

Crown Tournament Feast

Spring, AS 44



A German Feast by the Guild of St. Lawrence,
Shire of Abhainn Ciach Ghlais

The recipes for this feast were chosen by members of the St. Lawrence (cook's) guild in February, March and April of 2009. Individual's who chose, adapted, redacted and test-cooked the recipe are noted after each recipe. As coordinators of the feast, we would like to thank everyone who generously donated their time and efforts over the last 3 months to cook these dishes, the countless ones we tried (and now have in our collective back pockets for future feasts) and to taste the fruits of our labors. Please feel free to contact us if you would like further information on anything in this recipe collection.

Gille MacDhnuill
Aimeric de Miraval

Starters:

Gefüllte halb eier (hard cooked eggs)
Red Beets
Heathen cakes
Assorted Breads and butter

Der erste Gang:

Preseindl von Ochsen (Beef and red cabbage)
A Casserole with Leeks
Lentils

Spanisch baches zú machen (Almond roll in pastry)

Der Ander Gang:

A Good Food: "Carrots"
Salat
Nudel (Noodles)
A Recipe for Beans

Dessert board:

Einen krapfen (Walnut/Apple tart)
To make a wine pudding (a custard sauce)
To make an egg pudding (bread pudding)
Another tart with fresh ~~plums~~ pears

Starters

Gefüllte halb eier

hard cook 14 eggs, gently

halve and remove yolk

Mash yolk with a little salt, pepper and a tsp of sage. Add a tsp of crushed mint leaves (peppermint), ¼ tsp. saffron. Fill the whites with the yolk mixture. Put in baking dish and drizzle with butter (or brush with butter. Baked at 350 F for 30 min. from Kochbuch des Mittelalters

Sauce: 1/3 cup of balsamic vinegar

¼ cup of honey

ground black peppermint

½ tsp saffron

Thicken using 3 egg yolks over low heat.

Pour sauce over the eggs just before serving.

Translation and Redaction by Rhenna de An t'Eilean Dubh

Pickled Beets

Red beets preserved with small cut horseradish/ anise/ coriander/ and a little caraway/ special if the beets are cut/ marinated in half wine and half vinegar. (Rumpolt, Accompaniments to roast meat, 3, http://clem.msced.edu/~grasse/GK_ASsp99_beet.htm)

My redaction:

3 14&1/2 oz. cans sliced beets, drained (reserve 1 cup juice)

1c. reserved beet juice

1c. sweet red wine

½ c. red wine vinegar

3 heaping t. horseradish

¾ t. anise seed

1&1/2 t. coriander seed

3/8t. caraway seed

Heat all ingredients, except beets to boiling. Add hot liquid to beets, cool slightly & then marinate in refrigerator until serving time.

Redacted by Bronwyn MacFhionghuin

Heathens' cakes

These are called heathens' cakes. Take a dough, and roll it out until it is very thin. Add boiled meat, chopped bacon, apples, pepper, and eggs. Bake that, and serve it, and don't spoil it. (Adamson, *Daz bûch von gûter spise*, p. 92)

Makes 16-20 "cakes"

crust:

2 ¼ cups flour

14 Tbsp butter

1 chicken breast

1 boneless thigh (1 lbs chicken meat total)

½ lbs bacon, sauted and diced

1 medium apple, peeled, cored and cut into ¼ inch dice.

Salt

Pepper to taste

3 eggs, beaten

Dice the chicken meat, bacon and apples together, and seasoned with salt and pepper. Mix in 2 of the eggs. Rolled out the pastry dough, cut in 3" rounds, spooned out a scant 1/8 cup of filling, piling it up in the center of the round. Paint the edges of the pastry with the third egg. Covered with a second 3" round, and pinch or fork the edges together. Baked at 350 deg. F (convection) for 30 min, or until browned.

Redaction by Gille MacDhnuill

Der erste Gang (The First Course)

Preseindl von Ochsen

Take beef/ cut it fine thin/ two fingers wide/ and one finger long/ beat it with the back of a knife/ marinate it with wine vinegar/ and let one hour/ or one half/ sit (marinate)/ so it becomes nicely tender/ make butter hot/ and put the meat from the vinegar therein/ roast it in the butter/ pour vinegar therto/ and a little beef broth/ also pepper and ginger/ let it simmer therewith a short time/ and chop welltasting cabbage therein/ and let them simmer. And one calls it Preseindel of oxen. (Rumpolt, 49 from: <http://www.nwywre.com/recipes/Springfairefeastnp.pdf>)

My redaction:

1&1/2 lbs. boneless rump roast, trimmed & cut into finger sized pieces.

red wine vinegar to cover meat during marinating

butter

2&1/2 c. Kitchen Basics beef stock

1/8 to 1/4 c. red wine vinegar

1t. kosher salt

3T. gr. Ginger

1&1/2T. freshly gr. black pepper

sugar to taste (if too sour)

3/4 head small red cabbage, washed & chopped

Trim beef. Place beef in bowl, cover with red wine vinegar, marinate at least half an hour. Drain. Sauté' beef in butter until brown. Add stock & vinegar (add vinegar slowly to taste). Add ginger & pepper. Taste, correct seasonings, adding salt to taste, add sugar to temper sourness if necessary. Add cabbage, simmer until cabbage is tender. Check seasoning before serving.

Redaction by Bronwyn MacFhionghuin

A Casserole with Leeks

Trans: A casserole with leek: take white leek, chop it into small pieces and mix it well with good almond milk, and with rice-flour. It is boiled well. This is

another casserole for Lent prepared well with almond milk, and mixed well with rice-flour. Boil this well, and don't oversalt. (Adamson, *Daz bûch von gûter spise*, p. 105)

Enough for 2 tables

7 large leeks

2 ¼ Cups almond milk

2 Tbsp rice flour

2 tsp. salt to taste

Chop leeks and clean well. Mix the leeks, almond milk and rice flour together, boil well while stirring constantly until the leeks are tender. Salt to taste.

Serve warm

Redaction by Elizabetta Tempesta

A Dish of Lentils

Take lentils/ wash them fine clean/ and soak them. Take also a good beef-broth/ let simmer/ cut onion and a little garlic into it/ so that it comes nice and thick/ and when it is cooked/ so put green well-tasting herbs/ that have been chopped fine/ thereto/ and cooked bacon/ let it simmer therewith/ so it becomes good and tasty. You can also cook lentils without onion/ how one likes to eat it/ so it may be prepared. (Rumpolt, *All sorts of vegetable matter*, 125, from:

<http://www.3owls.org/sca/cook/german.htm>)

8 oz. green lentils, rinsed

2c. Kitchen Basics beef stock

1c. water

½ to 1 tsp. kosher salt

½ of a large sweet onion, chopped small

1 lg. clove of garlic, minced

5 slices cooked bacon, crumbled

3T. fresh parsley, chopped

5 leaves fresh sage, chopped

Mix lentils, broth, water, salt, onion & garlic. Cook until lentils are tender (about 30 min.). Drain if necessary. Add herbs. Place in serving

dish, sprinkle with bacon. Serve hot.

Redaction by Bronwyn MacFhionghuin

Between Courses

Spanisch baches zú machen (Spanish pastries)

First prepare a firm dough with eggs and fat and roll it out very thin, as long as the table, and sprinkle ground almonds and sugar, butter or fat over it and roll it up over itself like a sausage. Afterwards cut it in pieces and close up both ends. In this manner make one after the other and turn the underside to the top. And bake it in a smooth pan, with fat in the pan. And let it bake in a weak heat, with a hot cover over the top, and serve it cold. [Das Kuchbuch der Sabina Welserin,

http://www.daviddfriedman.com/Medieval/Cookbooks/Sabrina_Welserin.html, V. Armstrong (trans.)]

- Paste Royale/Short Paste (see following recipe)
- 4oz ground almonds
- 1/4 cup sugar
- 4 Tbsp butter, softened

Roll out crust into a long rectangle, as thin as you can. Rub butter over top of the entire pastry. Sprinkle almonds and sugar over the entire thing. Roll up length-wise as tight as you can. Cover with tin foil as much as you can (almost wrapped) and place into a heavily greased baking pan. Bake in the oven at 350 for approximately an hour, or until outer crust stiffens and turns light-golden brown.

To make short paest for tarte. Take fyne floure and a cursey of fayre water and a dysche of swete butter and a lyttel saffron, and the yolckes of two egges and make it thynne and as tender as ye maye.

Source [A Proper New Booke of Cookery,

<http://www.medievalcookery.com/notes/pnboc1575.txt>, A. Veale] Recipe by Daniel Myers (<http://www.medievalcookery.com/recipes/shortpaest.html>)

Most of the pie crust recipes from 15th century are tacked on to the end of the recipe for some kind of pie filling. They're usually very simple mixtures of flour and water, and often don't call for any fat. This 16th century recipe is one of the earliest that is strictly for making short crust pastry. The addition of eggs and saffron give it a wonderful flavor.

1 1/2 cups flour

4 Tbsp. butter

2 egg yolks

1/2 tsp. salt

pinch saffron

water, about 3/8 cup

Mix flour, salt, and saffron together in a large bowl. Cut or rub the butter and eggs into the flour mixture until it forms fine crumbs. Add water a little at a time until it just sticks together - too much water will make the dough too soft and sticky. Cover with a towel and allow to rest for 30 minutes. Roll out on a well floured surface.

Redaction by Cirian Ó Tighearnaigh

Der Ander Gang (The Second Course)

A Good Food: "Carrots"

Chicken carrots are a subtlety of chicken made to look like carrots, or, to a modern eye, parsnips. For the puree, I chose to use spinach. In *Das Kochbuch Meister Eberhards*, it says:

"Spinach is good and useful for the throat, the lungs, the stomach and also the liver, and causes especially bowel movements and is a very good and healthy food."

Take of the breast of the hen. And cut it small. And pound it in a mortar. And add thereto a little meal and large bread. (Add) pepper or ginger. Salt to mass. (Add) also an egg or two to the mix. Cook that together well. Cut two little clubs of a finger's length (and) as an ulna (An ulna is a bone in the forearm.), flat (and) round in front. And take the boiled (mixture) as large as a carrot and squeeze it out, so that it is creased like the form, in which it was pressed. Lay it in a pan. Let it boil with the stick. (During) the time that the first boils, work the other stick. As you take it out, let the other in. And make it as full as you want. When it is well boiled, so take it out. Stir a chopped puree with butter. Fill that in the "carrot" and stick it upon the spit. Make it hot and sprinkle it with butter and give it out. Also you may make "carrots" too of pike and of salmon and where of you want. from:

http://cs-people.bu.edu/akatlas/Feasts/feast6_17_95_doc.html (Lady Caterina Sichling von Nuremberg)

Ingredients: (for 6 to 7 large carrots)

8 round wooden sticks

4 lbs chicken, ground

6 egg whites (whole eggs made the "carrot" too yellow)

2 cups breadcrumbs

1/2 tsp pepper

1 tsp salt

1 tsp Ginger

10 oz. fresh spinach

2 Tbsp. butter

Directions:

Put a pot of water on to boil. The pot should be deep, so that when the sticks are placed in the pot, the majority of the stick is covered. Make note of how much of the handle is covered.

Mix the chicken, the eggs, the breadcrumbs, the pepper and the salt in a bowl. It should be about the consistency of meatloaf. Take a handful of mixture and form it into a thick carrot shape. Make it wavy and as much like a carrot as your artistic skill enables you. Take a wooden stick, and push it into the center of the formed chicken, about two-thirds of the way through. (Think of a round popsicle stick.) Do this to half your sticks. (You will form the other half, while this batch boils.) Take the "carrots" on the sticks, and put them into a pot of boiling water. The chicken forms should be completely covered by water. Boil them for about 15 minutes; when they start to float, it is a sign that they are done. Take them out and put the next batch in. Pull out the sticks; they should come out without great difficulty.

You will fill them with a spinach puree and put them in the oven. You should preheat the oven to 350° F.

To make the spinach puree, remove stems and clean the spinach. Chop the spinach up, and squeeze out as much water as you can. Melt butter in a frying pan. Add the spinach and saute for about 5 minutes. Remove the spinach, squeezing out the liquid. Use this mixture to stuff the "carrots". Do not fill them too full, or they will break open.

When you have a panfull, put them in the oven at 350° F for 15 to 20 minutes. Take them out, brush melted butter over them, and serve them.

Redacted by Cirian Ó Tighearnaigh,

Ein geriht (A dish) - Yellow Garlic Sauce

Rub garlic with salt. Shell the head well and mix six eggs thereto, without the white. And take vinegar and a little water there to, not too sour, and let that boil, so that it stays thick. Therewith may one make roasted chicken "carrots" or swan or what you want. From:

http://cs-people.bu.edu/akatlas/Feasts/feast6_17_95_doc.html (by Lady Caterina Sichling von Nuremberg)

Below is a redaction for this table of eight:

Ingredients:

12 egg yolks

3 Tbsp red wine vinegar

3 Tbsp water

1 Tbsp garlic (@ 6 cloves, minced finely with 2 tsp salt)

Directions:

Mix all ingredients together and cook over a low heat, stirring constantly for about 5 minutes. If it becomes too lumpy, you may add a little water to make it more liquid.

Apple Sauce

To make a sauce with apples for game and small birds. `Take good apples and peel them and grate them with a grater and put a little fat in a pan over [the fire] and let it become hot and put the apples in it and let them roast therein. After that put good wine thereon, sugar, cinnamon, saffron and some ginger and let it cook together for a while, then it is ready. One should boil the small birds first and then roast them in fat. (Sabina Welserin 8, http://davidfriedman.com/Medieval/Cookbooks/Sabrina_Welserin.html)

Redacted by Bronwyn MacFhionghuin

Salat

Hard boiled eggs (Rumpolt, Salads 23)

Take hard boiled eggs/ serve them especially beside the salad/ sprinkle them with green parsley and salt/ and pour vinegar over.

Cucumbers (Rumpolt, Salads 20)

Peel the Cucumbers/ and cut them broad and thin/ season them with oil/ pepper and salt. But if they are salt-preserved/ they are also not bad/ are better than raw/ because one can salt it with Fennel and with caraway/ that both can be kept over one year. .

Green Salad (Rumpolt, Salads 20)

Curley salad/ that is nicely green.

Radishes (Rumpolt, Salads 20)

Or take a radish/ cut in small and thin/ or fine diced/ season it with vinegar/ oil and salt/ so it is good too.

Redaction:

Salad greens (I believed I used romaine)

1 English cucumber, peeled & sliced

1 sm. bag radishes, sliced

a couple hard-cooked eggs, sliced

Dressing:

olive oil

red wine vinegar

kosher salt & fresh gr. pepper to taste

Handful chopped fresh curly parsley

Redaction by Bronwyn MacFhionghuin

Nudel (Noodles)

Noodles cooked with pease broth and mace, with butter, and made yellow a bit, these will be good and tasty. (Rumpolt, from: http://clem.mscd.edu/~grasse/GK_Gianos_12thnight.htm)

My redaction:

1 pkg. kluski noodles

3 pinches saffron

1T. kosher salt

water

$\frac{3}{4}$ stick butter

1-1/2t. gr. Mace

Bring water to boil. Add salt, saffron & noodles. Boil according to pkg. directions.

Drain. Add butter & mace. Stir thoroughly, but gently. Place in serving dish. Sprinkle with a bit of mace before serving. Serve hot.

Redacted by: Bronwyn MacFhionghuin

A Recipe for Beans.

Boil green beans until they become soft. Then take white bread, a little pepper, and three times as much caraway, together with vinegar and beer. Grind that together, add saffron, and pour off the broth. Pour the ground mixture over it, salt to taste, let it come to a boil in the sauce, and serve it. (Adamson, *Daz buch von gutter spise*, p. 99)

Redaction:

Ingredients:

3 lbs. green beans

8 slices white bread

1 tsp. black pepper

3 tsp. caraway seeds, ground to powder

1/2 cup apple cider vinegar

1 cup Troegs Nut Brown Ale
several pinches of saffron
salt to taste

Directions:

Cook the green beans in water until they begin to soften.

In a blender or food processor grind the bread into crumbs. Add the pepper, caraway, vinegar and beer. Add saffron. Drain the beans. Add the sauce and reheat. Add salt to taste.

Notes: It may not be necessary to grind the caraway seeds, although that does spread the flavor more evenly.

The amount of black pepper could be reduced (some felt there was a bit too much “bite”) or white pepper could be substituted.

A less expensive beer/ale could be used, but it might affect color and flavor.

Redacted by Victor of Shrewsbury

Dessert board

Another tart with fresh plums.

Take the stones cleanly out and cut them open in the middle and make the tart and sprinkle sugar and cinnamon on the bottom crust and after that lay the plums as closely together as possible and put sugar and cinnamon on them again. Put also some butter thereon. Make after that the tart dough in the manner which is recorded in number [Sabrina Welserin, from: <http://www.medievalcookery.com/cgi/display.pl?wes:71>].

Ingredients:

about 4 huge plums (black plums)

1 pie crust, top and bottom

mix of sugar in the raw, ground cinammon

Directions:

quarter plums. remove pits. slice thick. lay in pie crust. sprinkle on mix. repeat till pie is full. Add pats of butter. put on the top crust. bake.

Notes: The recipe calls for the crust from the previous recipe (<http://www.medievalcookery.com/cgi/display.pl?wes:70>) which produces a tough, pretty, inedible crust primarily used as a baking and serving dish. Since we have the luxury of plentiful pie pans and we like crust, we made an edible crust and used a pie pan.

Redaction by Aibell ingen Diarmata, 2008

Note: we test cooked this with plums, and it was very good; however, plums are way out of season in early May, so it was made for the feast with pears.

To Make an Egg Pudding

Beat eggs and milk together and brown bread crumbs in fat and pour the milk and eggs therin and let it cook and salt it. (Sabina Welserin)

Bread Pudding

8 cups bread cubes

½ cup dried fruit (cherries used here)

4 eggs
2 cups milk
 $\frac{3}{4}$ cups sugar

Place the bread and fruit into an 8x8 dish. Mix eggs, milk, and sugar well. Pour over bread. Cover and weigh down (a small plate works) and refrigerate for several hours or overnight. Bake at 350 degrees for 45 minutes, or until the top is brown and springs back when lightly tapped.

Redaction by Étaìn inghean Ruaidri

To make a wine pudding

Take grated bread crumbs, brown them in fat until they are crisp, put in good wine and egg yolks in it and sweeten to taste. (Sabina Welserin)

Zabaglione (the bread crumbs have been omitted to make a sauce, not a solid pudding)

6 egg yolks
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ cup marsala wine

In a heat proof bowl, whip the sugar and eggs with a whisk until thick. Add wine and place bowl over a pot of simmering water (double boiler). Whisk continuously until the mixture has increased in volume and thickens. You should have a light, smooth sauce. If the mixture is not whipped continuously, you will get wine flavored scrambled eggs.

Serve the wine sauce over the bread pudding.

Redaction by Étaìn inghean Ruaidri

Einen krapfen

How you want to make a fastday krapfen of nut with whole kernals. And take as many apples thereunder and cut them diced, as the kernel is, and roast

them well with a little honey and mix with spices and put it on the leaves, which you made to krapfen, and let it bake and do not oversalt
Ein Buch von guter spise, (Bibliothek des Literarischen verins in Stuttgart: 1844, translated by Alia Atlas, 1993)

Walnut and Apple Tart

6 apples, peeled and diced (or to make 3 cups)
2 cups walnut pieces
½ cup honey
1 ½ tsp cinnamon
½ tsp nutmeg
¼ tsp mace
¼ tsp cloves
1 pie crust (for a single crust pie)

Cook the apples in the honey until they are starting to become soft (about 10 minutes). Mix the cooked apples with the spices, then add the walnuts. Pour into the prepared pie shell and bake at 350 degrees until the crust is brown. (approximately 30 minutes)

Redaction by Étaín inghean Ruaidri

Additional dish for High Table:

"Fake fish": Medieval apple pie during Lent

To make formed fish during lent and also calf ears

Crush in a mortar five or six apples, peeled and cored. Add sugar, ginger and cinnamon, and add some pound almonds or toasted gingerbread with some saffron. Bake this in oil. Or make a big fish: bake this in the oven, painted and with some holes in it.

Calf ears are made thus: Take the flattened dough, rounded like a saucer. Make it double, and take the two long ends together. Then take the pointed end between two fingers, and put first the rounded end in [the boiling oil], and shortly afterwards the whole. Take it out when it is crunchy, and put some of the afore mentioned stuffing in it without boiling [it], and serve it.

(<http://coquinaria.nl/english/recipes/03.2histrecept.htm>)

The dough:

500 g. flour

125 g. oil (neutral of taste)

40 g. ground almonds

3 decilitre water

1 teaspoon salt

The stuffing:

3 apples

6 tablespoons cane sugar

1 teaspoon ginger

½ teaspoon cinnamon

½ teaspoon saffron

2 slices gingerbread (40 g.), lightly toasted and crumbled, or 40 g. ground almonds

Or, real fish pie:

This is a good Salmon dish (in dough)

Das buch von gutter spise

2/3 lb. Salmon

2 tbsp (or 1/8 cup) fresh parsley

1 tbsp fresh sage

1/2 tsp ginger

1/8 tsp pepper

1/4 tsp anise seed, ground

1/16 tsp salt

1 egg

If needed, clean salmon by removing any skin. Salt it, cut it into small pieces and set aside.

Clean, dry and chop parsley and sage. Combine with ginger pepper and anise seed in a bowl. Add salmon and coat with the herbs and spices. Put coated salmon pieces in zip lock bags and store in refrigerator until needed.

Prepare dough*. Use templates to cut out dough pieces for body, fins, etc. Put bottom dough on parchment paper and place salmon pieces on top. Add top dough on top of salmon pieces and seal. Add additional pieces to create fins, eye mouth and decorate dough to look like a fish. Beat the egg and use to glaze the dough. Place on a cookie sheet, leaving the parchment paper under the salmon to help transfer to and from the baking tray.

Bake in an oven preheated to 375 degrees for approximately 30-35 minutes or until salmon has reached 160 degrees.

Remove from oven and serve hot.

Serves 6.

***To make a pastry dough for all shaped pies**

Sabrina Welserin

3 1/2 cups flour

2 whole eggs

1/2 tsp salt

3/4 cup water

1/2 cup fat

Measure the flour; cut in the eggs and add salt. Dissolve together the water and fat and heat to boiling. Pour the water/fat mixture onto the flour mixture. Work in well. When the dough is kneaded, make a round ball and draw it well on the sides with the fingers or a rolling pin. Then let it chill until ready for use.

Bibliography

Adamson, Melitta Weiss (trans.), *Daz bûch von gûter spise*, Krems, 2000
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http://www.daviddfriedman.com/Medieval/For_Translation/Max_Rumpolt/Max_Rumpolt.html