

Finger Foods & Dips

Digby's Savory Toasted Cheese

From Sir Kenneth Digby's Closet Unlocked - Redaction by al-Sayyid A'aql ibn Ras al-Zib

- 1/4 cup butter
- 1/4 cup cream cheese
- 1/4 lb. Brie or farmers cheese
- 2 Tbsp. whole milk
- 1/4 tsp. white pepper

Melt butter. Melt cream cheese in butter. Add milk. Cut up the farmer's cheese and stir it into the mixture over low heat. You may want to use a whisk to blend the two together, though a spoon will do. When you have a uniform, creamy sauce you are done. Serve over toast, put on toast and broil for 30 seconds-1 minute, mix in (or serve over) things like asparagus, bacon, sautéed onions, etc.

Things you can just buy at the grocery store

- Pickles: mushrooms, cucumbers, olives, gardeniera
- Cheese: but not velveeta
- Bread: european crusty bread / peasant boule
- Cold sliced meats, smoked fish, or pate
- Dolmades (stuffed grape leaves)
- Hummus
- Nuts
- Fruits, Veggies

Sauces for Boiled/Roasted Meats

Sawse Aliper / Sauce Alapeuere (Garlic Pepper Sauce)

Ashmole MS - Redaction by Rudd Rayfield

- 1 cup wine vinegar
- 1/2 cup toasted brown bread crumbs
- 6 or more cloves of garlic, crushed
- 1/2 tsp. salt, or to taste
- 2 Tbsp. black pepper, or to taste

In a bowl combine vinegar, garlic, salt, and pepper. Stir in bread crumbs and allow to sit for about fifteen minutes. Whisk the sauce to smooth it out. Add more vinegar if it gets too thick. Serve with meat or fowl.

Cameline (Cinnamon Sauce)

Forme of Cury - Redaction from Pleyne Delit #48

- 2 Tbsp. breadcrumbs
- 1/3 cup vinegar or 1/2 cup red wine
- 1/2 tsp. salt, or to taste
- 1/2 tsp. ground ginger
- 1/2 - 1 tsp. ground cinnamon
- 1/4 cup each currants and walnuts (optional)
- 1/2 tsp. nutmeg (optional)
- 1/4 tsp. cloves (optional)

Blend ingredients, preferably in a blender, food processor or food mill. May be served without cooking, but if you use wine rather than vinegar, it should be simmered for a few minutes. This is good with most meats, but especially with roast lamb.

Cormarye (Coriander-Caraway Sauce)

Forme of Cury - Redaction from Pleyne Delit #101

- 5-7 lb. pork loin roast
- 1-2 tsp. coriander seeds
- 1-2 tsp. caraway seeds
- 2-3 cloves garlic, crushed
- 1 cup red wine
- 1/2 tsp. salt
- 1/4 tsp. pepper

Grind the caraway and coriander seeds, using a small coffee mill, grinder, mortar or sturdy food processor. Crush them as finely as possible. Then add the rest of the broth ingredients and mix with the seeds. A blender or food processor will be a good idea for this. Prick the pork loin and marinate in the sauce for an hour or two at least, if possible. Roast at 350 degrees, estimating 25 minutes per pound. Baste with the pan juice from time to time (every 15 minutes or so). When the roast is done, pour off the (degreased) drippings into a saucepan, and add a small amount of beef, pork or chicken broth (perhaps 1/2 cup). Stir and bring to a boil; thicken with breadcrumbs if you wish, and serve as a sauce for the pork.

Freseyes or Strawberye (Strawberry Sauce)

Harleian MS - Redaction by Cindy Renfrow

- 1 lb. frozen or fresh strawberries
- 1 cup red wine
- 1 cup strained almond milk
- 2 Tbsp. rice flour
- 1/2 cup currants
- dash white pepper
- 1/2 cups sugar
- 2 tsp. ginger powder
- 1 tsp. cinnamon
- 1/2 tsp. galingale
- 4 Tbsp. red wine vinegar
- 1 Tbsp. butter
- pinch saffron
- pomegranate seeds

In a blender, combine strawberries, wine, and almond milk. Blend until smooth. Pour blended mixture into a saucepan and bring to a boil. Add rice flour and stir until mixture thickens slightly. Add currants, red wine vinegar, butter and spices. Stir over medium heat for about 5 minutes. Spoon hot sauce into a saucer and garnish with pomegranate seeds. This goes very well with roast chicken. *From "Take a Thousand Eggs or More: A Collection of 15th Century Recipes", volume 1, by Cindy Renfrow, page #206 (c) 1990, 1997. Reprinted with permission of the author.*

Horseradish-Honey Sauce

de Nola, Libro de Guisados, 1529- Recipe translated and redacted by Lady Brighid ni Chiarain, Barony of Settmour Swamp, East Kingdom

- 1 slice Italian bread -- toasted lightly
- 6 oz. jar prepared horseradish
- 1/2 cup honey
- 1/4 cup water
- 1/2 teaspoon black pepper
- 1 Tablespoon white wine vinegar

Empty the jar of horseradish into a mesh sieve, and press lightly with a spoon to drain off the excess liquid. Soak the toasted bread in the vinegar. Add to the horseradish. Blend a moment until mixed. Add the remaining ingredients, adjusting as necessary for taste. Add just enough water to make a smooth sauce that is not too thin. (Notes: This is sauce is unbelievably good with ham. The original

redaction was much longer and had instructions for working with horseradish root that was not already jarred.)

Sops, Pottages, Brewets, Civets

Stwed Beef (Braised Beef)

Harleian MS - Redaction Siobhan Medhbh O'Roarke

2-3 lbs. of beef, cut in cubes for stewing

1/2 cup flour

2-3 onions minced

5 Tbsp. oil

5-6 cups beef stock

2 Tbsp. minced parsley

1-2 tsp. salt

1/2 tsp. cinnamon

1/2 tsp. cloves

1/2 tsp. mace

1/4 cup raisins or currants

4 black peppercorns

1/2 cup red wine

2 tsp. wine vinegar

pinch saffron

Dredge beef in flour and brown in oil. Bring remaining ingredients to a boil in a stock pot. Reduce heat, cover and simmer until meat is tender (about an hour to an hour and 15 minutes).

Fartes of Portingale (Lamb Meatball Soup)

The Good Huswives Handmaid for Cookerie, 1588 -

Redaction from Olena Ksen'ia [Yana] Barsova

6 cup beef broth or stock

1 lb. ground lamb

1/4 tsp. cloves

1/8 tsp. mace

1/2 tsp. salt

1/8 tsp. pepper

1 1/2 Tbsp. currants

1 1/2 Tbsp. dates, pitted, finely minced

Bring stock to a boil, then reduce to simmer. In a bowl, combine remaining ingredients, being careful to sprinkle spices and salt evenly over meat. Roll mixture into small balls. Place meatballs in simmering stock. Cover pot and continue to simmer for 10 minutes or until meatballs are done. Skim excess fat from top. Serve hot.

Chappons, veel, aux Herbes (Capon with Herbs)

The Viander of Taillevent - Redaction Kateryn de Develyn

1 quart water

4 chicken breasts

1 slice fresh side bacon

1 cup chopped parsley

1/4 cup chopped sage

1 Tablespoon hyssop

1/4 cup balsamic vinegar

1 pinch saffron

5 thin slices gingerroot

Place all these ingredients into the pot and set it to boil for approximately 1 hour. Then serve forth.

Caboches in Potage

Forme of Cury - Redaction by Illadore de Bedagrayne

1 head of cabbage, thinly sliced

2 large onions, thinly sliced

2-3 leeks, chopped

1/4 tsp. salt

4 cups beef broth

1/8 tsp. cardamom and coriander

1 tsp. sugar

1/8 tsp. saffron (optional)

Bring all ingredients to a boil and simmer for 20 minutes. (If you use instant beef broth, omit the salt.)

White Leek Bruet

Du Fait de Cuisine - Redaction by L. J. Spencer, Jr.

2 leeks, white part only

1/4 lb. salt pork, sliced thinly

1 cup blanched almonds, ground finely

Good Broth [a good beef broth or mix of meat broths]

salt, to taste

1 cup almonds

1 cup water

Slice leeks into rounds. Rinse well to remove silt and sand.

Put leeks into a pot. Cover with water. Rinse salt pork well. Add to leeks. Bring to a boil. Reduce heat to medium and continue cooking until leeks are tender and pork is cooked through. Reserving stock, drain leeks. Measure reserved stock and add good broth to make 1 qt. stock. Bring stock to a boil. Turn off heat. Mix almonds with stock. Salt to taste. Separate pork from leeks then using 2 knives finely chop leeks. Mash leeks in a mortar. Stir leeks into broth. (You can eliminate chopping if a food processor

is used for this step.) Add leeks to stock and pour over meat. Add almonds and water. Simmer 20 minutes. Pour leek mixture over salt pork. Serve. Makes 8 servings.

Savory Pies and Tarts

Pies of Parys

Harleian MS - Redaction Mistress Elaina de Sinistre

1 1/2 pounds of minced and/or ground veal

4 pounds of minced and/or ground pork

2 cups of beef broth

3 cups of white wine

1 cup of currants

1 cup of chopped dates

1/4 teaspoon saffron

2 Tablespoons sugar

1 Tablespoon powdered ginger

salt to taste

5 eggs

hot water crust pastry shell

Brown all the meat together. Add the broth and white wine and let in simmer over low heat for an hour or more. Now add the dates and currants and cook for 15 minutes more. After adding the fruit, line two deep dish pie crusts with pastry. Remove the meat and fruit with a slotted spoon to a large ceramic dish and move away from the oven to cool. Add another two cups of wine and a cup of broth and your seasonings to the liquid and bring just to a boil. At the same time, beat four eggs together. Dribble a few spoonfuls of the hot liquid slowly into the eggs while beating continuously. Turn down your heat as low as possible and slowly pour the egg mixture into the simmering liquid while beating continuously. (These last procedures work best with two pairs of hands.) Keep stirring with a whisk until the liquid thickens well and remove from heat. Spoon the meat and fruit mixture back into the thickened sauce and mix well to coat. Then spoon the filling into the pie shells, being sure to use all of the sauce. Cover with a top crust of pastry and crimp the edges with your fingers. Beat up the last egg and brush it over the top of the crust. Use a sharp knife to cut a few small slits (for steam) in a decorative pattern in the crust. Bake at 350 degrees for thirty minutes. Remove from the oven and cool for at least 20 minutes. You can then serve the pies hot, or place them in the refrigerator to cool thoroughly.

Tart in Ymbre Day*Forme of Cury- Redaction by Angharad ver' Rhuawn*

- 4 onions
- 6 eggs
- 3 Tbsp. butter
- 1/2 lb. havarti grated
- 1/2 lb. muenster, grated
- 3 Tbsp. sugar
- 1/4 cup currants
- 1/4 tsp. ginger
- 3/4 tsp. cinnamon
- 1/2 tsp. dried sage leaves
- 1/4 cup parsley

1 deep dish shortcrust 9" pie crust

Parboil the onions (about 10 minutes). Remove the onions from the heat, drain them thoroughly, and chop them. Chop parsley. Mix all the ingredients together. Pour into pie shell. Bake at 350 degrees until the filling is set (the top will be brown and a knife inserted in the top should come out clean) and the pastry is lightly browned (50 to 55 minutes).

Spinach Tart*Le Menagier de Paris - Redaction Cariadoc's Miscellany*

- 1/3 pound spinach, chopped
- 1/2 cup fresh parsley, chopped
- 2 tablespoons dried chervil or 1/4 cup fresh
- 1 teaspoon fennel seed, ground in a mortar or 1 or 2 leaves fresh fennel
- 5 eggs
- 2/5 pound cheddar cheese
- 2/5 pound mozzarella cheese
- 1/2 teaspoon ginger
- 1/2 teaspoon salt
- 9" shortcrust pie shell

Chop or grate greens and cheese and mix filling in a bowl. Make pie crust and bake at 400deg. for about 10 minutes. Put filling in crust and bake about 40 minutes at 350deg. . We usually substitute spinach for beet leaves, dried chervil for fresh, and fennel seed for fresh fennel leaves because of availability.

Cheese Pasties*Adapted from Sundays at Moosewood by Hildegard Stickerin (peri-oid)*

- 4 pkg Pie Crust (Pillsbury All Ready) (in other words, four 2-crust pies worth - or you can use empanada wrappers if you can get them)
- 2 celery stalks, diced (about 2 cups)
- 1 turnip, small, diced (about 1 1/2 cups)
- 1 leek, washed and chopped (about 1 1/3 cups)
- 1 1/3 cup carrots, diced
- 4 cup cheddar cheese, grated
- mace, pinch of
- 1/4 tsp. black pepper, freshly ground
- 1 1/2 tsp. prepared horseradish

In a large bowl, mix together all the filling ingredients. Preheat the oven to 375 F. Cut each pie crust into 4 pieces. Place 1/8 of the filling in the middle of each pastry triangle. Pack it down so that it will fit. Fold from the apex of the triangle and halve the base to make a triangular turnover. (If this doesn't make sense, fold it the only way it will hold together.) Seal the edges together. Turn the edges over all around and press with a fork or your fingers to double seal. Cut slits in the top of each pastie so that steam can escape. Bake for 15 minutes at 375, then reduce the heat to 350 and bake for 15 to 20 minutes more, until lightly golden. Let the pasties rest for at least 5 minutes out of the oven before serving.

Willhilda's Mushroom Puffs Pastry*Source: Viscountess Therica Pembroke of Stonegate Manor, O.L. (The Compleat Anachronist Vol 79)*Pastry:

- 9 ounces cream cheese
- 1/2 cup butter
- 1 1/2 cups flour
- mix and chill for one hour

Filling:

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

Saute mushrooms and onions until soft. Add the spices and flour and saute for another two minutes. Add the sour cream and cool slightly. Roll out the pastry and cut into 2

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

Casseroles & Other Savory Dishes**Blawmanger ("White Dish" - Chicken/Almond/Rice Dish)***Utilis Coquinario - Redaction by James L. Mattered*

- 1 cup rice
- 3 cups Almond Milk
- 1 cup ground cooked chicken, dark meat only
- dash salt
- 1/4 cup fried slivered almonds
- sugar to garnish

Bring to a boil the rice, milk, & salt. Reduce heat, stir in chicken, & cover; allow to cook, stirring occasionally, until liquid is absorbed and rice is fluffy. Garnish with almonds and a sprinkle of sugar.

Leche Lumbard (Meat Loaf / Raisin Almond Milk Sauce)*Forme of Cury - Redaction by Artemisia di Serena*Meatloaf

- 1 lbs. ground pork
- 1 egg
- 4 Tbsp. currants
- 1/2 little box raisins
- 6 large dates, pitted and minced
- 1/4 tsp. sugar
- 1/2 tsp. fresh rosemary, chopped
- 1/8 tsp. black pepper
- 1/8 tsp. salt

Sauce

- 2 cups almond milk
- 1/2 cup red wine
- 1/2 little box of raisins
- 3 strands of saffron
- 1/8 tsp. fresh rosemary, chopped
- 1/8 tsp. ginger

For meatloaf:

Take all of the ingredients and mix them well in a bowl together. Cover a baking sheet with tin foil and form meat mixtures into a shape. (e.g. a sun) I tried to keep it no thicker (height) than an inch and a half so everything

cooked evenly. Put in oven at 350 degrees for roughly 35 minutes. It should be a light golden brown.

Sauce:

Place in saucepan everything but the ginger and rosemary. Bring to boil, then bring down temperature to a simmer. Allow to boil down for at least 20 to 30 minutes. Near the end of the simmering, add ginger and rosemary.

Plating the Meal:

Clean the excess fat off of the meatloaf and then put in the center of a large plate. Pour sauce around the loaf (not over). Serve it forth.

Viaunde of Cypres Ryalle (Cold Chicken Mincemeat)

Two Fifteenth Century Cookery Books - Redaction from Siobhan Medhbh O'Roarke

- 4 cups cooked chopped chicken
- 1 cup white wine
- ¼ cup sugar
- ½ cup honey
- ½ tsp. each ground cloves, mace, ginger
- ¼ cup ground almonds
- ½ cup currants

Boil the wine and sugar together for ten minutes or until it thickens and clings to the spoon. Add honey, spices, and raisins, and boil for another 5 minutes. Arrange the cold cooked chicken in your serving dishes. Pour the hot syrup over the chicken. Chill well; serve cold.

Losyns (Lozenge/Diamond-Shaped Noodle Lasagne)

Forme of Cury - Redaction from Siobhan Medhbh O'Roarke

- 1 box of lasagne noodles
- 2 cups beef or chicken broth (or vegetarians can use vegetable stock or water)
- 1 lb. grated cheese (a mix of Jack and Cheddar)
- 4 tsp. butter
- 1/2 cup milk
- 1/2 cup sugar
- 1/4 tsp. ginger
- 1/4 tsp. mace

Bring the stock or water to a boil in a fairly big pan and boil the noodles in three or four batches until all the sheets are cooked. As each batch is done, remove the sheets with tongs to a warmed damp tea-towel on a flat work-top and lay them flat side by side. Grease a baking pan which is large enough to hold the pasta in three layers. Grease it lightly with butter. In a small bowl, mix the cheese, sugar,

and spices together. Sprinkle the bottom of the pan with a quarter of the cheese mixture. Cover with a layer of pasta. Repeat the layers of cheese mixture and pasta twice, and end with a last layer of cheese mixture. Although the medieval recipe does not state to do this, if the cheese is not melted (you have to work pretty fast for the heat of the noodles to do the trick), reheat in a 350 degree oven until the cheese is melted if necessary.

Armored Turnips

Platina (see also Martino, Rape Armate) - Redaction by Cariadoc

- 1 lb. turnips (5 little)
- 2 Tbsp. butter
- 10 oz. cheddar cheese
- 1/4 tsp. ginger
- 1/2 tsp. cinnamon
- 1/4 tsp. pepper

Boil turnips about 30 minutes, then peel and slice thin. Put a light layer of melted butter on the bottom of a 9" x 5" baking pan. Layer turnip slices, sliced cheese and spices in pan, and bake 30 minutes at 350 degrees.

Vegetable Dishes & Salads

Buttered Wortes

Harleian MS - Redaction by James L. Matterer

- 8 cups of any combination of spinach, cabbage, beet greens, onion, leeks, parsley, etc., chopped
- 1 stick (1/4 lb.) of butter
- salt to taste

1 cup diced bread or unseasoned croutons
Cover greens with water; add butter and bring to a boil; add salt. Reduce heat & cook until vegetables are tender; drain. Place bread or croutons in serving bowl and cover with cooked greens. Wortes were vegetable greens and members of the onion family, such as cabbage leaves, spinach, beet greens, leeks, etc., as well as the plants used for seasonings and spices: borage, parsley, sage, and so forth.

Benes yFryed

Forme of Cury- Redaction Cariadoc's Miscellany (9th ed)

- 2 15 oz. cans fava beans
- 3 Tbsp. olive oil
- 1 small onion chopped
- poudre douce (2 tsp. sugar, 3/8 tsp. cinnamon, 3/8 tsp. ginger)

3 cloves garlic (1 oz.), smashed & minced
Drain and wash the beans well, draining thoroughly. Chop onions, crush and mince garlic. Simmer onions and garlic in 1/2 cup water for 3 minutes, drain. Heat the frying pan with oil on a medium heat, add onions and garlic and beans (will splatter--be careful), cook, stirring frequently, 10 minutes. Then add poudre douce, mix well, cook 2 more minutes, and serve. Remember to keep stirring.

Funges (Mushrooms and Leeks)

The Forme of Cury- Redaction Cariadoc's Miscellany

- 1/2 lb. mushrooms
- 1 leek
- 1 cup beef or chicken broth
- 6 threads saffron
- 1/4 tsp. powder fort
- 1/4 tsp. salt

Wash the vegetables; slice the leek finely and dice the mushrooms. Add saffron to the broth and bring it to a boil. Add the leek, mushrooms, and powder fort to the broth, simmer 3-4 minutes, remove from the heat, and serve. We prefer to use beef broth, but it is also good with chicken. If you use a canned broth, remember that some are concentrated and must be diluted before using. Campbell's beef bouillon or chicken bouillon, for instance, should be combined with an equal quantity of water.

A Carrot Sallad

William Vaughan, Directions for Health - Redaction: Dining with William Shakespeare via Elaine Koogler

- 1 lb. baby carrots
- 3 cups water
- 1/2 tsp. salt
- 1/4 tsp. chervil
- 1/2 cup white wine vinegar
- 4 Tbsp. salad oil
- 1/4 tsp. white pepper
- 1 large sprig parsley

Scrub carrots and cut off green tops. Bring water, salt, chervil to a boil in a saucepan. Add the carrots, cover the pot, and cook until the carrots are tender but still crisp about 10 minutes. In a deep bowl, mix together the vinegar, oil and pepper. Drain the carrots, add them to the dressing and stir them until they are nicely coated. Cover the bowl and marinate the carrots in the dressing for at least an hour. Wash the parsley in cold water, shake off the moisture, and snip off the stems. Make a rosette of the leaves in the center of a dinner plate. Arrange the carrots

around the parsley like a sunburst, and pour a little of the dressing over the carrots.

Medieval Coleslaw

from *Katrine de Baillie du Chat* [How to Cook Forsoothly](#)
Yummy, but given the source, this one may be more peri-oid than period.

1 bag shredded cabbage or 3/4 head of cabbage

Dressing:

3/4 cup olive oil
1/3 cup wine vinegar
1/3 cup dry white wine
2 1/2 teaspoons worcestershire sauce
1/4 teaspoon cumin
pepper
2 1/2 teaspoons caraway seed
1/4 teaspoon crushed coriander
3 sliced green onions
1 teaspoon sugar

In a small bowl, mix together dressing ingredients. In a largish tupperware, dump in shredded cabbage & green onions and pour the sauce over. Put the lid on and shake well until all the cabbage is well coated.

Sweets

Tartys in Appils (Apple/Fig Pie)

Forme of Cury - Adapted from several redactions

3 apples
2 pears
1/2 cup dried figs, stoned and chopped
1/3 cup raisins or currants
1/4 cup sugar
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon mace
1/4 teaspoon salt
1/8 teaspoon ground cloves
pinch saffron
6 tablespoons butter (approximately)
1 deep pie shell

Preheat oven to 375 degrees. Peel and core the apples. Chop the apples, figs, raisins in pieces about the same size. Put the chopped fruits in the prepared pastry shell. Mix the sugar and spices and spread them over the fruit. Cut the

butter in pieces and spread those pieces over the tops of the pies. Cover the tart with a piece of aluminum foil; bake about 45 minutes at 375, removing the foil cover towards the end of the cooking time.

Honey/Almond Cheesecake

Adapted from *Katrine de Baillie du Chat* [How to Cook Forsoothly](#) There are cheesecake-type recipes in *Digby and Platina*, but this one may be more peri-oid than period.

1 cup sugar
1/4 lb. butter
1 lb. cream cheese
1/4 cup flour, sifted
1/4 cup honey
5 eggs, separated, whites beaten stiff not dry
1/2 cup half and half
1 tsp. almond extract
1/2 cup almonds, ground (a coffee grinder works wonders for this)

Cream butter and sugar until well blended. Add cream cheese until mixture is fluffy. Blend in flour and honey. Blend in the egg yolks. Beat well. Add cream and extract. Lightly fold in egg whites. Fold in ground almonds with a few strokes. Pour into well-buttered 9" springform, set on a low rack in preheated 325 oven. Bake 1 hour. Turn off heat & allow to cool in oven with door closed for one hour. Remove from pan and chill.

Syrosye (Cherry Pottage)

Curye on Ingyisch - Redaction by Elaine Koogler
2 - 1lb. cans tart red packed in water cherries
2 1/2 tsp. sugar
2 Tbsp. butter
1 tsp. salt
3/4 cup white bread crumbs
whole cloves
1/2 cup sweet white wine
Caster sugar

Process cherries until they form a smooth sauce. Add in butter, bread crumbs, wine, sugar, and salt, and process until smooth. Garnish with cloves, sprinkling sugar about on dish

Shortbread (To make fine cakes)

From *The Widows Treasure, John Partridge, 1585*
Redaction: Lorna J. Sass [To the Queen's Taste](#)
6 oz butter (room temp)

1/2 cup sugar
1 egg yolk, beaten
1 3/4 cup sifted flour
1/2 tsp. cloves
1/8 tsp. mace
pinch ground saffron
Egg white

In a bowl, cream butter. Add sugar and beat until fluffy. Add egg yolk and beat until thoroughly blended. In another bowl, combine sifted flour and spices, stirring to distribute evenly. Sift dry ingredients into bowl containing butter-and-sugar mixture. Combine by stirring or with hands. Press mixture into a 9-in square baking pan. Brush top lightly with egg white. Bake at 325 for 45 min or until cake feels firm when pressed lightly in the center. Cut into squares while still hot. Cool in pan on wire rack.

Shrewsbury Cakes

Adaptation by Henry of Maldon, edited by Hildegard

3 sticks (3/4 lb.) butter
4 1/2 cups sifted white flour (1 lb. 2 oz.)
1 1/8 cup white sugar
1/2 Tbsp. nutmeg
1/2 Tbsp. salt
1 tsp. cinnamon (Ceylon cinnamon if you can get it)
a little rosewater, to taste

Cream the butter, mix in all other ingredients except the flour, and then mix in the flour last of all. You can increase the amount of flour a bit if necessary to make a dough that is thick, firm, but not quite stiff. You might have to knead it a bit in addition to stirring in order to make it all hold together. It should be dry enough that it isn't sticky at all, yet moist enough to hold together when handled. Once it's been mixed enough to make it hold together, handle it lightly to keep it tender.

Make round cookies about 3" in diameter and spread fairly thin, perhaps the thickness of pie crust. You can flatten balls of dough right in the pan and then trim - if the dough is just thick enough the trimmed edges will pull off. The baking sheet need not be greased, but it should be cool in temperature when the dough is put on it.

Bake at barely over 325 degrees (Fahrenheit) for about 15 minutes, or until crisp and dry but not browned. If there are dark blisters on top, see if the oven is set to preheat or broil. They might smell funny as they bake, but they taste good once they've cooled off.

Circletes - Almond Cardamom Cookies

Source: *Viscountess Therica Pembroke of Stonegate Manor, O.L. (The Compleat Anachronist Vol 79)*

- 1 cup butter
- 2/3 cup brown sugar
- 1 egg, beaten
- 2 ½ cups flour
- ½ teaspoon grated lemon peel
- ¾ teaspoon ground cardamom
- ½ cup finely slivered or ground almonds
- 1 cup raisins

Cream the butter and blend in the sugar, beating until frothy. Whip in the egg. Add all the dry ingredients together and add to the sweetened butter. Chill the dough for one hour. Coat cookie sheets with butter and form the chilled dough into approximated one inch balls with well-floured fingers. Place the dough balls about one inch apart on the cookie sheets and bake at 350 degrees for 8 to 10 minutes or until done a golden brown.

Hais (No-Cook Date-Nut Balls)

Al Baghdadi - *Redaction based on Cariadoc's Miscellany*

- 2 2/3 cups bread crumbs - grind your own stale bread (stuff won't stick together if you use the dry crumbs they sell in the store)
- 2 cups (about one pound) pitted dates (get chopped if you can find them)
- 1/3 cup ground almonds
- 1/3 cup ground pistachios
- 7 tablespoons melted butter or sesame oil
- enough sugar

Good as caravan food. They last forever if you do not eat them, but you do so they don't. I recommend you pre-mix the ingredients into a big bowl before putting into the food processor, then process in about 4 batches in the food processor or blender. In my blender it takes about a minute before the dates are ground up enough for the balls to stay together. Roll into one-inch balls. This requires squeezing... it's not as easy as something really greasy like peanut butter balls. Roll balls in granulated sugar.

Staples**Almond Milk**

To make almond milk, grind 4 oz of blanched almonds in a mortar or blender with a Tbsp or two of ice water. Put in a

bowl and add 1 cup of boiling water. Allow to stand for 15 minutes and strain through a metal sieve lined with cheesecloth. Will last, refrigerated, about 3 days.

Verjuice

Take tart grapes, apples, crab apples, or any other tart or unripe fruit. Work in a food processor or food mill. Strain to obtain the sour juice. Verjuice is now commercially available in Arabic specialty stores (look for "sour grape juice") and from some vineyards.

Sources**Books**

- How to Cook Forsoothly Mistress Katrine de Baillie du Chat, O.L.; 1979. Raymond's Quiet Press (I don't think it is available any longer. Note that this is a source for peri-oid recipes.)
- Cariadoc's Miscellany. The Miscellany is Copyright (c) by David Friedman and Elizabeth Cook, 1988, 1990, 1992.
- Constance B. Hiett, Brenda Hosington and Sharon Butler. Pleyn Delit: Medieval Cookery for Modern Cooks. Second Edition. Copyright 1996. Published by University of Toronto Press.
- Cindy Renfrow. Take a Thousand Eggs or More: A Collection of 15th Century Recipes. Copyright 1990.
- Lorna J. Sass. To the Queen's Taste: Elizabethan Feasts and Recipes Adapted for Modern Cooking. Copyright 1976. Published by Metropolitan Museum of Art
- Siobhan Medhbh O'Roarke. Traveling Dysshes: or Foods for Wars, Peace, and Pot-lucks. Copyright 1995, 1996 by Patricia O. McGregor.
- Lady Therica Pembroke of Stonegate Manor, O.L. From the Kitchens of Castle Gillywick Willihilda the Kitchen Wench. The Compleat Anachronist Volume 79 (May 1995). Copyright 1995, The Society for Creative Anachronism, Inc.

Websites

- al-Sayyid A'aql ibn Ras al-Zib: Memorial Feast for Marion Zimmer Bradley <http://www.nmia.com/~ariann/mzbrecreipes.htm>
- Angharad ver' Rhuawn "To Make A Tart" by Terry Nutter http://www.florilegium.org/files/FOOD/To_Mke_A_Tart-art.html

- Artemisia di Serena SCA-Cooks Message <http://www.ansteorra.org/pipermail/sca-cooks/2002-February/019370.html>
- Brigid ni Chiarain Florilegium file <http://www.florilegium.org/files/PLANTS/horseradish-msg.html> Original source at <http://www.florilegium.org/files/FOOD-MANUSCRIPTS/Guisados1-art.html> and [Guisados2-art.html](http://www.florilegium.org/files/FOOD-MANUSCRIPTS/Guisados2-art.html)
- Mistress Elaina de Sinistre Pies of Paris recipe from article Copyright 1996 to "Serve It Forth!". All rights reserved. <http://dialup.pcisys.net/~mem/pies.html>
- Elaine Koogler SCA-Cooks message <http://www.ansteorra.org/pipermail/sca-cooks/2001-November/013379.html>
- Henry of Maldon Florilegium page <http://www.florilegium.org/files/FOOD-SWEETS/shortbread-msg.html>
- Illadore de Bedagrayne Gode Cookery page Caboches in Pottage © 1998 Monica Gaudio <http://www.godecookery.com/friends/frec39.htm>
- James L. Mattered A Boke of Gode Cookery © 1997-2002 <http://www.godecookery.com/godeboke/godeboke.htm>
- Kateryn de Develyn 14th Century French Feast <http://www.kateryndedevelyn.org/french1.htm>
- L.J. Spencer Florilegium page <http://www.florilegium.org/files/FOOD-VEGETABLES/leeks-msg.html>
- Rudd Rayfield A Newe Boke of Olde Cokery © 2000 Rudd Rayfield <http://www.godecookery.com/nboke/neweboke.htm>