

Semi-Homemade Medieval Cooking (Feb. 2007)

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Since most of us don't have the kitchen staff of our medieval ancestors, we need to find ways to prepare medieval (or medievalish) food in the short time in our busy schedules. Learn to make dishes from different cultures & timeperiods using store-bought short-cuts and find out why a slow cooker is a medievalist cook's best friend. Bring feast gear & cup to try examples. Students should avoid long trailing sleeves, wear some kind of head covering, and bring note-taking materials. Because of the inherent hazards of the kitchen this class is suitable for those over 12 years old.

We'll be cooking today:

- Une Faire Tourte [Vegetable-Cheese Tart], 14th c. French
- Cinnamon Soup with Sops, 14th c. French
- Pottage Called Peach Dish [Peach Sauce], 16th c. Catalan
- Spiced Apple Cider, 16th c. Catalan spices in apple juice

Shopping ideas for pre-made/semi-made/easy fix dishes:

Sauces/Flavorings/spices: mustard, vinegar, verjuice, almond milk (not vanilla or chocolate), using almond meal, frozen fruit, grains of paradise, cubeb, long pepper, saffron, ginger (not fresh), cinnamon (cassia), cloves, nutmeg/mace, black pepper, mustard (whole mustard seed), coloring: saunders/sandalwood

Salads: Earthbound Organic salad fresh herb mix; Costco box salad, vinaigrette dressing & salt

Soups: Progresso, Amy's all natural, Wolfgang Puck, crockpot soup (French Cinnamon Soup), canned broth (Costco/Pacific boxes), greens soup

Main Dish: frozen fish portions (salmon, cod), precooked sausages, frozen chicken parts, roast beef/chicken, frozen meatballs, rotisserie meats, wonton wrappers and pre-made pastry dough for filled pies/rissoles, some select Chinese food, cooking with jerky, smoked/dried meat & fish

Eggs/Cheese: mozzarella sticks, omelettes/frittatas, pre-shredded cheese, hardboiled eggs, fresh mozzarella, chevre (goat cheese), white cheeses, cottage cheese, ricotta cheese

Tarts: quiche from store, store bought pre-made pie shells, Nancy's petite quiches from Costco

Bread: artisan breads, soft pretzels, pita bread, pre-made pizza dough, toast/sops

Dessert: dried fruit/dates, fresh seasonal fruit, frozen fruit for sauces, nuts (almonds, walnuts, hazelnuts, pistachios), shortbread cookies, candied ginger, quince paste, fruit tart, ricotta pie, wafers/pizzles (Italian waffle cookies), canned pears

Vegetables/Fruits: Applesauce, fresh prepped vegetables, frozen vegetables, packaged greens, diced onions/frozen onions, peeled garlic/minced garlic, pickles (cucumbers, other vegetables), mushrooms, olives

Grains/Beans/Pasta: Frozen ravioli (non-tomato), hummus (box or mixed), couscous, baked noodles with cheese, oatmeal/porridge, rice, barley, chickpeas, lentils, Bob's Red Mill Fava beans

Drinks: Sekanjabin (Moroccan mint tea as a base; cross & Blackwell mint sauce as a base), pomegranate drink, spiced apple cider, lemon water

Rafaella's pretty good chicken glop (Cinnamon Soup)

Into a 4 qt crockpot place 2lbs of chicken (boneless skinless thighs). Add water to cover chicken. Cover & cook on move to low for 36 hrs (I left it overnight then also went to work, which makes it very dense but really 6 hrs on low

would do). Shred chicken, add wine, almond milk, cinnamon, beef broth, ginger, cloves, and grains of paradise to taste. Serve. Can substitute white wine vinegar for wine.

Original recipe: from Le Menagier de Paris (Janet Hinson, trans.)

Cinnamon Soup. Cut up your poultry or other meat, then cook in water and add wine, and fry: then take raw almonds with the skin on unpeeled, and a great quantity of cinnamon, and grind up well, and mix with your stock or with beef stock, and put to boil with your meat: then grind ginger, clove and grain, etc., and let it be thick and yellow-brown.

Une Faire Tourte [Vegetable-Cheese Tart]

(interpreted by Lady Tecenagl Bach):

The Original (Time: French, 14th century, Source: Le Ménagier de Paris, <http://www.davidfriedman.com/Medieval/Cookbooks/Menagier/Menagier.html#Beginning>)

To Make A Tart: take four handfuls of beet-leaves, two handfuls of parsley, one handful of chervil, a bit of turnip-top and two handfuls of spinach, and clean them and wash them in cold water, then chop very small: then grate two kinds of cheese, that is one mild and one medium, and then put eggs with it, yolk and white, and grate them in with the cheese; then put the herbs in the mortar and grind them up together, and also add to that some powdered spices. Or in place of this have first ground up in the mortar two pieces of ginger, and over this grate your cheeses, eggs and herbs, and then throw in some grated old pressed cheese or some other such on to the herbs, and carry to the oven, and then make it into a tart and eat it hot.

The Interpretation: (yield - 1 pie)

Frozen pie crust

Filling: 7 oz. chard leaves, 7 oz. Spinach, handful of chervil, handful of dill or fennel fronds

8 oz. soft cheese, 6 oz. medium cheese

2 eggs, beaten

2 tsp. Rafaella's Salsa Fina (ginger, cinnamon, grains of paradise, nutmeg, mace, cloves)

3 oz. freshly grated parmesan

Wash the greens and herbs very thoroughly. Discard stems, finely chop leaves and dry thoroughly. Beat soft cheese until smooth, add grated medium cheese and the greens. Mix until smooth then add the spices and eggs. Fill the pastry shell and bake at 400 degrees for about an hour.

Pottage Called Peach Dish [Peach Sauce]

(interpreted by Mistress Rafaella d'Allemtejo):

The Original (Time: Catalan/Spanish, 16th century, Source: "An English translation of Ruperto de Nola's *Libre del Coch*" by Lady Brigid ni Chiarain" found online at:

<http://www.florilegium.org/files/FOOD-MANUSCRIPTS/Guisados1-art.html>)

You will take the peeled peaches, and cut them into slices, and cook them in good fat broth; and when they are cooked, take a few blanched almonds and grind them; and when they are wellground, strain them rather thick with that broth. And then cook this sauce with sugar and a little ginger, and when it is cooked, cast in enough pot-broth or that which falls from the roasting-spit. And let it stew well for a little; and then prepare dishes, and upon each one cast sugar; and in this same way you can make the sauce of quinces in the same manner; but the quinces need to be strained with [the] almonds, and they should not be sour, and likewise the peaches.

The Interpretation:

Peaches, 12 large, peeled, pitted and sliced

Almond milk (1 cup blanched & peeled & ground almonds to 1 cup water, then strain out nuts)

Sugar; white granulated, about 2/3 cup

Ginger; 2-3 teaspoons powdered

Put peeled & sliced peaches into a large pot and cook in almond milk. Add sugar and ginger and stir. Cook on low, occasionally stirring. Add more almond milk if desired. Let cook down until mushy. Serve in small dishes with a final sprinkling of sugar. We changed the recipe to make it vegetarian by omitting the meat broth. For a modern take, this is great over ice cream.

More easy recipes: http://www.fridayvalentine.com/rafaella/bfm_recipes2004.pdf