

Menu for Baronial Anniversary Southron Guaard, 20 April 2008

60 people (? 10 tables of 6 people)

On table:

Bread (1 ½ rolls each or 1 loaf per 4 people)
parsley butter (1.5kg – 25gm per person)

1st course:

Vegetable broth/soup
Longe Wortes de Pesone (long herbs of peas)
Ryeth so Caboges (Cabbage in just the same way)
Fygeye (figs cooked in ale with pine nuts)
Lenti altramente (Lentil puree)
Ravioli in tempo di carne (Meat ravioli in broth)

2nd course:

honey, orange and ginger glazed carrots
Poree verte a jour de poisson (green poree for days of abstinence)
Fungi (Sautéed mushrooms with spices)
Roast Meat (trying for lamb)
Cives d oeufs (eggs in red wine or Civet of eggs)

3rd course:

Basel leckerii
Suppa dorata - Medieval Italian “french toast”
Potage Dyvers (a pottage on a fish day)

Extras if budget allows

Interesting cheese, brie, tasty cheddar etc
Black olives
Fresh fruit

1st course:

Vegetable broth/soup

1kg Carrots
1kg Mushrooms
1kg Turnips
3 Leaks
5 Onions
Whole peppercorns
Bay leaves
Salt

Chop up vegetables, bring to boil.

Longe Wortes de Pesone (long herbs of peas)

2kg Peas (frozen)
800gm Onions
Whole herbs
Olive oil
salt

Wash peas, bring to boil till they break, remove from heat, allow to cool, then put thru strainer into pot, chop onions into slices and with chopped herbs boil in the water from the peas, add peas back and boil altogether till all tender. Serve.

Ryeth so Caboges (Cabbage in just the same way)

2 whole Cabbages

Soak cabbages as long as possible, then bring to boil. Hull and quarter. Serve forth.

Fygeye (figs cooked in ale with pine nuts)

1-2kg Figs
1-2 L Ale
500gm Bread crumbs
300gm Pine nuts
Cinnamon ground

Soak and simmer figs till soft, then grind till they are small. Put into pot with ale and bread crumbs, whole pine nuts and bring to boil. When serving cast on powdered cinnamon.

Lenti altramente (Lentil puree)

1.5kg green lentils
3 bouquet garni – parsley, sage, rosemary, thyme, basil
9 T olive oil
18 T grated parmesan cheese
12 eggs, beaten
salt

Over low heat, cook the lentils in 4 times their volume of water with the oil and bouquet garni. Add salt when the lentils are done. If a great deal of water remains, drain the lentils. Put them through a food processor or crush in a mortar. Mix the beaten eggs with the parmesan. Reheat the lentils then remove from the heat. Add the egg mixture and mix well. The lentils will form a lovely, smooth firm and very flavorful puree.

Ravioli in tempo di carne (Meat ravioli in broth)

36 c chicken broth (chicken, carrots, turnips, leeks, onion, cloves, black peppercorns, bay leaves, salt)

9c flour (200gm)
12 eggs

1.8kg lean salt pork or pancetta
200gm parmesan cheese
600gm cream cheese
6 skinless boneless chicken breast poached
18 T chopped parsley
12 T chopped fresh mint
1 ½ t ground black pepper
6 pinch ground cloves
1 ½ t ground ginger
12 T sweet spice (ground ginger, ground cinnamon, powdered bay leaves, sprinkle ground cloves)

Make chicken broth.

Boil pork for about 90min. When it is tender chop finely in a meat grinder or food processor, chop chicken breast, parsley, mint as well. Combine these ingredients and add the fresh cheese. Season with pepper, cloves and ginger. Add grated parmesan to taste and according to how salty the stuffing already is (can poach a nugget of stuffing to taste). Reserve 6 T parmesan for garnish. The stuffing must be highly seasoned, quite firm and thoroughly amalgamated.

Make a pasta dough using the flour and eggs. Divide the dough into pieces about the size of an egg; keep them wrapped in a towel or in plastic wrap. Preferably using a pasta machine, roll the dough into very thin, almost transparent strips. As each strip is rolled out, place it on a lightly floured board and drop rounded teaspoons of stuffing evenly spaced, about an inch from one edge of the strip of pasta. Fold the other edge over the stuffing, pressing firmly around each ball of stuffing to seal well. If you feel that the

dough is not sticking, moisten it very slightly with water. Cut into square ravioli with a pastry wheel, a knife. The smaller the ravioli the nicer the dish.

About 15 min before serving bring the broth to the boil, slip the ravioli in from the edge of the pot (one by one, but in rapid succession) they will probably take 5 – 7 minutes to cook, but watch them carefully, keeping them immersed with a skimmer. Theoretically they are done when they float to the surface, but taste one to be sure. Pour the ravioli and broth into a large tureen and serve. Mix 6 T grated parmesan with 2 T sweet spices and serve in a small bowl, diners can sprinkle their ravioli with this mixture to taste.

2nd course:

Honey, orange and ginger glazed carrots (100gm per person)

6kg carrots – 100gm per person
100gm honey
100gm margarine
100ml orange juice
3 T ground ginger
100gm brown sugar

Slice and cook carrots, then make sauce of rest of ingredients

Poree verte a jour de poisson (green poree for days of abstinence)

4.5 kg silver beet or spinach
2 c verjuice (or 1/3 c cider vinegar mixed with 1/3 c water)
2 c water
6-18 T marjarine
salt

Wash the silver beet, then cut into fine strips. Soak in two changes of cold water. Add the verjuice (or vinegar) and water to a pan, add salt, and bring to the boil. Cook the silver beet over low heat for 20 – 30 min. When completely cooked drain thoroughly. Put the silver beet into a warmed serving bowl, stir in anywhere from 6- 18 T butter until the dish seems nice and creamy. Check for salt and serve.

Fungi (Sautéed mushrooms with spices) 50gm per person

3kg mushrooms
6 small onion sliced
olive oil
6 pinch ground pepper
6 pinch ground ginger
6 pinch nutmeg
salt

Trim and clean the mushrooms if they are large, cut them in half or into quarters. Cook in boiling water for about 10 minutes, drain thoroughly. Meanwhile finely chop the onion and sweat it in a little olive oil until very soft. Add the mushrooms, raise the heat to high and saute for 1 minute. Season with salt and spices, lower heat, cover pan and simmer for about 15 minutes. From time to time check on the mushrooms and give them a stir, serve when golden brown.

Roast Meat (trying for lamb)

12kg Meat (200gm uncooked per person)

olive oil for basting
salt
pepper

Cives d oeufs (eggs in red wine or Civet of eggs)

60 eggs
30 medium onions
6 L cheap red wine
15 T good red wine vinegar
45 T verjuice or juice of 7 ½ lemon plus 30 T water
olive oil
salt

Peel the onions and cut them into ¼ inch slices. Steam or poach them for 5 – 7 minutes. Drain well. Over medium heat, warm olive oil in a small saucepan; add the cooked onion slices and sauté for about 10min, or until lightly golden. Add the wine, the verjuice and the vinegar, bring to the boil, and cook at a gentle boil until the mixture has reduced by 3/4ths and the onions have formed a somewhat loose “jam” and salt to taste. When the onions are nearly done, fry the eggs in olive oil, sunny-side up, being careful not to break the yolks. Drain them well, and place them on heated plates. Spoon the onion sauce over the eggs.

3rd course:

Basel leckerii (hot cross bun in a bar)

450gm honey
300gm sugar
1 ½ T cinnamon
2 pinch clove powder
½ t nutmeg
100g candied orange peel
100g candied lemon peel
200gm ground almonds
2 lemon zest
100ml kirsch (1/5 cup)
600gm flour
1 ½ t baking powder
150gm icing sugar
3-5 T kirsch or water

Put honey, sugar, cinnamon, clove powder and nutmeg in a pan, heat up slowly, then remove from stove.

Add candied orange peel, candied lemon peel, almonds and grind skin of lemon, stir until mixed evenly.

Add kirsch, flour and baking powder, knead on a table to form a soft dough.

While the dough is still warm, roll it out on the back of a greased baking sheet approximately 5 mm (0.2 inches) thick.

Let it rest for about 5 to 6 hours or over night in a dry place.

Bake for about 15 to 20 minutes in the center of the pre-heated oven at 430°F(220°C).

Mix confectioner's sugar and kirsch or water, frost dough immediately.

Cut off stale edges.

Cut dough in small pieces (5 x 3 cm, 2 x 1.5 inches), take them off the baking sheets and let them cool.

Suppa dorata - Medieval Italian “french toast”

60 slices toast bread slightly stale
30 eggs
10 T sugar
30 T rose water
butter for frying (500gm)
sugar for sprinkling over the toast

Trim the crusts from the bread to create square slices. Toast or grill the bread very lightly. Beat the eggs with rose water and sugar, and pour this mixture into a dish large enough to hold the bread in one layer. Soak the bread slices in the egg mixture for about 10min, but be sure to remove them earlier if they threaten to become mushy. Over medium-low heat, melt some butter in a skillet, and gently fry the bread until golden on

both sides. How much butter you need will depend on the size of your pan and whether you need to cook the bread in several batches. When the toasts are done, arrange them on a serving platter. Just before serving, sprinkle generously with sugar.

Pottage Dyvers (a pottage on a fish day)

30 Apples (1/2 apple per person)

2-5c Rice flour

approx 1L White wine

Saffron if available

2 packets Raisins (up to 1kg total)

300gm Almonds shredded

2 packet dates (minced) up to 1kg total)

Honey or sugar (couple cups)

Mace ground

Cloves ground

Pepper ground

Cinnamon ground

Ginger ground

15 Pears (1/4 per person)

Peel and core apples, cook and mash, add rice flour and white wine, check that not to gluey (don't add too much rice flour), bring to boil, add saffron to look marbled, then add raisins, shredded almonds, small minced dates, some hone or sugar. Then add mace, cloves pepper cinnamon, ginger to taste.

Core pears and bake in oven till tender, slice into rounds and a little before serving throw into pottage and so serve almost flat, not quite.

Shopping list

Bread – 90 buns or 15 good loaves

Vegetable shop

8kg Carrots
4kg Mushrooms
2kg Turnips
5 Leaks
6 kg Onions
2kg Peas (frozen)
2 whole Cabbages
Whole herbs
3 bouquet garni – parsley, sage, rosemary, thyme, basil
18 T chopped parsley
12 T chopped fresh mint
4.5 kg silver beet or spinach fresh or frozen leaves
8 lemons
30 Apples
15 Pears
2 good bunch parsley

Meat

1.8kg lean salt pork or pancetta (whole)
1kg boneless chicken breast
12kg boneless Lamb roast

Supermarket

2 kg butter
10 dozen eggs
2L olive oil
1-2 L Ale
500gm Bread crumbs
300gm Pine nuts
1.5kg green lentils
400gm parmesan cheese (can be block – will be grated)
3kg flour
600gm cream cheese
500gm margarine
100ml orange juice
100gm brown sugar
1 small bottle cider vinegar
6 L cheap red wine (2 3L boxes)
225ml Red wine vinegar
550gm honey
1kg white sugar

100ml kirsch (don't worry if you can't get)
1 ½ t baking powder
150gm icing sugar
60 slices toast bread slightly stale – (2-3 loaves)
500ml bottle rose water
1kg rice flour
1L White wine (cheap bottle fine)
Saffron if available
2 packets Raisins (up to 1kg total)
300gm Almonds shredded
2 packet dates (up to 1kg total)
Whole peppercorns
Bay leaves
200-300gm Salt
2 box Cinnamon ground
1 box ground black pepper
1 box ground cloves
3 box ground ginger
1 box ground nutmeg
Mace ground
1-2kg Figs

If you need I can bring these items – let me know

200gm ground almonds (I can bring down with me)
200g mixed peel (orange and lemon)

If money left please buy

Interesting cheeses, brie, tasty cheddar etc
Black olives
Fresh fruit