bake the dish in the middle of a preheated 350 degree F oven for 30 minutes, or until it is heated through and the cheese is melted. Serves 6-8 as a side dish.

### Garlic Mushrooms

- 8 lbs. mushrooms
- 2 qts. red wine vinegar
- 1 cup red wine
- 1/3 lb. fresh garlic, diced
- 1 bunch parsley, diced
- 1 qt. olive oil
- salt

In a large, non-metal container, mix together the vinegar, wine, garlic, parsley, and a little salt. Rinse mushrooms & drain well; trim off ends of stems & any bad spots. Pack the mushrooms in airtight non-metal containers. Add marinade to about 1 1/2 inch from the top, then top with olive oil. Cover & refrigerate. Invert container once a day while storing, to distribute marinade evenly. Can be served after only a day, but it is better if it is older than 4 days.

#### A Boke of Gode Cookery/Modern Recipes for Beginners



# Garlic Roast Potatoes & Greens

## INGREDIENTS

- 2 pounds Red-Skinned Potatoes, sliced
- 6 large Cloves Garlic, sliced lengthwise 1/3 cup
- Extra-Virgin Olive Oil
- 3 Tablespoons Wine Vinegar
- Salt
- Pepper
- 4 cups Watercress Sprigs, rinsed
- 2 Tablespoons Chives, chopped

Mix potatoes, garlic and oil in a 10 x 15" rimmed pan. Bake at 450 degrees until well browned, about 1 1/4 hours. Turn vegetables with a wide spatula every 10-15 minutes. Pour vinegar into pan, scraping with spatula to release browned bits and to mix with potatoes. Add salt and pepper to taste. Pour potatoes into a wide, shallow bowl. Chop half the watercress and mix with potatoes. Tuck remaining watercress around potatoes and sprinkle with chives.

## Harvest Rice

- 2 Tbs. butter
- 1/4 cup onion, minced
- 2 ribs celery, diced (including tops)
- 1/2 lb. mushrooms, sliced
- 1/4 tsp. sage
- 1/4 tsp. marjoram
- 1/4 tsp. thyme
- 1 Tbs. red wine vinegar
- 1/4 cup green onion tops, minced
- 3 cups cooked long-grain rice
- 1/4 cup chopped pecans
- 1/4 cup parsley, chopped
- 1/3 cup grated parmesan cheese

Heat butter in a large skillet. Saute onion and celery until soft. Add mushrooms, sage, marjoram, thyme and vinegar. Simmer over low heat 10 minutes. Preheat oven to 350° F. Combine vegetable mixture with green onions and rice. Stir in nuts. Spread in an ovenproof casserole. Sprinkle with parsley and cheese. Bake 15 minutes or until heated through. Serves 6-8.

Related Holidays: Autumn, Fall, Lughnasadh, Mabon

## Herb Soup

- 1 Tbs. each parsley and sweet basil
- 1 small onion, diced
- 2 Tbs. butter
- 8 cups chicken broth
- salt & pepper

In a large pot melt the butter over medium heat. Add the onion and cook until just translucent, then add the herbs and allow to cook until the herbs become aromatic. Reduce heat, add the chicken broth, salt & pepper to taste, and simmer for at least 1/2 hour. Serve hot.

## Gode Broth

In making Gode Broth, I use the recipe for broth found in "*Hens in bonet*" from Napier's *Noble Boke off Cookry* as translated in W.E. Mead's *The English Medieval Feast*, p. 71:

*This is made by stewing hens and fresh pork together, grinding pepper, bread, and cummin, seasoning it, tempering it with the hens' broth, colouring it with saffron, adding salt, and serving it.*

- 3 c. chicken broth
- 1 c. pork broth
- 1/2 - 1 c. unseasoned bread crumbs
- 1/2 tsp. each pepper & cumin
- pinch saffron (for color)
- salt (to taste)

Combine broths & bring to a low boil; add the bread crumbs & spices, return to a boil, then reduce heat and allow to cook for a minute. Remove from heat and use or refrigerate for later. Makes 4 cups.

The amount of bread crumbs used depends on the thickness of the sauce desired. Less than 1/2 cup or more than 1 cup may be necessary, or none at all. Use your best judgment. The same is true of the salt & other spices - adjust them to your preferred taste.

Mead, William Edward. *The English Medieval Feast*. New York: Barnes & Noble, Inc., 1967.

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**A Boke of Gode Cookery/Modern Recipes for Beginners**

## Green Beans and Almonds

- 1 lb. green beans
- 2 tbsp. slivered almonds
- 2-3 tbsp. herbal butter\*
- juice of 1 lemon
- fresh parsley garnish

Remove ends and strings of the beans and slice diagonally. Cook, covered, in a small amount of boiling salted water till crisp tender, about 3 to 5 minutes. Drain. Sauté almonds in butter until golden, stirring occasionally. Remove from heat and stir in lemon juice. Pour over the beans and serve with parsley garnish.

Related Holidays: Yule, Twelfth Night, Winter Celebrations

## Mushroom Puffs

Pastry:

- 9 ounces cream cheese
- 1/2 cup butter
- 1 1/2 cups flour

mix and chill for 1 hour

Filling:

- 1/2 pound mushrooms, minced
- 1 minced large onion
- 1 teaspoon salt
- 1/4 teaspoon thyme
- 2 tablespoons flour
- 1/4 cup sour cream

Sauté mushrooms and onions until soft. Add the spices and flour and sauté for another two minutes. Add the sour cream and cool slightly.

Roll out the pastry and cut into 2 inch circles. Place a small amount of mushroom filling on each circle. Fold and crimp the edges together. Place on a baking sheet and brush the puffs with beaten egg. Bake at 400 degrees for 12 to 15 minutes, or until golden brown.

## Spiced Meatballs

Serves 4

Ingredients:

- 2 lbs. of your favorite meat, minced
- salt to taste
- 1/2 tsp. fennel, crushed
- 1 handful parsley, finely chopped
- oregano or marjoram, finely chopped, to taste
- 1/2 lb. cooked chopped bacon
- black pepper, to taste
- minced or powdered garlic (if desired)
- approx. 1/2 cup olive oil

In a pan, sauté chopped garlic in the olive oil for approximately 5 minutes. Mix remaining ingredients together in a bowl and roll into small meatballs. Fry the meatballs in the garlic oil until done (make sure the meatballs are covered about halfway with the garlic oil.)

## Spinach Tart

- (2) 10 oz packages frozen chopped spinach
- 3/4 cup sour cream 2 Tbsp butter, melted
- 2 tsp sugar
- 1 tsp salt
- 1/4 tsp pepper
- pastry for a 9-inch two-crust pie
- 1-2 Tbsp granulated sugar

Cook spinach according to the directions on the package. Drain spinach and cool. Squeeze out spinach gently to remove any remaining water. Place in a large bowl, and blend in the next 5 ingredients. Roll out half the pastry and line a 9-inch pie pan. Spread the spinach mixture evenly in the unbaked pie shell. Roll out the remaining pastry to make the top crust. Place on the spinach mixture, seal the edges and cut six small slits in the top crust to allow steam to escape. Sprinkle granulated sugar evenly over the top. Bake in a preheated 375 degree oven for 40 minutes or until crust is golden brown. The pie may be served either hot or cold.

## DESSERTS BREADS

### Gyngerbrede (Gingerbread)

- 4 cups honey
- 1 lb. unseasoned bread crumbs
- 1 tbs. each ginger & cinnamon
- 1 tsp ground white pepper
- pinch saffron
- whole cloves

Bring the honey to a boil and skim off any scum. Keeping the pan over very low heat, stir in the breadcrumbs and spices. When it is a thick, well-blended mass (add more bread crumbs if necessary), remove from heat & let cool slightly, then lay out on a flat surface & press firmly into an evenly shaped square or rectangle, about 3/4 of an inch thick. Let cool, then cut into small squares to serve. Garnish each square by sticking a whole clove in the top center. OPTION: add a few drops of red food coloring when adding the spices, "*if thou wolt haue it Red.*"

### Honey and Egg Loaf with Sweet Wine Syrup

- ½ C honey
- 8 hard-boiled egg yolks
- 1½ C white bread crumbs
- 1/8 tsp black pepper

#### Syrup

- ½ C wine
- 2 tsp honey
- 1/8 tsp each powdered ginger and cinnamon

1. In a saucepan, over medium heat, bring honey to boil, reduce heat, and simmer, stirring frequently, for twenty minutes, until honey starts to thicken.
2. In a bowl, mash the egg yolks to a smooth paste. Stir the boiled honey and pepper into the paste, blending thoroughly. Stir in the bread crumbs, kneading the mixture by hand.
3. Scrape the mixture into a lightly oiled mold or bowl. Refrigerate, and turn out for serving.
4. To make the syrup, in a bowl, stir together wine, honey and spices. Pour the syrup over the Leche Lumbarde before serving, or serve along side.

Serves four to six.

## Scottish Short Bread

### INGREDIENTS

- 3/4 cup butter, softened
- 1/4 cup granulated sugar
- 2 cups white flour
- 1/2 teaspoon salt

Mix butter and sugar until well blended. Work in the flour and salt. If the dough is too dry, add 1 to 2 Tablespoons (30 ml) more butter. Roll 1/2 inch thick on a slightly floured board. Cut into rectangles approx. 3/4 inch by 2 inch. Prick each rectangle twice with the tines of a fork. Bake at 350 degrees for 18-20 minutes. Makes 30 cookies.

Related holidays: Samhain, Winter, Autumn Harvest

## Shortbread

- 1-3/4 cups flour
- 4 tbsp. sugar
- 1 stick butter
- pinch of salt to taste
- 1 egg yolk, beaten
- 2 tbsp. milk
- vanilla sugar (see note)
- 1 tsp. cream of wheat (farina)

Sift together the flour, sugar and salt. Cut butter into cubes and rub in with your fingers until mixture is crumbly. Make a well in the center of the bowl and pour in the egg yolk and milk. Work into a smooth dough. Transfer the dough to an 8-inch cake pan and spread it evenly out to the sides. Crimp the edges with a fork and mark into slices. Prick with a fork. Chill in the refrigerator for 30 minutes. Heat oven to 400 degrees and bake the shortbread for 5 minutes. Turn heat down to 300 degrees and bake for an additional 30 minutes. The shortbread should be a pale golden color. Remove from the oven and cut into slices while still warm. Do not remove from pan until cooled. Sprinkle with vanilla sugar before serving (optional). Goes great with a hot cup of coffee or tea!

NOTE: Place a vanilla bean in a bowl of sugar to flavor the sugar.

# DESSERTS CAKES AND PIES

## Double Chocolate Whiskey Gateau

Chocolate Cake

Yield: 6 servings

British measurements:

BASE:

12 oz Plain chocolate; broken into bits

5 tb Strong black coffee

6 tb Single malt scotch whiskey

10 oz Digestive biscuits (graham crackers); broken into pieces

6 oz Glace cherries; quartered

2 oz Currants

FILLING:

11 oz Plain chocolate

1 tb Creme de Cassis (black currant liqueur)

TOPPING:

1 tb Single malt scotch whiskey

10 fl Double cream

pn Caster (granulated) sugar

1 oz Chocolate; grated for decoration

Firstly, make the base.

Place the chocolate and coffee in a pan and heat very gently (do not overheat), until melted.

Remove from heat, add whiskey, biscuits, cherries and currants.

Mix ingredients well, then turn into a lightly greased loose-bottomed 8-inch cake tin.

Smooth mixture, cover top of tin and chill in fridge, preferably overnight.

To make the filling:

Melt chocolate in a heatproof bowl over a pan of hot water.

When melted, stir until smooth and add the Creme de Cassis, stirring again until the mixture forms a smooth paste.

Draw mixture together and press over the chilled base.

Smooth surface and leave to cool.

Remove cake from tin.

Place the whisky, double cream and caster sugar in a large mixing bowl and whisk until softly stiff.

Cover cake with the whisky cream and decorate with chocolate.

## Marchpane (A Marzipan recipe)

- 3/4 lb almond paste
- 1/4 cup powdered sugar
- 2 tbsp rose water
- 1/2 cup butter
- 1/3 cup sugar
- 1 egg, separated
- 1 1/4 cups flour
- 1 tbsp rose water (for icing)
- 3 tbsp sugar

Mix almond paste and rosewater and set aside wrapped in plastic to keep from drying out. Cream butter and sugar together. Beat in egg yolk. Stir in flour a little at a time. Refrigerate dough for at least 15 minutes. Roll dough out on floured cookie sheet to about 9" in diameter. Trim edges. Brush with the egg white. Sprinkle a sheet of baker's parchment with 2 tsp of the powdered sugar. Pat out the almond paste atop it and sprinkle with the remaining powdered sugar. Top with another sheet of parchment and roll out to about 7-8" in diameter. Carefully remove the top sheet of paper and turn the round over on top of the cookie base. Remove the bottom sheet of paper, very carefully. Turn up and flute the outer edge of cookie base. Bake at 375° F for 5 minutes, then lower heat to 325° F and bake 15 minutes more. Mix rose water and sugar and brush the top of the Marchpane with this. Return it to the oven for 5 more minutes. It may then be decorated as you wish. Yields 1 Marchpane. I made 2; a sotelty for the high table and a plain one for the servers. An account of the sotelty produced for the high table is found at [A Faire Marchpane Being a Chessboard](#).

## Spicy Pumpkin Butter

Yield: 2 cups.

- 1/4 c Dark brown sugar, packed
- 2 tb Sugar
- 1/4 c Water
- 1/2 ts Allspice
- 1/4 ts Ginger
- 1/4 ts Cloves
- 1/4 ts Nutmeg
- 1/2 ts Cinnamon
- 1 1/2 c Pumpkin (canned puree or make your own)

Combine the two sugars, water, allspice, ginger, cloves, nutmeg and cinnamon in a 4-cup glass measure. Mix well on high 3 minutes; stir. Add pumpkin and mix well on high 5 minutes. Let cool and refrigerate. Keeps several weeks in refrigerator or can be frozen.

Use as you would apple butter. Or try adding to whipped cream to garnish your pumpkin pies!

## Pumpkin Cream Pie

- 1 (9-inch) prepared graham crust
- 1 can (15-oz.) canned pumpkin
- 1 package (5.1-oz.) vanilla instant pudding and pie filling mix
- 1 cup milk
- 1 teaspoon pumpkin pie spice
- 2 cups frozen non-dairy whipped topping, thawed, divided
- 1 cup fresh raspberries, (optional)

Combine pumpkin, pudding mix, milk and pumpkin pie spice in large mixer bowl; beat for 1 minute or until blended. Fold in 1 1/2 cups whipped topping. Spoon into crust. Freeze for at least 4 hours or until firm. Let stand in refrigerator 1 hour before serving. Garnish with remaining whipped topping and raspberries. Serve immediately.

## Pumpkin Ice Cream

### Sweet Cream Base:

- 2 cups heavy cream
- 1 cup milk
- 2 eggs
- 3/4 cup sugar

### Sweet Base Directions:

1. Whisk eggs in mixing bowl.
2. Whisk in the sugar, a little at a time until completely blended.
3. Whisk in cream.
4. Whisk in milk.

### Ice Cream Ingredients:

- Sweet Cream Base (above)
- 1 cup canned pumpkin
- 1 tsp. cinnamon
- 1 tsp. nutmeg

### Making Ice Cream:

1. Pour 1/2 of Sweet cream base into a second bowl.
2. Mix in the pumpkin thoroughly.
3. Stir in cinnamon and nutmeg.
4. Add remaining Sweet Cream Base.
5. Place mixture into ice cream maker. Follow the manufacturer's instructions and freeze.



## Sambocade (Medieval Cheesecake)

- 1 nine-inch pie shell
- 1 ½ lbs. cottage cheese
- 1/3 cup sugar
- whites of 3 eggs
- 2 Tbs. dried elderflowers
- 1 Tbs. rosewater

Combine all ingredients and blend thoroughly. (A food processor or blender will do the job nicely.) Pour mixture into pie shell. Bake at 350° F for 45 minutes to an hour, or until filling has set and the crust is a golden brown. Let cool and serve.

Elderflowers can be found at natural food stores, herb & spice specialty shops, stores that carry exotic teas, etc. I find them at my local food co-operative. Don't use a substitution - the flavor of elderflowers is unique and the taste of the final product depends on the real thing.

Rosewater is a remarkable liquid that can be found in Oriental, Indian, and other imported food stores. The rose aroma & flavor are strong and powerful - be sure to use the real thing and not a substitute.

When making Sambocade, I prefer my variation which I call Sambocade Cheesecake. It contains a few more spices, some cream & butter, and a mixture of Cottage & Ricotta cheeses.

## Samhain Cakes

### INGREDIENTS

- 1 cup sugar
- 1 cup brown sugar (firmly packed)
- 2 cups butter
- 2 cups pumpkin (canned)
- 2 tsp vanilla
- 2 eggs
- 4 cups flour (all purpose)
- 2 tsp baking powder
- 2 tsp baking soda
- 2 tsp cinnamon
- 1/2 tsp salt

Preheat oven to 350 degrees F. Combine sugar, brown sugar, and butter in a large bowl. Beat until light and fluffy.

Add pumpkin, vanilla, and egg to the mixture; mix well. Add flour, baking powder, cinnamon, and salt; mix well. Drop teaspoonfuls of dough onto ungreased cookie sheets, about five centimeters apart.

Bake for 10 to 12 minutes, or until light golden brown around the edges. Remove from cookie sheets immediately. Cool completely, and enjoy! Yields 8 to 10 Dozen.

Related Holidays: Samhain, Winter, Halloween

## Twelfth Night Cake

- 1 cup butter or margarine
- 3 tbsp orange juice concentrate
- 2 tsp. grated orange rind
- 1/2 tsp. vanilla
- 1/4 tsp. salt
- 4 whole eggs
- 4 egg yolks
- 1 cup sugar
- 1-1/2 cups flour, sifted
- 1/4 cup cornstarch, sifted
- powdered sugar
- 2-3 tbsp. milk

Combine butter, juice concentrate, rind, vanilla and salt in a small saucepan; cook over low heat, stirring until butter has melted. Remove from heat and cool to lukewarm.

Place eggs, egg yolks and sugar in a large bowl; beat until tripled in volume.

Sprinkle flour and cornstarch over eggs, then add the lukewarm orange mixture slowly. Fold in VERY gently until there is no trace of the orange mixture and the flour has been incorporated well.

Pour complete mixture into a 9" greased tube pan. Bake in a pre-heated 350 degree oven for about 40 minutes or until the cake starts to come away from the sides of the pan. Cool. Remove from pan.

For topping, you can either sprinkle the powdered sugar over the top of the cake, or create an icing by combining the powdered sugar with small amounts of milk until it's slightly thick but still drippy. Drip icing over top of cake and let stand for a few minutes.

Serve with your favorite hot beverage and enjoy!

## Twelfth Night Cake (more traditional recipe)

- 1 cup butter
- 1 cup sugar
- 2 cups flour
- 4 eggs
- 1-1/2 cups currants (optional)
- 1-1/2 cups raisins (optional)
- 1-1/2 cups sultanas (optional)
- 1/4 cup candied cherries (optional)
- 3 tbsp. brandy
- 3 tbsp. honey
- a pinch of cinnamon
- 1 dried bean

Grease a 12-inch cake tin. Cream the butter and sugar together and stir in the well-beaten eggs and the brandy. Sift the flour with a little cinnamon and fold into the mixture, then stir in the dried fruit. Add the bean. Pour the mixture into the tin and bake for three hours at 300 degrees F. Allow to cool for 30 minutes before turning out. Melt the honey and glaze the top of the cake, then decorate with the cherries.

Related Holidays: Twelfth Night

## DESSERTS FRUIT-BASED

### Atholl Brose Tart

**Lemon & Honey Tart** Yield: 8 servings

British measurements:

BASE:

3 1/2 oz Butter

7 oz Sweet oat biscuits (cookies), crushed

1 tb Sesame seeds; toasted

FILLING:

3 tb Scotch whiskey

2 tb Lemon juice; to taste

2 tb Honey

5 fl Double (heavy) cream

Chopped walnuts or hazelnuts or fresh raspberries for garnish

To Make The Base:

Put the butter into a large saucepan and heat gently until melted. Stir in the crushed biscuits and the sesame seeds. Press the mixture into the base and up the side of a lightly oiled 8-inch flan dish or sandwich tin.

Refrigerate whilst making the filling.

To Make The Filling:

Put the whiskey, lemon juice and honey into a bowl and whisk until mixed. Add cream and whisk until softly stiff. Spoon onto base and refrigerate for 1 to 2 hours until set. Top with chopped nuts and/or fruit before serving.

### Baked Apples in Pastry

- 6 apples
- 3 cups sifted flour
- 1 1/2 tsp. salt
- 3/4 cup vegetable shortening
- 1/2 cup shredded Cheddar cheese
- 1/4 cup ground or chopped walnuts
- 10-12 tbs. ice-cold water
- 1/2 cup (1/2 stick) butter
- 1/2 cup sugar
- 1/2 tsp. spices - combination of cinnamon, nutmeg, & cloves

Sift flour and salt into a medium-size bowl; cut in shortening until crumbly; stir in cheese & walnuts. Sprinkle water over mixture; mix lightly with fork until pastry holds together and leaves the sides of the bowl. Remove from bowl; knead into a smooth ball (add more flour if necessary); set aside. Pare apples and core just to the bottom, leaving bottom intact. Remove any seeds. Combine butter, sugar, and spices in a small bowl until smooth and paste-like. Spoon into centers of apples. Roll out the pastry; cut into 7-inch squares. Place pastry square on top of apple and press pastry firmly around apple, sealing at the bottom. Add pastry "leaves" & "stems" if desired. Place in a lightly greased baking sheet and bake at 425° F for 45 minutes. Serve warm.

## **CHIRESAYE (*Cherry Pudding*)**

This elegant dessert was made with fresh cherries, usually picked in the summer around the Feast of John the Baptist.

Fresh cherries, pits removed  
Cherry juice  
Softened or melted butter  
Unseasoned bread crumbs or finely minced white bread  
Sugar  
Semi-sweet red or white wine, or grape juice if preferred

Purée the cherries by either finely mashing or using a blender or food processor. Place in a large pot and add enough cherry juice to make a very wet mixture. Blend in butter and wine. Beat in bread, enough to thicken the cherries to a thick pudding-like consistency. Add sugar to taste - it should be sweet. Bring the cherries to a soft boil, then reduce heat and cook for several minutes, stirring often to prevent sticking. Place the pudding in serving dishes, sprinkle sugar on top, then serve.

## **Daryoles**

Strawberry and Cream Pie

- 3/4 c. cream
- 1/4 c. wine
- 1/4 c. milk
- 5 egg yolks + 1 egg
- 1 pint strawberries, cleaned and cut
- 1/2 c chopped dates
- 1/2 c honey
- 1/4 tsp. each saffron & ginger
- 1/8 tsp. each mace & ground cloves
- 2 baked pie shells

Take the milk, cream, wine, saffron and other spices, and bring to a boil. Remove from heat. Beat egg yolks and honey together and pour into cream mixture. Place the cut strawberries and dates in baked pie shells and pour cream mixture over fruit and into the shells. Bake at 400 degrees for 45 minutes.

# Highland Cheesecake

Scottish Raspberry Cheesecake Dessert

Yield: 6 servings

British measurements:

BASE:

4 oz Butter

1 tb Scotch whiskey

8 oz Digestive (graham) biscuits crushed

FILLING:

8 oz Cream cheese

2 oz Caster (granulated) sugar

10 fl Double (heavy) cream

1 tb Scotch whiskey

TOPPING:

8 oz Raspberries

2 tb Honey

3 fl Scotch whiskey

3 ts Arrowroot

1 ts Caster (granulated) sugar

5 fl Whipping cream

1 tb Scotch whiskey

Firstly, make the base:

- Melt butter and add the tablespoon of Scotch whisky and the crushed biscuits.
- Press mixture well down into a greased loose-bottomed 8-inch cake tin.
- Chill for 30 minutes in fridge.

To make the filling:

- Beat cream cheese and caster sugar together until smooth.
- Whip double cream and whisky until softly stiff and fold into cream cheese mixture.
- Spoon over biscuit base and chill well.

For the topping:

Soak the raspberries in honey and whisky. Leave for 30 minutes, then strain raspberries, leaving approximately 4 fluid oz juice (top up with whisky if necessary).

Make a paste with 2 tablespoons of juice blended with arrowroot.

Heat remaining juice with caster sugar until almost boiling.

Stir in arrowroot paste and return to a very low heat, continually stirring until glaze is thick.

Stir raspberries into glaze, and then leave until cool.

Spoon raspberry glaze over cheesecake.

Decorate:

Whip cream with a tablespoon of whisky until softly stiff and use this to decorate the cheesecake.

Sprinkle with malt whisky before serving.

## Perys en Composte (Pears in Wine)

- 2 cups red wine
- 2 Tbs. cinnamon
- 1 Tbs. sugar
- 1/2 cup sliced dates
- 4-6 pears, peeled, cored, and sliced thin
- pinch salt
- drop or two of red food coloring

Boil the pears until they are tender but not too soft; drain well. In a separate pan heat together the wine, cinnamon, and sugar. Remove from heat, strain the mixture to remove the cinnamon (I recommend using a sieve or China cap lined with cheesecloth or paper towels), then return to the fire. When hot, add the dates, pears, salt, and food coloring. Bring to a boil, allow to cook together for several minutes, then remove from heat. Place pears and wine in a wooden dish and allow to cool slightly before serving.

Our modern pears, which can be purchased fresh from the grocery store, are softer & sweeter than the type available to the Medieval cook, and don't need to be boiled to soften before cutting; I also find cutting cooked, soft pears a little inconvenient. To "*pare*" (from the Latin *parare* - *to prepare*) means to either "pare" (remove outer skin) or "to prepare;" I have thus chosen "to prepare" my pears by slicing before boiling.

*Composte* is an Old French word meaning "stewed fruit."

*Wardonys* were a type of English pear common in the Middle Ages - feel free to substitute any slightly hard, not-too-sweet variety.

*Sawnderys*, or sandalwood, was used primarily by Medieval cooks as a red food dye. It can taste rather nasty if not used properly, and is only recommend for authenticity's sake. Red food coloring is much cheaper and easier to find.

## Stoneclave's Apple Crumble

- 5-6 Macintosh apples
- 1/2 c. sugar
- 1-1/2 teasp. cinnamon
- 1/2 c. chopped or whole walnuts
- 1/4 - 1/2 c. dry oatmeal
- tapioca

Core and cut apples (use with or without skin as desired). Arrange in a flat baking pan (approx. 9 inches). Sprinkle tapioca in between apples. Mix sugar, oatmeal and cinnamon and sprinkle over apples. Sprinkle walnuts over top.

### CRUMBLE TOPPING:

- 1/2 c. sugar
- 3/4 c. flour
- 1/3 c. butter or margarine

Mix 1/2 c. sugar with the flour. Cut butter into the mix until mix is crumbly. Sprinkle over the apples. BAKE at 400-degrees for 40 minutes or until done.

*TIP: Cover with aluminum foil after about 20 minutes to keep crumble topping from burning.*

Cool. Serve topped with whipped cream. Goes great with hot tea or coffee!

## Summer Fruit Hazelnut Crumble

Serves 6

A baked dessert like this would have been sunk in the embers of the log fire with a cauldron or pot upturned over it to form a lid.

### INGREDIENTS:

- 2 1/2 lb mixed soft summer fruits-- raspberries, loganberries, strawberries, and any other desired fruits
- honey or brown sugar to taste
- 3 oz taster hazelnuts
- 3 oz whole-wheat breadcrumbs

Put the fruits in a pan or microwave dish with about 1 inch water in the bottom and cook gently for 10-15 minutes (4-6 minutes in microwave), or till the fruits are soft without being totally mushy.

Sweeten to taste with honey or brown sugar (Saxons would have used honey); how much you need will depend on what fruits you have used.

Drain the excess juice and save to serve with the pudding. Chop the hazelnuts in a food processor until they are almost as fine as the breadcrumbs, but not quite, then mix the two together. Spoon the fruit into an ovenproof dish and cover with a thick layer of hazelnuts and crumbs. Bake in an oven at 350F for 20 - 30 minutes or until the top is slightly crunchy and browned. Serve with lots of cream or plain yogurt and the warmed fruit juices.

## Syrosye: Cherries in Wine

2 lbs. ripe red cherries  
1 1/2 cups white wine  
3/4 cup sugar  
4 Tbsp. butter  
1 cup breadcrumbs  
pinch of salt

### GARNISH:

flower heads of clove pinks (optional)  
sugar, preferably raw sugar if available

Wash the cherries and remove the stems and stones. Puree the fruit in a blender with 1/2 cup of the wine and half the sugar. Add a little more wine as needed to get a smooth puree. Melt the butter in a saucepan and add the fruit puree, breadcrumbs, remaining wine, remaining sugar, and salt. Simmer, stirring often, until the puree is very thick. Pour into a serving bowl, cover, and let cool. The cherry pottage should be the consistency of a thick apple sauce. Refrigerate until served. Before serving, decorate the edge of the bowl with the clove pinks, if desired. Sprinkle the sugar over the dish.

# COFFEES

## Stoneclave's Celtic Moon Coffee

This is a mellow coffee concoction from Stoneclave, perfect for a lazy evening in front of the fire or on the porch

- dark roast coffee or espresso
- vanilla syrup
- heavy cream (or milk)
- Irish Cream liqueur
- whipped cream (optional)
- cinnamon, nutmeg (optional)

Brew a pot of dark roast coffee or brew your favorite espresso drink - you may substitute your own preferred coffee as long as it's not flavored.

In a large mug, pour 2-3 tbsp. vanilla syrup, then add 2-3 tbsp. Irish Cream liqueur. Stir syrup and liqueur until mixed well. On the stove (or microwave) heat the cream until hot, being careful not to scald. Pour coffee into mug and stir well. Add cream to taste and stir. Top with whipped cream if desired, and sprinkle with cinnamon or nutmeg.

SUGGESTED ACCOMPANIMENT: [Stoneclave Scones](#), [Scottish Shortbread](#)

## Stoneclave's Einish® Coffee

The people of Eineland, on the western coast southwest of Stoneclave, are famous for their flavor-filled coffees, which are served in inns and taverns throughout the land. Einish Coffee is one of their many creations, and makes a wonderful early morning or late-night drink during the Autumn or Winter season. It is often served during Stoneclave's First Harvest Festival (around Sept. 21) and at the seasonal Winter-Fairs that dot the landscape.

- 1 cup hot black coffee
- 1-1/2 oz. Einish liqueur (Irish Mist makes a good modern-day substitute)
- 2 tbsp. whipped cream
- brown sugar to taste
- cinnamon (garnish)
- 1 tbsp. heavy cream

Place sugar in a heated glass or mug and add hot coffee to melt the sugar; stir well. Add the liqueur. Hold a spoon, curved side up, across the glass and pour the cream over the spoon. The cream should float on top of the coffee. Do not stir. Add whipped cream on top and garnish with cinnamon.

For a non-alcoholic version, simply omit the liqueur.



## Gaelic Coffee

Scots/Irish Beverage

Yield: 1 servings

Measurements:

Black coffee; freshly made

Scotch whiskey

Demerara (raw brown) sugar

Double (heavy) cream; whipped until slightly thick

Pour the coffee into a warmed glass. Add the whiskey and sugar to taste. Stir well. Pour some lightly whipped cream into the glass over the back of a teaspoon. Great after a meal!

## Irish Coffee

- 1 cup hot black coffee
- 1 heaping teaspoon soft brown sugar
- 1 jigger Irish Whiskey
- 1 tbsp. cream

Place sugar in a heated glass or mug and add hot coffee to melt the sugar; stir well. Add the whiskey to fill within an inch of the brim. Hold a spoon, curved side up, across the glass and pour the cream over the spoon. The cream should float on top of the coffee. Do not stir. Add whipped cream on top if desired.

## Pumpkin Spice Coffee

If you can't locate a pre-mixed blend of Pumpkin coffee in your hometown, try blending your own!

- coffee beans, preferably a mild blend, enough for 1 pot
- cinnamon
- ground cloves
- nutmeg
- sugar and creamer (optional)
- 2 tbsp. whipped cream

Grind the beans in a coffee grinder (or use pre-ground coffee if you prefer).

Add spices to the ground coffee and mix well. You may want to experiment with the amounts of spices you include - we enjoy a bit more clove in the mix for an extra sweet kick! Prepare coffee as you normally would. Add creamer and sugar (if desired), then top with some whipped cream and a sprinkle of cinnamon. Enjoy!

# CIDERS

## Hot Mulled Cider

- 2 quarts apple cider
- 2 quarts red grape juice
- 2 cups orange juice
- 3 lemons, sliced
- 3 oranges, sliced
- 2 pieces candied ginger
- 1 stick cinnamon
- 4 whole cloves
- 2 cardamom pods
- 1 cup brandy

Mix the cider, juices, lemons, and oranges in a large saucepan or Dutch oven. Tie ginger and spices in a cheesecloth bag; add to saucepan. Heat to boiling; reduce heat. Simmer, uncovered, 15 min. Remove spice bag. Stir in brandy. Serve warm in chafing dish or heat-proof punch bowl. Serves 36 (1/2 cup each).

## Mulled Cider

- 8 cups cider
- 1/2 cup brown sugar
- pinch of ground nutmeg
- 6 inches of stick cinnamon
- 1 teaspoon whole allspice
- 1 teaspoon plus 8 whole cloves
- 8 orange wedges, rind attached
- cheesecloth

In a large saucepan, combine cider, brown sugar, and nutmeg. Place cinnamon, allspice, and 1 teaspoon of whole cloves in cheesecloth and tie with string. Add spice bag to cider mixture; bring to boiling. Reduce heat, cover, and simmer for another five to ten minutes. Remove spice bag and discard. Serve cider in mugs with a clove-studded orange wedge in each. You may also reserve the cinnamon sticks for a decorative touch.

Associated Holidays  
Autumn, Lughnasadh, Samhain, Mabon, Harvest Suppers,  
Name Days/Birthdays, Yule, Winter

## WINE AND ALE

### Kirnan's Spiced Wine

#### INGREDIENTS:

- 1/3 pint white wine
- 1/3 pint red wine
- 1 tsp. cinnamon
- 1/2 tsp. ground or powdered cloves
- pinch of powdered ginger
- 1 tbsp. sugar

Mix all ingredients in a treated pot and heat slowly until it's just beginning to boil. Strain through a cloth sieve until clear. Serve in your favorite wine flask and enjoy! Delicious especially in winter.

### Spiced Scottish Ale

#### Ingredients:

4 eggs  
1/2 + 4-1/2 cups Scottish Ale  
1/4 cup clover honey  
2-3 tbsp. melted butter  
1/4 tsp. cinnamon  
1/4 tsp. nutmeg  
1/4 tsp cloves

Beat the eggs with 1/2 cup of the ale until frothy. Heat the rest of the ale in a pot until hot - be careful not to let it boil. While continuing to beat the eggs, pour the hot ale over the mixture. Put mixture back into the pot and add honey, butter and spices. Heat it again, but don't boil it or you'll end up with scrambled eggs in your drink! Pour into large mugs, relax in front of a fire, and enjoy!

Variation on a recipe from Celtic Folklore Cooking.

### Apricot Wine

- 1 pound Dried Apricots
- 4 quarts Warm Water
- 6 1/2 cups Sugar
- 2 1/4 cups Brown Sugar
- 1 1/2 cups Raisins
- 1 Tablespoon Ginger, minced
- 2 each Lemons, thinly sliced
- 2 each Oranges, thinly sliced
- 1/2 cup Yeast

Wash the apricots in several batches of water and then dry them and cut in halves. Place in a large crock and pour on the warm water, reserving 1/2 cup of it in which to dissolve the yeast cake. Stir in the sugars, fruit, raisins and ginger. Then add the dissolved yeast and mix well. Cover with top of the crock and let stand for thirty days, stirring the mixture every other day. After thirty days strain the mixture and bottle.

## SPECIALTY

### Hot Buttered Rum

Ingredients:

1/2 cup brown sugar  
1/4 powdered sugar  
1/2 cup softened butter  
1/2 tsp. nutmeg  
1/2 tsp. ground cinnamon  
1 cup softened vanilla ice cream  
6 jiggers of rum, or to taste  
boiling water

In a small bowl, beat butter with brown sugar, powdered sugar, cinnamon and nutmeg. Beat in the ice cream. Pour ice cream into a freezer-proof container, seal and freeze. When ready to serve, put about 1/3 cup of the ice cream mixture into individual mugs. Add 1 jigger of rum and 1/2 cup boiling water to each mug. Stir well and serve. You can also add an extra dollop of whipped cream on top for an added treat!

### Homemade Irish Cream

This tastes great by itself, as an addition to a cup of coffee or as a topping for vanilla ice cream!

- 3 eggs
- 1 can condensed milk
- 1 cup whiskey
- 1 tbsp. chocolate syrup
- 1/2 or 1 tbsp. vanilla

Mix all of the ingredients together and keep refrigerated. Make sure to discard the unused portion after one week.

Related Holidays: Yule, Twelfth Night, Winter Celebrations

### An Old-fashioned Mead

- 18 liters water
- 8 kg. honey
- 1 package champagne yeast
- 1/2 cup ale or beer
- crust of one roll
- 1 tsp. hops
- 4 gr. cardamon
- 1 1/2 gr. cloves

Mix water & honey; boil on low heat until reduced to 9 liters. Remove from burner and cool. Completely dissolve the yeast in the ale or beer. Remove the crust from the roll, soak in the beer yeast and put into mead. Add hops. Remove roll 1 hour after fermentation begins. Strain mead and pour into a keg. Add the spices wrapped in cheesecloth. Seal keg well and store in cold place (on ice or vault) for 12 days. Bottle, seal, tar (gum or wax) and store in cold place. Ready to serve in 2 months.

## Spicy Apple Eggnog

- 2 beaten eggs
- 3 cups milk
- 2 cups light cream
- 1/3 c. sugar
- 1/2 tsp. ground cinnamon
- Dash salt
- 3/4 cup apple brandy

In saucepan, combine eggs, milk, cream, sugar, cinnamon and salt. Cook and stir over medium heat until slightly thickened and heated through. Remove from heat; stir in brandy. Sprinkle with nutmeg. Serve hot.

NOTE: Leave out the brandy for a non-alcoholic version.

Related Holidays: Yule, Twelfth Night, Winter Celebrations

## Strawberry Liqueur

- 4 pints strawberries
- 1 cup rose petals
- 4 cups vodka
- 1/2 cup white wine, dry
- 1/2 cup water
- 1 cup sugar

Combine the berries, rose petals, vodka, and wine in a sterilized jar with a tight-fitting cover. Place in a cool, dark place to steep for at least 1 month. Crush the berries slightly and steep for another week. Press as much of the juice from the berries as possible, the strain and filter the liquid through a cheesecloth. In a small saucepan over medium heat, dissolve the sugar in the water. Cool and gradually stir sugar water into the liqueur, tasting as you do so. When it has reached its desired sweetness, bottle and age for another 2 to 3 weeks in a cool, dark place.

Related Holidays: Summer, Midsummer, Autumn, Lughnasadh

## Wassail

- 1 pint grape juice
- 1 six oz. can frozen orange juice concentrate, thawed
- 2 cups water
- 1 tbs. sugar
- 1/4 tsp. allspice
- 1 bottle Sauterne
- red food coloring (optional)
- orange slices (for garnish)
- whole cloves (for garnish)

Combine all ingredients except Sauterne in large saucepan; heat almost to simmering. Add Sauterne and continue to heat, but do not boil. Red food coloring may be added if desired. Adorn orange slices with cloves; place Wassail in a heat-proof punch bowl and garnish with the orange. Serve at once. Serves up to 12.

# BREAKFAST

## Boxty

An Irish pancake traditionally served at the Celtic New Year)

- 1 lb. grated potatoes
- 3-3/4 cups of flour
- 2 tbsp. warm water
- 1 cup milk
- 1 tsp. baking soda
- 2 tbsp. butter or margarine
- 1 cup cooked mashed potatoes
- salt, pepper to taste

Soak the potatoes in cold water overnight to remove the starch. Mix all of the ingredients and shape into round, flat cakes. Add extra milk if mixture is too stiff. Grease and pre-heat a griddle. Drop the mixture by tablespoon onto the hot griddle and cook until golden brown. Flip over and brown other side. Serve with butter or sprinkle with sugar.

## Garlic Eggs

Fresh eggs cooked in a tomato-garlic butter sauté for a rich, flavorful morning start!

- 2-3 egg whites (yolks optional)
- butter
- 1 tomato
- 1-2 cloves garlic, mashed
- salt and pepper to taste

Saute the tomato and garlic in butter, being careful not to burn butter in pan. Add egg whites (you may also cook with yolks if desired). Cook eggs until done. Season with white pepper and salt to taste. Serve with a frosty mug of fresh, ice-cold orange juice!

## Stoneclave's Hearty Oatmeal

- 1/4 - 1/2c. milk
- 1/2 - 1 c. dry oatmeal (rolled oats, or plain instant oatmeal)
- 1/8 - 1/4 c. chopped walnuts
- 1/8 - 1/4 c. dried or fresh cranberries
- 1/2 apple, chopped (with skin)
- cinnamon to taste

Mix oatmeal with cinnamon. Add apples, walnuts and cranberries. Stir in milk (use less milk for a thicker oatmeal, more for a thinner oatmeal). Microwave for 1-2 minutes, or cook on stovetop in a small saucepan until thick and hot. Serve with tea or coffee.

## Pumpkin Pancakes

Makes 12 - 14.

- 1 cup all-purpose flour
- 1/2 cup pumpkin puree (fresh, cooked or canned)
- 1 tbsp. sugar
- 1 cup 2% milk
- 2 eggs, separated
- 2 tsp. baking soda
- 1/4 tsp. salt
- 1/2 tsp. ground cinnamon
- 2 tbsp. vegetable oil

1. Combine dry ingredients and spices in a bowl.
2. In a second bowl, whisk together, pumpkin puree, egg yolks, milk, and vegetable oil.
3. Stir wet ingredient into dry ingredients.
4. Use a mixer to beat egg whites until peaks form. Then, fold them into the batter.
5. Pour 1/4 cup of batter onto a greased griddle and cook until golden brown.
6. Serve with syrup or try topping with whipped cream!

## Scots Pancakes (*Dropped scones*)

Makes 12 pancas

Scots pancakes are cooked on a hot girdle and are entirely different to crepes (also known as pancakes in Britain).

### **Ingredients**

8 oz plain white flour  
2 teaspoons bicarbonate of soda  
Large pinch of salt  
1 tablespoon castor sugar  
2 tablespoons oil  
1 egg  
Milk to mix

### **Directions**

Heat the girdle and grease lightly.

Sift all the flour and bicarbonate of soda into a bowl. Add in the castor sugar, oil, egg and a little milk. Stir into the flour and add enough milk to make a thick creamy mixture, approximately the consistency of very thick double cream.

Drop spoonfuls of the mixture onto the hot girdle and cook until they bubble on top. Turn and cook on the other side until golden brown. While cooking the rest of the mixture store the cooked pancakes between a small folded towel. Serve the warm pancakes with butter and preserves.

In the unlikely event of there being any left-overs should be kept in an air tight container.

# CHEESE AND DAIRY

## Cheese Pie

One of the Tavern's most popular pies, this cheesy delight is sure to please the hearty cheese lover! Very rich and tasty, it's great warm or cold.

### Ingredients:

Dough for one pie:

2 teaspoons sugar

3 1/2 teaspoons yeast

4 tablespoons warm water

5 tablespoons melted butter

1 cup sour cream

3/4 cup yogurt

2 1/4 cups flour

Mix the sugar and the yeast together. Add water to make a thin paste.

Combine this with the butter, sour cream, and yogurt. Add the flour in three parts. Let the dough rise until double in size. Punch it down and

divide into halves. Roll each half to fit a pizza pan -- the dough is sticky, so use extra flour sparingly to make it manageable.

### Filling:

3 cups grated cheese

1/5 cup cottage cheese

5 tablespoons butter, softened

finely chopped onions and other herbs if so desired

Mix the ingredients together and spread evenly over the bottom half of the crust, cover with the second half of the crust, and pinch shut. Slit the top of the pie. Bake at 375 degrees for 20 minutes, or until golden brown.



## Macrows

- 1 lb. noodles
- 1/2 cup or more grated parmesan
- 2 tbsp of butter or to taste

Boil noodles in salted water until tender. The amount of time depends on the kind of pasta. Check the package. Place half of the noodles in a servid dish. Sprinkle with half the cheese and half the butter. Repeat with the remaining halves of the ingredients and serve.

Boccaccio, in his Decameron, describes a mountain of finely grated parmesan cheese in the mythical land of Bengodi. On the top are people who make nothing but macaroni and noodles brewed in capon broth. The pasta is cooked "al dente" and tossed with farm fresh butter before it rolls down the mountain, gathering parmesan as it goes to its final destination - the open mouths of the citizens below.

It is rather well known that spaghetti was invented by the Chinese. The recipe is listed in a cookbook date about 1000 BC. Eventually, the dish worked its way westward to India, where it was called "servika," which means thread. It soon worked its way over to Persia, where it was called "rishta," also meaning thread.

People were eating pasta in Italy at least thirteen years before Marco Polo returned from Cathay, and possibly as early as the eleventh century. Many wealthy Italians of the period had Tartar (Mongol) slaves, who would have been able to prepare this dish for them. From Italy, just like the Renaissance and the plague, pasta worked its way north to France and England. Pasta was in England by the fifteenth century. We know this because there are recipes in the Two Fifteenth Century Cookery Books and The Forme of Cury. A sixteenth century Italian engraving of a typical kitchen shows people making pasta. The Etruscans developed the recipe for parmesan cheese. The Romans adopted it because the great wheels traveled so well.

A menu for a banquet given by Pope Pius V in 1570 lists parmesan cheese. The recipe for Macrows in The Forme of Cury is what I would call macaroni and cheese:

"Take and make a thynne foyle of dowh, and kerve it on pieces, and cast hem on boilling water & seep it wele; take chese and grate it and butter cast hynethen and above as losyns and serve forth."

# POULTRY

## Pye Ellisif: Chicken-Bacon Pie

*Pye Ellisif* is an original recipe that was created for a Medieval feast being held by the [Society for Creative Anachronism, Inc.](#) (the SCA), in Pittsburgh, Pennsylvania on November 26, 1991. The person in charge of the event requested a dish for the feast called *Koken van Honer*, a meat & chicken pie recipe from *A Miscellany* by [David Friedman](#), which in turn was taken from *An Early 13th c. Northern-European Cookbook* by Rudolf Grewe. The other cooks who were working on the feast instead wanted to do only a simple chicken pie. *Pye Ellisif*, then, was my compromise between the two requests. Since I did not have Grewe's original recipe to consult, I adapted elements of Friedman's version along with instructions for making Pyes de Pares, as found in *Two 15th c. Cookery-Books*, p. 53, and came up with a pie that was easy to prepare but had the taste and flavor of the more complicated version.

- 1 1/2 lb. cooked chicken, minced or in small pieces
- 1/2 cup diced cooked American-style bacon OR: 1/2 cup diced cooked ham
- 3 cups Gode Broth (with additional bread crumbs)
- 1 cup white wine
- 1 9" pie shell (lid optional)
- 1 egg yolk

Make the Gode Broth according to the instructions, reserving additional bread crumbs. Keeping the broth over medium heat, add the wine and thicken with the extra bread crumbs to the consistency of gravy. Mix with the chicken & spices. Mixture should be slightly runny. In the bottom of the pie shell, spread out the ham or bacon; pour the chicken mixture on top. Add pie shell lid, if using. Bake at 375 F for 30-45 minutes, or until pastry is golden brown and filling is set. Remove pie from oven, brush beaten egg yolk over the top of the pie or lid, then return to the oven for approx. 1 minute, or until glaze has set - be careful not to overcook, as the egg yolk will turn brown and the pie will lose its golden shade.

Like David Friedman's recipe, *Pye Ellisif* is a pie shell lined with bacon or ham and filled with chicken meat. In addition, there is the use of broth made with wine, as described in *Pyes de Pares*, with its main seasonings being pepper and cumin, the spices featured in *A Miscellany*. *Pyes de Pares* also calls for the pie to have a lid, which I have left as an option. *A Miscellany* calls for saffron and egg yolks to be added to the meat mixture to give the entire filling a golden cast. I instead simply endore the top of the pie (or the lid) with egg yolk. *Pye Ellisif* is named after Monica Cellio, known to her SCA friends as Meistari Ellisif Flakkari, the woman who originally requested *Koken van Honer*.

## Chicken in Broth (Gelyne in Dubbatte)

- 1 chicken, roasted and in pieces
- 3 cups chicken broth
- 2 cups grape juice
- ½ tsp. each of cloves, mace, pepper, and cinnamon
- ¼ cup bread crumbs
- ½ tsp. vinegar

Bring 2 cups of the broth, the juice, and the spices to a boil, then reduce heat to a simmer. In a separate pot, bring the remaining broth to a boil. Add bread crumbs and vinegar, stirring well until mixture is smooth. Remove from heat and add to the broth and juice, stirring until well blended. (A food processor or blender provides the best result.) Pour over chicken pieces in a pot or casserole dish and bake in a 375° F oven for 45 minutes. Serves 4 -6.

The addition of the extra broth, bread, and vinegar seemed a bit confusing to me at first, but after making the sauce according to the period receipt, I found that the medieval recipe actually makes a great deal of sense. The bread crumbs, broth, and vinegar mixture not only thickens the broth but also makes an excellent binding agent for the cinnamon, which does not need to be strained out as is specified in many other period sauces containing "canelle."

## Chickens in Pastry

- 1 three- to four-pound chicken, or two game hens
- Strong pastry dough for four nine-inch pie crusts
- 4-6 strips thick-cut bacon or Canadian bacon
- 1 egg
- 1 tsp wine vinegar
- 1/8 tsp each cinnamon, mace, powdered ginger and cloves

1. Pre heat oven to 350°.
2. Roll out pastry dough into an oblong about half an inch thick, or, if using game hens, two oblongs.
3. In a bowl, lightly beat the egg, and stir in vinegar and spices.
4. Place the chicken or game hens on the pastry and, with a pastry brush, cover the fowl thoroughly with egg mixture. Place the strips of bacon on the breasts.
5. Snugly fold the pastry around the fowl, crimping the seams together with your fingers. Trim off any excess pastry. With a knife cut several openings in the crust, perhaps in an artistic pattern.
6. Put the fowl in a roasting pan, put it in the oven, and bake for thirty minutes per pound for the chicken, at least an hour for the game hens, or until the meat is cooked through.
7. Remove from oven, allow to cool for a while, and remove pastry before serving.

Serves four to six.

## Chicken and Wine Pie

- 1 chicken, boiled (reserve broth), boned, and diced or in small pieces, with fat & skin removed
- two 9" pie shells, with enough extra pastry for a lattice top
- 1 stick butter
- 8 Tbs. flour
- 1 1/2 cups chicken stock (use reserved broth)
- 1/2 cup dry white wine
- 1/2 cup milk
- 1/8 tsp. each salt & pepper
- pinch saffron

In a sauce pan melt the butter; add the flour and stir together. Cook until a roux is formed - mixture should resemble wet sand and smell slightly nutty. Remove from heat and stir in the milk. Blend thoroughly with a whip or wire whisk. Return to heat and slowly cook, occasionally stirring with the whip or whisk, until the flour and milk create a thick white sauce. Add stock, wine, salt, & pepper, and continue to cook until the gravy thickens. Remove from heat. Place the chicken in a large bowl, add gravy, and mix thoroughly. Divide mixture among the two pie shells, arrange lattice pastry strips on top, and bake at 350° F oven until pastry is golden brown, approx. 1 to 1 1/2 hours. Yield: two pies.

## Garlic and Grape Sauce with Fowl

- 1 ten- to fifteen-pound goose, or 2 four-pound ducks or chickens
- 2 cup chopped parsley
- 2 cup seedless grapes
- 12 whole cloves of garlic, or to taste
- salt to taste
- 3 hard-boiled egg yolks
- 1/2 cup cider vinegar

1. Preheat the oven to 450° F.
2. In a bowl, combine grapes, garlic, parsley, and salt. Stuff the goose, ducks or chickens with this mixture.
3. Put the bird on a rack in a roasting pan, and put it in the oven. Reduce heat to 350°, and roast for 20 minutes per pound for the goose, or 25 minutes per pound for the ducks or chickens, or until the fowl is cooked through. Draw grease out of the pan frequently.
4. Remove from oven and allow to cool for about fifteen minutes. Remove the stuffing, and put it in a blender or food processor. Add the egg yolks and vinegar and purée the mixture.
5. Put the roast goose on a serving platter and pour the sauce over it.

Yields two cups of sauce. Serves six to eight.

# SOUPS

## Cockaleekie Soup (Scottish)

This traditional Scottish soup is said to have been a favorite of Mary Queen of Scots. Its name may derive from the custom that the losing bird in a cockfight was plucked, dismembered, tossed into a pot with several leeks for flavor and stewed for the spectators to share following their sport. Cockaleekie requires long, slow cooking and according to good Scotsmen: a very old bird, preferably a rooster.

### Ingredients:

- 2 Chickens, whole (about 8 lbs.)
- 1 Calf foot, split
- 24 Leeks, rinsed and chopped (white to light green only)
- 6 Onions, small, peeled and chopped
- 2 Butter, sticks
- 1/2 cup Sugar
- 6 lbs. Carrots, scraped and sliced
- 2 cups Pearl barley
- Parsley
- Salt and pepper
- Bouquet Garni: bay leaves, parsley, garlic, thyme, and cloves wrapped in cheese cloth.
- chicken broth (enough to cover)

### Preparation:

- Bring chicken, calf's foot, broth, sugar, and bouquet of garni to a boil.
- Reduce heat and simmer for 2 hours.
- Removed cooked chicken, bones, and garni, allow to cool.
- Add carrots, onions, and barley, simmer another 30-35 minutes.
- In another pot, saute leeks in butter until soft, not brown. Add them to soup pot and continue to simmer another 15 minutes.
- Remove meat from bones, chop into bite-size pieces, and return to soup.
- Allow soup to cool, refrigerate overnight and remove solidified fat from surface before reheating to serve. Add salt, pepper and parsley to taste.

## County Wexford Irish Stew

- 2 lbs. mutton
- 2 lbs. potatoes, sliced
- 2 onions, peeled and chopped
- 1 sliced carrot
- 1 sliced tomato
- 2 sliced mushrooms
- 1 turnip, peeled and sliced
- 2 cups water
- 1 tsp. chopped fresh parsley
- salt and pepper to taste

Cut meat into bite-sized pieces. Put meat into the bottom of a heavy saucepan and add vegetables. Season with salt and pepper to taste. Add the water and bring to a boil. Skim, then simmer for an hour. Serve the meat in the center of a hot platter. Arrange the vegetables around it and pour a little of the sauce over it. Garnish with parsley.

## Harvest Broth

Yield: 1 serving

- 1 kg Welsh neck of lamb
- 200 g Peas
- 200 g Broad beans
- 1 md Carrot
- 1 Onion
- 1 sm Turnip
- 1 sm Cauliflower
- 5 Sprigs of parsley
- 1 1/2 cups Water
- Salt and pepper

Remove as much fat as possible from the meat. Place the meat in a large saucepan and cover with the water. Bring to the boil and skim any fat from the surface of the liquid. Shell the peas and beans. Peel and dice the carrot, onion and turnip. Add the vegetables, except the cauliflower, to the meat. Season. Cover the saucepan and simmer slowly for 3 hours. 30 minutes before serving the broth, cut the cauliflower into sprigs and add to the saucepan. Serve hot decorated with sprigs of parsley.

From: Country Cookery - Recipes from Wales by Sian Llewellyn.

# MEATS

## A Basic Medieval Meat Pie

Medieval meat pies usually consisted of beef, pork, venison, or fowl, or a mixture of those meats. The meat was either broiled or boiled, then either used in small bite-sized chunks, or else reduced to a paste by mashing or "mortering," and mixed with other ingredients. To make a basic medieval meat pie, choose your meat - a nice roast or even a cheaper cut will do nicely. Don't use pre-ground raw meat (such as hamburger) - it's not period, and will completely change the taste of your product. Use about 1 ½ lbs. for a pie that will feed 6-8 people. Broil or boil it until tender, remove from the broth or drippings and let cool. Chop in bite-sized chunks, mince very small, or chop small and pass through a food grinder or processor to achieve a paste. Mix into the meat any of the following: egg yolks (for liquid and binding), raisins, currants, nuts, cheese, dates, figs, a splash of wine, seasonings (ginger, salt, pepper, etc.) - be creative and have fun! Mix these ingredients either with the meat chunks or blend them in with the meat paste and place in a pre-baked pie shell. The final mixture should be a little too moist and just slightly runny - it'll stiffen up when baked, and the extra moisture will keep the pie from going dry. Liquid to use: egg yolks, wine, broth, etc. Medieval pies (sometimes called "bake metis" in Medieval days) were often topped with either a pastry shell (often called a "coffin") or "byrdys." (Medieval man had a reputation for eating practically anything with wings! "Byrdys" could be any small bird, ranging from swallows, sparrows, to game hens. For the 21st c. kitchen, small cooked chicken pieces such as small thighs or the "drumstick" section of the wing will do nicely.) After preparation, the pies can either be cooked at once or frozen in the raw state to be thawed & cooked later. When baking time comes, keep them in the oven until the pastry is golden brown. Meat pies can be served hot, at room temperature, or even chilled from the fridge. This means that the busy feast cook can make the necessary pies in advance, and freeze or hold refrigerated until the feastday. They can then be easily cooked or re-heated, or simply served at room temperature. (Be careful, of course, to not let the pies stand in the open too long. Food poisoning is period but as welcome as the plague.) One of the best sources that I know of for finding medieval pie recipes is Austin's *Two Fifteenth-Century Cookery-Books* (consisting of 2 period manuscripts) which has an entire section devoted to "Bake Metis."

### Recipe for Basic Meat Pie

- 1 ½ lbs. meat (beef, pork, venison, rabbit, poultry, etc. or any combination), parboiled and in small chunks, ground, or mashed
- 1 9" pie shell (lid optional)
- cooked chicken pieces (wings, thighs, etc.) (optional)
- 4 egg yolks
- ½ to 1 cup meat broth (quantity depends on the dryness of the other ingredients - use your discretion. The final mixture should be on the wet side.)
- splash of red or white wine
- 1 to 2 cups TOTAL of any of the following, separate or in combination: minced dates, currants, raisins, minced figs, ground nuts (almonds, walnuts, etc.), grated cheese, etc. The variety of ingredients & the total amount used depends on personal taste.
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 - 2 Tbs. TOTAL of any of the following spices, separate or in combination: ginger, allspice, cinnamon, cloves, nutmeg, cardomon, cubebs, galingale, etc. The variety of spices & the total amount used depends on personal taste.

Mix well all ingredients except chicken. Place in pie shell and top with either a pastry lid or the cooked chicken pieces. Bake in a 350° F oven for 45 minutes to an hour, or until the pastry is golden brown and the filling set. Serve hot or cold. Serves 6-8.

## Cabbage & Bacon (Irish)

Yield: 4 servings

- Lg or 2 small Savoy cabbages
- 8 Strips of bacon
- Salt and pepper
- 4 Whole allspice berries
- 300 ml Bacon or chicken stock

Cut the cabbage in half and boil for 15 minutes in salted water. Drain, and soak in cold water for 1 minute, then drain well and slice. Line the bottom of a casserole with half the bacon strips, then put the cabbage on top and add the seasonings. Add enough stock to barely cover, then put the remaining strips of bacon on top. Cover and simmer for an hour, until most of the liquid is absorbed.

## Chiddingly Hot Pot

- 2 lbs. stewing beef, cut into 1-inch cubes
- 2 Tbs. flour
- 2 Tbs. oil
- 1 celery stalk, finely chopped
- 2 medium-sized onions, finely chopped
- salt
- freshly ground black pepper
- 2 medium-sized potatoes, sliced in rounds
- 3 cloves
- 1 Tbs. tarragon vinegar
- 1 oz. melted butter
- Approx. 2 cups beef stock

Preheat the oven to 325° F.

Dust the meat with flour and brown it in the oil in a frying pan over low heat. Remove the meat and fry the celery and onions in the same pan for 3 minutes.

Put a layer of onions and celery in the bottom of a deep casserole, then a layer of meat and after that a layer of potatoes. Season each layer with salt and pepper and add the cloves and vinegar. Repeat the layers and finish with a layer of potatoes. Brush them with the melted butter and add enough stock to reach just below the potatoes.

Cover the casserole and cook for 1 ½ hours. Remove the cover and cook for an additional ½ hour to brown the potatoes.

This is an all-in-one stew from Chiddingly, a village in Sussex.



## Dragontail

- 1 pkg. (1 Tbs.) yeast
- 1/4 cup warm milk
- 1 tsp. sugar
- 2 cups flour
- 1/2 cup butter, cut
- 1 tsp. salt
- 2 eggs
- flour
- 1 cooked sausage, 6-7 inches long

Oil a bowl and a bread loaf pan; set aside. Combine yeast, milk, sugar, and 2 tsp. flour in a small bowl and let proof until foamy (about 10 min.). Combine the 2 cups flour and salt, & cut in butter with fork or pastry knife. Add eggs & yeast mixture and continue combining until dough forms ball. Knead until smooth and elastic and dough cleans itself from board. Transfer to the oiled bowl and let rise until doubled in size. Punch dough down onto lightly floured board. Pat out to form a rectangle slightly larger than the loaf pan. Slice ends from sausage, place sausage in center of dough, and fold dough over, tucking in ends to seal completely. Transfer to loaf pan, seam side down. Let rise again. Preheat oven to 400° F. Bake until golden brown and loaf sounds hollow when thumped with finger, about 35 minutes. Yield: 1 loaf.

## English Beef Roll in Mustard Sauce

- 2 lbs. ground beef
- 1 lb. ground venison or pork
- 2 eggs, beaten
- 1 Tbs. salt
- 1/2 tsp. each pepper & nutmeg
- 2 cups wheat toast, in crumbs & small pieces

In a large bowl, combine the meats, bread, and spices. Add the egg and beat with a spoon until well blended. Mold the meat mixture into a loaf shape and place on a greased baking sheet. Bake at 375° F for approx. 45 minutes or until done. Serve hot or cold with Mustard Sauce, either on the side as an accompaniment, or spread on top of the loaf before cutting.

The original English version of this recipe has the meat being placed in a pudding mold, and baked in the oven while resting in a pan of water. This makes a tall mound of meat, and the Mustard Sauce is poured over top.

Adapted from *The Cooking of the British Isles* by Adrian Bailey, 1969.

## Kirnan's Hearty Sandwich

Named for Kirnan, an ancient traveller who walked the lands of Stoneclave in ages past, this hearty steak sandwich is said to have sustained him during his travels. Pack it up and take it on a long walk in the mountains or woodlands. Perfect for autumn/winter weather.

- 1 1-2 lb. steak (sirloin)
- 1 loaf of crusty French or Vienna bread
- butter (to taste)
- white pepper (to taste)
- salt (to taste)
- roasted garlic (optional)

Slice your bread loaf lengthwise and spread it with butter.

Roast a few cloves of garlic until soft, and spread a very thin layer of garlic onto the bread loaf. (Garlic may be omitted for a lighter taste)

Grill the steak, making sure not to overcook it. Season the steak with white pepper and salt to taste, then place the steak onto one half of the bread loaf. Put the top half of the loaf over the steak and press down firmly. Wrap the sandwich in waxed paper or aluminum foil and place a light weight (for example, several books) on top. The bread will absorb the steak's juices and spices, and will keep the meat moist. Let the sandwich cool, cut it into slices and wrap individually or as one.

## Hattes (Meat-Filled Pastries)

England, Fourteenth Century. Small meat-filled pastries that resemble Medieval hats.

- Flour - "prepared" probably means "sifted."
- Egg yolks - raw & beaten.
- Veal - boiled and ground.
- Pork - boiled and ground.
- Marrow - diced.
- Dates - minced.
- Currants
- Sugar
- Saffron
- Salt - use to taste.
- Spices - any period spices you'd prefer: cinnamon, pepper, clove, mace, cardamom, ginger, cubeb, etc.

Combine the flour and egg yolks until a workable pastry dough is formed, one capable of being rolled out like ordinary pie dough; set this aside. Combine veal, pork, egg yolks, marrow, dates, currants, sugar, salt, & spices. This mixture should be soft, thick, and moist, and should hold together like a raw meatloaf or meatball mix. Add egg yolks as necessary to ensure moistness. Set this mixture aside.

Make a thick batter of egg yolks and flour; set aside.

Roll out the pastry, and cut it into medium-sized circles. Take a circle of pastry, and fold it in half, with the middle of the fold on top; then, fold back the round edges of the circle up to the middle of the fold. You'll see that a small pocket or cavity is formed at the end opposite the folded middle - this is the bottom of your "hat." Make sure that the side edges of the pastry are well sealed so that the hat will stay together - use a bit of egg yolk or white as "glue" if necessary. Stuff the cavity with some of the meat mixture (this will round out the pastry into more of a hat-shape), then cover the entire bottom of the hat with batter, sealing the meat in completely. Set the hat bottom down in hot oil, cooking until the batter is done and the filling is completely sealed within, then cook the entire pastry in the oil until done - the pastry will become puffy and will lightly brown. Remove from the oil, drain well, and serve.

This recipe makes a meat-stuffed pastry which looks like a small Robin Hood-style hat. Decorate this treat with a feather and the picture will be perfect!

## Lady Glynnis' Meat Pie

First prepared by Glenda Cockrum

- 2 lbs. ground beef
- 1 lb. ground pork sausage
- 1 can (2 cups) beef broth
- 1/2 cup bread crumbs
- 2 Tbs. cinnamon
- 1/2 tsp. ginger, ground
- 1 cup raisins
- 1/2 cup chopped walnuts
- 1/2 cup honey
- 2 eggs, beaten
- 2 9-inch pie shells

Brown the beef and sausage in separate skillets; drain both well. To the beef add the cinnamon; to the pork, add the walnuts. Mix each thoroughly, then mix both meats together. Add raisins, bread crumbs, eggs, and broth and mix thoroughly. Place in pie shells and bake at 350° F for 1 hour. Makes two pies.

## Meat Pies with Butter Sauce

- 4 eggs, beaten
- 2-1/2 cups water
- 1-1/2 cups mashed potatoes
- 3 cups flour
- 2 lbs. ground round steak
- 2 slices of bread, softened in milk and squeezed dry
- 1/2 cup water
- 1 medium onion, chopped fine
- 1 stick butter
- salt, pepper and thyme to taste

Mix together eggs, water, and mashed potatoes. Add enough flour to make a smooth dough. Roll out dough and cut into 3-inch rounds. With your hands, mix beef, bread, water and spices until sticky but firm. Place 1 tbsp. of the mixture in the center of each pastry round; fold over and pinch to seal. Bring 4 quarts of water to a boil and drop the meat pies in. Cook until they swell and float, about 12-15 minutes. Remove with a slotted spoon to a platter. Sauté onions in the butter and pour over the meat pies.

## Roast Stuffed Pig

- 1 20-25 lb. pig
- 8 lbs. pork roast
- 1 ½ lbs. pork liver
- 2 dozen hard-boiled egg yolks, chopped
- 2 lbs. Brie
- 1 lb. peeled roasted chestnuts
- 2 Tbs. each salt & pepper (add more or less to taste)
- 1 Tbs. each ginger, cloves, & sugar (add more or less to taste)
- 2 cups olive oil
- 2 cups red wine vinegar
- ½ tsp. salt
- butcher's thread & needle

Chop the pork roast into small pieces - you need a total 8 lbs. of meat without bone and fat. Broil or boil until well done - if boiling, add a little salt & pepper to the water and when finished cooking, drain well and save the broth for later use. After the pork has cooled, grind or dice the meat into very small pieces; set aside. Cut the liver into small pieces; broil or boil until well done, then drain & cool. Dice or grind the liver into very small pieces, set aside.

Grind the chestnuts. Dice the Brie as small as possible. Combine the pork roast, pork liver, chopped egg yolks, Brie, chestnuts, and spices and mix thoroughly with your hands. For a smoother stuffing, add enough of the reserved broth to thoroughly moisten the mixture. Taste the mixture and adjust spices to taste.

Stuff the pig with the meat mixture, using the butcher's thread & needle to sew the opening shut when done. Place the pig on parchment paper on a large baking sheet. Cover the ears, the snout, and the tail of the pig with aluminium foil, to prevent over-cooking. (If you wish the mouth to be open, pry it open with a small stick or block of wood and leave in while roasting.) Pre-heat your oven to 400° F.

Combine the oil, vinegar, & salt in a small saucepan and bring to a slow simmer. Baste the pig thoroughly with this before placing in the oven. Cook the stuffed pig for 3 ½ - 4 hours, basting thoroughly every 15 minutes, until completely cooked through. (Use a meat thermometer to guarantee that the center of the roast is over 175° F.)

When completely roasted, remove from oven. Remove the aluminium foil from the ears, snout, & tail, and the support from the mouth, then carefully transfer the pig to a large cutting board or garnished serving platter. Make a special presentation of the whole pig to your lucky guests, then carve and serve as suitable. Serve with Poivre jaunet or Cameline Sauce. Serves 10.

## Lembas from Lothlorien

For fans of The Lord of the Rings, here's a treat - a fan recipe for "Lembas", the enchanted food used by the Elves on long journeys.

- 6 TBSP butter or margarine, slightly softened
- 2 cups self-rising flour
- 1 TBSP granulated sugar
- 1/2 cup raisins (optional)
- 1 egg, well beaten
- 1/2 cup milk
- 4 TBSP heavy cream
- Mallorn leaves

With a pastry blender or fork, cut margarine into the flour in a mixing bowl until the mixture resembles cornmeal. Do this rapidly so the butter does not melt. Add the sugar and if desired, 1/2 cup of raisins. In a small bowl, beat the egg and milk together until mixed. Reserve 1 TBSP of this mixture to brush the tops of the lembas. Add the cream and egg mixture to the flour and mix just until combined into a stiff, soft dough. Knead three or four times on a lightly floured surface. Roll dough to a 3/4" thickness and cut with an oval or leaf shaped cookie cutter. Place on a lightly greased baking sheet, leaving 1" of space between lembas. Brush the tops of the lembas with the reserved egg-milk mixture. Bake for 12 -13 minutes in a preheated 400 degree oven.

For safe keeping, wrap each lembas individually in a fresh, clean mallorn leaf. If these leaves are unavailable in your area, store the lembas in a tightly closed container. Makes about 1 1/2 dozen lembas.