

Canterbury Faire Feast 2009

Based on recipes from mostly from Platina, 120 people

Cooked by Lady Isabell Winter, \$20 per head budget, very well received

Bread – (2 rolls pp, 20 batch total) caraway, herbed, plain – yeast, flour, oil, salt, sugar

Mascarpone milk (8L), cream & lemons

Feta (2kg) – 150gm per table

Vegetable broth – carrot, parsnip, celery, onion, Swedes, mushrooms

Fresh fruit - selection of apple, pear, plum, apricot, orange, grapes,

Poached or smoked salmon – (50gm pp, 6kg)

Salad – spinach, raisins, figs, capers, olives, currants, pickles, orange segments, shredded red cabbage sprinkled with oil, vinegar, lemon juice, sugar, salt

Cucumber sprinkled with cinnamon

Lemon chicken (100gm per person) 12kg, boneless chicken, ground almonds, chicken stock, onions, fresh pork fatback or lard, lemon, black pepper, ground cloves, nutmeg)

Suckling pig served on roasted apple slices (1/4 pig/table, 2 apples/table x 16)

Orange wine sauce – oranges, dry white wine, rose water, mace, ginger, sugar

Kidney beans – (20gm pp 2.4kg) marjoram, pepper, mustard

Silver beet/chard, poached, salt

Parsnip with salt, vinegar, coriander, pepper,

Roasted eye fillet– (80gm pp 500gm per table – 9.6kg) salt, pepper, thyme, sage

Green relish – parsley, thyme, chard, ginger, cinnamon, salt, vinegar, garlic

Flat mushrooms – (1/2 each – 60 – 3kg box) salt, oil, cinnamon, pepper.

Roast onion – (1/4 pp – 30) red onions, salt, oil, pepper, vinegar, white wine

Peas – (30gm pp 4kg) cooked in wine vinegar, sugar, cinnamon

Carrot (30gm pp 4kg) carrots, olive oil,

Hard cheese approx 300gm per table x 16 = 5kg cheese

Fresh fruit (as above)

Nuts cashews (150gm per table)

Basel leckerli (3 batches) honey, sugar, cinnamon, clove powder, nutmeg, mixed peel, ground almonds, lemon zest, kirsch, flour, baking powder, icing sugar

Whipped Cream with rosewater (33ml per person 4L)

Wafers (1/4) box per table 4 boxes

Stewed plums, plums, wine, honey, salt, pepper, cloves, nutmeg

Ricotta with rosewater and ground almonds for the high table (made from mascarpone)

Bread – caraway, herbed, plain makes 12 per batch, make 20 batches (600gm flour per batch therefore 12kg total flour plus some)

3/4c warm water

1/4 t sugar

1 1/2t yeast

1 t sugar

3/4c warm water

1 t salt

2 T oil

4 c flour

flour

caraway 2 T per batch for this flavor

Dried herbs 2 T per batch for this flavor

Put first measure of water and sugar into bowl, stir to dissolve, add yeast, leave to stand for 10min, add rest of ingredients, beat to dough. Cover and put in warm place to sit for 1 1/2 hours or till doubled in size, beat again, form into rolls, bake at 220c for approx 10-15min.

Mascarpone (x4 batches)

2L milk

1/2 L cream

2 Lemons

Heat milk and cream to 90° C in water bath, Take off heat at 85° C so it can heat up rest on its own.

Add lemon juice

Leave to curdle (a light curdle)

When cool strain through muslin or cheese cloth

Notes:

If your lemons are not acidic enough you can add some citric acid

Makes about 250-300gm

Can use any milk does not have to be non-homogenized.

When adding cream add about 300ml initially then extra if needed

You can add icing sugar and use to ice a carrot cake

Feta

2kg purchased

Vegetable soup

Cook vegetables as has been previously described, cooked and cut up in rich broth, or meat stock, or oil or butter. They are of little nourishment, are quickly digested, move the bowels, and repress bile. (Platina p341)

Vegetable stock

Carrots
Parsnips
Celery
Onions
Swede
Thyme
Parsley
Salt
Pepper
butter

But stock on stove, chop vegetables, fry some veges in butter to brown first if time, bring to boil, simmer till reduced

Fresh fruit - selection of (to open the stomach)

Apple
Pear
Plum
Apricot
Orange
Grapes

Smoked salmon (smoked 200gm per table x 15 tables – poached 320gm per table x 15 tables)

Eaten any way it will be good (Platina)

Compound Sallet

To compound an excellent sallet, and which indeed is usuall at great feasts, and upon frinces tables, take a good quantity of blancht almonds, and with your shredding knife cut them grossely. Then take as many raisins of the sun clean washt, and the stones pickt out, as many figs shred like the almonds, as many capers, twice so many olives, and so many currants as of all the rest, clean washt, a good handful of the small tender leaves of red sage and spinage: mix all thse well together with good store of sugar, and lay them in the bottome of a great dish. Then put unto them vinegar and oyl, and scrape more sugar over all: then take oragnes and lempos, and paring away the outward piles cut them into thinne slices. Then with those slices cover thesallet all over; which doen, take the fine thinne leaves of the red coleflowre, and with them cover the oranges and lemons all over. Then over those red leaves lay another coursse of old olveis, and the slices of well picked cucumber, together with the very inward heart of cabbage lettice cut into slices. Then adorn the sides of the dish, and the top of the sallet with more slices of lemons and oranges and so sere it up (Gervase Markham – the English house-wife)

spinach
raisins
figs
capers

olives
currants
pickles
oranges sliced
lemons sliced
shredded almonds
shredded red cabbage
oil
vinegar
lemon juice
sugar
salt

Prepare contents, make a mix of the oil, vinegar, lemon juice, sugar and salt and sprinkle over the salad

Cucumber sprinkled with cinnamon

Are eaten cut up in pieces with salt, oil and vinegar, once the rind has been removed and the seeds dug out. Some sprinkle spices on them after they have been cut up in pieces to repress their chill. (Platina p129)

Cucumber sliced
Cinnamon powder

Sprinkle cinnamon over sliced cucumber slices arranged nicely

De limonia (Chicken with Lemon) use 100gm boneless skinless per person eating meat (make x12 batches) *Liber de coquina*

1kg boneless chicken

100gm ground almonds

¾ c chicken stock/broth to make almond milk (if want thin sauce use 1 ½ c stock)

2 medium-small onions

60gm fresh pork fatback or could try lard

juice of 1 lemon (would suggest 2 if small lemons)

1 t strong spice mix (½ t black pepper, ¾ t ground cloves, pinch nutmeg)

Make almond milk by combining warm chicken stock with ground almonds. Cut chicken into serving pieces and pat dry, slice onions. Cut the fat into coarse dice and render in a casserole dish, then add the chicken and onions and brown on all sides over medium heat. Remove chunks of un-rendered fat. Salt the chicken to taste and sprinkle with spices. Add almond milk and bring to the boil. Lower the heat and simmer, cover, cook over low heat for 30 – 40min. When the chicken is done check for seasoning then add the lemon juice, return to the boil for a moment then serve. The sauce will be quite thick. If a thinner sauce is desired add more chicken broth.

Suckling pig served on roasted apple slices (1/4 suckling pig per table & 4 apple per table – x 15 = 4 pigs & 60 apples)

Slit the throat of a pig which is still a suckling, and scrape the bristles away from the skin. It be easily cooked on a spilt or over a grill on slow fire so that all is equally good to eat. While it is cooking, it ought to be sprinkled often with vinegar, pepper, saffron mixed together with sprigs of sage or rosemary or bay. (Platina p 277)

Suckling pig

Oil

Salt

Vinegar

Pepper

Sprigs of sage/rosemary/bay

Apples

Lard pig with oil and salt. Roast slowly. Also core apples and roast in oven, when done, slice and serve pig on top.

Orange wine sauce – serve hot with pig, cold can be served with dessert (make 9 batch)

Additions unto sawces: Take oranges and slice them thin, and put unto them White wine and rose water, the powder of mace, ginger, snad sugar, and set the same upon a chaffing dish of coales and when it is half boyled, put to it a good lump of butter. Gervase Markham (the English hous-wife)

3 oranges

¾ c dry white wine

¼ c rose water
mace generous pinch
½ t minced fresh ginger
sugar to taste

Peel oranges and cut them into ½ inch slices discarding seeds, set aside. In a heavy sauce pan, combine wine, rose water, mace, and ginger. Bring to boil. Reduce heat, add orange slices and simmer covered for 25 minutes. Check seasoning and add sugar to taste. (makes approx 2 cups)

Kidney beans – sprinkled with marjoram, pepper, mustard

Kidney beans have warm and damp force. Reduce by sprinkling with marjoram, pepper, and mustard. After kidney beans, it is very necessary to drink pure wine. (Platina p313)

Kidney beans
Marjoram
Pepper
Mustard

Boil beans and sprinkle with remaining ingredients.

Silver beet/chard

Plunge green vegetables into boiling water, remove at once and cut up finely. When they are cut, pound them in a mortar, and when they are well pounded, make boil until cooked, with sugar added in the right amount. (Platina p 341)

Silver beet/chard
Salt

Parsnip

The parsnip should be boiled twice, with the first water thrown away and cooked with lettuce the second time. Transferred from there to a dish and seasoned with salt, vinegar, coriander, and pepper, it is suitable to eat. (Platina p227)

Parsnips
Salt
Vinegar
Coriander
pepper

Roasted eye fillet – salt, pepper, fresh herbs, thyme, rosemary, sage

Make a roast from whatever meat you want this way; if it is old, when it has boiled a while, take it out of the pot and lard it, and have it turned over the fire until it is well cooked, but if it is tender, like veal and kid, cook it without boiling, the same way as above. Wash in boiling water capons, pheasants, kid, partridges and whatever wild meat requires roasting, well plucked and dressed. After they are rinsed and garnished to stimulate appetite with fragrant herbs, pepper, and finely chopped lard, have them cooked on a hearth on a slow fire, but when you see that they are nearly cooked, sprinkle salt with bread crumbs all over them, after the fire has been increased more than before and the spit turned with a faster turning hand. Then take the meat off at once, let the steam go away, and ere to your guests. (Platina p 267)

Eye fillet – approx 100gm per person x 120 people = 12kg

Salt

Pepper

Thyme

Rosemary

Season beef in salt and pepper, chop fresh herbs, roll beef in this too, sear in a pan, roast in oven approx 180c for ½ hour. Till medium rare

Green Relish

Grind together a little parsley, thyme, chard, or other fragrant herbs, a moderate amount of ginger, also of cinnamon, and a bit of salt. When they are ground, soak in sharp vinegar, and pass through a sieve into a bowl. If garlic please you, add more or less according to taste. This is of little nourishment, heats the stomach, and liver, and digests slowly, but opens obstructions and revives desire of eating (Platina p353)

Parsley

Thyme

Fragrant herbs

Crushed ginger

Cinnamon

Salt

Vinegar

Crushed garlic

Flat mushrooms

Some even cook them with the skin removed or with the upper cap filled with salt and oil, upside down on the coals, and eat them sprinkled with pepper or cinnamon (Platina p409)

Flat mushrooms (1/2 per person)

Olive oil

Salt

Pepper

Cinnamon

Peel, place upside down on tinfoil in oven, fill centre with oil, sprinkle salt and pepper, cover with tinfoil. Bake 180c for approx 20min till done.

Roast onion – salt, oil, pepper, vinegar, white wine

Onion is also cooked under ash and cinders until it has breathed out all rawness. When it has cooled, it is cut up in bits, put on a plate and rolled in salt, oil, and condensed must, or must. Some even sprinkle pepper or cinnamon on onion (Platina p 227)

Red onions ¼ per person – 2 per table x 15 tables

Salt

Oil

Must

Pepper

Cinnamon

Peas/Beans

Let peas come to a boil with carob. When they are taken from the water, put in a prying pan with bits of salt meat, especially that balanced between lean and fat. I would wish, however, that the bits had been fried a little before had. Then add a bit of verjuice a bit of must, or some sugar and cinnamon. (Platina p325)

Peas

Wine vinegar

Sugar

Cinnamon

Carrot, fried in oil after boiling

Carrot is seasoned I the same way as parsnip, but it is considered sweeter if cooked under warm ash and coals. When it is taken out, it should cool a little, be peeled, scraped entirely free of ash, cut up in bits and transferred into a dish. Salt should be added, oil and vinegar sprinkled on, some condensed must or must added and sweet spices sprinkled over. There is nothing more pleasant to eat than this. It is even customary for it to be rolled in meal and fried in oil and fat when it has been hulled out after the first boiling. (Platina p227)

Carrots

Salt

Oil

Hard cheese

Aged cheese is difficult to digest, of little nutriment, not good for stomach or belly, and produces bile, gout, pleurisy, sand grains and stones. They say a small amount, whatever you want, taken after a meal, when it seals the opening of the stomach, both takes away the squeamishness of fatty dishes and benefits digestion and head. (Platina p 159)

Caraway Gounda (120gm per table) 2kg
Aged Cheddar (120gm per table) 2kg
Red Lester (100gm per table) 1.6kg

Fresh fruit selection of -

Apple
Pear
Plum
Apricot
Orange
Grapes

Nuts

Cashews

Basel leckerii – Make 3 batches

225gm honey
150gm sugar
¾ T cinnamon
1 pinch clove powder
¼ t nutmeg
50g candied orange peel
50g candied lemon peel
100gm ground almonds
1 lemon zest
50ml kirsch (1/5 cup)
300gm flour
¾ t baking powder
75gm icing sugar
1 ½ - 2 ½ 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.

Whipped Cream with rosewater

50ml per person (6L)
500ml bottle rosewater

Wafers

Store bought (4 boxes – ¼ box per table)

Spiced plum mousse with honey 1 batch per 20 people, therefore 6 batches *Forme of Cury*

1.5kg plums

1 bottle wine (white if yellow plums or red wine if red plums)

2 Tb good quality honey

pinch salt

pinch each of mix (pepper, cloves, nutmeg)

Wash and pit the plums, bring wine to the boil in a stainless steel pot, add the plums and simmer for about 5 min, drain, reserving the wine. Puree the plums in food processor then put back in pan, put on low heat and stir in honey, stir the rice flour into ¼ c of the reserved cooking liquid, then stir this mixture into the plum puree and add the salt and spices. Cook over low heat for about 10mins until thickened. Pour into a serving bowl and cool before serving. Just before serving decorate with the candied anise seeds. (Use white wine with yellow plums and cabernet sauvignon for purple plums).

Ricotta

Must be made straight away.

Yields approx 250gm from 8L whey

Heat whey to 85-90°C

Add 1 Tb salt (un-iodized table salt) and 40ml vinegar to the hot whey (between 80-85°C, but must add when above 80°C)

Stir gently, then allow the ricotta to come to the surface – will look like miso soup with little clouds forming.

Carefully skim the floating ricotta off the surface and into a cloth-lined frame

Leave to drain and apply a little pressure overnight.

You can add milk to whey if not a lot of whey and you want to yield more ricotta, **MUST** wait till after whey has been heated to 60°C + so it kills rennet (other wise rennet will start solidifying the new milk added) which also means any milk can be used it does not have to be non-homogenised as you are not using rennet.

Shopping list

200gm capers
20kg flour
3kg tin olives
3kg tin red kidney beans
3x 3kg tins black plums
3kg tin mandarin segments
3kg gherkins
2L wine vinegar
1kg prunes
2kg cashews
1kg rock salt
200g cinnamon
200gm black pepper
2kg ground almonds
1kg brie
5kg orange sorbet
2x 1.25kg cumin Gouda
2kg feta
2x 1.25kg mature cheddar
1 bottle red wine
sterilizing tablets
4m cheese cloth
130gm active yeast
1.5kg liquid honey
7L cream
300gm mix peel
2L chicken stock
4 bags ready to eat figs (tasti brand)
40gm nutmeg
40gm clove powder
baking powder
40gm caraway
100gm ground ginger
vegetable stock powder 95gm
30gm dried coriander
4 box wafers
1.5kg sugar
35gm mixed herbs
whole grain mustard 125gm
30gm marjoram
500gm icing sugar
whole milk powder (to make 8L)
salad olive oil
baby spinach 8x 130gm bags

fresh sage x 2 pks
fresh thyme x 3 pks
currants 500gm
raisins 400gm
2L olive oil
3L white wine
12kg boneless skinless thigh chicken
11kg eye fillet
4 suckling/weaning piglets
1.6kg red Lester cheese
7kg smoked salmon
2x bottle rose water (300ml each)
kirsch x250ml
2x red cabbage
5x silver beet
8.6kg oranges
2.6kg red pears
3.5kg green pears
5x cucumber
9.2kg apples
7.8kg lemons
2.8kg Swedes
6kg carrots
3.3kg parsnips
5.2kg brown onions
6.7kg red onions
100gm fresh ginger crushed
100gm fresh garlic crushed
4x bunch parsley
2 large celery
1kg mushrooms
3kg Portobello mushrooms
2kg beans
2.7kg green grapes
1.9kg apricots