

St Caths 2007

Dietary Promblems

Diabetic x2, Cucumber x1, Vegetarian x3, wheat free x2 & No dairy x1, no garlic x1, low milk

Available all day every day

Apples (average 1 per person per day)

Oranges (average 1 per person per day)

Bread (2 roll per person per meal)

Herbed and plain butter (1.5kg butter, 2 bunch parsley, some margarine too)

Make strawberry jam and/or other fruit jam for fresh bread. (fruit, sugar)

Skanjiban (wine vinegar, sugar, herbs) x3 batches, one per day

Thursday Night Dinner x27

Beef broth & pearl barley (5.2kg (150gm) beef shin per person, carrots, turnips, leaks, celery, parsley, onion, cloves, bay leaves, peppercorns, salt, barley)

Sauteed Mushrooms (1.4kg -50gm mushrooms pp)

Roasted root vegetables (carrots, parsnips, turnips)

Wilted Spinach

Ham steaks with orange and ginger glaze/sauce (1 ham steak pp)

Poached Pears in spiced syrup (½ pear pp – use tinned quartered pears)

Nucato (spiced honey nut crunch) - walnuts at home

Jumbals

Breakfasts 27 – 53 – 56 = 136 servings

Bacon (100gm per person per day x 3 days)

Eggs – scrambled, poached, (1 per person per day x 2 days)

Piklets/pancakes (egg, milk, flour, salt, baking powder, sugar) x2 days

French toast (bread, eggs, sugar, rose water, saffron, butter) x1 day

Stewed apple x 3 days -get 3kg bag from gilmores

Porridge (1.5kg – 500gm per day per 30 people) x 3 days

Maple syrup for porridge (will donate)

Milk for porridge, piklets, crepes etc (2L per day x 3 days)

Tea, coffee, Sugar, Milk (1L milk per day x3 days)

Breakfast sausages? depends on budget x 1 day

Lunches

Friday x35

Nucato (spiced honey nut crunch) – walnuts at home

Herb soup – donate spinach from home

Everyday torta (1/4 pie per person)

Losenge (use what is left over)

Green beans (50gm per person)

Beef Pie/stew (chop beef from broth, herbs, spices, stock, peppercorns)

Salami (stick at home already)

Lettuce

Olives (1 jar for event already in box)

dried apricots (use what is left over)

Saturday x74

Basel lakeii 1x batch – 20 people (make Friday)

Pumpkin soup (Pumpkin, onion, vegetable stock, verjuice or vinegar, parmesan cheese, egg yolks)
Garlic torta (1/4 pie per person)
Sautéed mushrooms with spices or mushroom pies (50gm per person)
Roast Pork
Apple sauce
Rice (use what is left over)
Lettuce x1
Olives (what is left over)
dried apricots (use what is left over)

Sunday x59

Fruit patties
Cabbage chowder
Cooked chicken breast (100gm per person)
barley (use what is left over)
Lettuce x1
Glazed carrots?
Olives (what is left over)
dried apricots (use what is left over)

If budget allows buy nuts, strawberries, lemons, other fresh fruit, hard cheese

Bread

¾ c warm water
¼ t sugar
1 ½ t active yeast
4-5 c flour
1 t salt
1 t sugar
2 Tb oil
¾ c warm water

Put first measure of warm water and first measure of sugar into bowl, stir to dissolve sugar, sprinkle yeast over and leave in a warm place for 10min or until frothy. Sift 4 c flour and salt into bowl, stir in second measure of sugar, oil and second measure of warm water. Mix all together until smooth and elastic or until dough springs back when lightly touched. Lightly brush large bowl with oil, place dough in bowl. Place in warm place, cover till doubled in size eg 1hr. Knock down, kneed for 5 min, form into shapes wanted. Bake in 200c oven for 30 min or until loaf sounds hollow when tapped on base. Approx 20 min for dinner rolls.

Pikelets

1c flour
1 t baking powder
¼ t salt
1 egg
¼ c sugar
¾c milk

Combine all till smooth, then cook on hot greased pan.

Medieval Italian “French toast”

6 slices white sandwich bread, a little stale
6 eggs
1 Tb sugar
3 Tb rose water
6 threads saffron
butter for frying (4-8 Tb 60-120gm)
sugar for sprinkling over toast

Trim the crusts from the bread to create square slices. Toast or grill the bread very lightly. Beat the eggs with 1 ½ Tb of rose water and 1 Tb of sugar, and pour this mixture into a dish large enough to hold the bread in one layer. Soak the bread slices in the egg mixture for about 10min, but be sure to remove them earlier if they threaten to become mushy. Meanwhile, crush the saffron in a mortar or your fingers, and add the remaining rose water; leave to steep until needed. Over medium-low heat, melt some butter in a skillet, and gently fry the bread until golden on both sides. How much butter you need will depend on the size of your pan and whether you need to cook the bread in several batches. When the toasts are done, arrange them on a serving platter and sprinkle them with the saffron-coloured rose water. Just before serving, sprinkle generously with sugar.

Beef broth x 3batches

beef
4 or 5 carrots
3 or 4 turnips
1 large stalk celery, including leaves

1 small bunch parsley
1 whole onion peeled and studded with 4 cloves
1 Tb whole black peppercorns
salt

Put the meat into a large pot and add cold water to cover generously. Bring to the boil over medium heat. As soon as the water comes to the boil, reduce the heat to a very low simmer. Skim carefully as impurities rise to the surface; continue until no more scum rises. Peel and wash the vegetables, and add them to the pot along with the parsley. Add a very little salt, the peppercorns, and the bay leaves. Simmer over very low heat for about 3 ½ hours. Remove the beef, saving it for use in other dishes, or to be eaten with one or more medieval sauces. Strain the broth and let it cool. Refrigerate until cold, preferably overnight. The fat will solidify on the surface of the broth, and you can remove it easily with a fork or spoon.

Poached Pears in spiced syrup x 3 batches

1kg firm pears, just ripe (think using tinned pears will be good)
3c good red wine
4 Tb sugar (50g)
1 Tb ground cinnamon
½ t whole anise seeds
3 pieces blade mace
2 cloves
½ t ground ginger
1/3 c currants or raisins (optional) (60g)
12 dates, pitted and coarsely chopped (optional but not recommended)

Poach the pears in simmering water just until they begin to become tender. Peel them, cut into quarters, remove the cores and reserve. 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 nonreactive saucepan. Add the sugar, the anise, the mace and the cloves. If you are using the raisins and/or dates, add these as well. 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. The reason dates are not recommended is that their skins come off during cooking, making the dish look rather unattractive.

Nucato (spiced honey nut crunch) 2 batches

3c honey (1kg)
1kg shelled almonds, hazelnuts or walnuts (or mix)
1 lemon for spreading mixture
1 t ground ginger
1 pinch ground black pepper
1 rounded t ground cinnamon
1/3 t ground cloves

Gradually bring the honey to the boil, skimming off any impurities that may rise to the surface. Very coarsely chop the nuts and add to the honey along with 1 teaspoon of the spice mixture. Cook over low heat, stirring constantly for 30 – 45min. The mixture is done when you can hear the almonds beginning to pop from the heat of the honey. Take care not to let the nuts burn and turn dark and bitter. When done stir in the remaining spice mixture. When the nucato is done, pour it out onto a sheet pan or cookie sheet lined with baking paper; spread it into an even layer with the

cut surface of a halved lemon. Cool completely before serving.

Herb Soup 100ml per person (15 per batch) 3 batches

6 c vegetable stock (1 1/2L)

500g swiss chard leaves

good handful spinach leaves

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.

Apple jelly candies x1

800g apples peeled and cored

2 1/3 c honey (800g)

1 t sweet spice (ginger, cinnamon, powdered bay leaves, ground cloves)

finely grate the apples or puree them in a food processor, then put through a fine strainer to yield a very smooth puree. Combine with the honey in a heavy saucepan and simmer over low heat, stirring frequently with a wooden spoon or spatula, for an hour or 70min. Add the spices about 15min before cooking is complete. The jelly mixture is done when it is a translucent amber in colour and when a drop of the mixture holds its shape when spooned onto a plate. Be careful as the mixture simmers, as it has a tendency to spurt out of the pan – and it is very hot. Use a pan that is larger than you might think necessary, and for safety's sake use a long handled spoon for stirring. When the jelly mixture is done, spread it out in a rectangular glass baking dish in an even layer a scant half inch (1cm) thick. It will set quickly. Cool, then leave to cure for several days covered in waxed paper or plastic wrap. When it is dry, cut it into diamond shapes and serve on a bed of fresh bay leaves.

Everyday Torta x3 batch

1 3/4 c flour (250g)

9 Tb butter (125gm)

1/3c water

1 t salt

filling

700gm cream cheese

8 Tb butter (100gm)

1/2c raisins (100gm)

1 1/2c fresh bread crumbs (100gm)

3 eggs beaten

3 Tb broth or water (if needed)

1/2 t ground cinnamon

1/2 t ground ginger

4 or 5 threads saffron

salt

A few hours in advance, prepare the pate brisee, 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 half of the water, and add to your flour mixture. Combine quickly with your fingertips, without overworking, just until the dough comes together. If necessary, add more water as required. Form into a thick disk, wrap in plastic wrap or waxed paper, and leave to rest in the refrigerator at least 2 hours before using. Preheat oven to 220c. Grate or mash the cheese and beat with a rubber spatula or spoon until smooth. With a wire whisk, beat in the eggs then the softened butter. Continue beating until the mixture is very smooth. Stir in the raisins and the breadcrumbs. The mixture should be supple; if it is too stiff, crush the saffron into the water or broth and stir it in. If you do not need the extra liquid, crush the saffron directly into the cheese mixture. Mix in the spices, and salt to taste. Roll out the pastry, and line a 10" (25cm) tart pan. Line the pastry with aluminium foil, add dried beans or pie weights to keep it from rising, and bake, on a sheet pan, for 10 min. Remove the foil and beans, then bake for an additional 5 minutes. Remove from the oven, add the filling, and bake for about an hour or until the filling is lightly browned but the top not burnt, lowering the temperature to 190c after about 30 min.

Swiss Basler Leckerli (Basel Cookies) 1 batch = 15-20 people therefore 4 batches

225 g honey (16 ounces)
150 g sugar (10.5 ounces)
3/4 tablespoon cinnamon
1 pinch clove powder
1/4 teaspoon nutmeg
50 g ground candied orange peel
50 g ground candied lemon peel
100 g ground almonds
1 lemon, zest of, grind
50 ml kirsch (0.2 cup)
300 g flour
3/4 teaspoon baking powder
75 g confectioners' sugar
1 1/2-2 1/2 tablespoons 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.

Pumpkin soup 1x per 10 people eg 1/2 pumpkin therefore x7 batch

2kg pumpkin or winter squash
1 onion
1 3/4c broth
2 Tb verjuice or 1 Tb cider vinegar mixed with 1 t water
2 Tb freshly grated parmesan cheese
2 egg yolks
pinch saffron
1/2 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.

Sautéed mushrooms with spices x3 batches Thurs night x7 Saturday lunch

500gm mushrooms
1 small onion
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 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.

Garlic torta x6?

1 3/4c flour (250g)
9 Tb butter (125gm)
1/3 water
1 t salt
filling
5 heads garlic
200gm fresh or salt pork belly (making without for vegetarians)
165gm cream cheese or fromage blanc
135gm cream cheese eg, 300gm of just cream cheese
3 eggs
1/2 c raisins (80g)
12 threads saffron
salt
1/3 t each ground cloves, ground nutmeg and ground ginger
1 t each ground cinnamon and ground pepper

A few hours in advance prepare the pate brise (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 half of the water, and add to your flour mixture. Combine quickly with your fingertips, without overworking, just until the dough comes together. If necessary, add more water as required. Form into a thick disk, wrap in plastic wrap or waxed paper, and leave to rest in the refrigerator at least 2 hours before using.

Bring a part of water to the boil. Meanwhile, break the garlic into cloves. Peel the garlic and add it to the boiling water; lower the heat to medium, and cook for 15min. Drain and transfer to a bowl of cold water. Grind the pork in a food processor or meat grinder, or chop it finely with a knife. Do not trim away the fat. Preheat the oven to 200c. Drain the garlic thoroughly and puree it in a food processor or mortar and pestle. In a mixing bowl, add the cheeses, the ground pork, the spice

mixture, the saffron (crushed between your fingers), the eggs, and the raisins. Add salt to taste and stir the mixture until smooth. If you are using salt pork belly, be very sparing with the salt. Roll out 2/3 of the pastry and line a deep 22cm tart pan. Add the filling, roll out the remaining pastry, and cover the pie, pressing the seams tightly shut. Put the tart pan on a baking sheet to catch any drips, and bake for 45min to an hour.

Fruit patties (25-30 small patties) **x3** batches

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.

Shopping list

Other/Gilmores

17 Tb ground ginger
9 Tb ground black pepper
15 Tb ground cinnamon
13 t ground cloves
20 cloves
3 Tb whole black peppercorns
12 pieces blade mace
7 t nutmeg
2t ground coriander seed

2kg nuts for Nucato, shelled almonds, hazelnuts or walnuts (or mix)
1L Orange juice
3kg ? Tinned Pears (½ pear pp – use tinned quartered pears) for 27 people
1kg raisins
2 kg butter
1 jar jam
25kg high grade flour
1 jar active yeast 150gm
Cordial 6 L concentrate
9L milk
3x 3kg bags Stewed apple
2.5kg Porridge 500gm per 30 people
2 Loaves toast bread
2kg rice
1 box savoury pastry for pies
1-2 bag grated tasty cheese
1-2 bag grated mozzarella
4kg cream cheese
150 g ground candied orange peel
150 g ground candied lemon peel
600g ground almonds
225 g icing sugar
14 Tb freshly grated parmesan cheese
300gm dried figs
Rose water
1kg cheese
1.5kg frozen spinach plus pureed stuff for herb soup.
2kg frozen green beans

3 t rice flour (already have)
oil for deep frying (already have)
5 t chicken stock (already have)
13 t vegetable stock (already have)
7 Tb cider vinegar (already have)
3 teaspoon baking powder (already have)
20 threads saffron (already have)
4 1/2c fresh bread crumbs (300gm)
Barley (already have)
Pasta (already have)

Olives (already have)
Dried apricots (already have)
30 t vegetable stock (already have)
saffron (already have)
beef stock for beef stew (already have)
2.6kg sugar (already have)
3c good red wine (already have)
Barley – have already
olive oil for sautéing mushrooms (already have)
12 generous pinches salt (already have)
1 1/2c walnut (180gm) already have
1 1/2 t whole anise seeds (riding club)

Meat

4kg diced beef (Meat man)
7kg cooked chicken breast (Meat man) some for bridget.
15kg pork roast (mad butcher)
Breakfast sausages x6 for Jen

Vegetables

30 carrots
22 turnips
1/2 celery
6 bunch parsley
34 onion
5kg Mushrooms
13 parsnips
12 bags Wilted Spinach for 27 people
1 whole ginger
1 box apples for people to have during the days
1 box oranges for people to have during the days
2kg beans
6 x lettuce
1 good bunch mint (Katherine)
3.5 pumpkins
30 bulbs garlic
2 cabbages
17 lemon
7 trays eggs

Other

30kg Bacon \$75
Salami \$20
Honey 4kg \$32 (Nucato, apple candy jellies and basel cookies)
frozen spinach
Ham steaks \$33
stewed apple
Maple syrup