

St Catherines faire feast December 2008 Ildhafn

16th Century English 35 People

Fresh Bread

Fresh butter

Olives

Fresh fruit (to open the stomach -peach, apricot, apple, orange, grapes, strawberries)

Lettuce/spinach

Feta (press rosemary sprig into before serving)

Shrimp and orange salad

Pottage of cherries

Apple pufs

Baby carrots

Cold smoked salmon

Seethed shrimps

Puffes with greene hearbes

Yong peason or beanes

Asparagus with parmason

Scallops

Seethed dory

Tartes of spinage (not as a pie)

A Ryce pudding

Baked field mushrooms

Pyes of mutton or beefe (not as a pie)

Chickin Pye. (Not as a pie)

Tasty Gouda cheese to aid digestion

Camembert (home made)

Boccinoli (soft cheese)

Served with herbs – basil, thyme, mint

Olive oil

Baked oranges

Apple moise

Prunes in confection

Almonds

Fresh fruit (to close the stomach)

Wafers

Sorbet (to cleanse the palate)

Nuts in shell with nut cracker to high table ?

To make pottage of Cherries.

A Book of Cookrye, by A. W., London, 1591. Originally published 1584
([White bread](#), butter, Cherries, Sugar, Ginger, Cinnamon, White Wine)

Fry white bread in butter til it be brown and so put it into a dish, then take Cherries and take out the stones and frye them where you fried the bread then put thereto Sugar, Ginger, and Sinamon, for lacke of broth, take White or Claret Wine, boyle these together, and that doon, serve them upon your Tostes.

How to seeth Shrimps.

A Book of Cookrye, by A. W., London, 1591. Originally published 1584
([water](#), beer or Ale, salt, Shrimps, salt)

Take halfe water and halfe beere or Ale, and some salt good and savery, and set it on the fire and faire scum it, and when it seetheth a full wallop, put in your Shrimpes faire washed, and seethe them with a quick fire, scum them very clean, and let them have but two walmes, then take them up with a scummer, and lay them upon a fair white cloth, and sprinkle a little white salt upon them.

To make Apple pufs.

John Murrell: A new booke of Cookerie; London Cookerie. London 1615
([Rose or braeburn](#) Apples, Rasins, Eggs, Nutmeg, Rosewater, Sugar, Ginger, Orange or Lemon juice)

TAke a Pomewater or any other Apple that is not hard, or harsh in taste: mince it small with a dozen or twenty Razins of the Sunne: wet the Apples in two Egges, beat them all together with the backe of a Knife, or a Spooone. Season them with Nutmeg, Rosewater, Sugar, and Ginger: drop them into a Frying-pan with a Spooone, frye them like Egges, wring on the iuyce of an Orange, or Lemmon, and serue them in.

To make French puffed with greene Hearbes.

John Murrell: A new booke of Cookerie; London Cookerie. London 1615
([Spinach](#), Parsley, Savory, Nutmeg, Ginger, Sugar, eggs, Lemon, oil, white Wine)

TAke Spinage, Parsley, Endife, a sprigge or two of Sauory: mince them very fine: season them with Nutmeg, Ginger, and Sugar. Wet them with Egges, according to the quantitie of the Hearbes, more or lesse. Then take the coare of a Lemmon, cut it in round slices very thinne: put to euery slice of your Lemmon one spoonefull of this stuffe. Then frye it with sweet Lard in a Frying panne as you frye Egges, and serue them with sippets or without, sprinckle them eyther with white Wine or Sacke, or any other Wine, sauing Rennish Wine. Serue them eyther at Dinner or Supper

To seeth a Dory or Mullet.

A Book of Cookrye, by A. W., London, 1591. Originally published 1584

(vegetable stock, yeast, salt, rosemary, dory, verjuice, cornice, whole pepper, mace, dates, strawberries, butter, sugar)

Make your broth light with yest, somewhat savery with salt, and put therin a little Rosemary, and when it seethes put in your fish and let it seeth very softly, take faire water and vergious a like much, and put therto a little new Yest, corance, whole pepper and a little Mace, and Dates shred very fine, and boyle them wel together, and when they be well boyled, take the best of your broth that your fish is sodden in, and put to it strawberyes, gooseberyes, or barberyes, sweet Butter, some Sugar, and so season up your broth, and poure upon your Dorry or Mullet.

To boyle yong Peason or Beanes.

A Book of Cookrye, by A. W., London, 1591. Originally published 1584

(young peas or beans, milk, egg yolk, bread crumbs, ginger, parsley, saffron, salt)

First shale them and seethe them in faire water, then take them out of the water and put them into boyling milk, then take the yolks of Eggs with crums of bread, and ginger, and straine them thorow a strainer with the said milk, then take chopped percely, Saffron and Salt, and serve it fourth for Pottage.

For Pyes of Mutton or Beefe.

A Book of Cookrye, by A. W., London, 1591. Originally published 1584

(mutton or beef, suet, clove powder, mace, pepper, saffron, raisins, cornice, prunes)

Shred your meat and Suet together fine, season it with cloves, mace, Pepper, and same Saffron, great Raisins, Corance and prunes, and so put it into your Pyes.

How to make Tartes of Spinage.

A Book of Cookrye, by A. W., London, 1591. Originally published 1584

(spinach, apples, egg yolk, sugar, cinnamon, ginger)

Boyle your Spinage very tender, and three or foure apples with it, and when it is very tender, straine it through a faire cloth, and then season it with the yolk of an egge, Sugar, Sinamon, and Ginger.

Tartes of Borage after the same fashion.

To make a Chickin Pye.

A Book of Cookrye, by A. W., London, 1591. Originally published 1584

(chicken boneless, cloves, mace, pepper, salt, grapes, flour, eggs, verjuice, sugar)

Scalde the Chickins, draw them, and pull out the brest bones, then season them with cloves and mace, Pepper and Salte, and if you have them grapes, or gooseberies: when you have so doon, make paste of fine flower, and put in your Chickins, and set them in the Oven, then boyle foure Eggs hard, then take the yolks and strain them with vergious, and put Sugar thereto and put it into your chicken pye when it is half baked, and when it

is ready to be served in, annoint it over with butter, Sugar & rosewater, then put it into the oven til you serve them in.

A Ryce Pudding.

John Murrell: A new booke of Cookerie; London Cookerie. London 1615
(rice, milk, oil, currants, egg yolk, nutmeg, cinnamon, sugar)

STeepe it in faire water all night: then boyle it in new Milke, and draine out the Milke through a Cullinder: mince beefe Suit handsomely, but not too small, and put it into the Rice, and parboyled Currins, yolkes of new layd Egges, Nutmeg, Sinamon, Sugar, and Barberries: mingle all together: wash your scoured guttes, and stuffe them with the aforesaid pulp: parboyle them, and let them coole.

How to bake Oreniges.

A Book of Cookrye, by A. W., London, 1591. Originally published 1584
(oranges, sugar, cinnamon, ginger)

Faire peelee your Oreniges, and pick away all the white that is under the peelee, and so lay them in fine paste, and put into them Sugar, very little Sinamon or none at all, but a little Ginger and bake them very leisurely.

To make an Apple Moise.

A Book of Cookrye, by A. W., London, 1591. Originally published 1584
(apples, egg yolk, rose water, butter, sugar, ginger, cinnamon)

Roste your Appples very fair, and when you have so doon, peelee them and strain them with the yolk of an Egge or twaine, and Rosewater, and boyle it on a Chafingdish of Coles with a peece of sweet Butter, put in sugar and ginger, and when you lay it in your dish, cast sinamon & Sugar on it.

To make Prunes in confection

A Book of Cookrye, by A. W., London, 1591. Originally published 1584
(prunes, sugar, cloves, cinnamon)

Take Prunes of damaske & do like with them as you did with cherries, save that for every pound of Prunes take xii. ounces of sugar, and that there must be wasted the fourth parte of the sirrup away, and that the Cloves and Sinamon must be but half brused, or els both be a like.

To make cherries in confection Take ripe and chosen cherries, cut of half the stalks and put them in a frying pan over a soft fire, for every pound of Cherries strew upon them a pound of good white sugar in powder, seeth them so till the third part be wasted, when they are sod put in a little Rosewater with a few cloves, and sinamon beaten together, then let them coole two or three houres, and then put them into your pots.

To make pottage of Cherries.

(White bread, butter, Cherries, Sugar, Ginger, Cinnamon, White Wine)

How to seeth Shrimps.

(water, beer or Ale, salt, Shrimps, salt)

To make Apple pufs.

(Rose or braeburn Apples, Rasins, Eggs, Nutmeg, Rosewater, Sugar, Ginger, Orange or Lemon juice)

To make French puffes with greene Hearbes.

(Spinach, Parsley, Savory, Nutmeg, Ginger, Sugar, eggs, Lemon, oil, white Wine)

To seeth a Dory or Mullet.

(vegetable stock, yeast, salt, rosemary, dory, verjuice, cornice, whole pepper, mace, dates, strawberries, butter, sugar)

To boyle yong Peason or Beanes.

(young peas or beans, milk, egg yolk, bread crumbs, ginger, parsley, saffron, salt)

How to make Tartes of Spinage.

(spinach, apples, egg yolk, sugar, cinnamon, ginger)

To make a Chickin Pye.

(chicken boneless, cloves, mace, pepper, salt, grapes, flour, eggs, verjuice, sugar)

A Ryce Pudding.

(rice, milk, oil, currants, egg yolk, nutmeg, cinnamon, sugar)

How to bake Orenge.

(oranges, sugar, cinnamon, ginger)

To make an Apple Moise.

(apples, egg yolk, rose water, butter, sugar, ginger, cinnamon)

To make Prunes in confection

(prunes, sugar, cloves, cinnamon)

Shopping List

Fresh butter

(1L cream,)

Fresh fruit (-peach, apricot, apple, orange, grapes, strawberries)

Lettuce/spinach

Pottage of cherries

([White bread](#), butter)

Apple pufs

([Rose or braeburn](#) Apples, Rasins, Eggs, Orange or Lemon juice)

Baby carrots

Seethed shrimps

([beer or Ale kilkennie](#),)

Puffes with greene hearbes

(Spinach, Parsley, Savory, eggs, Lemons,)

Yong peason or beanes

(young peas or beans, milk, egg yolk, parsley,)

Asparagus

Seethed dory

(verjuice, cornice, strawberries, butter,)

Tartes of spinage (not as a pie)

(spinach, apples, egg yolk,)

A Ryce pudding

(milk, currants, egg yolk,)

Baked field mushrooms

Chickin Pye. (Not as a pie)

(grapes, eggs, verjuice,)

Boccinoli (soft cheese)

Served with herbs – basil, thyme, mint

Baked oranges

(oranges,)

Apple moise

(apples, egg yolk,)

Fresh fruit (to close the stomach)