

## Bibliography

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<http://www.florilegium.org/files/FOOD/frumenty-msg.html>

<http://www.florilegium.org/files/FOOD-BREADS/rice-msg.html>

<http://www.florilegium.org/files/FOOD-MEATS/meat-pies-msg.html>

<http://www.florilegium.org/files/FOOD-SWEETS/gingerbread-msg.html>

## Defending the Gate VIII March 28, 2009

### Appetizer Course

*Bread*  
*Cheese*  
*Butters*  
*Dried Fruits*

### First Main Course

*Grene Pesen*  
*Fenkel in Soppes*  
*Frumente*  
*Yrchouns*  
*Roast Pork*

### Second Main Course

*Rapes in Potage*  
*Salat*  
*Saffron Rice*  
*Haricot of Lamb*  
*Beef Pie*

### Dessert Course

*Crème boyled*  
*Gyngerbrede*

Head Cook: Lady Elizabeth of Hadley Hall

## Grene Pesen

(Pleyn Delight #20)

*Take yonge grene pesen, and seethe hom with gode broth of beef, and take parsell, sage, saveray, and ysope, and a lytel brede, and bray all this in a mortar, and some of the pesen therwyth, and tempur hit with the broth, and do hit in a pot to the other pesen, and let it boyle together, and serve it forth..*

3 lbs fresh green peas, shelled (or 2 packages frozen)	
1 cup broth	1/4 tsp dried sage
2 sprigs parsley	1/4 tsp dried savory
1/2 tsp dried mint	1/8 to 1/4 cup breadcrumbs

Boil the peas in the broth until almost done. In a blender combine herbs and breadcrumbs with some of the broth. Add about ½ cup of the cooked peas and continue to blend, adding more broth to make a thick, smooth sauce. Drain the rest of the peas and reheat (gently) in this sauce.

Notes: I used a vegetable broth instead of beef to make this vegetarian-friendly.

## Fenkel in Soppes

(Pleyn Delight #4)

*Take blades of Fenkel ; shrede hem not to smale, do hem to seep in water and oile and oynons minced therwith. Do therto saffron and salt and powder douce. Serve it forth ; take brede ytosted and lay the sewe onoward.*

1 bunch fennel	1/8 tsp ginger
2 onions	1/8 tsp pepper
1/4 cup olive oil	1 tsp salt

Cut the white part of the fennel into shreds. Chop the onions finely. Heat the oil in a heavy pot and cook the onions and fennel in the oil over low heat until they are slightly wilted but not browned. Add the seasonings and enough water to cover and bring to a boil. Simmer for 20 minutes, or until fennel seems tender.

Notes: No bread (soppes) to accommodate any with a gluten/wheat issue.

## Frumente

(An Ordinance of Potage #16/Pleyn Delight #22)

OoP: *Take clene pykyd whete. Bray hit yn a mortar, and fanne it clene, & seth hit tyl hit be brokyn. Than grynd blanched almondys yn a mortar; draw therof a*

My version:

Pour honey into a pot, and add the ginger, cinnamon, and pepper. Over medium heat bring to a boil, stirring to mix it all well. Remove from heat. Add the breadcrumbs a bit at a time, stirring it until it makes a thick dough. Take a spoonful and roll into a small, bite-sized ball. Roll the ball in the sugar to lightly coat it.

Notes: This is a light touch of spices, to make it a little more acceptable to the modern palate. Increasing them (perhaps to the point of doubling them) would bring it closer to the stronger flavors used in period. Making them into small balls is an idea I found on the Florilegium, and makes sense for dayboards as well as feasts. Rolling the balls in sugar helps keep them from sticking together, especially since they can be made up a few days ahead. Sugar, as a luxury item, would often be used as a special ingredient put on at the last step to give dishes that extra flair as well as showing off the wealth of the household putting on the meal.

## Crème boyled

(An Ordinance of Potage # 76)

*Take swete creme of melke; do hit in a pott. Do therto buttur claryfyed. Set hit on the fyre; stere hit. When hit boyles, have yolkes of eyren drawyn thorowgh a streynour into a bole, & put boylyng crem therto with a ladyl. Styr hit well for quallyng, & put hit in the pott ayen; & yf be need, yeve hit a lytyl more of the fyre. Loke hit have white sygure ynowghe, & of the bature also loke hit be standing as mortruys; & coloure hit with saffron. Loke hit be salt. Messe hit forth, and strew on powder of gynger.*

2 cups whipping cream	Pinch of saffron
4 oz cream cheese	1/4 tsp salt
3 whole eggs	1 tsp ground ginger
1/4 cup sugar	1 tsp sugar

Blend cream with the cream cheese, and put this into a large saucepan over low heat, stirring often. In a large bowl blend the eggs with the sugar, saffron, and salt, adding the hot cream mixture gradually until it is smoothly blended. Return the mixture to the pan and cook gently, stirring and not letting it come to a boil, until it is really thick. Pour into serving dishes and allow to cool. Sprinkle with ginger and sugar, mixed together, before serving.

Notes: Using the cream cheese and heavy whipping cream (instead of clarified butter and regular cream) gives this a very thick and rich texture, pleasing to the tongue. This is not a sweet custard, and is good accompanied by fresh berries (if in season).

## Gyngerbrede

(Stefan's Florilegium + various sources)

*Tanke goode honey & clarifie it on the fere & take fayre paynemayn or wastel brede & grate it & caste it into the boylenge hony & stere it weel togyder faste with a sklyse that it bren not to the vessel. & panne take it down and put therein gynger, longe pepper & saundres, & tempere it up with thin hands & than put hem to a flatt boyste & strawe thereon suger & pick therein clowes rounde aboute by the egge and in themydes, yf it plece you, & c.*

12 oz honey	3/4 tsp cinnamon
15 oz. breadcrumbs (approx)	1/4 tsp white pepper
2 1/2 tsp ginger	1/8 cup sugar (approx)

*mylke. Do hit togedyr & boyle hit tyl hit be resonabull thyke: than loke they whete be tendyr. Colour hit up with safferyn. Leche thy purpas when hit ys sodyn, then ley hit on disches by hitsylfe, and seve hit forth with frumente.*

PD: *Nym clene Wete and bray it in a mortar wel that the holysgon al of and seyth yt til it breste and nym yt up, and lat it kele and nym fayre fresch broth and swete mylk of Almandys or swete mylt of kyne and temper yt al, and nym the yolkys of eyryn; boyle it a lityl and set yt adon and messe yt for the with fat venison and fresh moton.*

1 cup barley	Pinch of saffron
3 cups broth	1 or 2 egg yolks

Put the barley, broth, and saffron in a pot and bring to a boil, stirring. Cover and cook over low heat for approximately 45 minutes, checking after 30 minutes to see if more liquid is needed. Take it off the heat and add the beaten egg yolks, and then return to a low heat to cook for a little bit longer.

Notes: I used a vegetable broth instead of beef to make this vegetarian-friendly.

## Yrchouns

(Pleyn Delight #29)

*Take Piggis mawys & skalde hem wel ; take groundyn Porke & knede it with Spicerye, with powder Gyngere, and Salt and Sugre; do it on the mawe, but fille it nowt to fulle, then sewe hem with a fayre brede and putte hem in a Spete as men don piggys. Take blanched Almoundys & kerf hem long, small, and scharpe, & frye hem in grece & sugre. Take a litel prycke & pryckke the yrchouns. An putte in the holes the Almoundys, every hole half, & leche fro other. Ley hem then to the fyre; when they ben rostid, dore hem, sum with Whete Flowre & mylke of Almaundys, sum grene, sum blake with Blode, and lat hem nowt browne to moche ; & serue forth.*

My redaction is to make this a meatloaf shaped in the form of a hedgehog, and wrapped in pastry (to keep the meat moist). I did not have enough ground venison, so I stretched it with the addition of some ground turkey.

2 lbs ground meat
1 TBL total Ginger, cinnamon, cloves pepper in a 5:3:1:1 ratio
1/4 tsp salt
1/2 tsp sugar
1 egg
Breadcrumbs
Pie crust

Mix the ground meat with the spices and egg. Add enough breadcrumbs to mold the loaf into the form desired. Wrap in the pie crust, sealing the edges underneath. Bake at 350 for about 1 hour until done. If desired, you can put almonds in as decorations.

## Rapes in Potage

(Pleyn Delight #16)

*Take rapus and make them clene and waishsh them clene ; quare them ; parboil them ; take them up, caste them in a gode broth and seep them. Mynce Oynons and cast therto Safron and Salt and messe it forth with powder douce. In the wise make of Pasturnakes and skyrwates.*

2 lbs total of carrots, parsnips, turnips  
2 cups broth  
1/2 tsp salt  
1/4 tsp cardamom  
1 tsp sugar

Wash the vegetables well and cut them into small pieces. Parboil them in boiling, salted water for about 5 minutes. Drain, and put into a pan with broth and seasonings. Simmer until tender, between 10-30 minutes.

Notes: I did not use onions so as to have a better balance among all the dishes, and a vegetable broth.

## Haricot of Lamb (Héricot de mouton)

(Redon, Sabban, and Serventi, # 40)

*Despeciez-le par petits pièces, puis le mettez pourboulir une onde, puis le frisissez en sain de lard, et frisissez avec des oignons menus minciés et cuis, et deffaites du bouillon de beuf, et mettez avec macis, percil, ysope et sauge, et faites boullir ensemble.*

*Translation: Cut it into small pieces, then boil it for a moment, and fry it in lard, and fry it with some onions finely cut up and cooked, and moisten with beef broth, and add mace, parsley, hyssop, and sage, and boil it together.*

ca 1.5 lbs shoulder or leg of lamb, cut into small pieces  
3 medium onions, peeled and thinly sliced

3 cups beef broth  
1 T (or more) lard or oil  
4 T chopped parsley  
5 or 6 leaves fresh sage, chopped  
1/4 tsp mace  
1 T chopped hyssop (or 2 tsp chopped mint)

Melt the lard over medium heat; add the lamb and brown it lightly on all sides. Add the onions and sauté until lightly golden. Then add broth to cover, plus the herbs and spices, and salt to taste. Bring to boil, lower the heat, and cook gently, covered, for an hour to 90 minutes. When the meat is very tender, check the sauce for seasoning and serve.

## Beef Pie

(Elinor Fettiplace, p. 222 + Stefan's Florilegium)

Elinor's recipe: *Take mutton, mince it with beef suet, & take a good handful of parseley, as much tyme, & as much marierom, & the yelks of fowre eggs, & the whites of two, & so chop all this together very small, then take cloves, mace, cynamon & ginger, & a little sugar, & season the minced meat withal, & some salt, & so bake it, in fine crust, let it bake the space of two howers, & then serve it.*

My version:

2 lbs beef	1 tsp ginger
2 pie crusts	1 tsp nutmeg
2 eggs	1 tsp salt
1/2 cup breadcrumbs	1/2 tsp cloves
1 tsp mace	2 tsp sugar

Roast the beef until done. Save the juices. Dice or shred the cooked beef. Lay bottom crust into pie pan and fill with the beef. In a bowl mix the eggs with the breadcrumbs and all the seasonings. Add the saved juices to the egg mixture to make a thin gruel. Add water if needed. Pour this mixture over the beef filling, making sure that the filling does not have any voids or "dry" spots. Cover and seal with the top crust, cutting vent holes in a decorative pattern. Bake at 450 for 30-40 minutes. Serve warm or room temperature.

Notes: This version is an amalgamation of several meat pie recipes. I started with Elinor's as the beginning, and modified it to suit my tastes. The key is not to let the cloves overpower the other spices, and to have slightly more sugar than salt. The eggs and breadcrumbs bind the meat together to make a very solid dish.