

A Day at the Races
Barony of Ponte Alto
November 22, 2006
MENU

1st Remove

Bread, Grapes, Olives, Sardines

2nd Remove

Beef Stew by Anthimus

Fresh Cheese Gnocchi

Mushrooms

Black-eyed peas with honey

Oranges and Apricots

3rd Remove

Chicken in pomegranate juice

ADASIYA—Lentils with feta

FUSTAQIYA—Chicken with pistachios

JAZR—Carrots with caraway

Roasted Game Hen

BAID MASUS—Spiced eggs

Watermelon, Dates, Sugar Almonds

Drinks: Lemon & Mint Sekanjebin, Raspberry syrup

Showing the riches of Sicily: Sea Salt & Sugar

This menu is based on 12th Century Sicily in the time of King William and Queen Joan (sister of Richard the Lion-Heart). Historians describe the Kingdom of Sicily at this time as half Greek, half Saracen with Norman overlords. The Greeks colonized Sicily, creating the great city state of Syracuse. The Saracens in their rule of two hundred year from 830 to 1050, they created through irrigation, a garden state. Travelers marveled at the orchards and wheat fields. The Normans came in as mercenaries and stayed creating one of the wealthiest and politically open states in medieval times. Four languages were used to rule Sicily: Latin, Greek, Arabic and Hebrew. The Norman rulers adopted Saracen dress and manners in their beautiful capital of Palermo.

The first course reflects the ancient Greek settlements such as Syracuse where Archimedes lived. The second course is more Byzantine to reflect their ongoing influence. The third course is Saracen to show the large cooking influence the Arabs had on this part of the world. From the Arabs we get the words such as sugar, orange and lemons. Their cooking is embedded in Sicilian cooking even today.

COOKS

Head Cook: Alesia la Sabia de Murcia

Tirloch of Tallaght

Allosandrea de Fano

Grace Whytting

Gwenhwyvar Ywein

Hrosvitha von Cella

William of Ponte Alto

Charles of Ponte Alto

My thanks to all others who came and helped in the kitchen.

BIBLIOGRAPY:

Regional Cuisines of Medieval Europe edited by Melitta Weiss Adamson.

In a Caliph's Kitchen: Mediaeval Arabic Cooking for the Modern Gourmet by David Waines.

A Baghdad Cookery Book translated by Charles Perry.

Byzantine Cuisine by Henry Marks

Pasta: the story of a universal food by Silvano Serventi and Françoise Sabban

Medieval Arab Cookery by Maxine Rodinson and A.J. Arberry & Charles Perry.