

November Crown Feast 2009, Southron Guaard, Lochac

15th Crown of Lochac King Gabriel & Queen Constanzia, Reign style 1516 – 1560 Spain

Menu based on “The book of Sent Sovi” Medieval recipes from Catalonia. Edited by Joan Santanach,
Translated by Robin Vogelzang. 2008.

Menu prepared and cooked by Lady Isabell Winter

First Remove

Sallet (*spinach, raisins, figs, capers, olives, currants, pickles, orange segments, shredded red cabbage, oil, vinegar, lemon juice, sugar, salt*)

Fresh Fruit (*selection of apple, pear, plum, apricot, orange, grapes*)

Cucumber with cinnamon

Bread

Cheese sauce (*cheese, garlic*)

Second Remove

Mutton stew (*Chopped mutton, Parsley, Sage, Mint, Marjoram, Onions, Ground almonds, Eggs, Bread crumbs*)

Roast Veal (*Veal, oil, salt*)

Rabbit Sauce (*rabbit, garlic, mutton Stock, Raisins, salt, almonds, Egg yolks, vinegar, pepper*)

Mustard (*Mustard seed, Vegetable stock, Honey, Vinegar or fruit syrup*)

Green sauce (*Fresh Parsley, Cinnamon, ginger, cloves, pepper, hazelnuts, Vinegar, Honey*)

Mushroom Sauce (*mushrooms, parsley, onion, cloves, cinnamon, pepper, ginger, water, cider vinegar*)

Green Cabbage with broth (*vegetable stock, cabbage*)

Aubergines (*aubergine, onion, garlic, parsley, mint, thyme, egg, cheese, raisins, pepper, cinnamon, ginger, vegetable stock, olive oil, ground almonds*)

Chickpeas (*Chickpeas, ground almonds, Oil, Salt, Onions, Parsley, Basil, Marjoram, ginger, wine vinegar*)

Squash (*Squash, Vegetable stock, Onions, ground almonds, cheese or feta, cinnamon*)

Spinach (*Spinach leaves, Oil, Salt*)

Third Remove

Fresh Fruit (*selection of apple, pear, plum, apricot, orange, grapes*)

Almonds

Rose Sugar (*rose petals, sugar, cinnamon*)

Cream

Fried Dough (*yeast, water, sugar, flour, egg, vegetable oil*)

Raspberry sauce (*raspberries, sugar, lemon juice*)

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First remove

Salad –

16x 130gm bag per table baby Spinach leaves (2kg)
1 x 400gm bag Raisins
1kg Figs
100gm Capers
1kg Olives
300gm Currants
1kg Pickles
3kg Orange segments tin (trents)
2 good size red cabbages (shredded)
Olive Oil 200ml
Wine Vinegar 200ml
4 Lemons (juice) or 100ml juice
50gm Sugar sprinkle
50gm Salt (sprinkle)

Fresh fruit - selection of seasonal fruits

32 Apples (2 per table x16)
32 Pear (2 per table x16)
32 Plum (2 per table x16)
32 Apricot (2 per table x16)
32 Orange (2 per table x16)
3.2kg Grapes (200gm per table x16)

Cucumber sprinkled with cinnamon

8-16 Cucumbers (1/2 long cucumber per table or 1 short cucumber per table)
1 box Cinnamon 30gm approx

Bread – loaves x 1 per table (16 tables)

16 loaves bread to start

Cheese sauce

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Cheese sauce: take grated cheese, ground with two or three garlic cloves, and grind it firmly. When it is well ground, mix it with lukewarm water; and when you beat it do not stir the pestle in a circular motion, as it will immediately unbind, but do it only in an up and down motion. It should be rather thick.

3kg cheddar cheese sauce (Tatua) (25gm cheese sauce per person x115 people)
600gm chopped garlic (5gm per person)

Combine the two and divide by number of tables (either 15 or 16)

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Second remove

Mutton stew

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If you want to make mutton stew, take the meat and make pieces of it just as for janet (*meat stew, where the meat is cut in to pieces and cooked in a sauce with ground liver and spleen, parsley, saffron, and spices*), and cook them with lots of parsley, sage and mint, marjoram and a lot of onions. Then take almond milk, and put it in when (the mutton) should be cooked. Grind up some good liver, bread and eggs and this should be cooked. Grind up some good liver, bread and eggs, and this should be white and tick. Then boil it and when it is boiled, when it is well thickened, put it into bowls.

Chopped mutton (2 hogget's – already arranged approx 20kg boneless? Approx 170gm)

4 good bunches Parsley

2 good bunches Sage

4 good bunches Mint

100gm dried Marjoram or 3 good bunches

3kg or 28 onions Onions (small to medium size)

1kg Ground almonds

12 Eggs

Bread crumbs (from meal plan) to thicken

Roast Veal

15kg Veal approx (3 legs – 100gm per person)

200gm olive Oil

100gm Salt (sprinkle)

Remove bone, roll roast and tie, rub with oil and sprinkle with salt, bake in oven 160°C for approx 4 hours checking all the way thru.

Goose Sauce (using rabbit) VI

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Sauce of roasted geese, chickens, or capons; stuff them with peeled and boiled garlic, raisins, and salt through the mouth, and pierce it with a stock. Then make some sauce of cooked egg yolks and almond cloves, saffron, and boil it; and put in the grease that falls off the spit and verjuice. Mince the livers of the chickens, and put in an egg for each bowl; and adjust each to taste. And when it has boiled enough, serve the sauce.

8 rabbits (1/2 per table)

16 bulbs garlic

4L mutton Stock (steward to bring)

200gm Raisins

50gm Salt

200gm Ground almonds

Egg yolks (cooked – use left over eggs from lunch)

100ml Wine vinegar

20 gm pepper

Boil or roast whole garlic, when cool, peel and separate into cloves. Add to segmented rabbit, add raisins and salt to taste. Add mutton stock and cook in oven for several hours on 180°C, till meat is

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falling off bone. Combine cooked egg yolks and ground almonds into a paste and add to the stew with a bit of the stock from the cooking (ensure not to runny – remove excess stock first.) add splash of wine vinegar to taste. Check salt and also add pepper if wanted.

Mustard

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Mustard our way; grind the mustard (seeds) and crush them, or grind them in a mill. Scald two or three times, and then grind it and mix with cold broth. And put in honey or sugar. If you want to make some in the French way, mix it with vinegar. And you can put in fruit syrup.

1.5 kg Mustard seed (approx 10-15gm per person)
200ml Vegetable stock
5 Table spoons Honey
200ml Vinegar or fruit syrup to taste (optional)

Take mustard seed and crush, put in dry fry pan to scald and toss a few times. Then add cold vegetable stock to combine plus some honey. If desired also add some vinegar.

Green sauce

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If you want to make green sauce, take parsley leaves, and wash the tender parts, and dry them in the sun, or with out sun. Grind them well with cinnamon and ginger and cloves, pepper and toasted hazelnuts. Put in a good measure of each ingredient and taste it, and if you see one thing is more evident than another, balance it to be equal. And mix it with vinegar, so that the vinegar is more evident. And one can put in bread, toasted and soaked in vinegar. Put in honey or sugar for a delicate or sick person.

7 good bunches Fresh Parsley (approx 1 bunch per 2 tables)
8 Tb Ground Cinnamon
8 Tb Ground ginger
3 Tb Ground cloves
4 Tb Ground pepper
500gm Toasted hazelnuts
Vinegar
Honey (optional to taste)

Take parsley, chop to fine texture. Then combine rest of ingredients adding vinegar to combine. Taste, if desired add honey to sweeten.

Mushroom sauce

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If you want to make sauce of mushrooms that are boiled, pressed, and fried with oil, make the sauce like this; take onion, parsley, vinegar, and spices and mix it with vinegar and a little water. Make pieces of the mushrooms, to fry, or serve with a fried mixture, and then put them in their sauce, or serve them grilled with salt and oil.

To make 2 Large serves (would look at approx 4-5 serves for feast) (x23 from original)
115 large button mushrooms
1 good bunch parsley

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23 small onion (12 medium to large)
1 box clove powder approx 30gm)
1 box cinnamon (approx 30 gm)
50gm black pepper
1 box ground ginger (approx 30gm)
water to mix
100ml wine vinegar

I chopped onion and parsley, combined with vinegar and water, added the mushrooms and simmered for approx 5 - 10min. Good result, subtle flavours, just watch the vinegar, don't need much but could be easy to overdo.

Green cabbage with Chicken broth (56)

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When the broth is cooked, when one should go to the table, takes eyes of the green cabbages, and put them in that broth that is well cooked, and flavour it with salt pork. When it will have cooked a bit, put it in bowls with plenty of broth. They are served after chicken sauce.

5L vegetable stock (some taken for aubergines almond milk)
2 large cabbage chopped.

Simmer chicken stock and chopped bacon for a good while, then approx 10min prior to serving add cabbage. Once again a nice flavour, good bacon does make a difference.

Aubergines

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If you want to make aubergines, boil them with salt and water. First, however, one cuts them into three or four parts lengthwise. When it has boiled a lot, take them out; chose those that you find are not as well boiled and press them firmly between two wooden plates. And then take those that are more cooked, add onion, parsley, mint and marjoram, and chop it all together on a plate. Put eggs and grated cheese on a plate; then take raisins and cooked garlic. Grind it all together and mix in good spices. Then stuff each one (of the aubergine slices) with this (mixture). Take an onion, and put it on the bottom of the casserole dish. The head of the aubergine goes at the bottom and the tail at the top. Take almond milk made with good broth, a little oil, and a little grease, and pour it over top. And it goes in the oven.

4 serves (or double for feast eg 8 serves)
16 good size aubergine (egg plant) cut into approx 2cm slices
8 medium onion chopped finely
160gm (16 teaspoon) crushed garlic
1 Good bunch parsley, chopped finely
1 good bunch mint, chopped finely
1 good bunch thyme chopped finely
16 eggs
400gm grated cheese (tasty cheese)
200gm sprinkling raisins
50gm ground black pepper,
30gm ground cinnamon,
30gm ground ginger
vegetable stock from cabbage recipe

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50ml olive oil
200gm ground almonds

Boil sliced aubergine in salted water for quite a while till tender and almost starting to fall apart. Once tender remove from water and cut out centre leaving outer shell with some flesh attached (can be a bit fiddly). Put in baking dish with sides to contain liquid. Combine rest of ingredients except ground almonds and chicken stock, and add centers of aubergines that you removed, mash together. Spoon mash back into shells on baking dish – if wanted sprinkle top with some more grated cheese. Then combine ground almonds and warm chicken stock and pour over/around aubergine slices. Put in oven at 180C till almond milk simmering - up to 1/2 hour for this size. Almond milk will thicken slightly and serve.

You could easily work on 1/2 slice per person during a feast. Nice subtle flavors - be careful not to overwhelm the aubergine, adding cheese on top could give you a slight crunchy texture which could be nice

Chickpeas

LII

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If you want to prepare tender chickpeas, wash them well. Take almond milk, and cook them with the milk and oil and salt; and put in one or two onions scalded with boiling water. When they should be cooked, put in parsley, basil, marjoram and other good herbs, and a little ground ginger and a little sour grape juice. This is the way to cook them when they are tender, but not among the first. If you want to prepare the most tender ones, boil the almond milk with oil, salt and new onions, and the herbs listed above and ginger and sour grape juice. Put in the chickpeas, washed with hot water, and they'll be done right away.

3kg cooked or uncooked Chickpeas (approx 25gm per person, almond not required if cooked)
300gm ground Almonds (not needed if using pre cooked chickpeas)
100ml olive Oil
50gm Salt
8 medium Onions (roughly chopped)
1 good bunch Parsley
1 good bunch Basil
1 good bunch Marjoram
1 good bunch sage
50gm fresh crushed ginger
100ml Verjuice (or wine vinegar)

Take chickpeas and simmer in almond milk (add ground almonds with 3L water) with oil and salt. Roughly chop and bring to the Boil onions separately. Then add to chickpeas. When cooked add chopped herbs. Combine verjuice and ginger and mix thru chickpea/herb mix. If using already cooked chickpeas do not use almond milk to cook.

Squash

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When they are peeled well, put them to boil, and be sure that they are tender. Once boiled, press them between two plates. Put them to cook with the good broth of much salt pork and fresh pork. If you have some If you want, you can put in, according to the quantity, five or six round onions, that are peeled and boiled, and mix (them with) the squash. When they have cooked a lot with the broth, all of them softened, make that at the end some help., and stir them firmly so that they break apart quickly

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and are quite smooth then take almond milk made with well-cooked broth or goat milk, or if you want both of them together, and put them inside. Then, when they should be cooked ad thick, put in whole cheese if you want to serve some at the table; if not, put in a little grated cheese, so that it gives flavor. Watch out that the meat that is cooked with the squash does not come apart, so that there are no pieces. Flavor it with salt and put it in bowls. You can put ground cinnamon over top and, if you want, take soft cheese cut into thin slices, and serve it in the bowls. You should prepare sour grape juice, which one puts on the table so that whoever wants some can be served.

4 butter nut Squash (or similar)
4L Vegetable stock
8 medium Onions
100gm ground Almonds
800gm Grated cheese or feta
Salt to flavour
1 box (approx 30gm) Ground cinnamon

Peel and chop and deseed squash, put to boil in vegetable stock, simmer for a while. Add pre boiled onions that have been roughly chopped. Drain off some of the stock so minimal liquid left in pot. Stir squash till breaking apart. And combine ground almonds into some of the surplus stock (start with a little stock as easier to add more in but harder to remove.). Add almond broth back to mashed squash to consistency required. When about to serve put cheese on top or in side bowls, sprinkle surface of squash with ground cinnamon.

Spinach

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If you want to make spinach without water, take the spinach (leaves) and clean them well, and then wash them and make two or three pieces of them. Take a pot, and put in a large spoon of oil, or according to the number of those you will serve it to. Then squeeze them well and put them in the pot, and put in a little salt, but in a way so it is not too much, until they have melted, and cut them up.

32 heads (2 per table) Spinach
100ml olive Oil
50gm Salt (sprinkle)

Wash spinach heads and remove leaves from stalks, rip up bigger leaves to smaller size, squeeze dry. Heat up pot with oil, add leaves and sprinkle with salt, shake/stir till wilted, remove and serve immediately.

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Final course

Fresh fruit - selection of apple, pear, plum, apricot, orange, grapes, left over from first course and topped up as needed (same as first course)

apple,
pear,
plum,
apricot,
orange,
grapes,

Nuts or honey nougat

1.5kg whole Almonds (approx 10gm per person)

Rose sugar (sprinkle over fried dough)

800gm caster Sugar (approx 10gm per person)

8-16 Rose flowers -petals (one flower per table if small ~ 16 or one flower per two tables if large ~ 8)

1 box (approx 30gm) ground cinnamon if wanted

Combine together in a blender and blitz.

Cream

1.6L cream (100ml per table)

Whip and serve

Fried dough

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Take pork grease and wash it; put it in a small pot and put it on the coals and cover it with a lid, and leave it to melt. When it is melted, strain it with the skimming ladle. It should be light and clean. Then take leavened dough that has risen, and mix it firmly with eggs, so that there are no lumps remaining. Put the casserole to the fire, on top of the grill. When the grease has boiled, take a skimmer and hold it over the casserole, and pour another large spoonful (of dough) over the spoon with holes. When the dough is in the casserole, let it boil until it is cooked. Then take it out. Take white sugar and pour a lot over top, and cover it with towels. Make a lot of them. And make all the others in this way. One serves this after all the other food.

My interpretation (making for vegetarians, is very similar to making bread or modern doughnuts) a x16 of trial, approx 2 per person.

16 teaspoon dry yeast (like for bread making)

8 c warm water

16 teaspoon sugar

20 cup flour approx

16 eggs

8 c flour

3L vegetable oil to cook in (note soy allergy so no soy bean oil)

Combine first measure of flour, water sugar and leave for 10min while yeast starts to activate, then add flour and kneed like you would bread (approx 8min by hand). Put in warm place for an hour covered to rise.

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Knock down dough by punching and kneed again adding egg, ensuring no lumps remain, roll into small balls slightly smaller than a ping pong ball (they will expand), then fry in hot vegetable oil till cooked (They will turn a lovely dark golden brown). Ensure you keep turning them. Would recommend serving with some sauce or similar, maybe a strawberry sauce as they are very plain. Dust with icing or caster sugar. – sprinkle with rose sugar for feast.

Raspberry sauce

1.5kg Frozen raspberries

500gm sugar

Splash lemon juice

Boil frozen raspberries, add sugar and simmer for some time, add splash of lemon juice to taste.

Dietary requirements

Gluten free

Sulpher allergy – needs to know where eggs and onions are

No tomatoes

Vegetarian, plus allergy to celery, hing, dill, fennel, aniseed, celeriac

No red meat

Gluten intolerant (no wheat, barley or rye)

Low salt diet – (wants fruit

Soy

Shellfish

Seafood

Salami

Fennel, dill, celeriac, hing

No pork no cheese

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Shopping list

Meat – already arranged thru steward

2 hoggets, boned and chopped

3 Legs veal

8 Rabbits

4L mutton Stock (steward to bring)

Bread

16 loaves bread

Fruit and Vegetables

32 Apples

32 Pear

32 Plum

32 Apricot

32 Orange

3.2kg Grapes

8-16 Cucumbers (1/2 long cucumber per table or 1 short cucumber per table)

16x 130gm bag per table baby Spinach leaves (2kg)

2 good size red cabbages

2 large green cabbage chopped.

7kg Onions (medium size)

800gm chopped/crushed garlic

115 large button mushrooms

16 good size aubergine (egg plant)

3kg cooked or uncooked Chickpeas (trents?)

50gm fresh crushed ginger

4 butter nut Squash (or similar)

32 heads Spinach (2 per table)

16 bulbs garlic

Herbs

14 good bunches Parsley

3 good bunches Sage

5 good bunches Mint

3 good bunches Marjoram or 100gm dried

1 good bunch thyme

1 good bunch Basil

1 good bunch Marjoram

Dairy and Eggs

3kg cheddar cheese sauce (Tatua) from trent

44 Eggs

400gm grated cheese (tasty cheese)

800gm Grated cheese or feta

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Dried Fruit

800gm Raisins
1kg Figs
300gm Currants

Others

100gm Capers
1kg Olives
1kg Pickles
3kg Orange segments tin (trents – mandarin slices)
650ml Olive Oil
900ml Wine Vinegar
800gm Sugar
350gm Salt
1.5kg Ground almonds
300gm ground Almonds (not needed if using pre cooked chickpeas)
1.5 kg Mustard seed
200gm Honey
200gm Ground Cinnamon (minimum)
100gm Ground ginger (minimum)
50gm Ground cloves
180gm Ground pepper
500gm Toasted hazelnuts
9.2L vegetable stock (powder to make this quantity is ideal)
1.5kg whole Almonds (approx 10gm per person)
800gm caster Sugar (approx 10gm per person)
8-16 Rose flowers -petals (~ 16 small flowers or 8 larger)
1.6L cream
16 teaspoon dry yeast (like for bread making)
10kg white flour
3L vegetable oil to cook in (note soy allergy so no soy bean oil)
140ml lemon juice
1.5kg Frozen raspberries
Egg yolks (cooked – use left over eggs from lunch)
Bread crumbs (from meal plan) to thicken