

Riding club fundraising feast 27 Oct 2007

Recipes are from authentic French and Italian 14th and 15th century sources found in The Medieval Kitchen..

60-65 people booked, ended up being approx 80 people on the day. Was managed on one domestic oven with an extra pot element but would have been a lot better with 2 ovens, so continue theory of 1 domestic oven per 40 people or ensure menu can cope eg, use items than can be prepared earlier and served cold. Total tables at feast was 10 with 8 per table.

On arrival

Olives (1 jar works well for 80 people)

Jumbals (Baked medieval almond cookies)

Cheese

Crackers 2 boxes

Herbed butter (500gm plus one bunch parsley works for 80 people)

Bread

1st course

Menestra d'hergbette (Herb Soup)

Sparaci (Asparagus with saffron)

Fungi (Sauteed mushrooms with spices)

De limonia (Chicken with lemon)

Torta de schalogne o de cepolle (Onion tart)

Honey, Orange & Ginger glazed carrots

2nd course

Cocer zucche (Pumpkin soup)

Insaleggiata de cipolle (Roast onion salad)

Beef n erbs (Eye fillet with herbs)

Pea pottage

Torta in balconata (Tiered dried fruit pie)

Losenge (fettachinee and cheese)

3rd course

Rissoles au commun (Fruit patties)

Riso nella miglore maniera (Rice pudding with almond milk)

Erbowle (Spiced plum mousse with honey)

Menestra d'hergbette (Herb Soup) 100ml per person (15 per batch) *(ended up making 5 batches since 80 people showed up and had the extra spinach to work with, worked well, some soup left over but not to much – was well received. Used frozen chopped spinach as swiss chard leaves could not be found, using 500gm per batch. Does need a reasonable amount of mint)*

6 c vegetable stock (1.5L)

500g swiss chard leaves (can substitute with spinach -fresh or frozen)

good handful spinach leaves (not required if using spinach instead of swiss chard)

1 bunch parsley

1 bunch mint

ground black pepper

salt

Trim and wash the chard, wash spinach, cook these greens in boiling salted water for 5-7 min, cover, drain, then press in a sieve to squeeze out as much water as possible, chop finely with a knife or in a food processor. Set aside, coarsely chop the parsley and the mint, and puree first one then the other in a blender - or mince to a puree with a knife. Do not puree the mint too far in advance, otherwise it turns dark and loses its aroma. Bring the broth to the boil and add the cooked greens, plus about 3 tablespoons parsley puree and add about 2 or 3 tablespoons mint puree to taste. Return to the boil and turn off the heat, add salt and pepper to taste. The swiss chard and other greens give the soup its body.

Sparaci (Asparagus with saffron) 1 asparagus per person 3 batches approx *(luckily 80 asparagus were purchased so still one per person, this worked, although you could do 1.5 per person if you want more left overs or a lot of vegetarians, unfortunately due to only having one oven in the end did not have the space to fry the asparagus so was served as boiled asparagus)*

1kg fairly large asparagus (thinking 20 per kg)

2 Tb olive oil

2 green onions sliced

freshly grated nutmeg

small pinch saffron (7 or 8 threads)

salt freshly ground pepper

Carefully peel the asparagus and break off the woody, fibrous ends of each spear. Wash, then cook in boiling salted water for about 10 min (or steam) They should not become droopy, but should remain slightly crisp. Heat the olive oil in a skillet and gently cook the onions until translucent but not browned. Add the asparagus and the saffron. Lower the heat, cover the skillet and cook gently for about 7 minutes. Turn the asparagus, and season with salt and pepper, and a little nutmeg. Continue to cook, covered, over low heat for another 10 minutes or so. Serve when the asparagus is just turning golden.

Fungi (Sauteed mushrooms with spices) 25 gm per person 3 batches *(actually made 4 batches and could have had more, work on 50gm per person, therefore 10 per batch as mushrooms shrink so much and people are usually very happy to eat them – do more if lots of vegetarians. As normal, well received, at 25gm no left over.)*

500gm mushrooms

1 small onion sliced

olive oil

pinch ground pepper

pinch ground ginger

pinch nutmeg

2 pinches ground coriander seed

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.

De limonia (Chicken with Lemon) use 150gm with bone per person or 100gm boneless skinless per person eating meat x 4 batches

(was delicious, must make again, one batch per 10 people if using bone, or one batch per 15 if boneless. Did use ½ water in almond milk eg ¾ c water – use same amount of almonds however. Was very tasty, but could use twice as much lemon for more lemon flavour. - Must make again, this was great)

1.5kg chicken pieces (or can use 1kg boneless, skinless add 200gm if skin on)

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 unrendered 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.

Torta de schalogne o de cepolle (Onion tart) each batch makes 3 pies, 4 batches *(each batch made 3 pies worth of filling if using disposable pie dishes worked well, made without pancetta as a lot of vegetarians, similar to lorraine tart without cheese and using fromage blanc/ricotta instead of sour cream – Made 1 pie per table but would suggest ¼ pie per person eg 2 per table as these pies are quite small, was well received)*

pastry

3 1/2c flour (500g)

18 Tb butter (250gm)

2/3 c water

2 t salt

filling

500gm onions

125gm pancetta

300gm fromage blanc well drained (or ricotta enriched with 50 -100ml cream)

1 egg beaten

4 or 5 threads saffron

salt

Blind bake pastry in 25cm tart pan. Finely chip pancetta in a meat grinder or food processor. Mince the onions combine the pancetta, onions, cheese and egg. Crush the saffron between your fingers and stir into the mixture. Add salt to taste. Roll pastry and line a 25cm tart pan. Line the pastry with baking paper or aluminium foil and add dried beans or rice to blind bake for 10min remove the foil and beans then bake for 5min. Remove from the oven, add the filling and bake for

35-50min checking after 35min to make sure the tart is not burning.

Honey, orange, ginger glazed carrots (as always works well, *1kg carrots per 20 people seem to work at a feast, if for a dinner suggest using 1kg carrots per 15 people*)

3kg carrots (50gm per person)

200ml honey

250ml orange juice

2t ground ginger

1/3c brown sugar

250gm butter (or margarine)

Peel carrots, cut ends off, cut into circles and boil, make sauce using rest of ingredients. Drain carrots once cooked and add sauce just before serving.

2nd Course

Cocer zucche (Pumpkin soup) make double batch (*effectively used twice as much pumpkin than recipe says, as was made with 2 large pumpkins, makes a nice thick soup that was well received, can work on 1 pumpkin per 30 people approx in a feast or would suggest 1 pumpkin eg double batch per 20-25 people. 2 large pumpkins, double batch ingredients did feed 80 with no left over hence why say 1 batch per 10 people*)

2kg pumpkin or winter squash (eg ½ pumpkin)

1 onion

1 c vegetable stock (can use up to 1 ¾ c if want to thin slightly)

2 Tb verjuice or 1 Tb cider vinegar mixed with 1 t water

2 Tb freshly grated parmesan cheese

2 egg yolks

pinch saffron

½ t of mix (ground ginger, ground cinnamon, powdered bay leaves, ground cloves)

Peel and seed the pumpkin or squash, cut into pieces and cook together with the onion in a litre of salted water until very tender. Drain and puree in a food processor. Return to pan and add stock and verjuice or vinegar and bring to the boil. Crumble the saffron between your fingers and add to the pan. Beat egg yolks together with the parmesan. Remove the soup from the heat, then whisk in the egg yolk mixture. Reheat over very low heat, be sure not to let the soup boil again at this point. Sprinkle with the spice mixture and serve.

Insaleggiata de cipolle (Roast Onion salad) (*¼ small/med onion per person works well for a feast without being too much, if using small onions could go to ½ onion per person or at a dinner*)

¼ small red onion per person

olive oil (splash)

wine vinegar (splash)

1/2t fine spice per 20 onions (black peper, ground cinnamon, ginger, cloves)

Wrap onions in tin foil and roast in 250c oven for an hour (can wrap individually or all together in a covered dish – just check firmness). Remove from oven, let cool for a while, then peel and cut into thin slices with a sharp knife. Put the onions into a salad bowl. Season with salt, pepper and spice mixture, add a little olive oil and vinegar to taste, mix and serve.

Eye fillet with herbs (*always works wonderfully, if at a dinner could extend to 150gm per person*)

Eye fillet 100gm per person

fresh parsley, sage, time and oragano (1 Tb each chopped per kg approx)

salt

cracked pepper

olive oil

Chop up herbs, dry meat and rub with olive oil, then roll in herbs, brown in hot pan and bake in oven for ½ hour at 180c. Or use meat thermometer and cook till beef rare – med, thinner pieces will be more cooked, thicker pieces will be more rare giving a nice range for people to select from depending on taste.

Pea Pottage 2 batches (*would have been better doing 3 batches as 80 people but had only been told to cook for 60 so 1kg per 30 people seams about right without much wastage – add more if at a dinner eg 1kg per 20 -25 people*)

1kg frozen peas

2 onions

3 Tb chopped parsley
vegetable stock

Chop onions, boil with peas in vegetable stock, add chopped parsley. Once cooked, puree and serve hot.

Losenge 4 batches (*use one pack per 15-20 people eg, 1 packet per 2 tables*)
1 packet fresh fettachinee pasta
100gm mozzarella

Cook pasta, then serve with mozzarella sprinkled over top

Torta in balconata (Tiered Dried fruit pie) 8 people to a pie -8 pies/batches (*worked really well, pastry makes enough for 2 pies in a disposable pie dish, one pie per table works well and was able to stretch filling to 1 ½ pies as made 10 pies in total – one per table. Would be better with filling per pie however, did not use anywhere as much almond milk as suggested so changing this, had left over after 10 pies with original amount of 100gm ground almonds to 1L water. Was very nice, will definitely be making again*)

pastry (3c flour, 200gm butter, 2/3c water, 1t salt)
almond milk (10gm ground almonds, 100ml water)
2 Tb sugar
1/3 t ground cloves
½ c raisins
18 walnuts shelled
13 dates

Make pastry – cut butter into small pieces and rub or cut it into the flour until the mixture has the consistency of sawdust. Dissolve the salt in ½ the water and add to the flour mixture. Combine quickly with your fingertips without over working, just until the dough comes together. If necessary add more water as required. Form into a thick disk, wrap in plastic wrap and leave to rest for 2 hours in the fridge before using.

Preheat oven to 220c. Divide pastry into 3. Roll 1st section of pastry into a circle large enough to line a 22cm tart pan, on work surface sprinkle the pastry with some of the sugar & cloves, press them into the dough with the rolling pin. Line the tart pan, then arrange the walnuts on the sugared pastry. Sprinkle liberally with almond milk. Divide second third of the dough in half and roll one piece into a thin circle that will fit into the tart: sprinkle with sugar and cloves, and press into the dough. Place this on top of the walnuts. Coarsly chop the dates and arrange them on top of this layer of dough; sprinkle liberally with almond milk. Roll out and sugar the other small piece of dough as before and place it on top of the dates. Arrange the raisins on top of this layer and sprinkle liberally with almond milk. Roll out the remaining dough and cover the pie, sealing the edges well. Bake for at least an hour.

3rd course

Rissoles au commun (Fruit patties) (25-30 small patties) 3 batches (*did make about 90, would recommend 1.5 per person, that way people can have more than one if they want, given 20 extra people this would not have been a problem if only 60 as planned had turned up – nice, do need to ensure filling is chopped up small*)

pastry

1 3/4c flour (250gm)

9 Tb butter(125gm)

150ml water

5 saffron threads

salt

filling

1 large apple

3 Tb raisins

100gm dried figs

1/2c walnut (60gm)

1/4 t ground ginger

1 pinch ground cloves

1 t rice flour

oil for deep frying

sugar

Several hours ahead of time, bake the apple until cooked through then make the pastry. For the pastry, infuse the saffron in the water until nicely coloured; cut the butter into the flour, then add the saffron infused water and a good pinch of salt. Form into a ball, wrap in plastic wrap, and refrigerate until needed. For the filling remove the peel and core from the baked apple, coarsely chop the apple flesh, the raisins, the figs and the walnuts. Add the spices and combine well. If the filling seems too moist, add the rice flour. Roll the dough out thin and using a round cutter or drinking glass, cut circles about 6cm in diameter. Put a tablespoon of stuffing onto each circle, lightly moisten the edges of the dough with water and fold over to form little turnovers. Seal the edges with the tines of a fork. In a deep fryer or other pan, heat the oil to 175c fry until golden. Drain on paper towels and sprinkle with sugar. Serve cold.

Riso nella miglore maniera (Rice pudding with almond milk) 5 batches (*5 batches works for 80 people when other foods as part of dessert, so would use 1 batch per 10-15 people, if lots of dessert 15, if not much else then 10, works really well with the spiced plum mousse*)

3/4 c arborio rice (150gm)

1/4c sugar

1c ground almonds (100gm)

4c water (hot)

Wash the rice in several changes of cold water. Make a fairly rich almond milk by combining ground almonds with hot water. Put rice to the pan and add just enough almond milk to cover. Bring to the boil, and simmer, stirring constantly with a wooden spoon. As the rice absorbs the liquid, add more almond milk, half a cup at a time, until it is used up, as though you were making a risotto. The rice should be thoroughly cooked and should have the consistency of normal rice pudding. If more liquid is required and you have run out of almond milk you can use water, when the rice is done, add 3/4 of the sugar and bring to the boil for a final time. Sprinkle each serving with some of the remaining sugar.

Erbowle (Spiced plum mousse with honey) 4 batches (*1 batch works well for approx 20 people, is*

very nice in combination with the rice pudding with almond milk. You can drink extra wine after cooking, quite nice like a thick plum flavoured drink, as you increase number of batches cooked do not increase wine, you can keep to one bottle of wine, you just may end up cooking the plums in 2 batches)

1.5kg plums

1 bottle white wine if using yellow plums or 1 bottle cabernet sav if red plums)

2 Tb good quality honey

1 Tb rice flour

pinch salt

pinch of mix (pepper, cloves, nutmeg)

1Tb candied anise seeds (preferably white) – get from indian groceries store

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 or can server warm. (Use white wine with yellow plums and cabernet sauvignon for purple plums).

Bread – 72 rolls (6 doz) – order from bakery to pick up on saturday (fresh)

2kg swiss chard leaves (if unable to get, then get 2.2kg of frozen spinach – will be pureed so chopped frozen is fine – look freezer section gilmores)

2 bunches spinach or 1 bag leaves (*only get if you buy swiss chard leaves*)

5 bunches parsley

4 bunches mint (someone may have a large bush at home)

60 (approx 3kg i think) small - med asparagus (1 per person)

2 kg mushrooms (brown button or field what ever is cheeper)

5kg brown onions

3kg carrots

4-5 kg pumpkin or winter squash

30 small/med red onions

3 large apples (granny smith)

3 kg yellow flesh plums (for stewing)

3 kg red/purple flesh plums (for stewing)

7 lemons

1L cream

pitted Olives for eating (stuffed is fine) approx 500gm

Cheese (to eat- brie, camembert, tasty cheddar etc, 1 - 4 segments)

table Crackers 1x box

3.8kg butter or marjarine (compare prices of butter vs bulk marjarine at gilmores)

small tub vegetable stock powder

100ml olive oil (someone may be happy to donate)

1gm saffron (gilmores is around \$15)

125gm pancetta (if you cannot get dont stress can easily go without)

1.2kg fromage blanc well drianed (or 1-1.2kg ricotta)

8 eggs (someone may be happy to donate)

1L orange juice (what ever orange juice is cheepest)

4 Tb grated parmesan cheese (approx 100gm)

1kg frozen peas

3 packets delmaine Fresh egg fettachinee pasta (family size found in chiller)

300gm grated mozzarella (gilmores does cheap 1kg bags)

2.5kg ground almonds (get 500gm bags from gilmores approx \$10 per bag)

500gm Sugar (someone may just want to donate)
1kg dates (want 104 approx)
1kg raisins
300gm dried figs (will be chopped)
500gm walnut (chopped pieces – gilmores or vege shop)
2 L soy oil (for deep frying)
450gm arborio rice
750ml-1L white wine (cheapest bottle, sav blanc if possible for stewing plums)
750ml-1L red wine (cabernet sav if possible, cheapest bottle -stewing plums)
4 Tb candied anise seeds (preferably white) – get from indian groceries store don't stress if you cannot get
2.3kg runny honey (don't buy, I have enough at \$8 kg, from titirangi market and can restock on sunday, *if you don't buy nuts then won't need all this*)
6.5-7kg flour high grade (5kg bag and small bag most likely cheapest)
1-1.5kg gluten free flour (Liz will supply – to make gluten free pastry)
7.5kg chicken pieces (or can use 5kg boneless-skinless get 6kg if skin on, what ever works out as best price)
300gm pork fatback (pork fat will be cubed and rendered down)
300gm honey
2kg shelled hazelnuts or almonds or walnuts or mixed nuts should be fine, will be chopped up roughly (whatever is cheapest – think gilmores or vege shop – but get last if looking iffy on budget then dont buy)
ground black pepper
cracked black pepper
salt (sea and rock)
ground cloves (½ small box)
ground cinnamon (½ small box)
ground ginger (½ small box)
powdered bay leaves (1 t)
ground nutmeg (couple tablespoons)
2c wine vinegar
ground corriander seed
rice flour (7 Tb)
cider vinegar (2 Tb)
brown sugar (1/3c)
10 Tb fresh chopped sage, tyme and oragano
minimum 5kg (100gm per person) whole Eye fillet (\$20-\$25 per kg – Mad butcher can be good)

I do shopping at **Rebel green groser in New Lynn by the mall** – will often give 10% discount if you say for fundraising feast for local group, very good prices and quality fruit and vegetables.

Mad butcher – New Lynn – can also get 10% discount for meat not on special if you ask nicely and say fundraising for local community group – but do shop around for specials – 7.5kg chicken pieces, 300gm pork fatback, and either 8kg roast lamb or 5kg eye fillet.

Gilmores – Petra you will be experienced here if you have an account – remember good for bulk items but not always cheapest on all things.

Local bakery – usually 50c roll, so \$36, book bread in advance with a local bakery to collect fresh on Saturday (Liz will bring her own for gluten free family) 6 doz bread rolls, can try and ask for discount.

Can get more than on list as pack sizes won't always be the same.