

## **Canterbury faire 2008** – 150 people

*Most recipes below are from 14<sup>th</sup> and 15<sup>th</sup> century sources, mostly French and Italian and can be found in “The medieval Kitchen, Recipes from France and Italy”. Odile Redon, Francoise Sabban, & Silvano Serventi, Translated by Edward Schneider. 1998.*

**Menestra d'hergbette** (Herb Soup) p 55

*Maestro Martino, Libro de arte coquinaria*

**Fungi** (Sauteed mushrooms with spices) p 76

*Fancesco Zambrini, editor, Libro della cucina del secolo XIV*

**Insaleggiata de cipolle** (Roast Onion Salad) p 79

*Fancesco Zambrini, editor, Libro della cucina del secolo XIV*

**Honey Orange and Ginger Glazed carrots**

*Cannot remember location of source sorry*

**Green Pea pottage**

*Curye on Inglysch CI.IV p 71*

**Mouton rosti** (Parsley studded lamb) p 103

*Le Menagier de Paris*

**De limonia** (Chicken with Lemon) p 86

*Liber de coquina*

**Salssa viridis** (Green sauce) p 169

*Tractatus de modo preparandi et condiendi omnia cibaria*

## **Desert**

**Perys in syrip** (Poached pears in spiced syrup) p 212

*Constance Hieatt, editor, An Ordinance of Pottage. Le Viandier of Taillevent*

**Whipped cream**

**Basler Leckerli (Basel Cookies)**

*Personally researched*

**Herb Soup** 100ml per person –approx 15 people per batch. This recipe is a total x8 batches (make for 120 people as not all will have)

48 c vegetable stock (12L)

4kg spinach (chopped, frozen)

8 bunch parsley

8 bunch mint

4 t ground black pepper

4 t salt

Trim and wash the 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.

**Sautéed mushrooms with spices** (This is x12 of my original recipe)

6kg mushrooms

12 small onions

200ml olive oil

3t ground pepper

3t ground ginger

3t nutmeg

3t 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 sauté 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.

**Roast Onion salad**

5kg small red onions (1/4 per person)

200ml olive oil

100ml wine vinegar

1t black pepper

1t ground cinnamon

1t ginger

1t cloves

tin foil

Wrap onions in tin foil and roast in 250c oven for an hour. 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.

**Green Pea Pottage** (1 batch per 30 people, this is x5 batch of my original)

3kg frozen peas

1.2kg onions

100ml oil

10 t brown sugar

10 t salt

Chop onions, boil with peas in water. Once cooked, puree, add oil, brown sugar and salt to taste and serve hot.

### **Honey Orange and Ginger glazed carrots**

7kg carrots (50gm per person)  
300ml honey  
500ml orange juice  
5t ground ginger  
2/3c 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.

### **Parsley studded lamb**

15kg boneless or 20kg on the bone (approx 100gm per person boneless)  
3 bunch parsley  
5t salt  
wine vinegar or verjuice (for serving on tables)

Preheat oven to 220c. Wash and dry parsley, and pick thru choosing about 15 very leafy sprigs. Place meat on a rack in roasting pan, Roast for 20min then remove, use paring knife to cut fairly deep holes into the flesh. Push a sprig of parsley into each hole. Work as quickly as possible so meat does not get cold. Return to the oven for 40min or longer depending on how well cooked you like your lamb. Turn off the oven and leave the door ajar, let meat rest for about 15 min before serving. Carve meat and serve on a warmed platter. Serve with dishes containing salt, vinegar and verjuice on the table.

### **De limonia (Chicken with Lemon)** (this is x15 batch of original)

15kg boneless skinless, or 18kg boneless (100gm per person)  
1.5kg ground almonds  
1 1/4 c chicken stock/broth to make almond milk (if want thin sauce double stock)  
30 medium-small onions  
900gm lard  
juice of 15 lemon (would suggest double if small lemons)  
5 t black pepper  
10 t ground cloves  
2t 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.

### **Green sauce** This is a x10 batch of original recipe.

10 slice dry country bread (or 2 1/2 c dry bread crumbs)  
50 Tb finely chopped parsley  
20 leaves fresh sage, finely chopped

2t ground black pepper  
2t ground cloves  
2t pinch freshly grated nutmeg  
2 ½ t ground cinnamon  
2 1/2 t ground ginger  
30 Tb wine vinegar  
20 cloves garlic -pureed (optional)  
5 c water  
salt

Soak the bread in the water. When it has softened, mash it with a fork and put it into the container of a blender. Add the herbs, and spices, and the garlic if desired, and blend thoroughly to bring out the flavour of the herbs and to create a smooth puree. Gradually add the vinegar. Add salt to taste. This can also be done in a mortar. Press through a sieve, and serve with roast meat, such as leg of lamb.

**Poached Pears in spiced syrup** - this recipe is x7 batch of the original

3 large 2.5kg tinned pear quarters (approx 30 and ¼ pears in large 2.5kg tin) (or use whole fresh pears)  
2 bottles red wine  
28 Tb sugar (350g)  
7 Tb ground cinnamon  
7 t mace  
14 cloves or 3 ½ t clove powder  
3 1/2 t ground ginger

Poach the pears in simmering water just until they begin to become tender. Peel them, cut into quarters, remove the cores (if using tinned this is not necessary). Whisk the cinnamon into the wine and leave to steep for about 10min. Strain through a very fine sieve into a stainless steel or other non-reactive saucepan. Add the sugar, the anise, the mace and the cloves. Bring to the boil, skimming if necessary, then lower the heat. Add the pears and simmer until completely tender and beginning to turn translucent and amber coloured. Add the ginger, remove from the heat, and allow to cool before serving. If you use a softer variety of pears, do not precook them, but peel, core and quarter them raw before adding to the spiced wine mixture.

**Swiss Basler Leckerli (Basel Cookies)** 12-14 serves per batch. This is to make x 10 batch of the original. Best if left overnight (or 5-6 hours) to dry, approx 30 min prep work.

2.2kg honey  
1.5kg sugar  
8 ½ T cinnamon  
10 pinch clove powder  
2 ½ t nutmeg  
500g candied orange peel and Lemon peel  
500gm ground almonds  
10 lemon zest  
500ml kirsch (2 cup)  
3 kg flour  
8 1/2 t baking powder  
750 gm icing sugar  
15 - 25 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 centre 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.

## Shopping list

15kg boneless lamb or 18kg on the bone (100gm per person boneless)  
15kg boneless skinless chicken, or 18kg boneless (100gm per person)  
900gm lard

4kg spinach (chopped, frozen)  
13 bunch parsley  
8 bunch mint  
6kg mushrooms  
5kg small red onions (1/4 per person)  
6kg onions  
3kg frozen peas  
7kg carrots (50gm per person)  
15 lemons (would suggest double if small lemons)  
20 cloves garlic -pureed (optional)  
20 leaves fresh sage

7 t mace eg. Small box  
1 box ground black pepper  
small bag salt  
1 box ground ginger  
10 t nutmeg eg, small box  
2 box ground cinnamon  
20 t clove powder eg, small box  
500ml olive oil  
tin foil x 1 roll  
2.5 kg honey  
3L orange juice  
1c brown sugar  
2.5 kg ground almonds – treats – at gilmores are approx \$12.50 per 500gm  
750ml wine vinegar (one bottle)  
1 tub vegetable stock  
1 tub chicken stock  
2 ½ c dry bread crumbs (one packet)  
3 large tins of 2.5kg tinned pear quarters  
2 bottles red wine  
5 kg sugar  
500g candied orange peel and Lemon peel  
500ml kirsch (2 cup) if you can find, don't worry if you can't  
6 kg flour  
8 1/2 t baking powder  
750 gm icing sugar  
2L Cream  
250gm butter (or margarine)