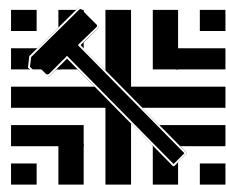


# The House Smith Cookbook



Gwydioan am y'Gorlwyn  
First Edition



**Copyright ©1999-2000 by Nathan Tobol. Permission to copy, in whole or in part, for any non-commercial use is granted providing that this copyright notice is included and that no charge (beyond the cost of copying) is made for the copies. All other rights reserved.**

**This medieval cookbook is part of an ongoing project. Please address any questions about this cookbook to [Nathan\\_Tobol@hotmail.com](mailto:Nathan_Tobol@hotmail.com), or Nathan Tobol, 260 Alostia Drive, Camarillo, CA 93010.**

# Table of Contents

<b>INTRODUCTION</b>	<b>1</b>
<hr/>	
<b>INGREDIENTS</b>	<b>1</b>
<hr/>	
MEATS	1
POULTRY	2
FISH	2
DAIRY PRODUCTS	3
VEGETABLES	3
FRUIT	5
FLOWERS	7
GRAINS	8
HERBS	8
SPICES	10
NUTS	12
SWEETS	12
FATS AND OILS	13
NON-ALCOHOLIC BEVERAGES	13
ALCOHOLIC BEVERAGES	14
<b>TECHNIQUES</b>	<b>14</b>
<hr/>	
MEDIEVAL DIFFERENCES	15
USING SPICES	15
THICKENING SAUCES	15
PREPARING EGGS	15
LEAVENING AGENT	15
CUTS OF MEAT	16
GILDING/COLORING MEATS	16
BARBECUING FOODS	16
COOKING LARGE CUTS OF MEAT	16
COOKING A WHOLE LAMB OR GOAT	17
<b>RECIPES</b>	<b>17</b>
<hr/>	
PREPARED INGREDIENTS	17
ALMOND MILK	17
BREAD CRUMBS	18
CLARIFIED BUTTER	18
FAKE ALMOND OIL	18
HIPPOCRAS POWDER	18
POWDER DOUCE	18
POWDER FORTE	18
ROUGH PUFF PASTRY DOUGH	18

SAFFRON WATER	19
STOCK, BEEF	19
STOCK, CHICKEN	19
VERJUICE	19
<b>POULTRY DISHES</b>	<b>20</b>
CAPOUN FARCED (CHICKEN STUFFED)	20
CHYKONYS IN BRUETTE (CHICKEN IN CREAMY SPICED SAUCE)	20
CHYKONY IN YOGURT AND MINT (MIDDLE EASTERN BARBECUE CHICKEN)	20
GELE OF CHEKYNS (CHICKEN IN GELATIN)	20
GRETE BYRD ROSTED (GREAT BIRD ROASTED)	21
<b>MEAT DISHES</b>	<b>21</b>
CHAWETTYS FRYIDDE (FRIED MEAT PASTIES)	21
CONYNG (RABBIT)	21
CRUSTADE (BEEF AND CUSTARD PIES)	22
FELETTES IN GALENTYNE (BEEF WITH SAUCE)	22
KYDDE WITH GARLIC AND ROSEMARY	23
MEAT PASTIES	23
TARTES DE CHARE (PORK PIES)	23
<b>IMPRESSIVE DISHES</b>	<b>24</b>
COCKATRICE	24
KEDE ROSTED (ROAST KID)	24
THREE HEADED BIRD	24
<b>CHEESE AND EGG DISHES</b>	<b>25</b>
LESE FRYES (CHEESE PIES)	25
PAYN PURDEW (FRENCH TOAST)	25
PIPEFARCES (STUFFED STRAWS)	25
<b>VEGETABLES</b>	<b>26</b>
BEEF GREENS	26
CABACHES (CABBAGE)	26
FRUMENTY (WHEAT PORRIDGE)	26
PEAS ON A FISH DAY	27
PEAS ON A MEAT DAY	27
WHITE PORRAY ON A FISH DAY (LEEKS IN SAUCE)	27
<b>SOUPS</b>	<b>27</b>
KYDE IN BROTHE (KID IN BROTH)	27
OYLE SOPPYS (ONIONS IN ALE)	28
<b>DESERTS</b>	<b>28</b>
CRYSPEZ (CRISPS)	28
FRETOURE (APPLE FRITTERS)	28
GINGERBREAD	28
PETY PERNAUTES (TINY PIES)	29
TO MAKE A CAKE	29
QUYNCEIS OR WARDOUNS IN PAST (QUINCE OR PEAR IN PASTRY)	30
TWELFTH NIGHT CAKE	30
VIANDE RIALI (ROYAL CUSTARD)	31
WARDENYS IN SYRYP (PEARS IN SYRUP)	31
WATERMELON IN SYRUP	32
<b>BEVERAGES</b>	<b>32</b>
APPLE BEER	32
HIPPOCRAS	32
MEAD	32

LEMONADE	33
MINT WATER	33
SEKANJABIN (PERSIAN MINT DRINK)	33
WASSAIL BOWL USING ALE	33
WASSAIL BOWL USING WINE	34
<b>SAUCES AND SPREADS</b>	<b>34</b>
ALMOND BUTTER	34
CAMELINE SAUCE	34
CAMELINE SAUCE IN THE STYLE OF TOURNAY	34
HONEY BUTTER	35
GAMELYNE	35
GINGER SAUCE	35
MUSTARD AND SUGAR	35
SALT	35
VINEGAR AND SALT	36
<b>BREADS</b>	<b>36</b>
APPLE BEER BREAD	36
BARLEY BREAD	36
YORK MAYNE BREAD	37
<b><u>FEASTS</u></b>	<b><u>38</u></b>
<b>FEASTS IN WESTERN EUROPE</b>	<b>38</b>
<b>MENUS</b>	<b>38</b>
<b>SUBTLITIES AND IMPRESSIVE DISHES</b>	<b>39</b>
<b>FOOD CUSTOMS FOR SPECIFIC FEASTS</b>	<b>39</b>
BEAN KING	39
WASSAIL	40
<b>MEDIEVAL TABLE MANNERS</b>	<b>40</b>
<b>WHAT NOT TO COOK</b>	<b>41</b>
LENTILS	41
OYSTER AND OTHER SHELLFISH	41
MUSHROOMS	41
ACORNS	41
COOKING WINE	42
<b><u>BREWING</u></b>	<b><u>42</u></b>
<b>INGREDIENTS AND SUPPLIES</b>	<b>42</b>
<b>BREWING</b>	<b>43</b>
COOKING THE MUST	44
PREPARE THE FLAVORINGS	44
ADD THE FLAVORINGS	44
ADDING THE YEAST	44
<b>PRIMARY FERMENTATION</b>	<b>44</b>
<b>CLEANING THE BOTTLES</b>	<b>45</b>
<b>BOTTLING</b>	<b>45</b>
STERILIZE EVERYTHING	45
PREPARE THE MEAD	46

ARRANGE THE AREA	46
BOTTLE THE MEAD	46
<b>SECONDARY FERMENTATION</b>	<b>46</b>
<b>DO'S AND DON'TS</b>	<b>47</b>
<b><u>READING MEDIEVAL RECIPES</u></b>	<b><u>47</u></b>
<b><u>GLOSSARY</u></b>	<b><u>49</u></b>
<b><u>REFERENCES</u></b>	<b><u>49</u></b>
<b><u>INDEX</u></b>	<b><u>I</u></b>

## Introduction

The first feast cooked by House Smith was held in the Barony of Myrkwood (East Kingdom) in A.S. 8 (1973). Since then House Smith has prepared a large number of feasts in both the East and West Kingdoms. These feasts have been well received and the recipes (and other supplemental materials) from these feasts have been published in an assortment of forms, but not collected into a single reference volume, until now. This booklet is an attempt to capture in one place all that my household has learned about medieval cooking and feasts. I hope that you will find it useful and interesting.

## Ingredients

Many of the ingredients used in modern cooking came into use between 1492<sup>1</sup> and 1700. With the introduction of these new ingredients came a major change in cooking. This change led to the cuisine we know today.

This cookbook is not about our current cuisine. It is not even about the transition that led to our current cuisine. It is about food and feast in the Middle Ages (900 to 1499). I have not even included every ingredient that was available to the medieval cook, only those that were:

- considered good enough to be used in a feast
- commonly used
- appear in primary sources (cookbooks and other period manuscripts)

## Meats

beef or veal	The ancestor of cattle is the wild aurochs. It was first domesticated about 8,000 years ago. Veal, young beef, has a very different flavor and texture than beef.
goat or kid	The goat is one of three animals that were first domesticated <sup>2</sup> about 10,000 years ago. Goat <sup>3</sup> (and kid) is a wonderfully tasty meat similar to lamb <sup>4</sup> but not as strongly flavored. Goat was a commonly used meat during the Middle Ages. The flavor is quite acceptable to modern tastes, the trick is getting people to try it. Kid, young goat, is preferable but much harder to find <sup>5</sup> .
mutton or lamb	Like the goat, the lamb was first domesticated <sup>6</sup> about 10,000 years ago. True lamb has a much milder flavor than mutton but is much harder to find <sup>7</sup> .

---

<sup>1</sup> As recommended by Duke Cariadoc in his excellent article titled "Cariadoc's Miscellany".

<sup>2</sup> The goat was probably first domesticated either in the Zagros mountains of present day Iran or in the Levant.

<sup>3</sup> Italian and Mexican markets sometimes sell goat.

<sup>4</sup> If goat is not obtainable, lamb can be used as a substitute for roasts and stews. Lamb does not make a good substitute in soups.

<sup>5</sup> Check at your local feed store. They often know who is raising/selling meat animals.

<sup>6</sup> The sheep was probably first domesticated in the uplands of what is now Syria or Iraq.

<sup>7</sup> What supermarket call "lamb" is six weeks to one year in age. True lamb is from birth to weaning at about three and a half months.

pork	The third of the animals domesticated about 10,000 years ago was the pig. The ancestor of the domestic pig was the wild boar that ranged from North Africa through Eurasia. Pork became the favored meat during the Inquisition because people wished to prove they were not bound by the Islamic (and Jewish) dietary prohibitions.
rabbit	Rabbits were abundant in the wild during the Middle Ages and a popular meat for the peasantry (especially after the 13 <sup>th</sup> century when they ceased to be protected). Rabbit <sup>1</sup> can often be found in the frozen meat section in supermarkets. Better quality is often available fresh raised by local farmers and 4H members <sup>2</sup> .
venison	Very variable in flavor and difficult to obtain (unless you are a hunter or are very good terms with someone who is a hunter). Beef can be used as a substitute but much of the essence of the dish will be lost.

## **Poultry**

The medieval cook had at his disposal a vast variety of birds to choose from. Most of these birds are no longer eaten<sup>3</sup> and many are protected or even endangered<sup>4</sup>. The following list includes some of the substitutes that can be used.

assorted sea birds	Quail, chicken, or turkey can be used according to the size of the bird called for in the original recipe. Optionally, marinate the bird in Thai Fish Sauce before cooking to give the flesh of the bird more of the flavor of an animal whose diet consists of seafood.
chicken and capon	Originally domesticated in China, the red jungle fowl has been associated with humans, and particularly with village life, for at least 4,000 years.
small land birds	Quail makes a good substitute for most any small land bird.
waterfowl	Duck makes a good substitute for medium sized waterfowl such as heron. Turkey is a workable substitute for large sized waterfowl such as swan.

## **Fish**

Fish were common food on the medieval table. This was largely due to the Roman Catholic Church's decree that the people could not eat meat during Lent<sup>5</sup> and on Fridays (and Saturdays and Wednesdays until late in the medieval period).

caviar	Caviar was invented by the Jews in Italy during the Middle Ages.
eels	Eels were commonly available in England during the summer months.
river fish	Perch, trench, and roach were commonly eaten in England on meatless ("fysse") days.

---

<sup>1</sup> Chicken is often substituted for rabbit by people who have never eaten rabbit and believe the myth that rabbit tastes "just like chicken".

<sup>2</sup> Easiest way to find out who is raising meat rabbits in your area is to ask at your local feed store.

<sup>3</sup> At least in the USA.

<sup>4</sup> Eagle was one of the many birds served at *The Feast of King Henry IV at his Coronation*.

<sup>5</sup> Eggs and dairy products were also forbidden during Lent.

ocean fish Unless one lived near the ocean, ocean fish was only available salted and dried.

## **Dairy Products**

Dairy products supplied much of the protein eaten by the peasants during the Middle Ages.

milk Sheep's milk was more common than cows' milk during the medieval period. Also, use non-fat (skim) milk since homogenization was not invented until 1899. Before that time, cream was typically skimmed from the top of the milk (to be used separately) before the milk used.

butter Butter was a luxury during the Middle Ages. It was often clarified to improve its keeping properties.

cheese Virtually all general types of cheese are period. Some specific medieval cheeses are Munster<sup>1</sup>, Cheshire<sup>2</sup>, Beaufort, Emmental, and Comté<sup>3</sup>. Ricotta is also period.

yogurt Yogurt was eaten in Europe before, during, and after the medieval period.

## **Vegetables**

The medieval cook had a far smaller selection of vegetables than either the modern cook<sup>4</sup> or the Roman cook. Cooking within the scope of these limitations is an important part of preparing foods that capture the spirit of medieval cooking.

artichokes The artichoke was cultivated by the ancient Greeks. It was a popular dish in Italy during the Middle Ages. It was not introduced into the French diet until the early 16<sup>th</sup> century<sup>5</sup>.

asparagus Asparagus cultivation began more than 2,000 years ago in the eastern Mediterranean Region. Greeks and Romans prized asparagus for its unique flavor, texture, and alleged medicinal qualities. They ate it fresh and dried the vegetable to use in winter. It was not until the 16<sup>th</sup> century that asparagus gained popularity in France and in England.

beet The beet is a Mediterranean plant, possibly from Italy<sup>6</sup>. Beets were first grown for their leafy tops (Swiss chard is a "beet" that is still grown for its leaves). Beets began to be cultivated as a root vegetable sometime in the early Christian Era.

broccoli Broccoli has been around for more than 2000 years During the 16<sup>th</sup> century, the plant was grown in France and Italy.

---

<sup>1</sup> Developed in the 7<sup>th</sup> century by the monks of the "Monasterium Confluentes" in order to preserve milk and feed the great numbers of people crowding round the monastery.

<sup>2</sup> One of the oldest English cheeses, it can be dated back to Roman Britain and is also mentioned in the *Domesday Book*.

<sup>3</sup> The very first "fruitieres", the ancestor of dairy cooperatives, were founded in 1267, in the Doubs region and produced big wheels of these cheeses.

<sup>4</sup> Most of the vegetables that we eat today come from the new world.

<sup>5</sup> By Caterina de' Medici.

<sup>6</sup> Some food historians think beets may have derived from a wild plant that was native to a far larger area

Brussels sprouts	Enjoyed by the Romans, this vegetable was not introduced into Belgium until the 1200's and not cultivated in large quantities (in Belgium) until 1587.
cabbage	Cabbage was a very common vegetable in medieval cooking. Sauerkraut was made in Germany starting in the 13 <sup>th</sup> century.
carrots	Carrots, a popular vegetable in Roman, were not very commonly used in medieval cooking.
celery	Used by the Romans as a flavoring, a decoration for coffins at funerals, and as a headache remedy, celery was more of a flavoring device than a vegetable in its early days.
chickpea <sup>1</sup>	Domesticated in very ancient times (about 8000 BC) in the Fertile Crescent of the Near and Middle East. These reached Greece by 6000 BC and Britain and Scandinavia in 4,000-2,000 BC.
cucumber	Believed native to India. From India it spread to Greece and Italy, where the Romans were especially fond of the crop. The Romans probably introduced it into other parts of Europe, and records of cucumber cultivation appear in France in the 9th Century, and in England by the 14th century.
eggplant	Reputedly originating from India, it is first recorded as being cultivated in China in 500 BC. The Arabs, who had been growing the plant since at least the 4 <sup>th</sup> century AD, introduced the eggplant to Europe in the Middle Ages (via North Africa and Spain). It was only in the 16 <sup>th</sup> century that it was more widely cultivated in Europe. Until then, like the tomato <sup>2</sup> , it was viewed with suspicion and considered poisonous.
faba <sup>3</sup> bean	Thought to have been domesticated in very ancient times (about 8000 BC) in the Fertile Crescent of the Near and Middle East.
kale <sup>4</sup>	A non-heading form of cabbage, kale has been cultivated for over 2,000 years. Has a stronger flavor than cabbage, this vegetable is eaten both raw and cooked.
lettuce	During the Middle Ages people grew lettuce for themselves in small home gardens. The English finally began cultivating lettuce in the 1400's but the vegetable didn't become a market crop until late in the 1500's.
onion and leeks	The onions we use today are very similar to those described and eaten 2000 years ago. Three different varieties of <i>alliums</i> (members of the onion family) are mentioned to have been eaten by the Israelites in the Biblical book <i>Numbers</i> ; leeks, onions and garlic.

---

<sup>1</sup> Also known as the garbanzo bean

<sup>2</sup> A new world plant introduced to Europe by Columbus. The tomato became popular quite quickly (especially in Italy) but was thought to be poisonous unless cooked. This myth lasted until the middle 1800s.

<sup>3</sup> Also known as the fava bean and the broad bean.

<sup>4</sup> Also known as the borecole, colewart, and cole.

peas	For thousands of years, dried peas (field peas) were eaten in soups or porridges. The Italians are credited with breeding what became known as "piselli novelli" (new peas) which are typically eaten fresh. Catherine de Medici is given credit for spreading this pea the rest of Europe.
radishes	Radishes were known but not very commonly used in medieval cooking.
rhubarb	Earliest records date back to 2700 BC in China where rhubarb was cultivated for medicinal purposes. Brought to Europe by Marco Polo where it became widely used in European pharmacy. Not used as a food in Europe until the late 1700's.
turnips	Turnips were known but not very commonly used in medieval cooking.
spinach	Spinach, <i>Spinacia oleracea</i> , is a cool season annual herb, which is grown for its nutritious leaves. Spinach originated in southwestern Asia and was introduced into Europe during the Middle Ages.
squash	Most, but not all, squash are New World vegetables. The bottle gourd is one Old World squash that is period. The young fruit are said to be very similar to zucchini (which can be used as a substitute if your local supermarket does not carry young bottle gourds).

## **Fruit**

Unlike vegetables, most of the fruits commonly eaten today were also eaten in the Middle Ages.

apples and quinces	Apples were often used in medieval recipes. They had the advantage of keeping well <sup>1</sup> (especially quinces) and thus were one of the few fresh fruits available during the winter.
apricot	Apricots were late coming to the West. It was supposed to have been brought to Greece following Alexander the Great's invasion of Central Asia. From Greece, the apricot went to Italy, where Pliny referred to it as 'the Armenian plum', and eventually arrived in English 'noblemen's' gardens around 1540
blackberry	In the Middle Ages, blackberries were available in season from hedgerows and woodland margins. They were so common that they did not become a cultivated plant until the 1860's.
blueberry	A close relative of the blueberry (called the "bilberry") is native to Europe. It may have been used in period but I have found no references to its use until after the discovery of the New World blueberry.

---

<sup>1</sup> And thus being one of the few fruits available in the winter.

cherry	Cherries were probably domesticated around 2,500 years ago in Southern Turkey or Greece. The Romans knew and valued numerous types of better quality cherry, and they spread these forms throughout their empire. With the decline and fall of the Roman Empire, cherries faded from attention, and by the 13 <sup>th</sup> century only references to the general types 'sweet' and 'sour' appear. Interest in cherries revived in the 16 <sup>th</sup> century and, they were again extensively planted in Europe.
currants	The English word 'currant' has been used for this fruit only since 1550, taken from the fruit's resemblance to the dried currants of Greece, raisins made from a small seedless grape. The much older English name 'ribes' is of ancient Indo-European origin and is common to other languages.
dates	Since ancient years, dates have been one of the most important foods in the desert regions of the middle east and North Africa. When the Moors invaded Spain they brought the date with them.
figs	Figs have been cultivated since antiquity in the Mediterranean region.
grapes and raisins	Originating in central Asia, cultivation reached Greece around 3,000 years ago, and quickly was throughout the Mediterranean. Vine culture went with the Romans throughout Europe, and monasteries in Europe become one of the repositories of knowledge of culture and varieties.
lemon	Lemons went from the Middle East along the shipping routes to Spain and northern Africa in the Middle Ages.
olive	Cultivated around the Mediterranean since ancient times.
orange	Small citrus groves and protected 'orangeries' of the noble courts were well established in suitable European climates from at least 2,000 years ago.
melon	Melons date back 3000 BC (Persia). The Romans ate cantaloupes. The Arabs were responsible for introducing of many types of melons into Spain during the Middle Ages. By the renaissance a wide variety of melons of various shapes, sizes, rind patterns, and flesh colors, were available in Europe.
mulberry	The black mulberry ( <i>Morus nigra</i> ), is native to western Asia and has been grown for its fruits in Europe since before Roman times.
peach	The peach is thought to have been introduced to Greece by Alexander the Great. The Europeans thought the peach came from Persia, so named this fruit from China 'persica', which means 'Persia'.
pear	Pears (along with apple and quince), are among the most common fruit eaten in the Middle Ages.
plum	There are two main kinds of plum - the European plum, <i>Prunus domestica</i> , generally oval, mellow and often intriguingly flavored fruit and the Japanese plums, <i>P. salicina</i> , the main fresh plums of commerce.

pomegranate	This fruit was known to the Romans. The origin of the name is subject of some conjecture <sup>1</sup> .
raspberry	Red Raspberries have been cultivated in Europe for over 400 years.
strawberry	The strawberry eaten in Europe during the Middle Ages was far inferior to the modern strawberry <sup>2</sup> . In France strawberries were cultivated in the 13 <sup>th</sup> century for use as a medicinal herb. Internally, the berry was used for diarrhea and digestive upset, while the leaves and the roots were used for gout. Externally, it was used for sunburn and skin blemishes, and the fruit juice was used to whiten discolored teeth.
watermelon	The wild form of the watermelon is quite large, crisp and juicy, but it is also tasteless. Medieval references to the watermelon indicate that the domesticated watermelon of the Middle Ages was also tasteless <sup>3</sup> .

## Flowers

Flowers were used far more commonly in medieval<sup>4</sup> than in modern cooking. Be sure that any flowers you use in foods are properly identified (some flowers are poisonous) and free of pesticides<sup>5</sup>.

carnation	Carnation adds a spicy flavor to food or drink. Often added to wine <sup>6</sup> .
hawthorn	Commonly used <sup>7</sup> in medieval recipes, hawthorn is now used in herbal remedies <sup>8</sup> . Ancient Greeks and Romans linked hawthorn with marriage and hope, aspects of the "spiritual heart."
primrose	Available in many colors. Flavors range from sweet to bland <sup>9</sup> .
rose	Several plants of genus <i>Rosa</i> grow wild in from Western Europe to Central Asia. Flavors vary, red and purple flowers are sweet, darker petals have the most intense flavors. Only the petals are edible. Separate the flower petals from the rest of the flower <sup>10</sup> just prior to use to keep wilting to a minimum. Used for syrups, jams, and for crystallizing.
violet	The small bluish purple flowers have a sweet taste. Used in salads, honeys or crystallized.

---

<sup>1</sup> Some think that it was named *malum punicum* with respect to their suspected origin, Carthage (*punicus*). Others think that it was named *malum granatum* since *granatum* derives from *granum* "grain" and means "multi-grained". Both schools of thought agree on *malum* which means "apple"

<sup>2</sup> It wasn't until seeds of a North American species, *Fragaria virginiana* were sent to Europe in the 16<sup>th</sup> century that the stage was set for production of the modern strawberry.

<sup>3</sup> Typically consumed with honey and almond oil.

<sup>4</sup> The culinary use of flowers dates back thousands of years to the Chinese, Greek and Romans.

<sup>5</sup> Don't buy commercial flowers, many are grown using systemic pesticides that don't wash off.

<sup>6</sup> "Sops in wine". However, "sops" in other things are often NOT carnations.

<sup>7</sup> But not used in modern cooking for reasons described in the next note.

<sup>8</sup> Hawthorn flowers, fruits and leaves contain a compound effects the cardiovascular system. Hawthorn is widely used in German medicine for this purpose.

<sup>9</sup> Taste a flower petals from different plants before deciding which to use.

<sup>10</sup> Remove the bitter white area at the base of the petal where it was attached to the flower.

## **Grains**

Grains were used whole, cracked, and/or milled into flour.

barley	Barley has been a common grain since biblical (Old Testament) times. Barley remained an important bread grain in Europe until the 1500's when pure wheat breads began to take over.
corn	The term "corn", as used in medieval cookbooks, simply means grain <sup>1</sup> , typically the most common grain raised in the area. Thus, the "corn" in one area might be wheat while the "corn" in another area might be barley.
oats	Wild oats originated somewhere around northern Germany. By 1000 BC people were sowing oats in Germany, Denmark and Switzerland. By the 4th century AD a Germanic people called Vandals had introduced oats throughout the rest of Europe.
millet	Likely native to Asia or Africa, millet is so old we may never trace its beginnings with certainty. Millet traveled to India and into Europe and by the Middle Ages was probably feeding more people than did wheat.
rice	The crop is thought to have been introduced to Greece and neighboring areas of the Mediterranean by the returning members of Alexander the Great's expedition to India (344-324 BC). From a center in Greece and Sicily, rice spread gradually throughout the southern portions of Europe and to a few locations in North Africa.
rye	Like oats, rye was a weed annoying early growers of wheat and barley. Medieval European farmers allowed rye to grow stem to stem with wheat and harvesting both together. The combo crop, which was, named "maslin" <sup>2</sup> . Workers milled the pair into a single flour. From the 1300's to the 1600's, maslin was the most common flour in Europe.
smelt	Spelt is an ancient and distant cousin to modern wheat. It is one of the oldest of cultivated grains and was commonly grown and eaten during the Middle Ages.
wheat	Wheat was originally a wild grass. Evidence exists that it first grew in Mesopotamia and in the Tigris and Euphrates River valleys in the Middle East nearly 10,000 years ago. As early as 6,700 BC Swiss lake dwellers used wheat in flat cakes.

## **Herbs**

The medieval cook had available much the same selection of cooking herbs as the modern western (American or European) cook.

basil	Native to India and Persia. It has been use in Europe since ancient times.
chervil	Native to southern Russia. Romans had started using chervil as a seasoning by the 1 <sup>st</sup> century. The Romans took it to France where it has been important for centuries.

---

<sup>1</sup> Not the plant currently known as corn which is a New World plant.

<sup>2</sup> Which means "mixed".

cilantro	Probably one of the first herbs <sup>1</sup> to be used by mankind, perhaps going back as far back as 5000 BC. It is mentioned in early Sanskrit writings dating from about 1500 BC. The Romans spread it throughout Europe.
cumin	Native to the shores of the Mediterranean Sea and Egypt. Cumin is one of the ancient spices, a used by the Romans and it is mentioned in the Old Testament. During medieval times, it was in common use in Europe and Britain.
dill	Dill is indigenous to the Mediterranean area and southern Russia. It has been used since ancient times.
fennel	Fennel originated in the Mediterranean area.
horseradish	The earliest account of horseradish comes from 13 <sup>th</sup> century western Europe, where Germans and Danes used it as medicinal. It not commonly used as a condiment until late in the 16 <sup>th</sup> century and was not accepted in England <sup>2</sup> until late in the 17 <sup>th</sup> century.
mint	In the New Testament, the mint is called <i>heedýosmon</i> . This compound means "the sweet smelling one" ( <i>heedýs</i> "sweet, pleasant" and <i>osmeé</i> "smell").
oregano	Since Greek and Roman times, oregano it has been used with meats, fish, vegetables, and as a flavoring for wine.
parsley	Parsley is of European (probably West Mediterranean) origin. Two different varieties are grown, root parsley (var. <i>tuberosum</i> ) which has a tender, edible root, and leaf parsley which is cultivated solely for its leaves.
rosemary	Native to the Mediterranean area rosemary was used by medieval monks both in foods and medicine. Medicinally, it was used as a cure for stomach maladies and muscle spasms, headaches and depression.
sage	Native to the Mediterranean and Asia Minor, sage was a common seasoning and medicinal <sup>3</sup> during the Middle Ages.
savory	Romans used savory <sup>4</sup> as an herb and seasoning. They also used it as a medicine, a bee sting treatment, and an aphrodisiac. When the Romans brought it to England, it was used as a cooking ingredient rather than as an herbal remedy.
sweet marjoram	Sweet marjoram was well known to the Greeks and Romans. In the Middle Ages, it was said to be a stimulant, nerve tonic, and cure for asthma, coughs, indigestion, rheumatism, toothaches, and heart conditions <sup>5</sup> .

---

<sup>1</sup> Cilantro is the leaf of the young coriander plant.

<sup>2</sup> In 1657, Cole noted that the root was eaten as a condiment<sup>2</sup> in Germany, but thought that the practice was not one a gourmet would adopt.

<sup>3</sup> In the Middle Ages, people drank Sage in tea and used Sage to treat colds, fevers, liver trouble, and epilepsy.

<sup>4</sup> The English name *savory* goes back to Latin *satureia* via Middle English *savery* and Old English *sætherie*.

<sup>5</sup> Sweet marjoram was also used in nosegays.

- tarragon Unlike many other herbs, tarragon was not used by ancient peoples. It was mentioned briefly in medieval writings as a pharmaceutical, but did not come into common use until the 16th century in England.
- thyme<sup>1</sup> Thyme<sup>1</sup> is native to England and Southern Europe. Its use in cooking predates written records.

## **Spices**

The typical medieval recipe uses a larger number of spices than its modern counterpart. However, the total **quantity** of spices used it typically about the same (i.e. a smaller amount of each spice).

- anise Native to Eastern Mediterranean or West Asia, anise<sup>2</sup> appears even in the earliest of European recipe books.
- bay leaf Bay leaves have been used as spices since the time of the Greeks (and probably were used even before).
- black pepper Black pepper, was not been known in Europe before the 4<sup>th</sup> century BC. In spite of its astronomical price, pepper has been much used by the Romans and became, in the Early Middle Ages, a status symbol of fine cookery.
- caraway seeds First used in antiquity, Caraway has been cultivated in Europe since the Middle Ages<sup>3</sup>.
- cardamom As early as the 4<sup>th</sup> century BC Cardamom was used in India as a medicinal herb. Greeks and Romans imported it as a digestive aid.
- cinnamon Chinese cinnamon (cassia) was the first cinnamon species that has made its way to Europe<sup>4</sup>. Ceylon cinnamon was not known in the West until the 16<sup>th</sup> century. Compared to the Chinese species, Ceylon cinnamon has a more delicate aroma and is the dominating quality on the Western market.
- cloves Cloves are an ancient spice and, because of their exceptional aromatic strength, have always been held in high esteem by cooks in Europe. Arab traders brought cloves to Europe in the time of the Romans. Until trade routes were established with the east during the age of exploration, they were very expensive.
- coriander seeds Coriander fruits are a common spice in many countries of Europe, Northern Africa, West, Central and South Asia. In the Mediterranean region, coriander cultivation dates back to ancient Egypt.
- cubebs Also known as 'tailed pepper', this Javanese relative of pepper tastes like a cross between allspice and peppercorns.

---

<sup>1</sup> According the legend, the straw bed of the Virgin Mary and the Christ child contained (or was composed of) thyme. In the Middle Ages, ladies would embroider a sprig of thyme into scarves they gave to their errant knights.

<sup>2</sup> Anise was also chewed as a breath freshener in the Middle Ages.

<sup>3</sup> Evidence of caraway's use in medieval times comes from seeds found in debris in lakes in Switzerland.

<sup>4</sup> Cinnamon is an ancient spice mentioned several times in the Old Testament.

garlic	Europe, garlic has been a common spice since the days of the Roman Empire. It is reported that in ancient Egypt, the workers who had to build the great pyramids were fed their daily share of garlic, and the Bible mentions garlic as a food the Hebrews enjoyed during their sojourn in Egypt.
galingale	Also called <i>galangal</i> or <i>galanga</i> . Two quite different roots were imported to medieval Europe under this name. Lesser galingale was known in medieval times as 'heavy galingale'. It was the preferred variety in medieval Europe. Native to southern China, it has a sharp flavor, like a combination of ginger and pepper. Greater (or Java) galingale was known in medieval times as 'light galangal'. Grown in Southeast Asia, it is a mild spice with a flavor similar to a mixture of ginger and cardamom.
ginger	Ginger has been used in European cooking since the time of the Romans.
grains of paradise	Grains of paradise <sup>1</sup> were an important spice in 15 <sup>th</sup> century Europe, when spices were high in demand, but the sea route to India has not yet been discovered. In these times, grains of paradise were a common substitute for black pepper. The West African coast got its name "pepper coast" because the grains of paradise were traded there.
juniper berries	Grow wild throughout the Northern Hemisphere and are used widely in Scandinavian and French kitchens.
mustard	Mustard was used in ancient Greece and Rome as a medicine and a flavoring. By 800 AD, the French were using mustard as an enhancement for drab meals and salted meats.
nutmeg and mace	The Roman author Pliny wrote about nutmeg and mace in the first century. Middle Eastern traders brought nutmeg and mace to Southern Europe in the 6 <sup>th</sup> century, and they were well known by the twelfth century from Italy to Denmark.
poppy seeds	The Greeks used the seeds as flavoring for breads in the second century, and medieval Europeans used them as a condiment with breads.
saffron	Saffron probably originates from Turkey. In the 13 <sup>th</sup> century, the Crusaders brought Saffron back to Europe, where it was used both as a dye and condiment.
salt	In the Middle Ages, salt was produced <sup>2</sup> in large, uncovered pans of brine were boiled, a process <sup>3</sup> that had not changed since Roman times. Salt production was costly, in both labor and energy, making good quality salt quite valuable.
sandalwood	Medievally called "saunderys" or "saundres". Often used in medieval recipes to add a red color food.

---

<sup>1</sup> "Paradise" because they were thought to be an aphrodisiac in the Middle Ages.

<sup>2</sup> A 'wich' is Anglo Saxon for a Salt town, hence town names like Northwich, Middlewich and Nantwich.

<sup>3</sup> Blood or white-of-egg was used as a coagulant for precipitating marl. Urine was used as a froth flotation agent.

sesame seeds	Sesame Seed is probably the oldest crop grown for its taste, dating back 6,000 years ago in the Eastern Mediterranean.
sumac	Used as a flavoring in biblical and medieval times. The American variety <sup>1</sup> is not the same as the Middle Eastern species.

## **Nuts**

Most<sup>2</sup> of the varieties<sup>3</sup> of nuts eaten today were also used in medieval cooking.

almonds	Almonds have been cultivated in the Mediterranean region for more than 2000 years. Their consumption in medieval cookery was enormous. An inventory, made in 1372, of the effects of Jeanne d'Evreux, Queen of France, enumerates only 20 lb. of sugar, but 500 lb. of Almonds.
chestnut	Chestnuts were consumed in large quantities during the Middle Ages. They were considered a "heavy fruit" and were recommended to be eaten at the end of a meal. Chestnuts were also ground and used as a major ingredient when making bread.
hazelnut	Known to the Roman <sup>4</sup> , hazelnuts are also known as <i>filberts</i> because in Europe folklore they are ready for harvest on August 22nd, St. Philbert's Day.
pistachio	The pistachio nut grows on a is a small tree native to Turkey and the area around and to the east of the Caspian sea. It has been cultivated for about 4,000 years. They were not introduced to England, however, until the 16th century.
pine nut	Pine nuts were thought to be an aphrodisiac in Roman <sup>5</sup> and medieval times <sup>6</sup> .
walnut	Walnut trees grew wild over a great portion of Europe and Asia, predating recorded history by many thousands of years <sup>7</sup> . Romans took the walnut to France, where the French used its oil for cooking and for thickening sauces. It didn't reach England <sup>8</sup> until the 16th century.

## **Sweets**

The forms of sweets available in the Middle Ages were very limited. The two basic flavoring ingredients most associated with sweets, chocolate and vanilla, come from New World plants.

candy	The "modern" first candy, fruit dipped into melted sugar, was developed in the 1400s.
-------	---

---

<sup>1</sup> The ripe red berries of some American sumacs can be used as a seasoning. The closest match to middle eastern sumac is staghorn sumac (*rhus typhina*). You can also use sicilian sumac (*rhus coriaria*) or smooth sumac (*rhus glabra*). Avoid sumac with white berries (poison sumac, *rhus vernix*).

<sup>2</sup> The peanut, which is not a true nut, the cashew, and the Brazil nut come from new world plants.

<sup>3</sup> But not most of the quantity of nuts consumed in America.

<sup>4</sup> Pliny claimed that they originated in Damascus.

<sup>5</sup> In the *The Art of Love* the Roman poet Ovid recommends "the nuts that the sharp-leaved pine brings forth" as an effective and powerful aphrodisiac.

<sup>6</sup> *Tacuinum Sanitatis in Medicina* preaches the virtues of pine cones "to stimulate the libido".

<sup>7</sup> Known through archeological evidence.

<sup>8</sup> At that point, they were called *WAL*nuts, from "wal" meaning "foreign."

honey	Prior to the establishment of the trade routes with china, Honey was the only sweetener in Medieval Europe.
sugar	By 600 AD the practice of breaking up the sugar cane and boiling it to produce sugar crystals was widespread in China. Six hundred years later, when Marco Polo visited China, he saw flourishing sugar mills. The medieval world was quick to recognize the difference sugar made to food, and a flourishing trade built up.

## ***Fats and Oils***

The medieval cook had a far smaller selection of oils than the modern cook. As a result, the use of animal fats in medieval cooking was far greater than in modern cooking.

almond oil	Almonds, as well as the oil pressed from them, were well known in Greece and Italy long before the Christian era.
beef fat	Beef fat was used primarily for soap and candle making during the Middle Ages. Only occasionally is it mentioned in relation to cooking.
chicken fat	Chicken fat is "traditionally" used in Jewish cooking. Some evidence indicates that the tradition goes back as far as the Middle Ages and maybe beyond.
lard	Lard was a commonly used shortening and frying fat during the Middle Ages. Crisco or generic equivalent makes a good substitute if you do not use pork products.
olive oil	Olive oil was a common cooking oil in Greek and Roman times. It dropped out of common use in much of Western Europe <sup>1</sup> after the fall of Rome and did not return to common use until well into the 18 <sup>th</sup> century.
sesame seed oil	Sesame seed oil was a common cooking oil in medieval Middle Eastern <sup>2</sup> food. It was not, however, a common cooking oil in medieval Europe.
walnut oil	Walnut oil was commonly used in medieval Europe but only as a painting medium and a finish for wooden items.

## ***Non-Alcoholic Beverages***

Most of the non-alcoholic beverages that we drink today are of relatively recent<sup>3</sup> origin.

carbonated water	Naturally occurring carbonated water springs <sup>4</sup> have been around forever <sup>5</sup> and have been claimed to have a variety of healing <sup>6</sup> properties.
coffee	Possibly originating in Ethiopia, coffee made it's way to the Middle East by the mid 1400's.

---

<sup>1</sup> In all but olive growing areas.

<sup>2</sup> The Turks used its oil in 900 BC.

<sup>3</sup> The additions of syrups to carbonate water did not become popular until the late 1700's.

<sup>4</sup> The Romans and Greeks revered these waters and built lavish bathhouses around the springs. These were the first Health Spas and the waters were used for bathing and drinking.

<sup>5</sup> In 77 AD, the Roman historian Pliny listed the great mineral water springs known at that time in Europe. Many of the springs on his list are still in operation today.

<sup>6</sup> Around 400 BC, Hippocrates writes treatise of the medicinal properties of sparkling mineral waters.

sekanjabin	Also known as Persian Mint Drink, this medieval ancestor to Gatorade has been popular in the middle east <sup>1</sup> since the Middle Ages.
tea	Tea is thought to have been discovered around 2740 BC in China. By the 800's, tea was being traded <sup>2</sup> westward along the Persian caravan routes. Tea reached Venice, a destination of many of the Persian traders, by the middle of the 16 <sup>th</sup> century.

## **Alcoholic Beverages**

"Beer is living proof that God loves us and wants us to be happy", Benjamin Franklin, 1685. Slightly out of period but represents most people's attitude toward alcoholic beverages from the earliest recorded history until the advent of the temperance movement in the 19<sup>th</sup> century.

beer	Beer is the second oldest alcoholic beverage known to man.
distilled beverages	In Europe <sup>3</sup> , distillation was known by the 12 <sup>th</sup> century (possibly as early as the 11 <sup>th</sup> century). The Norman English found distillation from grain firmly established in the form of a drink called <i>uisge beatha</i> when they invaded Ireland in the twelfth century. Legal documents dating to 1411 mention the distillation of wine into brandy in the Armagnac region of France.
liqueurs	The earliest mention of flavored alcohol is in the 13 <sup>th</sup> century. By the 14 <sup>th</sup> century the drinking of these liqueurs had become popular <sup>4</sup> in Italy and spread into France.
hard cider	When Julius Caesar arrived in Kent, England in 55 BC, he found alcoholic cider to be a common drink <sup>5</sup> . As a result of the Roman invasion, many fled from England to Brittany, taking apple seeds and cider making knowledge with them. From Brittany, cider making spread to Normandy and back the England with the Norman Conquest of 1066.
mead	Mead, as probably the most ancient of all alcoholic beverages, was mentioned in such writings as Beowulf. From the number of recipes in period cookbooks, it must have been a very popular beverage.
wine	Wine was rarely aged during the Dark and Middle Ages in Europe.

## **Techniques**

---

<sup>1</sup> The Crusaders may have brought it back to Europe (or at least we can use that as an excuse to serve it).

<sup>2</sup> Tea was such an important trade good that tea dust was pressed into approximately nine-inch tall bricks to use as 'tea money' for trading with the far-flung tribes of Mongolia and Tibet. These tea bricks were even scored so they could be broken for change.

<sup>3</sup> In China, distilling of Sake dates to around 800 BC.

<sup>4</sup> This popularity is often attributed to Catherine de Medici, who, along with her Court, brought the use of these liqueurs with her to France from her native Tuscany.

<sup>5</sup> Ceasar was rumored to be quite fond of the beverage, which perhaps had something to do with the great contributions the Romans made to apple cultivation.

To cook food that tastes "medieval", you need to use the techniques of a medieval cook. Some of these techniques are the same as those used by a modern cook, but many are very different.

## **Medieval Differences**

Style is the essence of a cuisine. The style of medieval cooks was very different from their modern counterpart. Some of these differences were based on the differences in the available ingredients<sup>1</sup> or tools<sup>2</sup>. Many of the differences were purely a matter of style, and capturing the style of the medieval cook is the key to preparing food that gives the real flavor<sup>3</sup> of the Middle Ages.

## **Using Spices**

Most modern cooks use brown spices (cinnamon, cloves, etc.) only for sweet dishes. The medieval cook used them everywhere, assuming that he (or she) could afford them. Spices were used in large variety (to show off wealth) but small quantity (not to bankrupt the person paying for the feast).

## **Thickening Sauces**

Where a modern cook would typically thicken a sauce with arrowroot, flour, or corn starch, a medieval cook typically thickened a sauce with bread or egg yolk<sup>4</sup>.

To thicken a sauce with bread, the medieval cook<sup>5</sup> would:

- dry the bread,
- pound it in a mortar,
- add the liquid ingredients to the mortar, and
- pound the mixture again,
- cook the mixture, and (finally)
- force the mixture through a strainer (one or more times) to give a smooth consistency.

The same effect can be achieved with a lot less work by using a blender on a setting of liquefy<sup>6</sup>.

## **Preparing Eggs**

Medieval cooks were fussier in preparing eggs than the typical modern cook. Where a modern cook would simply beat eggs, a medieval cook would strain the eggs to provide a smoother texture.

## **Leavening Agent**

---

<sup>1</sup> Occasionally the medieval cook had more choices available than the modern cook, but typically the medieval cook had less.

<sup>2</sup> The band saw totally changed the nature of meat cuts.

<sup>3</sup> Pun intended.

<sup>4</sup> This technique is still used to make mayonnaise and aioli.

<sup>5</sup> And sometimes the modern cook. I was cooking at an event and needed to make a sauce. I had no flour or other modern thicken agent and no blender. I did have some biscuits left over from breakfast (all dried out), and a strainer. The sauce came out great.

<sup>6</sup> This is the Society for *Creative Anachronism*, isn't it?

Yet another difference between modern cook and the medieval cook is the choice of leavening agent. The modern cook typically uses yeast for breads and baking soda or baking powder for biscuits and cakes, the medieval cook did not have that choice. Neither baking soda nor baking powder was available to the medieval cook<sup>1</sup>. Therefore, medieval recipes for cakes use yeast and the distinction between biscuits (and other "quick" breads) and yeast raised rolls did not exist.

## **Cuts of Meat**

The adoption of the band saw totally changed to nature of meat cutting. Many modern meat cuts include slices of bone and segments of several different muscles. Examples of these modern meat cuts are rib steaks, T-bone steaks, chuck steaks, lamb chops. These cuts often have tough and tender pieces in the same cut. Medieval meat<sup>2</sup> was typically cut off the bone or had the bone separated at a joint. This medieval meat cutting technique yields meat that cooks far more uniformly than many modern cuts. You can apply this medieval meat cutting technique yourself by purchasing a large meat cut such as a chuck roast<sup>3</sup> and "up cutting" into tender steaks, stew meat, and soup bones.

## **Gilding/Coloring Meats**

Medieval meats were often gilded or colored. Occasionally gilding involved real gold leaf, but more typically, it was an egg wash applied just before removing the meat from the fire to give the meat a golden color.

## **Barbecuing Foods**

Medieval cooks did not have gas stoves (or electric ranges). Food was cooked over a fire or baked in an oven. While baking in a modern oven gives the same results as baking in a medieval oven, and cooking in a pot on modern stove gives the same results as cooking in pot over a fire, broiling or roasting food in or on a stove does **not** yield the same results as broiling or roasting food over a fire. The fire imparts a flavor to the food that is missing when the food is cooked on the modern stove. This missing flavor impacts the spicing of the food and is one reason (of many) why some people claim that medieval food is not acceptable to modern tastes.

Fortunately, the solution to this problem is simple. Barbecue anything that the medieval recipe says to broil or roast. It may seem like extra work, at first, but with a little practice it is actually easier (and the flavor is **much** better).

## **Cooking Large Cuts of Meat**

Cooking large cuts of meat on a barbecue is easier, tastier, and more period than cooking them in a stove. The key thing to remember when cooking large cuts of meat is that the tables in cook books for how many minutes per pound apply only for a very narrow range of meat weights. The reason is that the weight of meat is based on a cube factor (length x width x thickness), cooking time is based on thickness. The table below shows the typical cooking time of some commonly available large cuts of meat:

---

<sup>1</sup> Potassium Bicarbonate was patented as a chemical leavening in 1840. Ammonium Carbonate was used for stiffening jellies by about the end of the sixteenth century but was not used as a leavening agent prior to the late 18th century.

<sup>2</sup> Of large animals such as cows, pigs, sheep, and goats.

<sup>3</sup> This technique also saves money when shopping for a feast.

Cut	Adv. Weight	Adv. Thickness	Cook Time
Whole KC or NY Strip	10 lb.	3"	30 min on each side
Whole Top Sirloin	12 lb.	5"	40 min on each side
Whole Tri-Tip	16 lb.	4"	35 min on each side
Rib Roast (rib bones removed <sup>1</sup> )	10 lb.	3"	30 min on each side
Steamship Round	80 lb.	12"	~3 hours on spit

## Cooking a Whole Lamb or Goat

Whole animals are impressive, easy to prepare, and affordable additions to a feast. Lambs and goats are often available inexpensively from local farmers. Your local feed store is a good source of information and can often direct you to a farmer that has lambs or goats for sale<sup>2</sup>. A simpler, but more expensive way to get the lamb or goat is to ask your local butcher to get one for you.

To prepare a lamb, wash it thoroughly inside and out. Pat it dry with paper towels. Rub it inside and out with a mixture of course salt, garlic, rosemary, and mint. Tie it to a spit<sup>3</sup>. Arrange the charcoal such that  $\frac{2}{3}$  of the charcoal is under the hind quarters and  $\frac{1}{3}$  of the charcoal is under the forequarters. Mix up a basting sauce consisting of 1 c. olive oil, 1 c. white wine, 12 cloves of garlic, crushed, 1 T. rosemary, finely chopped. Brush basting sauce on lamb frequently. Turn lamb every 15 minutes (or so). Cooking time for a 35 lb. lamb (about 20 lb. dressed weight) is about 3 hours. Cooking time for a 50 lb. lamb is (about 35 lb. dressed weight) takes about 4 hours.

The cooking procedure (but not the rub or basting sauce) is identical for both lamb and goat (kid). For a rub use course salt, garlic, and coarsely ground fresh black pepper. For a basting sauce use a mixture of 1 c. olive oil, 1 c. sweet red wine, 12 cloves of garlic, crushed, 1 T. savory, finely chopped.

## Recipes

Most of the recipes in this section have been translated/adapted from medieval sources by members (and former members) of House Smith (listed in alphabetical order):

- Anna McAyre of Gorabh
- Gwydioan am y'Gorlwyn
- Thelin von Kallenback

## Prepared Ingredients

The following prepared ingredients are commonly used in medieval recipes.

### Almond Milk

$\frac{1}{2}$  c. almonds

1 c. boiling water

<sup>1</sup> When cooking a large roast on a BBQ, bones act as a serious insulator. If they are not near the center of the meat, they should be removed and cooked separately.

<sup>2</sup> If you purchase a lamb from a farmer, you will probably need to find a butcher clean the lamb (and remove the entrails). Either the farmer where you purchase the lamb or the feed store should be able to direct you to a butcher who does this the of work.

<sup>3</sup> Easier said than done. Have at least three people available the first time you try, six hands are likely to seem barely enough.

Pulverize almonds in a blender. Add boiling water. Liquefy. Allow it to cool. Rub through a fine sieve. Use immediately or refrigerate until use (no longer than a few days).

## Bread Crumbs

### bread

Dry bread<sup>1</sup> in a low oven until brittle but not brown. Crumble. Rub through a coarse sieve or run it through a food mill. Store in airtight jar or bag until needed.

## Clarified Butter

### 1 lb. unsalted butter

Melt butter in a heavy saucepan, over low to moderate heat. Skim the froth from the surface. Remove from the heat and let stand for 2 to 3 minutes to allow the solids to settle. Carefully pour off the clear melted butter into another container, leaving the milky liquid in the bottom of the pan. Use immediately or refrigerate until use (keeps for several weeks).

## Fake Almond Oil<sup>2</sup>

1 c. flavorless vegetable oil                      ½ t. almond extract

Mix. Use immediately or refrigerate until use (keeps for several weeks).

## Hippocras Powder

*Source: Goodman of Paris*

14 T. powdered cinnamon                      2½ T. powered ginger  
2½ T. powdered nutmeg                      2½ T. grains of paradise

Grind grains of paradise<sup>3</sup>. Mix powdered spices into grains of paradise. Store in airtight jar or bag until needed.

## Powder Douce

8 T. sugar    1 t. powdered cinnamon  
2 t. powdered mace                              1 t. powdered ginger  
1 t. powdered cloves

Mix all ingredients together. Store in airtight jar or bag until needed.

## Powder Forte

1 t. grains of paradise                              2 T. powdered cinnamon  
1 t. freshly ground black pepper              1 t. powdered clove  
3 T. powdered ginger

Grind the grains of paradise. Add remaining ingredients and mix well. Store in airtight jar or bag until needed.

## Rough Puff Pastry Dough

*Source: Lobel Bros. Meat Cookbook*

2¼ c. flour    ¾ T. lemon juice

<sup>1</sup> If you are using good bread (and what are you doing using good bread to make bread crumbs) cut off the crust. If using supermarket bread, leave the crust on to provide the crumbs with some character.

<sup>2</sup> Almond oil was a commonly used oil in the Middle Ages. Unfortunately, it no longer common and, when you can find it, very expensive.

<sup>3</sup> Period method is to use a mortar and pestle. I use a pepper grinder. Whichever method you use, measure after grinding rather than before.

**¾ t. salt****½ c. water****1 c. lard<sup>1</sup>**

Sift together 2 c. flour and salt. Cut lard into small pieces and mix into dough. Add lemon juice and enough water to make a stiff dough. Use remaining ¼ c. flour on board and rolling pin. Roll out into flat oblong. Fold into thirds. Roll out again. Rotate 90° fold into thirds. Roll out again. Refrigerate at least 15 minutes before use.

## Saffron Water

**a few threads of saffron**

Dry saffron in a warm oven for a few minutes. Pound (bruise) the threads in a small glass dish or cup. Add a few tablespoons of warm water. Steep. Use immediately or refrigerate until use (no longer than a few days).

## Stock, Beef<sup>2</sup>

**bones leftover from "up cutting" meat<sup>3</sup>**

**wilted (but not moldy vegetables)**

**vegetable trimmings (clean)**

**one or more onions**

**some garlic cloves (peeled)**

**assorted spices**

**salt**

**water**

Fill pot with bones. Add the vegetables. Add water and some salt (less than you think you need). Bring to a boil. Skim off the foam that forms on the top of the pot. Taste and add salt if needed. Reduce heat and simmer covered for 2 hours adding water as required to keep the pot full. Taste and add spices. Simmer for another ½ hour. Let cool. Remove fat from top. Strain liquid (stock) into containers and use immediately, refrigerate, or freeze<sup>4</sup>. Separate the meat from the bones and save for use in other dishes.

## Stock, Chicken

**chicken bones, necks, gizzards, backs, ...**

**wilted (but not moldy vegetables)**

**vegetable trimmings (clean)**

**salt**

**assorted spices**

**water**

Fill pot with chicken *garbage*<sup>5</sup>. Add the vegetables. Add water and some salt (less than you think you need). Bring to a boil. Reduce heat and simmer covered for ½ an hour. Taste<sup>6</sup> and add salt if needed. Simmer covered for another 2 hours adding water as required to keep the pot full. Taste and add spices. Simmer for another ½ hour. Let cool. Remove fat from top<sup>7</sup>. Process as the same as the beef stock.

## Verjuice

**unripe wine grapes**

Run unripe wine grapes<sup>8</sup> through a juicer. Use immediately or freeze.

---

<sup>1</sup> I substitute use vegetable shortening.

<sup>2</sup> Or lamb or goat (but not mixed)

<sup>3</sup> And/or leftovers from roast, including bones.

<sup>4</sup> If you freeze in paper cups, you can, after the stock freezes, put the cups into a large food storage bag in the freezer. Then you will be able to take the quantity of stock that you need without having to defrost all for the stock.

<sup>5</sup> The proper medieval term of the less desirable parts of the chicken.

<sup>6</sup> Unlike the beef stock, the chicken stock has to cook for a while before tasting to avoid the risk of salmonella.

<sup>7</sup> Can be saved for use in making "Chicken Fat".

<sup>8</sup> Best source for such grapes is a local vineyard.

## **Poultry Dishes**

The medieval cook prepared a vast variety of birds. The following recipes have been modified, where needed, to use only those birds available to the modern cook.

### **Capoun Farced (Chicken Stuffed)**

*Source: Fifteenth Century Cookery Book, p.41 no. xxxv*

<b>1</b>	<b>roasting chicken</b>	<b>¼ t.</b>	<b>powdered ginger</b>
<b>2</b>	<b>sprigs of parsley</b>	<b>¼ t.</b>	<b>powdered cinnamon</b>
<b>4 oz.</b>	<b>suet, diced</b>	<b>¼ t.</b>	<b>salt</b>
<b>3</b>	<b>hard boiled eggs</b>	<b>2 c.</b>	<b>grapes</b>
<b>¼ t.</b>	<b>pepper</b>	<b>1/16 t.</b>	<b>cloves</b>

Put the parsley and the suet in a skillet with a little water. Cook until the fat is rendered from the suet. Chop the egg yolks and add the spices and salt. Add the egg yolks mixture to the cooked suet and remove from the heat. Add the grapes and cloves. Stuff the chicken and roast until done.

### **Chykonys in Bruette (Chicken in Creamy Spiced Sauce)**

*Source: Fifteenth Century Cookery Book, p.23 no. lxxxiiij*

<b>2 lb.</b>	<b>chicken</b>	<b>½ c.</b>	<b>ale</b>
<b>¼ t.</b>	<b>pepper</b>	<b>1 T.</b>	<b>sliced fresh garlic</b>
<b>¼ t.</b>	<b>powdered ginger</b>	<b>1 t.</b>	<b>salt</b>
<b>1 c.</b>	<b>bread crumbs</b>		

Cut the chicken into pieces, place in a pot, cover with water, and add the salt and garlic. Boil for 45 minutes. Remove the chicken from the broth. Continue boiling the broth to reduce the volume by half. Take a cup of the broth and add the pepper, ginger and bread crumbs. Put the mixture in a blender and blend until smooth. Strain the remaining broth into a mixing bowl. Add the liquefied bread and the ale. Mix well. De-bone the chicken and arrange it on a serving platter. Pour the broth mixture over the chicken and serve.

### **Chykony in Yogurt and Mint (Middle Eastern Barbecue Chicken)**

*Source: A Book of Middle Eastern Food*

<b>10 lb.</b>	<b>chicken (leg quarters)</b>	<b>1</b>	<b>onion</b>
<b>16 oz.</b>	<b>yogurt</b>	<b>1 T.</b>	<b>lemon juice</b>
<b>1 T.</b>	<b>olive oil</b>	<b>1 t.</b>	<b>garlic powder</b>
<b>½ t.</b>	<b>pepper</b>	<b>1 t.</b>	<b>salt</b>
<b>1/8 oz.</b>	<b>dried mint</b>		

Wash chicken and cut into pieces (separating the leg from the thigh). Grate the onion. Add the remaining ingredients (except the mint) into the onion. Rub mint through a strainer into the mixture (discard the mint stems). Mix. Add chicken. Mix to coat chicken well. Refrigerate chicken in marinade for 24 hours. Cook chicken on barbecue until well done. Serve.

### **Gele of Chekyns (Chicken in Gelatin)**

*Source: Ancient Cookery, p. 437 (333)*

<b>1 pkt.</b>	<b>gelatin</b>	<b>1 T.</b>	<b>sugar</b>
<b>¼ c.</b>	<b>cold water</b>	<b>2 c.</b>	<b>cooked chicken (boneless and skinless)</b>
<b>2 c.</b>	<b>chicken broth</b>		
<b>½ c.</b>	<b>mead</b>	<b>¼ t.</b>	<b>powdered cinnamon</b>

**½ c. bread crumbs**  
**1 T. vinegar**

**¼ t. powdered ginger**  
**1 small pinch of saffron**

Dissolve the gelatin in the water. Boil the broth down to 1½ cups. Soak the bread crumbs in the mead, then put them in the blender and liquefy. Add the bread/mead and the gelatin to the broth. Add the vinegar, sugar, and saffron and bring the broth back to a boil. Shred the cooked chicken and add the spices. Remove the saffron threads from the broth. Put the chicken into a mold and pour the broth over it. Refrigerate until well set.

### **Grete Byrd Rosted (Great Bird Roasted)**

*Source: Fifteenth Century Cookery Book, p.77-81*

We often use turkey as a substitute for various birds no longer eaten such as heron, swan, snipes, bittern, etc. Roast the turkey (unstuffed) as you would for any other meal. Then add sauces<sup>1</sup> as appropriate to the more exotic fowl.

### **Meat Dishes**

The backbone<sup>2</sup> of medieval feasts, like modern banquets, are meat dishes. Unlike modern banquets, multiple meat dishes are typically served in each course<sup>3</sup>.

### **Chawettys Fryidde (Fried Meat Pasties)**

*Source: Fifteenth Century Cookery Book, p.45 no. lv*

#### **Pastry**

**1½ c. flour**  
**1½ T. sugar**

**⅓ c. water**  
**¼ t. salt**

**small pinch of saffron**

Boil the saffron in the water. When the water is well colored, strain out the saffron and allow to cool. Combine the flour, sugar and salt. Add the saffron water (should still be warm). Add more water if needed to make a stiff dough. Work the dough until rubbery.

#### **Filling**

**½ lb. ground beef**  
**1 egg yolk**  
**¼ t. powdered ginger**  
**⅛ t. powdered cinnamon**  
**⅛ t. powdered mace**

**⅓ t. powdered cloves**  
**⅛ t. pepper**  
**¼ t. salt**  
**1½ T. chopped raisins**

Combine the egg yolk and the ground beef. Add the spices, salt, and raisins and mix until well blended.

Roll the dough out very thin. Press into ravioli mold or cut into small rounds. Put a spoonful of filling in the middle of each. Cover with another layer of dough. Seal the edges. Fry in deep fat until golden brown.

### **Conyng (Rabbit)**

*Source: Fifteenth Century Cookery Book, ms 4016, p80*

**3 lb. whole skinned and gutted rabbit<sup>1</sup>**    **1 t. grated fresh ginger**

<sup>1</sup> See section titled "Sauces, Pastes, and Spreads".

<sup>2</sup> Pun intended.

<sup>3</sup> Course (typically spelled *cours* in medieval manuscripts), not *remove*. The use to the term *remove* to mean a part of a meal postdates the medieval period.



## Kydde with Garlic and Rosemary

Source: *House Smith*

<b>9 lb.</b>	<b>leg of goat<sup>1</sup></b>	<b>1 c.</b>	<b>red wine</b>
<b>1 c.</b>	<b>olive oil</b>	<b>2</b>	<b>garlic cloves</b>
<b>1 T.</b>	<b>fresh rosemary leaves<sup>2</sup></b>		<b>course salt</b>

Wash goat leg well. Sliver garlic. Make slits in the goat leg and insert slivers of garlic. Mix wine, ½ c. olive oil, and rosemary. Brush on goat leg (only use ½ mixture). Sprinkle goat leg with salt. Bake in a 325 oven for about 90 minutes (very rare). Remove from oven and finish cooking on barbecue. Add remaining ½ c. olive oil to the wine mixture. Bast and turn goat leg frequently as it cooks. Serve.

## Meat Pasties

Source: *House Smith*

<b>1 lb.</b>	<b>bread dough</b>	<b>⅛ t.</b>	<b>pepper</b>
<b>¾ lb.</b>	<b>ground beef</b>	<b>¼ c.</b>	<b>raisins</b>
<b>1 c.</b>	<b>chopped onions</b>	<b>½ c.</b>	<b>water</b>
<b>1 t.</b>	<b>minced garlic</b>	<b>¼ t.</b>	<b>cinnamon</b>
<b>1 t.</b>	<b>salt</b>		

Put the ground beef, onions, garlic, and salt in a large fry pan and cook, stirring occasionally, over medium heat. While the meat is cooking, add the raisins and cinnamon to the water. Soak while the meat cooks. When the meat is no longer pink, add the raisin mixture and the pepper. Cook, continuing to stir occasionally, until the water has evaporated. Turn off the heat and allow to cool. When the meat mixture is cool enough to handle comfortably, roll out the dough<sup>3</sup> thin and cut into 4"x4" squares. Put a rounded T. in the center of each square, fold the points of the square together, and seal the edges. Bake in a 350° oven for about 25 minutes (or until golden brown).

## Tartes de Chare (Pork Pies)

Source: *Fifteenth Century Cookery Book, p.47 no. i*

<b>1¼ lb.</b>	<b>raw pork<sup>4</sup></b>	<b>¼ t.</b>	<b>powdered cinnamon</b>
<b>4</b>	<b>eggs</b>	<b>1 t.</b>	<b>salt</b>
<b>½ c.</b>	<b>raisins</b>	<b>1 t.</b>	<b>sugar</b>
<b>⅓ c.</b>	<b>olive oil</b>		<b>a few raisins</b>
<b>¾ t.</b>	<b>pepper</b>		<b>unbaked pie shell</b>
<b>½ t.</b>	<b>powdered ginger</b>		

Grind the meat. Separate the eggs and poach the yolks. Strain the egg whites and add them to the meat. Chop the raisins and fry them in the oil. Add the spices, sugar and salt to the raisins. Combine the raisin mixture with the meat. Press the mixture into a pie shell. Decorate the top with the hard-boiled egg yolks and a few raisins. Bake in a 350° oven for about 55 minutes (or until done).

<sup>1</sup> Lamb can be used if goat is not available.

<sup>2</sup> Or ½ T. dried rosemary leaves.

<sup>3</sup> The bread dough needs to rise, be punched down, and rise as second time before it is rolled out.

<sup>4</sup> Turkey can be substituted if you do not eat pork.

## Impressive Dishes

Medieval feasts often included one or more impressive dishes (whole roast animals and fabulous creations) that were paraded through the feast hall and presented to the head table before they were served.

### Cockatrice

Source: *Fifteenth Century Cookery Book*, p.40 no. xxviiij

<b>a small suckling pig</b>	<b>2 t.</b>	<b>salt</b>
<b>a large chicken<sup>1</sup></b>	<b>½ t.</b>	<b>powered pepper</b>
<b>coarse salt</b>	<b>1½ c.</b>	<b>suet<sup>2</sup></b>
<b>a few threads of saffron</b>	<b>2</b>	<b>egg yolks</b>
<b>3 T. water</b>	<b>½ t.</b>	<b>powdered ginger</b>
<b>8 eggs</b>	<b>2 T.</b>	<b>parsley juice</b>
<b>16 c. dry bread</b>		

Boil the saffron in the water. When the water has taken on a good color, set aside to cool. Take the chicken and cut it in half across the waist. Do the same with the suckling pig. Sew the fore part of the pig to the hind part of the chicken, and the fore part of the chicken to the hind part of the pig. Rub the inside of the beasts with the coarse salt. Strain the raw eggs. Grate the bread. Chop the suet finely. Mix the eggs, bread, suet, salt, half of the saffron water (strained), and pepper. Stuff into the beasts. Roast. Mix the egg yolks, powdered ginger, the remaining half of the saffron water (strained), and the parsley juice. When the cockatrice is almost done baste with the egg yolk mixture<sup>3</sup>. When done, serve<sup>4</sup>.

### Kede Rosted (Roast Kid)

Source: *Fifteenth Century Cookery Book*, ms 4016, p81

<b>10 lb. whole kid, skinned and gutted</b>	<b>coarse salt</b>
<b>1 T. salt</b>	<b>1 c. wine vinegar</b>
<b>2 T. sweet red wine</b>	

Rub the kid with the coarse salt. Tie the legs against the sides of the animal. Cook over a low fire (on a feast barbecue) for about 2 hours, turning frequently (roughly every 15 minutes). Cover any areas that are cooking too fast with aluminum foil. Mix vinegar and salt. Mix vinegar, wine and salt. Serve kid with vinegar mixture on the side as a sauce.

### Three Headed Bird

Source: *House Smith (inspired by such dishes as Cockatrice and Peacock in his Pride)*

The first step in making this dish needs to take place before the dish is cooked. Sculpt or construct, out of food safe materials, a fantasy head (three birds heads coming out of a single neck that can be put in front of the bird when it is served).

<b>a turkey<sup>5</sup></b>	<b>¼ t.</b>	<b>salt</b>
<b>a chicken</b>	<b>1 t.</b>	<b>finely chopped fresh parsley</b>
<b>a Cornish hen</b>	<b>¼ t.</b>	<b>powered sage</b>

<sup>1</sup> Get the suckling pig first then try to find a chicken that has the same middle cross section as the pig. If you can not find a chicken large enough (i.e. you got too large a pig), substitute a turkey (with the right cross section) for the chicken.

<sup>2</sup> Sheep suet if possible.

<sup>3</sup> This basting does a marvelous job of hiding the sewing and making the roast look like a single animal.

<sup>4</sup> In as impressive manner as possible. This is one dish that is NEVER cut up in the kitchen!

<sup>5</sup> Yes, I know that a turkey is not period, but it is far easier to obtain than a swan.

**a hard cooked egg**  
**coarse salt**  
**2 c. dry bread**

**1 t. finely chopped fresh rosemary**  
**¼ lb. butter**  
**unbleached muslin<sup>1</sup>**

Grate the bread. Mix with the salt and parsley. Rub the inside of the Cornish hen with coarse salt. Stuff the hen with the bread mixture. Shell the hard cooked egg and press it into the center of the stuffing. Mix some of the coarse salt with the sage. Rub the inside of the chicken with the coarse salt mixture. Shove the Cornish hen inside the chicken. Mix some of the coarse salt with the rosemary. Rub the inside of the turkey with the coarse salt mixture. Shove the chicken inside the turkey<sup>2</sup>. Melt the butter. Saturate the muslin with butter. Place bird on a wire grate<sup>3</sup> in a roasting pan. Cover the bird with the butter soaked muslin. Bake as you would a stuffed turkey. When done, remove and discard muslin, place bird on serving platter, put head into place and present to the feast.

## ***Cheese and Egg Dishes***

Cheese and egg dishes are common in medieval cookbooks and occasionally appear in period medieval feast menus.

### **Lese Fryes (Cheese Pies)**

*Source: Fifteenth Century Cookery Book, p.75*

**¾ lb. Monterey Jack cheese**      **⅓ c. butter**  
**6 eggs**      **½ t. salt**  
**1 T. sugar**      **puff pastry pie crusts**

Grate the cheese. Strain the egg yolks and whites. Put the cheese and eggs in a blender together with the sugar, butter and salt. Blend until smooth. Pour into pie crusts and bake in a 350° oven until done.

### **Payn Purdew (French Toast)**

*Source: Fifteenth Century Cookery Book, p.42 no. xliij*

**3 egg yolks**      **1 t. clarified butter**  
**4 slices bread**      **½ t. raw sugar**  
**¼ t. salt**

Strain egg yolks. Add salt and mix well. Cut bread into rounds (removing all crust). Soak bread in egg yolk mixture. Heat clarified butter in pan. Fry. Sprinkle with sugar and serve.

### **Pipefarces (Stuffed Straws)**

*Source: Goodman of Paris*

**4 egg yolks**      **⅔ c. flour**  
**¼ c. white wine**      **1 lb. cheese<sup>4</sup>**  
**1 t. salt**      **cooking fat<sup>5</sup>**

Cut the cheese<sup>1</sup> into ¼"x¼"x4" strips. Heat the fat in a deep pan until hot. Strain egg yolks and mix with wine. Mix flour and salt. Add to the egg and wine mixture, and beat

<sup>1</sup> Enough to cover the turkey.

<sup>2</sup> Easier said than done. Best done with three people. One to hold the turkey, a second person to hold the legs of the turkey spread, and a third to shove the chicken in to place.

<sup>3</sup> High enough to keep the bottom of the turkey out of its cooking juices.

<sup>4</sup> According to the medieval recipe, beef marrow can be substituted for the cheese.

<sup>5</sup> Lard is most accurate, I use vegetable shorting.

until smooth. Dip the cheese in the batter and fry until golden brown. Remove, drain, and serve while still hot.

## Vegetables

Vegetable dishes are common in medieval cookbooks but seldom (if ever) appear in period medieval feast menus. Whether this indicates that they were not commonly served at feasts, or simply that they were not thought to be important enough to list (my personal opinion) is a matter of speculation.

### Beet Greens

*Source: Goodman of Paris*

<b>1 lb.</b>	<b>beet greens</b>	<b>1 T.</b>	<b>fresh parsley</b>
<b>2</b>	<b>bacon<sup>2</sup> strips</b>	<b>1 T.</b>	<b>green fennel</b>
<b>2 c.</b>	<b>lamb stock<sup>3</sup></b>		

Remove the outer leaves from the beet greens, wash and cut them up. Soak for at least an hour in cold water. Drain and discard the water. Soak again for at least an hour in cold water. Drain and discard the water. Bring the lamb stock to a boil. Add the beet greens. Chop the bacon and add to the boiling stock. When the beet greens are tender, add the parsley (chopped) and the green fennel (chopped). Boil a few more minutes, drain<sup>4</sup>, then serve.

### Cabaches (Cabbage)

*Source: Ancient Cookery*

<b>2</b>	<b>small cabbage</b>	<b>5 c.</b>	<b>beef broth</b>
<b>2</b>	<b>medium onion</b>		<b>pinch of saffron</b>
<b>4</b>	<b>leeks</b>	<b>2 T.</b>	<b>Powder Douce</b>

Cut cabbage in quarters. Mince onion and the white part of the leeks. Add all vegetables and saffron to broth. Simmer until cabbage is cooked but still a little crunchy. Sprinkle with powder douce and serve.

### Frumenty (Wheat Porridge)

*Source: Curye on Inglysch*

<b>10 oz.</b>	<b>cracked wheat<sup>5</sup></b>	<b>2</b>	<b>egg yolks, beaten</b>
<b>5 c.</b>	<b>water</b>		<b>pinch of dried saffron threads</b>
<b>1/3 c.</b>	<b>beef stock</b>		<b>salt to taste</b>
<b>1/3 c.</b>	<b>milk (or almond milk)</b>		

Boil the cracked wheat in the water until softened, about 15 minutes. Remove from the heat and allow to stand for another 15 minutes or until the water is absorbed. Add the stock and milk (or almond milk) and bring back to a boil. Reduce heat to low and stir mixture for about 5 minutes. Stir in egg yolks and saffron and continue stirring until the egg just starts to thicken. Do not let the mixture boil. Remove from the heat and allow it to stand for 5 minutes before serving. The mixture will continue to thicken during this period.

---

<sup>1</sup> Most simi-soft varieties work, see section on Cheese for medieval

<sup>2</sup> Beef bacon can be substituted if you do not eat pork.

<sup>3</sup> Or goat stock or, as a last resort, beef stock.

<sup>4</sup> Save the liquid to use in soup or other dishes.

<sup>5</sup> Bulgur may be substituted if cracked wheat is not available.



## Oyle Soppys (Onions in Ale)

Source: *Fifteenth Century Cookery Book*, p.12 no. xxxxiij

<b>3 lb.</b>	<b>onions</b>	<b>¼ t.</b>	<b>pepper</b>
<b>6 c.</b>	<b>water</b>	<b>2 T.</b>	<b>sugar</b>
<b>4 c.</b>	<b>stale ale<sup>1</sup></b>	<b>1½ t.</b>	<b>salt</b>
<b>¼ c.</b>	<b>olive oil</b>	<b>½ c.</b>	<b>bread crumbs</b>

**a pinch of saffron**

Peel and cut the onions up into medium sized pieces (if the onions are small, just quarter them). Parboil them for 5 minutes. Drain, reserving the liquid. Add the oil and sauté the onions until golden. Add the ale and boil for 45 minutes. Add the saffron, pepper, sugar, salt and bread crumbs. Add back in the water used to boil the onions. Mix well and serve.

## Deserts

Everyone likes desert. These medieval recipes will please the fussiest of modern palettes<sup>2</sup>.

### Cryspez (Crisps)

Source: *Fifteenth Century Cookery Book*, p.44 no. lj

<b>1 pkt.</b>	<b>dry yeast</b>	<b>2 T.</b>	<b>sugar</b>
<b>¼ c.</b>	<b>warm water</b>	<b>½ t.</b>	<b>salt</b>
<b>4</b>	<b>egg whites</b>		<b>oil for deep frying</b>
<b>1 c.</b>	<b>milk</b>	<b>½ c.</b>	<b>powdered sugar</b>
<b>1½ c.</b>	<b>flour</b>		

Dissolve the yeast in the warm water. When it is frothy, mix egg whites, milk, flour, and the yeast mixture to form a thin batter. Pour the batter through a strainer to remove any lumps. Mix in the sugar and salt. Heat the oil to 375°. Cup your hand over the oil with your fingers spread about ½" apart (or use big slotted spoon). Pour some batter into the oil through your hand. Cook until golden brown. Remove the crisp from the oil and place on a paper towel to drain. Repeat until all batter is used. Sprinkle crisps with powdered sugar. Serve hot.

### Fretoure (Apple Fritters)

Source: *Fifteenth Century Cookery Book*, p.44 no. lxiiij

<b>1½ c.</b>	<b>flour</b>	<b>½ t.</b>	<b>salt</b>
<b>1</b>	<b>package of dry yeast</b>	<b>3 lb.</b>	<b>apples</b>
<b>¼ c.</b>	<b>warm water</b>		<b>oil for frying</b>
<b>1½ c.</b>	<b>water</b>	<b>½ c.</b>	<b>powdered sugar</b>

Dissolve the yeast in the warm water. When it is frothy, beat it together with the flour, water, and salt. Core and slice the apples. Heat the oil to 375°. Dip the apples in the batter and fry in deep fat. Remove when golden brown, drain, and dust with powdered sugar.

### Gingerbread<sup>3</sup>

Source: *Fifteenth Century Cookery Book*, p.35 no. iiij

<b>1 qt.</b>	<b>honey</b>	<b>1 T.</b>	<b>cinnamon</b>
<b>a few threads of saffron</b>		<b>1 T.</b>	<b>whole cloves</b>

<sup>1</sup> Cheap beer works fine. I have had excellent results using a 32 oz. bottle of *Miller High Life* that was opened the night before to allow the carbonation to escape.

<sup>2</sup> Kids.

<sup>3</sup> Despite the name and the flavor, no ginger is used in this dish.

**½ t. powdered pepper**  
**~1 lb. grated dry bread**

**1 t. sandalwood (optional)**

Boil and skim the honey, add the saffron and pepper. Add the grated bread until stiff enough to slice. Sprinkle with cinnamon and make square for slicing. Slice and garnish with cloves. Sprinkle with sandalwood if you want it red.

### **Pety Pernautes (Tiny Pies)**

*Source: Fifteenth Century Cookery Book, p.51 no. xx*

**1½ c. flour**

**⅓ c. water**

**1½ T. sugar**

**¼ t. salt**

**small pinch of saffron**

Boil the saffron in the water. When the water is well colored, strain out the saffron and allow to cool. Combine the flour, sugar and salt. Add the saffron water (should still be warm). Add more water, if needed, to make a stiff dough. Work the dough until rubbery. Roll out very thin, cut into circles (about 3"), and press into small cupcake papers or greased and floured mini-cupcake pans.

### **Filling**

**4 egg yolks**

**1 c. dried currants**

**2 T. sugar**

**1 c. chopped dates**

**1 t. powdered ginger**

Soak the currants in water (about 5 minutes). Mix egg yolks, sugar, and powdered ginger. Add the currants (drained) and dates. Mix well. Fill the small pies with the mixture. Bake in a 350° oven for about 35 minutes.

### **To Make a Cake**

*Source: The Closet of the Eminently Learned Sir Kenelme Digbie Kt., Opened, p.216*

**2½ c. flour**

**⅓ c. warm water**

**¼ c. sugar**

**3 T. water**

**1¼ t. mace**

**1 t. rose water**

**7 egg whites**

**½ lb. margarine, melted**

**1 egg yolk**

**1 lb. raisins**

**1½ T. yeast**

Add the yeast to the warm water with 1 t. of sugar. Beat the egg whites and yolk together with the water and rose water. Add the melted margarine, beating constantly. Add the yeast and water. Sift together the flour, sugar and mace and stir into the egg mixture. Set it aside in a warm place for it to rise for about an hour. Add the raisins and put into wax-paper lined pans (it sticks!). Allow it to rise again for about fifteen minutes. Bake in a 350° oven until quite firm and medium to dark brown on top (somewhat more than an hour and a half in a spring form pan). Pick the burnt raisins from the top and frost with meringue while still warm.

### **Meringue**

**2 egg whites**

**1⅓ c. powdered sugar**

**2 t. water**



	<b>temperature</b>		<b>1/2 c. blanched almonds, roughly chopped</b>
<b>1 c.</b>	<b>sugar</b>		
<b>4</b>	<b>large eggs</b>		<b>~3 c. flour</b>
<b>1/2 t.</b>	<b>cinnamon</b>		

In a bowl, combine the rum with the raisins and currants. Let stand for several hours. Drain the fruit and reserve the rum. Preheat oven to 275 degrees F. Grease a 10-inch cake pan that is at least 3 inches deep with butter or shortening. Line with baking parchment. Cream butter and sugar together until very light and fluffy. Beat in eggs one at a time until very light and frothy. Beat in 3 T of the reserved rum and stir in the spices and lemon rind. Stir in the pea and the bean. Stir in the almonds and the flour and mix well to make a smooth batter. Spoon the batter into prepared cake pan and bake at 275 degrees F for about 2 hours, or until cake tester comes out clean. Let cool in cake pan until just warm. Turn cake out onto cooling rack and peel away baking parchment. When completely cool spread top with Twelfth Night Cake Icing.

### **Twelfth Night Cake Icing**

<b>2</b>	<b>egg whites, room temperature</b>	<b>2 c.</b>	<b>powdered sugar</b>
<b>a of</b>	<b>pinch salt</b>	<b>1 t.</b>	<b>lemon juice</b>

Beat egg whites with salt till very frothy. Beat in sugar and lemon juice till stiff peaks form. Add more sugar if needed to make a stiff paste.

### **Viande Riall (Royal Custard)**

*Source: Ancient Cookery, p. 455 (384)*

<b>2 c.</b>	<b>mead</b>	<b>3 T.</b>	<b>water</b>
<b>4 oz.</b>	<b>sugar</b>	<b>1 T.</b>	<b>rose water</b>
<b>4 oz.</b>	<b>pear sauce<sup>1</sup></b>	<b>1/4 t.</b>	<b>ginger</b>
<b>7</b>	<b>egg yolks</b>	<b>1/4 c.</b>	<b>paste-royale</b>

Take the mead and boil it down until it measures 1 1/2 cups. Take 1/2 c. of the boiled down mead and add the sugar, pear sauce and the paste-royale. Add this back to the rest of the boiled down mead and it to a boil. Reduce heat. Beat the egg yolks and add to the mead mixture, stirring constantly while adding. Add the water, rose water and ginger. Pour into molds and refrigerate.

### **Paste-Royale**

<b>1 pkt.</b>	<b>unflavored gelatin</b>	<b>1 1/2 t.</b>	<b>ginger</b>
<b>1/4 c.</b>	<b>cold water</b>	<b>2 oz.</b>	<b>powered sugar</b>
<b>4 t.</b>	<b>cinnamon</b>		

Dissolve the gelatin in the water. Combine the sugar and the spices, and cream it into the gelatin.

### **Wardenys in Syryp (Pears in Syrup)**

*Source: Fifteenth Century Cookery Book, p.7 no. xi*

<b>29 oz.</b>	<b>canned pears in syrup</b>	<b>1 T.</b>	<b>vinegar</b>
<b>1/4 t.</b>	<b>cinnamon</b>	<b>1/4 t.</b>	<b>ginger</b>
<b>1/4 c.</b>	<b>wine</b>		

<sup>1</sup> Apple sauce can be substituted if pear sauce is not available.





## Wassail Bowl Using Wine

Source: *Research by Thelin von Kallenbach*

<b>12</b>	<b>small tart apples, cored</b>	<b>½ t.</b>	<b>ground mace</b>
<b>½ c.</b>	<b>brown sugar</b>	<b>1</b>	<b>stick cinnamon</b>
<b>1 c.</b>	<b>water</b>	<b>12</b>	<b>whole cloves</b>
<b>4 c.</b>	<b>white sugar</b>	<b>6</b>	<b>eggs</b>
<b>1 t.</b>	<b>grated nutmeg</b>	<b>4 btl.</b>	<b>sherry or Madeira</b>
<b>2 t.</b>	<b>ground ginger</b>	<b>2 c.</b>	<b>brandy</b>

Fill the apples with the brown sugar. Bake in a preheated 375° oven for about 45 minutes. Mix the water, sugar, and spices in a saucepan and boil for 5 minutes. Cool. Beat eggs in a large bowl. Strain the spice mixture into the eggs and stir briskly. Heat the wine and brandy in a separate pot until almost boiling. Add the wine-brandy mixture to the spice-egg mixture a little at a time, stirring constantly. Just before serving, add the hot apples.

## Sauces and Spreads

The appropriate sauces and spreads are easy (and inexpensive) to prepare and add a great deal to feasts and other medieval meals.

### Almond Butter

Source: *Chiquart p. 102 no. 67*

<b>1 lb.</b>	<b>blanched almonds</b>	<b>1 c.</b>	<b>sugar</b>
<b>1 c.</b>	<b>water</b>	<b>1 T.</b>	<b>saffron water (optional)</b>
<b>1 t.</b>	<b>salt</b>		

Put water and almonds into a blender and liquefy. Strain into a saucepan and boil, stirring continuously, until thick. Remove from heat and mix in the salt. Line a bowl with clean unbleached muslin and dump the almond mixture into the bowl. Grab the top edge of the cloth (making it into a closed bag) and twist to force the remaining water from the almonds. Mix the sugar into the almond mixture. Optionally divide the almond mixture in half and color one half with the saffron water. Arrange on a plate and serve.

### Cameline Sauce

Source: *Goodman of Paris*

<b>6</b>	<b>slices of toasted bread, crusts removed</b>	<b>2 t.</b>	<b>powdered ginger</b>
		<b>¼ c.</b>	<b>red wine vinegar</b>
<b>2 T.</b>	<b>powdered cinnamon</b>	<b>½ c.</b>	<b>red wine</b>

Mix wine and vinegar. Add spices. Let soak 10 minutes. Crumble the bread into a blender. Add wine mixture and to process until very smooth. In the *Goodman of Paris*, this sauce is claimed to be better<sup>1</sup> than *Cameline Sauce in the Style of Tournay*.

### Cameline Sauce in the Style of Tournay

Source: *Goodman of Paris*

<b>1 c.</b>	<b>bread crumbs</b>	<b>¼ t.</b>	<b>powdered nutmeg</b>
<b>½ c.</b>	<b>water</b>	<b>½ c.</b>	<b>wine</b>
<b>3 T.</b>	<b>powdered cinnamon</b>	<b>3 T.</b>	<b>raw sugar</b>
<b>½ t.</b>	<b>powdered ginger</b>		

<sup>1</sup> Not to my taste. I much prefer the winter version of *Cameline Sauce in the Style of Tournay*.



## Vinegar and Salt

Source: *Fifteenth Century Cookery Book, ms 4016, p81*

**1 T. salt** **¾ c. wine vinegar**

**2 T. sweet red wine**

Mix vinegar, wine and salt. This is a simple sauce appropriate on game or on strongly flavored meat such as goat.

## Breads

About 10,000 BC, man first started eating a crude form of flat bread - a baked combination of flour and water. 7,000 years later, the ancient Egyptians are believed to be the first to have baked leavened (raised) bread. Since wheat is the only grain with sufficient gluten content to make a raised or leavened loaf of bread, wheat quickly became the grain of choice.

In 1202 AD, England adopted laws to regulate the price of bread and limit bakers' profits. Many bakers were prosecuted for selling loaves that did not conform to the weights required by local laws. As a result of the "bread trials" in England in 1266, bakers were ordered to mark<sup>1</sup> each loaf of bread so if a non-conforming loaf turned up, the baker could be found.

## Apple Beer Bread

Source: *House Smith (Anna McAyre of Gorabh)*

**apple pulp<sup>2</sup>** **4 t. salt**

**flour** **3 T. oil**

After making apple beer, you are left with a large amount of apple pulp that is just too good to be thrown away. I am not sure what Sir Kenelme Digbie did with it<sup>3</sup>, but we have found that it makes some of the worlds finest bread. Take the apple pulp left from making apple beer and run it through a food mill to remove the skins and seeds. Add the salt and oil. Mix in enough flour (many cups) to make a good bread dough. Make into bread<sup>4</sup>.

## Barley Bread

Source: *The Blessing of Bread, p. 251 (medieval bread)*

**12 c. flour** **1 package of dry yeast**

**4 c. barley flour** **6 c. water**

**1 T. salt**

Set yeast to work in a little tepid water and 1 t. sugar. Mix the flours and sift with salt. When the yeast is frothy add it to the water. Add the flour mixture and work to a stiff dough. Knead. Let rise for ½ hour. Knead again. Shape into disks. Let rise for 1 hour. Bake at 400 for 45 minutes.

---

<sup>1</sup> After making the dough into loaves, but before baking, the bread then received a "mark" unique to each baker. The mark was often the first letter of their name or a symbol such as a crown, fleur-de-lis, crescent, or star. The mark typically a small wooden or lead die and was registered on a parchment at City Hall.

<sup>2</sup> Left over from making apple beer.

<sup>3</sup> It is quite possible that his servants made bread from it but that the bread was considered too coarse for the nobility.

<sup>4</sup> The first rising takes a long time, but after that every thing is normal and the results are worth it.

## York Mayne Bread

*Source: The Blessing of Bread, p. 251 (15<sup>th</sup> century bread)*

<b>3 c.</b>	<b>flour</b>	<b>½ c.</b>	<b>water</b>
<b>2 t.</b>	<b>crushed coriander seeds</b>	<b>3 t.</b>	<b>rose water</b>
<b>2 t.</b>	<b>caraway seeds</b>	<b>3</b>	<b>egg yolks</b>
<b>1 c.</b>	<b>sugar</b>	<b>3</b>	<b>egg whites</b>
<b>1</b>	<b>package of dry yeast</b>		

Mix the flour, spices, and sugar. Add egg yolks to the rose water and beat. Beat two egg whites until stiff. Set yeast to work in a little tepid water and 1 t. sugar. When the yeast is frothy add it to the flour mixture. Add the egg yolk mixture and the beaten egg whites. Mix until it becomes a stiff dough. Knead. Let rise until doubled. Punch down and knead again for a few minutes more. Let rise until doubled again. Punch down and knead for a few minutes. Put dough in pan and leave to prove. Brush surface with remaining egg white. Bake at 400 for 15 minutes. Reduce heat to 350. Bake for 20 minutes more.

## Feasts

Next to tournaments, feasts are the most important activity in the SCA<sup>1</sup>. They provide the participant with the opportunity to taste the foods served in the Middle Ages and to interact socially in a medieval setting.

### ***Feasts In Western Europe***

In the Middle Ages, feasts were arranged in courses (most commonly three), each course containing several items (usually including several meat dishes).

Medieval feasts usually started with foods that were considered easily digestible, such as light meats, soups, moist fruits such as peaches, and greens such as lettuce, cabbage, and herbs. Spices and cheese were included in the first course (as well as later in the meal) as an aid to the digestion.

The second course included more "heavy foods" such as beef, pork, pears and chestnuts. These foods were thought to be more difficult to digest and thus not typically served until the stomach had been "warmed up". When meat was eaten, it was normally followed with cheese, which medieval physicians recommended for proper digestion. When fish was served, it was followed with nuts, for the same reason.

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. As in the modern banquet, the last course typically includes sweets. Unlike the modern banquet, the last course typically includes several meat dishes. These dishes were often highly spiced since it was believed that these spices would serve as an aid to digesting the meal.

Wines, ales, and mead of all sorts were consumed during the entire meal.

## ***Menus***

*Source: Fifteenth Century Cookery Book, p.57-59*

As described in the previous section, medieval feasts, like modern banquets, had a standard form of presentation. The most common form in England around 1400 was the three course feast, very heavy on the meats. The following two feast menus from that time period illustrate this standard form.

### **The Feast of King Henry IV at his Coronation**

#### **First Course**

Brawn in poiverade	Viande Royale	Boar's head
Large Roast	Swan	Capon
Pheasant	Heron	Crustade Lombarde
Sturgeon		

#### **Second Course**

Venison in frumenty	Jelly	Stuffed pork
Peacocks	Cranes	Roast Venison
Coney	Bittern	Chicken, glazed
Fried brawn	Lombardy slices	

<sup>1</sup> My personal opinion, not to be mistaken for an official position of the SCA.

**Third Course**

Blandesorey	Quinces in comfit	Egrets
Curlews	Partridge	Pigeons
Quails	Snipes	Small birds
Rabbits	Glazed meat balls	Sliced jellied meats
Iced eggs	Fritters	Doucettes
Petites perneux	Eagle	Lily sauce

**On the Feast of the Holy Trinity****First Course**

Brews	Broiled chickens	Pig in sage
Shoulder of mutton	Roast capon	Pastry

**Second Course**

Venison in broth	Roast goat	Heron stew
Pigeon	Roast venison	Rabbits
Petites perneux		

**Third Course**

Jelly	Quails	Samaca
Pea pods	Blaunderelles	Strawberries

***Subtleties and Impressive Dishes***

A memorable feast needs memorable dishes. This principle was well understood by the medieval feast cook. Between the courses of medieval feasts, lavish presentations called subtleties<sup>1</sup> were often presented. These fantastic and fanciful food creations were usually crafted from sugar or marzipan and typically made to represent saints, warriors, heroes, or scenes from mythology.

Impressive dishes were also common in medieval feasts. Whole roast animals were often paraded through the feast hall before being served. These included both common meat animals, such as lambs and goats, as well more fabulous creations such as cockatrice<sup>2</sup> and peacock in his pride<sup>3</sup>.

***Food Customs for Specific Feasts***

Many of the traditional feasts have specific food customs. The following are a few of these customs that apply to common feasts.

**Bean King**

The Roman holiday of Saturnalia (and related festivals) was ruled by a mock king chosen by bean ballot. This evolved into the holiday practice of baking a cake containing a bean. By the Middle Ages, this tradition was firmly linked to Twelfth Night.

<sup>1</sup> Often spelled *solteties* in medieval manuscripts.

<sup>2</sup> A truly impressive dish made by sowing the fore part of a pig to the hind part of a chicken, and the hind part of the pig to the fore part of the chicken.

<sup>3</sup> To make this dish, a peacock in full feather is killed, and its skin, feathers intact, is tanned. When then a roast peacock is served, this feathered skin is placed over the bird for its presentation to the feast.

A Twelfth Night Cake was made that contained a single bean or a bean and a pea. The single bean version of the cake was traditional in Britain. The person who found the bean in their slice of cake was named Bean King or Queen and they could then choose a partner to help them rule over the games and the celebration.

When both a bean and pea are baked into the Twelfth Night Cake, the bean is for the King and the pea is for the Queen. If a female gets the bean or a male gets the pea then they get the honor of choosing the King or Queen.

## **Wassail**

*Source: Research by Thelin von Kallenbach*

Around the 12<sup>th</sup> century in England, a toast of "Wasseil"<sup>1</sup> was a standard drinking salutation. The reply was "Drincheheil"<sup>2</sup>. It was not until the 14<sup>th</sup> century that the phrase became associated with a mulled ale or wine. By the 16<sup>th</sup> century wassail played an integral part of the Christmas, New Year, and Twelfth Night celebrations.

Two forms of wassail bowls were common, one based on ale and the other based on wine. The form based on ale was the more common in England, but the form based on wine seems to be more generally acceptable to the modern palette.

## **Medieval Table Manners**

*Source: Food in History, pp. 226-230*

Food in the Middle Ages usually fell into one of five categories:

- a plain dry roast (e.g. kyde),
- a thickly spiced mixture, typically a meat custard (e.g. Crustard),
- meat, poultry, or fish in a creamy spiced sauce (e.g. Chykonys in brulette),
- a simple soup, with a few pieces of bread or meat in it (e.g. Kyde in broth), and
- pasties, pies and fritters, which consist of meat, sauce, and plate all in one package.

By now you may be wondering why it would bother to mention the categories of medieval food in a discussion of table manners. These categories of food are important to consider since the dinner fork was an oddity in Europe until the 18<sup>th</sup> century!

The absence of the table fork had a great effect on medieval table manners due to the fact that only those of the highest rank were served individually. The rest were served in pairs (or by fours) on one "cover" or serving. Diners usually fished with fingers in these common platters.

For this reason, it was customary to wash ones hands publicly before a meal wrote Giovannia della Casa in the 16<sup>th</sup> century. Another medieval writer (Fra Bonvicna da Riva in 1290) admonishes "Thou must not put thy fingers in thine ears, ...". Also considered offensive was to "poke around elsewhere when thou hast meat ... searching is unpleasent and annoys his neighbor at dinner."

Napkins were also unknown through most of the Middle Ages. One's garb was used as a substitute (as the 14<sup>th</sup> century author Tannhauser commented). By the 16<sup>th</sup> century, napkins had come into use, and their existence created new problems. Feasters were specifically admonished by Giovannia della Casa not to blow their nose or wipe off perspiration on their napkin.

---

<sup>1</sup> Be in good health.

<sup>2</sup> Drink in good health.

All in all, medieval table manners were crude by modern standards. However, let us not sit in judgment, lest some time in the future, we ourselves are judged.

## **What NOT to Cook**

Just because a food is "period" doesn't mean that it is appropriate to cook for a feast.

### **Lentils**

In the Middle Ages, the lentil was not only looked down upon as a food unworthy of the solvent, it was also accused of being difficult to digest and prone to inflame the stomach, weaken the eyesight and engender nightmares. In Paris, where peas, broad beans and lentils comprise about all there was to eat in the way of vegetables over the winter, lentils were resorted to chiefly when the others were lacking. In Italy, Platina wrote in 1475 that lentils were "the worst of all vegetables." In Germany, Sebastian Munster provided in 1588 a description of the miserable life of peasants who subsisted on black bread, oatmeal, and boiled peas or lentils. The asceticism of Trappist monks was expressed in a diet "of which the most delicate foods were lentils, broad beans, carrots and other coarse vegetables."

### **Oyster and Other Shellfish**

Oysters, crayfish, mussels, and similar shellfish are generally considered "poor people's food". Oysters gain cachet in the 17th century as a food fit for the upper middle classes, but during the Middle Ages they were regarded as food only fit for poor dock workers.

### **Mushrooms**

Unless you are doing a very late period feast<sup>1</sup>, mushrooms are not a common item on the medieval table. Mushrooms (also known as toadstools<sup>2</sup>) were believed to be poisonous, and with good reason. Medieval learning was rooted firmly in the study of classic (Greek and Roman) sources. The ideal mushroom, according these classic sources, was *Amanita Caesar* (Caesar's Mushroom). When people ate mushrooms that looked like this "ideal" mushroom, they died<sup>3</sup>. As a result, the commonly held belief was that mushrooms had somehow turned poisonous. Admittedly, some mushroom may have been eaten<sup>4</sup>, but I have seen no evidence that they were a period **feast** item.

### **Acorns**

Possibly eaten in medieval Europe during the Middle Ages, but definitely not by the gentry or as a feast dish. Tannic acid must be leached out before the acorns can be eaten. I do not recommend eating acorns even after leaching out the tannic acid. The average life span of the Indian tribes that included acorns in their diet was much shorted than the average life span of the tribes that did not eat acorns.

---

<sup>1</sup> In the mid 17<sup>th</sup> century Pierre François de la Varenne include a recipe for stuffed mushrooms.

<sup>2</sup> From the German Todesstuhl, death's stool.

<sup>3</sup> Even with modern medicine, the mortality rate from eating as little as ½ of an *Amanita Phalloides* is around 90%.

<sup>4</sup> I have a few period recipes that could be *interpreted* as using mushrooms. An example of this is the recipe for *Funges* in *Forme of Cury* (c. 1390). In this recipe, no description is given of the "funges" and the preparation instructions make no mentions of a stem or cap. I suspect that the ingredient may have been something similar to Chinese black fungus.

## Cooking Wine<sup>1</sup>

The abomination known a "cooking wine" may have been available in medieval times, but that is not an excuse to use it. Far better flavor (and lower cost) is achieved by using a cheap jug wine.

## Brewing

This recipe for House Smith Mead has two purposes. First, it tells how to make our version of quick mead, and, second, it is written to introduce the art of brewing to the novice. The recipe is based on a recipe in "The Closet of the Eminently Learned Sir Kenelme Digbie Kt., Opened" c.1600. The predecessor to our version of this recipe was developed by Duke Cariadoc of the Bow. I learned it from him in A.S. VIII and have been refining it ever since.

## Ingredients and Supplies

Recipe	Brewing Supplies	Bottling Supplies
<b>24 l. seltzer (in plastic bottles), OR</b> <b>6 gal. good water</b> <b>9 lb. honey</b> <b>1 T. fresh ginger root</b> <b>2 oranges</b> <b>1 t. whole allspice<sup>2</sup> or</b> <b>2 g. grains of paradise</b> <b>1 t. whole cloves</b> <b>2 cinnamon sticks</b> <b>1 pkt. top fermenting beer yeast, ale type</b>	<ul style="list-style-type: none"> <li>• a five gallon kettle</li> <li>• a tea kettle (or other container to keep make up water boiling)</li> <li>• a long handled slotted spoon</li> </ul>	<ul style="list-style-type: none"> <li>• empty seltzer bottles, or</li> <li>• champagne bottles               <ul style="list-style-type: none"> <li>• 24 champagne bottles</li> <li>• 24 crown caps</li> <li>• 1 c. dish washing detergent</li> <li>• a bottle capper</li> </ul> </li> <li>• a large slotted spoon</li> <li>• 1 or 2 funnels</li> <li>• a cup</li> <li>• a 12 in square piece of unbleached muslin</li> <li>• 2 plates (3 if using champagne bottles)</li> <li>• a strainer</li> <li>• a roll of paper towels</li> </ul>

<sup>1</sup> By this I mean wine commercially premixed with salt and flavoring added, not simply wine used in cooking.

<sup>2</sup> Yes, I know that allspice is a New World spice and that it was not used in European cooking until late in the 16<sup>th</sup> century. However, when I was developing this recipe I was following the official time period of the society which runs that late. I have considered changing the recipe and replacing the allspice (possibly with mace or grains of paradise), but the various fans of this mead have urged me not to change it.

Some things are critical to brewing mead and some things are not. The type of container that you use for cooking the must (liquid that will be fermented) is critical. The container can be glass, ceramic, or enamelware, but it must not be bare metal. It must hold at least five gallons (this recipe can be scaled up some but it should not be scaled down) and must be suitable for stove top use.

The water used in mead making is also critical. Mead (or any other non-distilled brew, for that matter) is mostly water. If your water does not taste good, do **not** use it for mead making. Chlorinated tap water is almost never suitable, use bottled water or reverse osmosis (RO) water instead. Seltzer water can be used as "good water". The carbonation disappears in cooking and the plastic bottles can be used for bottling without any preparation (providing reasonable care is taken when the bottles are opened<sup>1</sup>).

The honey used in quick (ale type) mead making is relatively non-critical<sup>2</sup>. Only two characteristics are important, a light flavor and low cost<sup>3</sup>.

Yeast is more critical to mead making than honey. You need a top fermenting beer yeast, ale type. **DON'T USE BREAD YEAST!!!** Don't use wine yeast. Especially don't use champagne yeast. Don't use any type of yeast except a top fermenting beer yeast, ale type<sup>4</sup>. Even these are not all alike, but more about this when in the discussion of fermentation times.

The bottles used in mead making are not critical to making mead, ... only critical to keeping it from exploding! The best bottles to use are champagne bottles. Don't use beer bottles (they are not as strong and it is one heck of a mess when they explode in your refrigerator). Plastic carbonated beverage bottles (e.g. seltzer bottles) also work. When you select empty champagne bottles to use, you need to check them for two things. First, are the bottles sound (no chips which could cause the bottle to break under pressure). Second, do the bottles take the standard size crown cap (some don't and it is very frustrating to fill a bottle just to discover that you can not cap it).

The type of caps used on the champagne bottles is important if you wish to get the mead into glasses instead of on the ceiling. Crown caps work fine for this purpose. They let you release the pressure gradually as you open the bottle. Corks, either real or plastic champagne style, don't.

If you use champagne bottles, you will also need a bottle capper to put the crown caps on the bottles. The best type that I have found is an inexpensive two handled type of bottle capper that looks like a complex corkscrew without the screw. Don't use the press type of bottle capper. Although they work fine for putting in corks, they take more practice to reliably seal crown caps.

## **Brewing**

Now that you have all of these supplies together, you are ready to brew mead. Allow seven hours for the first step of mead making. Clean the kettle and the long handled spoon very thoroughly and rinse several times in very hot water to remove all traces of detergent. A very small amount of soap residue can have a large (bad!) effect on a lot of mead.

---

<sup>1</sup> Don't let mead (or anything else) splatter on the inside of the caps or bottles, close the bottle immediately after use (even if the bottle is not yet empty).

<sup>2</sup> However, the honey used in slow (wine type) mead is critical.

<sup>3</sup> Of the two, the second, low cost, is the most important characteristic.

<sup>4</sup> I learned this TRUTH at the expense of many exploding champagne bottles.

## **Cooking the Must**

Put four gallons of good water<sup>1</sup> into the kettle, place the kettle on the stove and start heating it. Pour in nine pounds of honey. Stir until the honey is completely dissolved, then add enough good water to bring the level of the honey and water mixture (*must*) up to within ½" of the top of the kettle. Fill a teakettle (or other container to keep make up water boiling) with good water<sup>2</sup>. Throughout the cooking stage keep the water at this level by adding boiling water as required. Try not to (need to) add more than one cup of water at a time.

Simmer the must. As it simmers, foam will form at the top. Skim the foam as it forms. The foam starts out light and frothy. The last foam that forms is noticeable darker and denser. Once this last foam is skimmed off<sup>3</sup>, you are ready to add flavorings to the mead.

## **Prepare the Flavorings**

While the must is simmering, prepare the orange peel and pulp that will be needed later. Select two oranges, wash them carefully and remove any blemishes from the skin. Pare the oranges thinly (a potato peeler is very useful for this). What you want is only the orange part of the peel, none of the bitter white part. After you have removed all of the orange from the peel of the two oranges, remove and discard the white part of the peel and slice the pulp into ½" thick pieces.

Peel about a "thumb" of fresh ginger root (about 1 tablespoon). Slice the ginger across the grain into thin slices.

## **Add the Flavorings**

After the last of the foam has been skimmed from the must, add the sliced ginger root. Simmer for 25 minutes. Add one teaspoon (each) of allspice and cloves, and the orange peel that you have prepared. Simmer for five more minutes. Turn off the stove and add the orange pulp and the two sticks of cinnamon. Cover and allow to cool.

## **Adding the Yeast**

When the must has cooled down to about 85° F. (overnight), sprinkle the package of yeast over the top of the must. Cover the must and wait 15 to 30 minutes.

Take a slotted spoon, sterilize<sup>4</sup> it by pouring boiling water over it, and stir the yeast into the must. Cover loosely (set the lid on the kettle off center with about a ½" gap on one side, cover the kettle with a clean dishtowel or a clean piece of unbleached muslin).

## ***Primary Fermentation***

Generally ignore the must as it ferments. The less that you open the kettle, the lower chance that you will introduce some mold or wild yeast into the must. The mead will probably be ready for bottling in about three days if fermented at 78° F., maybe. You may notice the great lack of certainty in the previous sentence. This is due to the fact that different brands of yeast, and to a lesser extent even different packets of the same brand of yeast, will cause the fermentation to proceed a different rates.

---

<sup>1</sup> Not chlorinated tap water.

<sup>2</sup> Constantly repeating good water may seem redundant but I have seen many batches of mead ruined by people getting careless with water type, especially for make up water.

<sup>3</sup> With a little experience you will be able to recognize this last foam and be able to start adding in the flavorings immediately without waiting to see that no more foam is forming.

<sup>4</sup> From this point on, everything that comes in contact with the must needs to be sterilized.

Two signs (and a little practice) will tell you when the mead is ready to be bottled. First, the yeast cap that formed during the first part of primary fermentation (the technical term of this first fermentation that we are discussing) starts to break up and sink. Second, the smell of the must changes<sup>1</sup> from the sweet smell of honey and water to the alcoholic smell of mead.

## ***Cleaning the Bottles***

If you are not using seltzer bottles, then when the must has reached the bottling stage, the thing to do is to clean and sterilize the bottles that you will be using. Twenty-four bottles should be enough to bottle a batch of mead and still have a few left over to cover minor problems like breakage in cleaning, wrong sized tops, dirt remaining in the bottles discovered just before filling, etc.

The method that I use to clean bottles is simple, effective, and time consuming. Clean your bathtub and fill it with as hot water as you can manage (straight hot water, no cold added). As it is filling, add a one cup of dishwasher detergent. When the tub is full sink the bottles in it. Make sure that the bottles are completely filled with liquid (no bubbles). If you have sensitive skin, you should wear rubber gloves, as this concentration of dishwasher detergent can be quite caustic. You should also take care that none of this liquid splashes into your eyes<sup>2</sup>.

Permit the bottles to soak for one to two hours. Drain to tub. Rinse the bottles inside and out at least three times then place them in a dishwasher (you may have to remove the top rack to do this). **DO NOT PUT ANY SOAP IN THE DISHWASHER** (this will leave a residue in the bottles that could spoil the flavor of the mead). Run the dishwasher at the hottest water setting available. When the dishwasher is done allow the bottles to cool in the dishwasher. Do not open the dishwasher until you are ready to use the bottles. If you do not have a dishwasher, rinse the bottles at least two extra times in the hottest water available and use as soon as possible.

## ***Bottling***

Allow about two hours the first time for the actual bottling operation. A large slotted spoon, a bottle capper (if you are using champagne bottles), a funnel, a dipping cup, and a 12" square piece of unbleached muslin are required.

The unbleached muslin needs to be washed then rinsed a minimum of three times.

The funnel should be selected carefully so that it will fit into the top of a champagne bottle without making an air tight seal. Sometimes two funnels, one inside the other work best.

Also, two or three plates are needed. They will be used as places where you can put various items that need to be kept sterile.

## ***Sterilize Everything***

---

<sup>1</sup> If you are careless when you open the kettle, you might notice that the smell changes in another way. If the smell of the must changes to a moldy smell, discard it. If the smell changes to a vinegar smell, either move the kettle away from your brewing area and allow it to develop into more mead vinegar than you will ever use, or discard it.

<sup>2</sup> If it does, wash out your eyes **IMMEDIATELY** with large quantities of water and take care not to make matters worse by getting the detergent that you almost certainly have on your hands into your eyes too. After you have flushed the detergent out of your eyes with water, consult the label on the detergent package for further instructions.

Sterilize the above items and the 24 crown caps by pouring boiling water over them<sup>1</sup>. Also sterilize your own hands as well as you are able with soap and water. Rinse your hands repeatedly to remove all traces of soap so as not to contaminate the mead.

### **Prepare the Mead**

Skim the yeast, spices and floating orange pulp with the slotted spoon.

### **Arrange the Area**

Put down a cloth towel (or three layers of paper towels) over the area down on the area that you intend for bottling. Put the three sterile plates down, Put the cup on one plate, the funnel (or funnels) inside the cup, and the cloth (piece of unbleached muslin) over the funnel. Put a clean paper towel folded into fourths on the second plate. If you are using champagne bottles, put the capper on its own sterile plate.

### **Bottle the Mead**

Check a bottle to make sure that it is clean (bits of dirt have an almost magical habit of appearing inside bottles at this stage). If it is clean, place it (standing) on the towel. Put the funnel into the neck of the bottle and the cloth over the over the funnel. Depress the center of the cloth so that there is well in the center of the funnel into which you can pour the must. Using the cup, pour the must through the cloth into the bottle. **DO NOT FILL THE BOTTLES TO THE TOP.** Allow two inches of air space at above the mead. Put the cup back on the plate, and wash out the cloth (as filling progresses you may find that you need to wash out the cloth more often to keep a reasonable filtering rate.

Wipe the top of the bottle with an unused spot on the folded paper towel. (refold/replace as required). If you are using a seltzer bottle, screw on the top. If you are using champagne bottles:

- Put a cap on top of the bottle taking care not to touch either the top of the bottle or the inside of the crown cap with your fingers.
- Crimp the cap with the bottle capper.
- Rotate the bottle 90° and crimp again.

Put the bottle in a safe spot (not under foot or cluttering the bottling area). Repeat the process until all of the mead has been bottled.

### ***Secondary Fermentation***

The mead now requires approximately three days of secondary fermentation. Find a place for this to take place that:

- stays a roughly 78° F. (e.g. don't put it into the garage),
- the bottles will stay in an upright position,
- won't be damaged if a bottle leaks or explodes (should not happen if you followed instructions, but why take chances<sup>2</sup>).

---

<sup>1</sup> Soak the unbleached muslin in a bowl of boil water or boil it in a pot for at least 5 minutes.

<sup>2</sup> I typically put the bottles into wine boxes. Put the wine boxes in the bathtub. And throw an old rug over the boxes.

You know that secondary fermentation is complete when the yeast cap that forms on the top of the mead breaks up and sinks. When secondary fermentation is complete, refrigerate the mead. Age for at least 24 hours (2 weeks is best). USE WITHIN TWO MONTHS<sup>1</sup>.

## ***Do's and Don'ts***

The following do's and don'ts are a handy checklist of things to remember when brewing (and opening) mead.

### **DO**

- Keep mead kettle full while simmering.
- Use only glass or enamelware to make and store mead.
- Allow two inches of air space over the mead when bottling.
- Keep the mead in the refrigerator after fermentation is complete.
- Open the mead bottles gradually, allowing the pressure to escape a little at a time.

### **DON'T**

- Try to make less than four gallons at a time.
- Use bread yeast
- Allow ANYTHING that is not sterile to come in contact with the must.
- Keep the mead more than 2 months.

## **Reading Medieval Recipes**

If you routinely read medieval literature in the original form, skip this section. You don't need it. If you are not one of these people, this section should serve as a crash course in reading source works that contain medieval recipes.

At first glance, recipes in medieval manuscripts look, to most people, like they were written in some foreign language that has no connection with modern English. The connection is much closer than it looks. The main changes are spelling shifts. If you:

- sound out the words,
- ignore 'h' and 'q' when either is the first letter of a word<sup>2</sup>,
- treat vowels as interchangeable (an 'y' is always a vowel in medieval text), and
- remember that 'z' in medieval text translates to the consonant form of 'y' in modern text.

With these rules in mind, try to read the following recipe for *Potage de Frumenty* with out looking at the modern English translation (unless you get stuck).

Take clene qwete and bray hit wele in a mortar that tho holles gone alle of, and then seth hit that hit breke in faire water, and then take hit up and let hit cole, and when throwe wyl noce hit, put it in a pot, do therto gode brothe and

Take clean wheat and bray<sup>3</sup> it well in a mortar that the hulls gone all of<sup>4</sup>, and then seethe it that it may break<sup>5</sup> in fair water, and take it up<sup>6</sup> and let it cool, and when through with it<sup>7</sup>, put it in a pot, do there to<sup>1</sup> good broth and

<sup>1</sup> I have not had a champagne bottle explode in the refrigerator, but why risk being the first?

<sup>2</sup> Not always, but mostly.

<sup>3</sup> Grind.

<sup>4</sup> Remove the chaff.

<sup>5</sup> Boil it until the grain bursts.

<sup>6</sup> Remove it from the water.

<sup>7</sup> Ready for the final preparation.

cowe mylk, or mylk of almondes, and  
colour hit with saffron, and take raw zolkes  
of eyren and bete hom wel in a vessell,  
and do in the pot, but let hit not boyle  
aftur; and serve hit forthe.

cows milk, or milk of almonds, and  
color it with saffron, and take raw yolks  
of eggs<sup>2</sup> and beat them well in a vessel,  
and do in the pot<sup>3</sup>, but let it not boil  
after<sup>4</sup>; and serve it forth.

---

<sup>1</sup> Add.

<sup>2</sup> Eyren is medieval English for birds eggs.

<sup>3</sup> Add the eggs to the pot.

<sup>4</sup> Don't let the mixture boil after the eggs are after.

See, that wasn't so bad. You will be surprised how little practice it takes to make reading medieval English as natural as reading modern English.

## Glossary

garbage	The less desirable (but still edible) parts of an animal. For example, the head, feet, lungs, and gizzard of a chicken.
berme	Yeast.
blanche powder	Powdered sugar.
brewet	A creamy spiced sauce (often spelled <i>brulette</i> in medieval manuscripts).
corn	The term "corn", as used in medieval cook books, simply means grain (not maize which is a new world plant).
crustard	A thickly spiced mixture, typically a meat custard
must	Liquid being (or being prepared to be) fermented.
ribes	Currents (pre 1550).
subtleties	Fantastic and fanciful food creations usually crafted from sugar or marzipan.
uisge beatha	A 12 <sup>th</sup> century Irish whiskey.
wardenys	Pears.

## References

Ancient Cookery (early 15<sup>th</sup> century, possibly copied from earlier sources). From a manuscript in the collection of the Royal Society. Arundel Collection, No. 344, p. 275-445.

Blessing of Bread by Adrian Bailey (Paddington Press Ltd., 1975).

A Book of Middle Eastern Food by Claudia Roden (Vintage Books, 1974).

The Closet of the Eminentely Learned Sir Kenelme Digbie Kt., Opened. Published by the Star in Little Britain, 1669.

Goodman of Paris (c. 1395).

Fifteenth Century Cookery Book. Edited by Thomas Austin. Published for The Early English Society by Oxford University Press. From Harleian MS. 279 (ab. 1430) and Harleian MS. 4016 (ab. 1450) with extracts from Ashmole MS. 1439, Laud MS. 553, and Douce MS. 55.

Food, an Authoritative and Visual History and Dictionary of the Foods of the World by Waverly Root (New York, 1980)

Food in History by Reay Tannahill (Stein and Day, 1973).

The Forme of Cury (dated to 1390) edited by Samuel Pegge (London 1780).

Chiquart's 'On Cookery' (15<sup>th</sup> C.) translated by Scully, Terence. (Peter Lang, 1986).

The Rondale Herb Book edited by William H. Hylton. (Rondale Press Book Division, 1976)

The Weald and Downland Museum Recipe Book by Maggie Black (Weald and Downland Museum Open Air Museum, 1993).

# INDEX

## A

acorns .....	41
ale .....	20, 28, 38
allspice.....	42
almond milk.....	18, 26, 27
almond oil.....	13, 18
almonds .....	12, 18, 30, 34, 48
anise.....	10
apples.....	5, 28, 32, 33, 34, 36
apricot.....	5
artichokes.....	3
asparagus .....	3

## B

bacon .....	26
barley .....	8, 27, 36, 49
basil .....	8
bay leaf.....	10
beef.....	1, 16, 19, 21, 22, 23, 26, 27, 38
beef broth.....	26
beef fat.....	13
beer.....	14
beet .....	3
beet greens.....	26
beverages .....	13, 14
blackberry.....	5
blanche powder.....	49
blueberry.....	5
brandy.....	33, 34
bread.....	8, 15, 18, 20, 21, 22, 23, 24, 25, 27, 28, 29, 32, 33, 34, 35, 36, 37, 40, 41, 47, 49
bread crumbs .....	18, 20, 21, 22, 27, 34, 35
bread dough .....	22, 23, 36
brewet .....	49
broccoli.....	3
brulette.....	40, 49
Brussels sprouts.....	4
butter.....	3, 18, 24, 25, 30, 31, 35

## C

cabbage.....	4, 26, 38
cake.....	29, 30
candy .....	12
capon .....	2, 39
caraway.....	10, 37
carbonated water.....	13
cardamom .....	10
carnation .....	7
carrots.....	4, 41
caviar .....	2
celery .....	4
cheese .....	3, 25, 38

cherry.....	6
chervil.....	8
chestnut.....	12, 38
chick pea.....	4
chicken.....	2, 19, 20, 21, 24, 25, 38, 39, 49
chicken fat .....	13
cider .....	14
cilantro.....	9
cinnamon... ..	10, 15, 18, 20, 21, 22, 23, 28, 29, 30, 31, 32, 34, 35, 42, 44
cloves ... ..	10, 15, 17, 18, 20, 21, 22, 27, 28, 29, 33, 34, 35, 42, 44
coffee .....	13
coloring.....	16
coriander .....	10, 37
corn.....	8, 15, 49
crayfish .....	41
crustade.....	38
crustard .....	40, 49
cubebs.....	10
cucumber .....	4
cumin .....	9
currants .....	6, 29, 30
custard .....	22, 40, 49

## D

dates.....	6, 22, 29
dill.....	9
distilled beverages .....	14
dry bread.....	18, 24, 28
duck .....	2

## E

eagle.....	39
eels.....	2
egg plant .....	4
eggs.....	15, 16, 20, 22, 23, 24, 25, 26, 28, 29, 30, 31, 33, 34, 37, 39, 48
egret.....	39

## F

faba bean.....	4
fat.....	13, 25
feasts .....	1, 38, 39
fennel .....	9, 26
figs.....	6
fish.....	2, 3, 38, 40
flour .....	8, 15, 18, 21, 25, 28, 29, 30, 31, 36, 37
flowers .....	7
fruit .....	5

## G

galingale .....	11
-----------------	----

garbage .....49  
 garlic .....4, 11, 17, 19, 20, 23  
 gelatin .....20, 31  
 gilding .....16  
 ginger... 11, 18, 20, 21, 22, 23, 24, 27, 29, 30, 31,  
 32, 33, 34, 35, 42, 44  
 goat ..... 1, 17, 23, 24, 27, 39  
 grains .....8  
 grains of paradise..... 11, 18, 42  
 grapes .....6, 19, 20  
 Greek .....3, 7, 10, 41

**H**

hawthorn .....7  
 hazelnut .....12  
 herbs .....8  
 heron .....2, 21, 38  
 hippocras powder ..... 18, 32  
 honey .... 13, 28, 29, 30, 32, 33, 35, 42, 43, 44, 45

**J**

juniper berries.....11

**K**

kale .....4  
 kid..... 1, 17

**L**

lamb ..... 1, 16, 17, 26  
 lard..... 13, 18  
 leavening .....15  
 leeks.....4, 26, 27  
 lemon .....6, 20, 22, 30, 31, 33  
 lemons .....31, 33  
 lentils .....41  
 lettuce .....4, 38  
 liqueurs .....14

**M**

mace ..... 11, 18, 21, 22, 27, 29, 30, 34, 42  
 mead ..... 14, 20, 31, 32, 38, 42, 43  
 meat .....16, 38  
 meats..... 1  
 melon .....6  
 milk .....3, 26, 27, 28, 48  
 millet.....8  
 mint.....9, 17, 20, 33  
 mulberry .....6  
 mushrooms .....41  
 mussels .....41  
 mustard ..... 11, 35  
 mutton..... 1, 39

**N**

nutmeg ..... 11, 18, 30, 33, 34  
 nuts .....12

**O**

oil..... 13, 17, 18, 22, 23, 27, 28, 36  
 olive ..... 6  
 olive oil.....13, 20, 22, 23  
 onion .....4, 20, 22, 23, 26, 27, 28  
 onions ..... 19  
 orange .....6, 33, 44, 46  
 oranges..... 32  
 oregano ..... 9  
 oyster ..... 41  
 oysters..... 41

**P**

parsley .....9, 20, 22, 24, 26, 27  
 peach..... 6, 38  
 peacock in his pride .....24, 39  
 pear .....6, 30, 31, 38  
 pears..... 31  
 peas .....5, 27, 41  
 pectin ..... 22  
 pepper...10, 11, 17, 18, 20, 21, 22, 23, 24, 27, 28,  
 29, 30, 35  
 perch ..... 2  
 pheasant ..... 38  
 pine nut ..... 12  
 pistachio..... 12  
 plum..... 6  
 pomegranate ..... 7  
 poppy seeds ..... 11  
 pork.....2, 23, 26, 38  
 poultry ..... 2, 20  
 powder douce..... 26  
 powder forte..... 18  
 primrose ..... 7

**Q**

quail ..... 2  
 quince ..... 30  
 quinces ..... 5

**R**

rabbit.....2, 21, 22, 39  
 radishes ..... 5  
 raisins.....6, 21, 22, 23, 29, 30, 31  
 raspberry ..... 7  
 rhubarb..... 5  
 rice ..... 8  
 roach ..... 2  
 Roman .....3, 4, 6, 7, 10, 11, 14, 39, 41  
 rose .....7, 29, 31, 37  
 rose water.....29, 37  
 rosemary .....9, 17, 23  
 rum..... 30  
 rye ..... 8

**S**

saffron...	11, 19, 20, 21, 24, 26, 27, 28, 29, 34, 48
sage .....	9, 22, 27, 39
salt .....	11
sandalwood.....	11, 28, 29
sauce .....	21
saucés .....	15
Sauces.....	34
savory .....	9, 17, 22
sea birds.....	2, 35
sekanjabin.....	14, 33
sesame seed oil.....	13
shellfish .....	41
sherry .....	33, 34
shortening .....	30
small birds .....	2, 39
smelt .....	8
spices .....	10, 15, 38
spinach.....	5
squash.....	5
strawberry.....	7
subtleties.....	39
suckling pig .....	24
suet .....	20, 21
sugar....	13, 18, 20, 21, 23, 25, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 39, 49
sumac.....	12
swan.....	2, 21, 24, 38
sweet marjoram .....	9
sweeteners .....	12
sweets .....	12, 38

**T**

tarragon.....	10
tea .....	14
thyme .....	10
tomato .....	4
trench .....	2
turkey.....	2, 21, 23, 24, 25, 35
turnips.....	5

**V**

veal .....	1
vegetables .....	3, 26
venison.....	2, 38, 39
verjuice .....	19, 21, 22
vinegar..	20, 21, 22, 24, 27, 31, 32, 33, 34, 35, 36, 45
violet.....	7

**W**

walnut .....	12
walnut oil .....	13
wassail .....	33, 34
waterfowl.....	2
watermelon .....	7, 32
wheat .....	8, 26, 47
wine .....	14, 22, 24, 27, 31, 32, 34, 35, 36, 38, 42

**Y**

yeast ....	16, 28, 29, 32, 33, 36, 37, 42, 43, 44, 45, 46, 47
yogurt.....	3, 20