

Bloth 2007 based on 30 people, 5 tables (6 per table)

Starters

Bread (1 bread roll per person, plus 2 loaves per table)
herbed butter (500gm butter plus good bunch parsley = 20gm x 25 people)
olives (500gm – 1kg gives 20-40gm per person)
nuts and dried apricots (allow 100gm per person mixture so 1.3kg nuts, 1.3kg apricots)
Blue cheese
Crackers
Small mead (weak honey drink) – make double batch for 8L ~ 400ml
Jumbles (moved from desert)
Balleria (moved from desert)

1st course

Armored turnips (make double batch, approx ½ turnip each)
Spinich tarts (x6, 1 per table)
ryse of fische daye x6, 1 serve per table
honey, ginger and orange glazed carrots (½ to 1 carrot per person)
Almond fricatellae (chicken fritters) (6-7 batches work on 100gm chicken per person)
Cornarye (pork) 200gm meat per person – 6kg meat if bone in then more.
Crackle
Soup/pottage?

2nd course

Green pesen royal (peas with mint/parsley & egg) x 2 batch
Losenge (fettuccine 1x 500gm pack fresh per table eg. X6)
Funges (mushrooms and leaks) x2 batch per table eg x12 batch 3kg mushrooms
Salad & cucumber (1/2 to 1 lettuce plus 1 cucumber per table
roasted eye fillet with herbs (100gm meat per person) 3kg
garlic sauce (100gm crushed garlic per table eg, 600gm)
red wine vinegar sauce (from freezer plus some to make up)

3rd course

Balleria (almond balls) – double batch make & freeze
stewed apple with spices (1 apple per person)
Jumbals (double batch, make & freeze)
custard pies (make one per table – x6 pies)
whipped cream
strawberries and snowe (double batch)

Weak Honey Drink (More commonly called Small Mead) **Digby p. 107/147**

Take nine pints of warm fountain water, and dissolve in it one pint of pure White-honey, by laving it therein, till it be dissolved. Then boil it gently, skimming it all the while, till all the scum be perfectly scummed off; and after that boil it a little longer, peradventure a quarter of an hour. In all it will require two or three hours boiling, so that at last one third part may be consumed. About a quarter of an hour before you cease boiling, and take it from the fire, put to it a little spoonful of cleansed and sliced Ginger; and almost half as much of the thin yellow rind of Orange, when you are even ready to take it from the fire, so as the Orange boil only one walm in it. Then pour it into a well-glased strong deep great Gally-pot, and let it stand so, till it be almost cold, that it be scarce Luke-warm. Then put to it a little silver-spoonful of pure Ale-yest, and work it together with a Ladle to make it ferment: as soon as it beginneth to do so, cover it close with a fit cover, and put a thick dubbled woollen cloth about it. Cast all things so that this may be done when you are going to bed. Next morning when you rise, you will find the barm gathered all together in the middle; scum it clean off with a silver-spoon and a feather, and bottle up the Liquor, stopping it very close. It will be ready to drink in two or three days; but it will keep well a month or two. It will be from the first very quick and pleasant.

6 L water
1 T peeled, sliced fresh ginger
1/2 t yeast
450gm honey
1/2 T orange peel

Dissolve the honey in the water in a large pot and bring to a boil. Let it boil down to 2/3 the original volume (4L), skimming periodically. This will take about 2 1/2 to 3 hours; by the end it should be clear. About 15 minutes before it is done, add the ginger. At the end, add the orange peel, let it boil a minute or so, and remove from the heat. The orange peel should be the yellow part only, not the white; a potato peeler works well to get off the peel. Let the mead cool to lukewarm, then add the yeast. The original recipe appears to use a top fermenting ale yeast, but dried bread yeast works. Cover and let sit 24-36 hours. Bottle it, using sturdy bottles; the fermentation builds up considerable pressure. Refrigerate after three or four days. Beware of exploding bottles. The mead will be drinkable in a week, but better if you leave it longer.

This recipe is modified from the original by reducing the proportion of honey and lengthening the time of fermentation before bottling. Both changes are intended to reduce the incidence of broken bottles. Using 2 liter plastic soda bottles is unaesthetic, but they are safer than glass.

Taken from <http://www.pbm.com/~lindahl/cariadoc/drinks.html>

1st course

Armored turnips (make double batch, approx ½ turnip each)

Spinich tarts (x6, 1 per table)

ryse of fische daye x6, 1 serve per table

honey, ginger and orange glazed carrots (½ to 1 carrot per person)

Almond fricatellae (chicken fritters) (6-7 batches work on 100gm chicken per person)

Cornarye (pork) 200gm meat per person – 6kg meat if bone in then more.

Crackle

Soup/pottage?

Armored Turnips

Platina book 8

Cut up turnips that have been either boiled or cooked under the ashes. Likewise do the same with rich cheese, not too ripe. These should be smaller morsels than the turnips, though. In a pan greased with butter or liquamen, make a layer of cheese first, then a layer of turnips, and so on, all the while pouring in spice and some butter, from time to time. This dish is quickly cooked and should be eaten quickly, too.

500gm turnips (5 little)

10 oz cheddar cheese

2 T butter

1/2 t cinnamon

1/4 t ginger

1/4 t pepper

Boil turnips about 30 minutes, peel and slice thin, layer turnips and sliced cheese in 9"x5" baking pan, and bake 30 minutes at 350deg. .

To Make a Tarte of Spinage

Proper Newe Booke, p. 41/C11

Take Spynage and perboyle it tender, then take it up and wrynge oute the water cleane, and chop it very small, and set it uppon the fyre wyth swete butter in a frying panne and season it, and set it in a platter to coole then fyll your tart and so bake it.

20 oz spinach

1/4 lb butter

1 T sugar

1 t cinnamon

1/4 t mace

1/4 t salt
9" pastry shell

Note: recipes for other pies in this book say "season it up with sugar and cinnamon and sweet butter" or also with mace or just with sugar and butter.

Parboil spinach 3 minutes, rinse in cold water, wring it dry. Fry 2-3 minutes in butter with spices. Cool. Fill shell and bake at 350deg. for 40 minutes.

Ryse of Fische Daye

Curye on Inglysch p. 127 (Forme of Cury no. 129)

Blaunche almaundes & grynde hem, & drawe hem vp wyt watur. Weshce + i ryse clene, & do + erto sugur roche and salt: let hyt be stondyng. Frye almaundes browne, & floriche hyt + erwyt, or wyt sugur.

4 c almond milk from: 2c ground almonds, enough water to make 4 c of milk
2 c rice
2 T sugar
3 oz slivered almonds for frying
1 T sugar sprinkled on top
1 t salt

Make almond milk. Add rice to almond milk, also sugar and salt, bring to a boil and simmer covered 20 minutes; let stand 25 minutes. Lightly greased frying pan with oil and put in almonds, cook while stirring for 5 minutes at low to moderate heat. Sprinkle almonds and extra sugar on rice and serve.

Honey, ginger and orange glazed carrots

Honey
Ginger
Orange juice
Cinnamon
Butter
Carrots

Almond Fricatellae

Platina book 9

Pass almonds that have been well cleaned and ground through a strainer with milk and rosewater. And to these add the breast of a chicken, boiled and ground separately, and

blend in well some meal, two or three egg whites, and sugar. When this has been prepared, as you wish, fry them either in oil or liquamen.

2 oz almonds (ground)
3/8 c milk
1 1/2 t rosewater
2 chicken breasts = 450gm
1/2 t salt
1/2 c meal (whole wheat ground)
5 egg whites
1 T sugar
oil or lard: 1/2" high in pan

Blanch and grind almonds. Mix with rosewater and some milk. Boil chicken breasts about 10 minutes. Cut up chicken breasts and run them through a blender or food processor, using egg whites and remaining milk if necessary to make them sufficiently liquid to blend. Combine egg whites, almonds, and remaining ingredients. Make into patties or spoon into oil and flatten with a pancake turner. Fry about 1 minute a side until brown. They are good served with salt sprinkled over them.

For the meal, I take whole wheat (the kind you get in a health food store that looks like hard brown rice) and grind it in an electric coffee grinder (a sort of miniature food processor, also useful for grinding almonds and spices). You can use flour instead, but it does not come out the same.

Cormarye

Curye on Inglysch p. 109 ([Forme of Cury no. 54](#))

Take colyaundre, caraway smale grounden, powdour of peper and garlec ygrounde, in rede wyne; medle alle + ise togyder and salt it. Take loynes of pork rawe and fle of the skyn, and pryk it wel with a knyf, and lay it in the sawse. Roost it whan + ou wilt, & kepe + at fallith + erfro in the rostynge and see+ it in a possynet with faire broth, and serue it forth wi+ + e roost anoon.

1 t ground coriander
1 t caraway (measured whole then ground)
1/2 t pepper
3 cloves garlic (.15 oz)
1 1/2 c red wine
1/2 t salt
800g – 1.5kg pork roast
1/2 c chicken broth

Grind caraway in a mortar, then grind garlic with it (or use a spice grinder and a garlic press). Combine with coriander, pepper, wine and salt to make a marinade. Stick pork

with a knife lots of times. Put pork in marinade and let it marinate over night, turning it once or twice. Heat oven to 450deg.F , put in pork, turn down to 350deg. , roast until it is done (170deg. on a meat thermometer), basting with the marinade every ten or fifteen minutes. It should take about an hour and a half to two hours, depending on the size and shape of the roast; for larger roasts the rule is about half an hour/500gm (if you use more than a 1.5kg roast, you probably want to scale up the amount of marinade). Collect the drippings from the broth, combine with half their volume of chicken broth, simmer for at least 15 minutes and serve over the pork.

2nd course

Green pesen royal (peas with mint/parsley & egg) x 2 batch
Losenge (fettuccine 1x 500gm pack fresh per table eg. X6)
Funges (mushrooms and leaks) x2 batch per table eg x12 batch 3kg mushrooms
Salad & cucumber (1/2 to 1 lettuce plus 1 cucumber per table
roasted eye fillet with herbs (100gm meat per person) 3kg
garlic sauce (100gm crushed garlic per table eg, 600gm)
red wine vinegar sauce (from freezer plus some to make up)

Green Pesen Royal

Ancient Cookery p. 470/44

Take green peas clean washen and let them boil awhile over the fire, and then pour away all the broth, and bray a few of them with parsley and mint, and in the braying allay it with almond milk, and draw it up with the same milk, and put it in the same pot, and let it boil with whole pesen, and cast thereto sugar and saffron, and in the setting down of the pot, if it be a pot of two gallons, take 12 yolkes of eggs and beat them, and strain them, and cast them into the pot, and stir it well, and look that the pottage be running, and when it is dressed, strew sugar above, and serve it forth.

500gm green shelled peas
2 t fresh parsley
1 t fresh mint
almond milk: 1/4 c blanched almonds, 1/2 c cool water
1/8 t salt
1 T sugar
6 threads saffron
2 beaten egg yolks
2 T sugar (sprinkled on at end)

Make almond milk and boil peas. When the peas are boiled, mash 1/2 c of the peas with the parsley and mint, and add almond milk gradually. Put back with peas, add sugar and saffron, and heat; add egg yolks and remove from heat; sprinkle on sugar before serving.

Losyns

Curye on Inglysch p. 108 ([Forme of Cury no. 50](#))

Take good broth and do in an erthen pot. Take flour of payndemayn and make + erof past with water, and make + erof thynne foyles as paper with a roller; drye it harde and

see+ it in broth. Take chese ruayn grated and lay it in disshes with powder douce, and lay + eron loseyns isode as hoole as + ou myght, and above powdour and chese; and so twyse or thryse, & serue it forth.

2 c flour
1/2 to 3/4 c water
2 10.5 oz cans beef broth + 2 cans water
1 lb mozzarella cheese

powder douce:
2 t sugar
1 t cinnamon
1/2 t ginger

To make pasta: stir the water into the flour and knead 5-10 minutes until smooth. Divide in four portions, roll each out to about 12" radius. Cut in lozenges (diamonds), leave to dry. This produces 9 1/2 oz dried pasta, which will keep at least three weeks.

Grate cheese and mix up powder douce. Bring broth to a boil, put in pasta, cook 10-12 minutes, and drain. Put 1/3 of the cheese in a dish, sprinkle about 1/3 of the powder douce over it, and layer 1/3 of the hot pasta on top; repeat this twice, reserving a little powder douce to sprinkle on top. Let sit a couple of minutes to melt cheese and serve.

Funges

[Forme of Cury p. 14/A15](#)

Take Funges and pare hem clene and dyce hem. take leke and shred hym small and do hym to see+ in gode broth. color it with safron and do + 'inne powdo fort.

250gm mushrooms
1 leek
1 c beef or chicken broth
6 threads saffron
1/4 t powder fort (see introduction p.5)
1/4 t 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.

Salad

Cucumber sprinkled with cinnamon

Roasted eye fillet rolled with herbs

Tyme, rosemary oregano

Olive oil

Variety of sauces

A Garlic Sauce with Walnuts or Almonds

Platina book 8

To almonds or walnuts that have been coarsely ground add as much cleaned garlic as you like and likewise, as need be, grind them up well, sprinkling them all the while so they do not make oil. When they are ground up put in white breadcrumbs softened in juice of meat or fish, and grind again. And if it seems too stiff it can be softened easily in the same juice.

Red wine vinegar sauce

3rd course

Balleria (almond balls) – double batch make & freeze
stewed apple with spices (1 apple per person)
Jumbals (double batch, make & freeze)
custard pies (make one per table – x6 pies)
whipped cream
strawberries and snowe (double batch)

Balleria (almond balls) make double batch gives approx 2 balls per person

Platina

Little balls of ground almonds and honey (take x volume of ground almonds and add 1/2x volume of heated honey then roll into little balls in either poppy seeds or sesame seeds)

200gm ground almonds

100gm honey

poppy seeds

Makes approx 26 small balls

stewed apple with spices

Work on 1 apple per person cored and seeded, then cinnamon and honey to taste

Jumbals (redacted as faithfully as possible from Gervase Markham)

4c flour

2c sugar

70g ground almonds (about 1/3c)

180g unsalted butter, softened

2 tsp rosewater

1 whole egg + 1 egg white

about 1/3-2/3 c cream

Preheat the oven to 190C (375F) and grease some baking sheets or cover them with baking paper. Combine the flour, sugar, and almonds in a bowl. Add the butter, egg, and rosewater and work everything together with a fork (or fingers) until it resembles crumbs. Add cream a little at a time until you have a fairly stiff dough. Roll the dough into "snakes" and shape into scrolls, spirals, knots or whatever you like. Bake 10-15 min, or until slightly browned, then cool on a rack. Makes ~5 dozen

Doucetes, Custard Pie (Take a thousand eggs or more)

1c light cream or milk

3 egg yolks beaten

pinch saffron crumbled

2 or 3 T spoon sugar or honey

1 8" pieshell

Crisp pie shell in a 400F oven for 10 mins, Remove the shell, and reduce the oven temperature to 325F. Beat together the milk, egg yolks, saffron and sugar in a bowl until well mixed. Pour the mixture into the pieshell. Bake for 40 -45 min or until a fork inserted in the center comes out clean, Remove the pie from the oven, and let stand for 10 mins. Serve hot. Makes one pie, serves 4-6.

Marinated berries & snowe (as enjoyed at canterbury faire)

The proportions for this recipe were posted to the SCA-Cooks list by Dame Aoife Finn of Ynos Mon, OL (Canton of Riverouge, Barony of the Endless Hills, Aethelmearc). It was described as being very popular.

- 8 egg whites
- 500ml whipping cream
- 1/2 cup sugar
- 1-2 Tbsp. rose water

- 1kg strawberries (using mixed frozen berries)
- 1 cup red wine
- 1/4 cup sugar
- 1/2 tsp. cinnamon
- 1/4 tsp. ginger

Whip cream and set aside. Then beat egg whites until they form soft peaks. Add egg whites to whipped cream and whisk together. Add rose water and sugar - adding a little sugar at a time. This stuff will have a consistency something like Cool-Whip, but will taste **lots** better.

Clean strawberries and place into bowl. Mix red wine, sugar, cinnamon, and ginger. Pour mixture over strawberries and allow to marinate for an hour or so.

Serve "snow" with strawberries on top and with a couple shortbread cookies on the side.

Source [Gloning, 16th cent. A Proper Neue Book of Cokery]: *To make dyschefull of Snowe: Take a pottel of swete thycke creame and the whytes of eyghte egges, and beate them altogether wyth a sponne, then putte them in youre creame and a saucerful of Rosewater, and a dyshe full of Suger wyth all, then take a stick and make it cleane, and than cutte it in the ende foure squsre, and therwith beate all the aforesayde thynges together, and as ever it ryseth takeit of and put it into a Collaunder, this done take one apple and set it in the myddes of it, and a thick bushe of Rosemary, and set it in the myddes of the platter, then cast your Snowe uppon the Rosemary and fyll your platter therwith. And yf you have wafers cast some in wyth all and thus serve them forthe.*

Source [Dawson, 1596. The Good Huswife's Jewel]: *To Make a tarte of Strawberries. Wash your strawberries, and put them into your Tarte, and season them with suger, cynamon and Ginger, <http://www.medievalcookery.com/recipes/strawberries.html> and put in a littl red wine into them.*

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