

## Bibliography

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Mistress Graidhne ni Ruadh

And most importantly, to my family for putting up with me.

## A Feast for the Celebration of Stierbach's Baronial Investiture

### Appetizer Course

*Bread*  
*Cheese*  
*Butters*  
*Haricot of Lamb*  
*Cabbage à la Rumpolt*

### First Main Course

*Fenneled Chicken*  
*Saffron Rice*  
*Cucumbers à la Apicius*  
*Ember Day tart*

### Second Main Course

*Spiced Beef*  
*Salat*  
*Savory Toasted Cheese w/ Broccoli*  
*Dishe of Pasternakes & Skerrits*

### Dessert Course

*Chireseye*  
*Daryoles*  
*Fine Cakes*

“Defending the Gate VII”, March 22, 2008  
Head Cook: Lady Elizabeth of Hadley Hall

## 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  
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)

Peel the onions and slice them thinly, then simmer them for about 5 minutes. Briefly plunge lamb into boiling water until it turns gray, and then drain well. 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. (According to Redon et al, 'Parboiling the lamb might seem pointless, but it "cleanses" the meat and, rather than diminish its quality in any way, improves it.')

## Cabbage à la Rumpolt

(Marx Rumpolt, "Ein New Kochbuch", #33, as found on the Florilegium)

*Nimb ein rot Haeuptkraut/ schneidts fein klein/ vnd quells ein wenig in warmen Wasser/ küls darnach geschwindt auß/ machs mit Essig vnd Öl ab/ vnd wenn es ein weil im Essig ligt/ so wirt es schön rot.*

*Translation: Take a red head-cabbage/ cut it small/ and soak it in a little warm water/ cool it quickly/ mix it with vinegar and oil/ and when it has lain in the vinegar, it will become a beautiful red.*

into a serving dish, or individual dishes, and let cool. Or chill in a refrigerator. Sprinkle with ground cloves (sparingly), if you wish, with or without extra sugar.

## Daryoles

(Pleyn Delight #118)

*Take Creme of Cowe mylke, oter of almonds; do therto ayren with suger, saffron, and salt; medle it yfere; do it in a coffin of ii ynche depe; bake it wel and serue it forth.*

Pastry to make an open pie shell, or 12 tart shells  
2 cups light cream  
4 eggs (or 8 egg yolks)  
1/2 cup sugar  
1/4 tsp salt  
Pinch each of cloves, mace, ginger

Beat eggs and sugar together, and then beat in cream and seasoning. Pour into prepared pie shell or tart shells. For one large tart bake 10 minutes at 450 and then 30 minutes at 325. For small tarts about 20 minutes at 400.

## Fine Cakes

(Lady Elizabeth of Hadley Hall)

6 sticks of butter, room temp. (i.e. 1.5 lbs)  
3 cups of sugar (i.e. 1.5 lbs)  
2 egg yolks, beaten  
1/2 tsp cinnamon  
1/2 tsp mace  
5 cups white flour

Cream together the sugar and butter. Add the egg yolks and then the spices. Add enough flour to make the dough manageable. Take the dough (about 1 tsp worth) and roll into a small ball. Flatten the balls slightly, and place them 2 inches apart on a cookie sheet lined with parchment paper. Bake at 350° F until barely golden on the edges (about 15 minutes).

## Dishe of Pasternakes & Skerrits (or Rapes in Potage)

(Pleyn Delight #16)

*Take rapus and make them clene and waiss 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.*

1 lb parsnips  
1 lb carrots  
2 cups vegetable 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 since some do not like them and there were plenty of other dishes with onions in this feast. The final ratio of carrots to parsnips was 3:1 due to market availability and prices.

## Chireseye

(Pleyn Delight #112)

*Tak Chiryas at the Fest of Seynt John the Baptist and do away the stonys ; grynd them in a mortar, and after frot them wel in a seve so that the Jus be wel comyn owt ; and do that in a pot, and do therein feyr gres or Botor, and bred of wastrel yminced, and of sugur a god party, and a porcion of wyn ; and wan it is wel ysoden and ydressed in Dyschis, stik therein clowis of Golofre and strew thereon sugur.*

2 cups fresh sour pie cherries, stoned ; or 2 cans pie cherries, drained  
plus the juice of half a lemon  
2 cups breadcrumbs  
1/3 cup sugar  
1/2 cup red wine  
1 T butter

Use a blender and mix all together except butter. Otherwise, mash the cherries and force through a strainer, then mix with other ingredients. Cook, stirring constantly, over a medium fire for about 5 minutes, or until well thickened. Pour

1 head red cabbage  
1/4 cup olive oil  
1/8 cup balsamic vinegar  
1/8 cup red wine vinegar

Shred the cabbage. Blanch in hot water and then rinse quickly in cold water. Mix the oil and vinegars together, and add to the cabbage. You can add sugar if the dressing is too bitter. Let stand for a few hours, or overnight, and serve cold or room temperature.

## Fenneled Chicken (Polli Infinocchiati)

(Redon, Sabban, and Serventi, # 31)

*Togli li polli, ismembrali, falli soffrigere e quando sonno soffritti, si vi metti acqua, quella che ti piace; poi toglì le barbe dei finocchi, barbe di petroselli e mandorle che non siano monde et queste cose fa bene macinare e stemperare com l'acqua di questi polli e fae bollire ogni cosa e colale con stamigna. Metti con questi polli e mettivi le migliori spezie che si possono avere.*

*Translation: Take the chickens, cut them up, fry them, and when they are fried add the quantity of water you prefer; then take "beards" of fennel, "beards" of parsley, and almonds that have not been skinned; and chop these things well, mix them with the liquid from the chicken, and boil everything, then pass through a sieve. Add it to the chickens, and add the best spices you can get.*

2 lbs. chicken meat, trimmed and cut small  
1/4 cup breadcrumbs  
1 small handful of dill  
1 small handful of parsley  
1 cup water  
1 T olive oil  
pinch of mace  
pinch of nutmeg

Saute the chicken in the olive oil over medium high heat. When browned, add water and cover. Lower heat and simmer until done and tender (about 30 minutes). Wash and dry the herbs. Process finely in a blender. Add breadcrumbs. Add herb mixture to pot and reduce over medium heat until you get a thick sauce. Add the spices. Serve.

Notes:

- 1) In order to save time, I baked the chicken before hand, and shredded it.
- 2) I do not use almonds. Having an allergic child means that I do not use them. I used breadcrumbs, since that is also used in period to thicken sauces.

## Cucumbers à la Apicius

(Apicius #84 as found on the Florilegium)

*Pepper, pennyroyal, honey or passum, liquamen and vinegar. Sometimes silphium is added.*

2 cucumbers, washed, sliced but not peeled.  
1/4 tsp fresh black pepper  
1/2 T fresh mint  
4 T honey  
1 cup balsamic vinegar  
1 T worcestershire sauce

In a dish, layer the sliced cucumbers with pepper and mint. Mix the marinade from the remaining ingredients. If you warm it slightly, it helps the honey mix. If you do that let cool a bit so as not to cook the cucumbers. Pour over the cucumbers and let sit for a bit. Serve cold or at room temp.

## Ember Day Tart

(Forme of Cury # 173, as found on the Florilegium)

*Take and perboile oynoun & erbis & presse out the water & hewe her smale. Take grene chese & bray it in a mortar, and temper it up with ayren. Do therto butter, safroun & salt, & raisouns corouns, & a litel sugur with powdour douce, and bake it in a trap, & serue it forth.*

2-3 medium onions  
4 eggs  
3/4 to 1 lb cheese (see note)  
3 T butter  
3 T sugar  
1/8 cup raisens, chopped  
1/4 tsp ginger  
1/2 tsp cinnamon  
1/2 tsp dried thyme  
1/2 tsp dried sage leaves  
pie crust

Parboil onions (about 10 minutes). Remove onions from heat, drain, and chop fine. Mix all ingredients. Pour into pie shell. Bake at 350deg for 50 to 55 minutes, until the top is brown and a knife inserted into comes out clean.

Notes: I used a mixture of cream cheese, havarti, and farmer's cheese, partly due to prices and availability and partly due to taste.

## Spiced Beef

(Dame Winifred Corbet de Wynterwood)

beef roast  
onions, sliced  
whole bay leaves  
whole mustard seeds  
vinegar (red wine & apple cider mixed)  
sugar

Roast the beef, let cool. Slice the beef reasonably thin after it has cooled. Layer the beef in a pot or some kind of sealable container. Between beef layers layer sliced onions (enough to make a layer), two bay leaves and a bunch of mustard seed. Mix together the vinegar and sugar. Use just enough sugar to take away the acidic bite of the vinegar. Pour the vinegar/sugar mixture over the layers until they are covered. Place the lid on the container and set in the refrigerator for at least two days. When ready to serve, remove the beef from the other things in the pot and serve cold.

## Savoury Toasted Cheese

(Digby p. 228/177 – redaction per Master Tirloch of Tallaght & the Miscellany)

*Cut pieces of quick, fat, rich, well tasted cheese, (as the best of Brye, Cheshire, &c. or sharp thick Cream-Cheese) into a dish of thick beaten melted Butter, that hath served for Sparages or the like, or pease, or other boiled Sallet, or ragout of meat, or gravy of Mutton: and, if you will, Chop some of the Asparagus among it, or slices of Gambon of Bacon, or fresh-collops, or Onions, or Sibboulets, or Anchovis, and set all this to melt upon a Chafing-dish of Coals, and stir all well together, to Incorporate them; and when all is of an equal consistence, strew some gross White-Pepper on it, and eat it with tosts or crusts of White-bread. You may scorch it at the top with a hot Fire-Shovel.*

1 stick of butter  
1 lb cream or neufchatel cheese  
1 lb Brie  
Pinch of white pepper

Melt the butter. Cut up the cheese and stir it into the butter over low heat. Blend with a wisk. When you have a uniform, creamy sauce you are done. You may serve it over asparagus or other vegetables, or over toast. If you want to brown the top, put it under the broiling unit in your stove for a minute or so.