



Recipes



for dishes served at

Winter Wassail XII



Shire of Rivenvale, Midrealm



23 January 2016

mac Cainnaig rósta muiceoil (mac Cainnaig Roast Pork) from Lord Frøkn McCoinneach

Pork roast (rib or loin) rinsed
Garlic, 3-4 cloves/lb. of pork
Garlic salt
Large sweet onion
Rosemary leaves
Basil leaves

Thoroughly rinse roast and place in roaster. Cut two rows of pockets in the meatiest part by inserting a knife approximately 2 inches deep by 2 inches apart, offset rows.

Smash garlic cloves with the flat of your knife blade and peel. Insert finger into pocket to open. Into each opening place a healthy pinch of garlic salt, a dash of basil leaves, and a garlic clove. Cover the bottom of the roaster in 1/4 inch of water, quarter or eighth the sweet onion and place in bottom of the roaster. Lightly dust the top of the roast with garlic salt, rosemary, and basil leaves, and add a pinch or two of rosemary leaves to the water and cover.

Preheat your oven to 375 degrees. Place roaster on rack in the center of the oven and roast for approximately 40 minutes/lb. Maintain 1/8 to 1/4 inch of water in the bottom of the roaster (makes a great stock for pork gravy or Au jus).

Once roast temps at 160 degrees, uncover and bake an additional 15 to 20 minutes to create a nice crust on the roast maintain water level as to not allow the roast to dry out.

Remove roaster from the oven, cover and let stand for 5 minutes before serving.

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Noodles with Cheese

from Lettice

1 lb broad noodles

1/4 c (or more) grated cheese (e.g. cheddar or parmesan)

2T butter (or more)

If your noodles are long ones, cut or break them into pieces a few inches in length.

Boil in salted water until cooked.

In a serving dish or platter, put a layer of pieces of butter and half the cheese; put noodles on top of this, then add a second layer of butter and cheese, and serve hot.

Apple Tart/Pie
from Johannes Drechseldt

8 large Golden Delicious apples, peeled, cored, & sliced
4 Bartlett pears, peeled, cored, & sliced
½ cup raisins
½ cup figs, sliced
2 tsp. cinnamon
1 tsp. nutmeg
1 tsp. ginger
¼ tsp. cloves
Pinch of saffron

Mix all ingredients together.

Make any double-crust recipe. Use one crust in the pie pan and use the second to make the lattice top after filling the pie.

Bake at 350° for one hour. Use foil to cover crust if it gets too dark.

Pea Soup
from The Honourable Lady Genevieve de Saint-Malo

½ pound split green peas
1 quart fresh chicken broth
1 large onion, chopped
1 ½ tsp. salt (to taste)
2 Tbsp. fresh parsley, chopped
pinch of saffron
dash of pepper
1/8 tsp. ginger powder
1/8 tsp. cinnamon
1 tsp. red wine vinegar
French bread or croutons

Place the dried peas in a 1-quart container with enough water to cover them, and allow them to soak overnight. Drain and rinse the peas with fresh water. Place the peas in a cast iron pot. Add the chicken broth, onion, and parsley. Cover and bring to a boil. Reduce heat and simmer for 2 hours, stirring occasionally, until the peas are mushy.

Pass the pea mixture through a food mill or sieve. Return it to the pot and simmer uncovered, stirring, until the broth has almost reached the desired consistency. Add the salt, pepper, saffron, ginger, cinnamon, and vinegar, and continue stirring until done (simmer longer for thicker porridge).

Pour into serving bowls. Garnish with slices of French bread or croutons, and serve hot.

Makes about 4 cups of soup or 3 cups of porridge.

from *Take a Thousand Eggs or More*, by Cindy Renfrow

Barley Soup for the Innkeeper
from Mistress Shannon Gallowglass

Serving Size : 6

8 cups vegetable stock
1 medium onion (sweet)
1 cup celery -- chopped with leaves
1 (cup carrots - sliced
20 milliliters garlic clove -- peel & crush
1 cup leeks -- cleaned & chopped
 $\frac{3}{4}$ cup pearl barley
2 cups water -- cold
3 tablespoons fresh parsley -- chopped
2 tablespoons fresh coriander -- chopped
 $\frac{1}{2}$ teaspoon cumin -- ground
Salt
Pepper -- freshly ground

Peel and slice the onion.

In a 6-quart pot, place the stock, onion, celery, garlic, and leeks and carrots. Bring to a boil and simmer, covered, until vegetables are tender, about 20 minutes.

Combine the barley and the water in a small saucepan. Bring to a boil and simmer, covered, 10 minutes.

Drain the barley and add to the pot of vegetables and stock. Add the parsley, coriander, and cumin. Simmer, covered, another 30 minutes.

Salt and pepper to taste.

Rose Pudding
from Lord Hakon Hrafnsson

Petals of one full-blown but unshrivelled white rose
4 Tbsp. rice flour or corn flour
1 $\frac{1}{4}$ cups milk
 $\frac{1}{4}$ cup sugar
 $\frac{3}{4}$ tsp. cinnamon
 $\frac{3}{4}$ tsp. ginger
2 $\frac{1}{2}$ cups cream or almond milk
Pinch of salt
10 dessert dates, stoned and finely chopped
1 Tbsp. chopped pine nuts (or slivered almonds or pistachios)

Take the petals off the rose one by one, snipping off the ends which were attached to the seed-case. Blanch the petals in boiling water for 2 minutes, then press them between several sheets of soft kitchen paper and put a heavy flat weight on top to squeeze them dry.

Put the rice flour in a saucepan and blend enough milk into it to make a smooth cream. Then stir in the rest of the milk.

Place pan over low heat and stir until mixture starts to thicken. Pour into an electric blender. Add sugar, spices, and rose petals. Process until fully blended, then add and blend in the cream and salt.

Pour mixture into heavy saucepan and stir over very low heat, below the boil, until it is the consistency of softly whipped cream. Stir in most of the chopped dates and pine nuts and stir for 2 minutes more.

Turn into a glass or decorative bowl and cool. Stir occasionally while cooling to prevent a skin from forming. Put in refrigerator. Just before serving, decorate with remaining dates and nuts.

Bulgur Wheat Pilaf
from al-Sayyid Abu Shadi Da'ud ibn Zahir

Bulgur Wheat Pilaf								
Servings	10	15	20	25	30	35	40	
	2.5	3.75	5	6.25	7.5	8.75	10	Tbsp Butter or Olive Oil
	1.25	1.88	2.5	3.13	3.75	4.38	5	Medium Onion, chopped
	1.25	1.88	2.5	3.13	3.75	4.38	5	Cups fine Bulgur Wheat
	0.25	0.38	0.5	0.63	0.75	0.88	1	Tsp salt
	2.5	3.75	5	6.25	7.5	8.75	10	Cups chicken broth
	0.63	0.94	1.25	1.56	1.88	2.19	2.5	Cup chopped Celery
	0.63	0.94	1.25	1.56	1.88	2.19	2.5	Tsp Dried Dill Weed
	0.25	0.38	0.5	0.63	0.75	0.88	1	Tsp Dried Oregano
	0.25	0.38	0.5	0.63	0.75	0.88	1	Tsp Fresh Ground Pepper

Toast Bulgur wheat in butter or olive oil. Set aside.
Sauté onions and celery.
Combine toasted bulgur wheat with onions and celery.
Add broth and spices.
Bring to light boil and simmer until tender.

Best made in large cast iron skillet.

Sambocade (Elderflower Cheesecake)
from The Honourable Lady Genevieve de Saint-Malo

9-inch uncooked pie pastry
3 Tbsp. dried elderflowers
4 Tbsp. double cream
1/3 cup sugar
1/2 pound cottage cheese
1/2 pound ricotta cheese
2 tsp. dry breadcrumbs
6 egg whites, beaten until stiff but not dry
1 Tbsp. rosewater (optional)

Bake pie pastry at 425° for 10 minutes. Let cool.

Soak elderflowers in double cream for about 10 minutes.
Add sugar and stir until dissolved.

Push cheeses through a strainer with the back of a
tablespoon. Combine cheese with elderflower-cream
mixture. Add breadcrumbs and blend thoroughly.

Fold in stiff egg whites. Add rosewater if you wish. Pour
mixture into pastry crust.

Bake at 375° about 50 minutes or until firm but not dry.
Turn off heat and allow to cool in oven with door open
about 15 minutes.

(The name "sambocade" is derived from the Latin word for
elderflowers: *sambucus*.)

Serves 8.

Cook's Almond Circlets

from Lydia Wynne

1 cup butter
2/3 cup brown sugar
1 egg, beaten
2 1/2 cups flour
1/2 tsp. grated lemon peel
3/4 tsp. ground cardamom
1/2 cup finely slivered or ground almonds
1 cup raisins

Cream the butter and blend in the sugar, beating until frothy. Whip in the egg. Add all the dry ingredients together and add to the sweetened butter, Chill the dough for one hour. Coat cookie sheets with butter and form the chilled dough into approximated one inch balls with well-floured fingers. Place the dough balls about one inch apart on the cookie sheets and bake at 350 degrees for 8 to 10 minutes or until done a golden brown.

Tardpolene

From Lady Áine ingen Uí Briain

Sweet pastry for 12 tart shells made with 1 cup flour, 1 TBSP sugar, and ¼ cup thick almond milk or cream (plus, if you wish, a few drops of almond extract); the exact amount of almond milk or cream will depend on your method of mixing the dough.

2-3 Seckel pears (or 1-2, depending on size, Bosc or Anjou),
peeled, pared, cut in quarters and cored
¼ c. each pitted dates; blanched almonds, preferably
slivered; raisins; sweet white wine; sugar
½ tsp. cinnamon
¼ tsp. each ginger, nutmeg
3-4 oz cream cheese or a soft cheese such as Camembert or
quark
2 eggs + 2 egg yolks

Roll out pastry dough and fill tart forms. Put fruits and all remaining ingredients except 1 egg yolk in a blender or processor and process until well blended.

Pour this filling into the tart cases and bake at 400 degrees until well set and slightly browned on top. Paint with remaining egg yolk (beaten) and leave in the turned-off oven for a few minutes before removing and allowing to cool.

Decorate and garnish as desired with fruit, or possibly whipped snowe.

Recipe taken from "Pleyn Delit: Medieval Cookery for Modern Cooks," Second Edition, Constance B. Hieatt, Brenda Hosington, and Sharon Butler, item #123

A Dish of Tongue or Sausage

from Lord Hakon Hrafnsson

1 beef tongue or 2-3 lbs. sausage
1 Tbsp. chopped parsley
1 tsp. chopped mint
2 tsp. chopped sage
Salt & pepper to taste
1 Tbsp. olive oil
Vinegar - Red wine, White wine, or Cider

If using beef tongue, boil in salted water until done. Remove and drain well. If using uncooked sausage, boil in unsalted water until done. Remove and drain well. If using cooked sausage, ignore the boiling process.

Mince or chop the sausage or tongue. Combine with the chopped (preferably fresh) herbs. Heat olive oil in skillet, then gently sauté the meat and herb mixture until the meat has warmed and the herbs have become aromatic. Add salt & pepper to taste.

Place in a serving dish and pour a little vinegar over the top before serving.

Source: *A Boke of Gode Cookery*.

<http://www.godecookery.com/godeboke/godeboke.htm>

Turkish Delight

from Lady Beatrix Beeman

Ingredients

- 800 g (28 oz, 4 cups) sugar
- 120 g (4½ oz, 1 cup) cornflour (cornstarch)
- 1 tbsp lemon juice
- 1 tbsp rosewater
- 1 tsp cream of tartar
- Few drops of food colouring

For the dusting

- 160 g (5½ oz, 1 cup) icing sugar (confectioner's sugar)
- 30 g (1 oz, ¼ cup) cornflour (cornstarch)

Extra icing sugar

Instructions

1. Place 375 ml (12½ fl oz, 1½ cups) water in a pan. Add in the lemon juice and sugar. Bring to the boil while stirring.
2. Once the mixture comes to the boil keep stirring until the temperature reaches 115°C (240°F) on a candy thermometer. This is also known as the soft-ball stage.
3. Turn the heat off from the sugar mixture. In a separate pan add 500 ml (17 fl oz, 2 cups) of water. Add in the cream of tartar and the cornflour. Whisk to remove lumps.
4. Continue whisking while you bring the cornflour water to the boil. Once it becomes a gluey paste remove from the heat.
5. Add a small amount of the the sugar syrup to the gluey paste and whisk to incorporate. Continue adding the syrup a bit at a time, whisking between each addition.

Honey Cookies

from Mistress Shannon Gallowglass

1 lb honey
1 cup brown sugar
1 stick butter
1/2 cup sour cream
2 eggs (small)
4 1/2-6 cups flour
2 tsp backing soda
1/2 tsp baking powder
3/4 tsp cinnamon
1/8 tsp ground cloves

Warm honey and sugar to gentle boil and simmer for 5 minutes. Let cool.

Add sour cream, butter and let cool some more.

Add eggs, baking soda & powder, spices and flour.

Put in refrigerator overnight.

Dough will be sticky. Flour hands lightly and roll dough into marble size rounds. About 12 to a sheet.

Bake at 325 degrees for 12-15 minutes

After completely cooled, store in gallon size plastic bags. Can be stored for several months.

Turkish Delight (continued)

6. Bring the mixture to the boil. Turn the heat down and allow to simmer very gently for about an hour. Stir frequently.
7. By now the mixture should be an amber colour. Add in the rosewater and a few drops of food colouring. Mix well.
8. Take a 20cmx20cm (8"x8") baking tin, oil lightly, line with baking paper and lightly oil the baking paper. Pour in the Turkish Delight, cover and leave for several hours to cool completely.
9. Dust the Turkish Delight with icing sugar and turn it out onto a surface dusted liberally with icing sugar. Remove the baking paper.
10. Cut the slab of Turkish Delight into squares using a pizza cutter or a lightly-oiled knife.
11. Sift the icing sugar and cornflour into a large bowl and add the squares of Turkish Delight. Mix well.
12. Storage: Store the Turkish Delight in a sealed box together with all the icing sugar/cornflour mixture. Do not store in the 'fridge.

Recipe from

<http://titlisbusykitchen.com/recipe/turkish-delight>

**Jendriska's Annual Lazy Handy Dandy Rustic Country
Whole Wheat Crust Apple Tart**
from Lady Jendriska Bellasez

NOTES

Find your favorite period recipe for apple filling.

Find your favorite period recipe for whole-wheat piecrust.

Make both.

Roll the crust out extra large, twice the size of the pie plate you are using.

Put crust in plate, add filling, fold the extra around "artistically" atop the filling.

Bake.

Enjoy your SCAcadian friends while consuming; friendship and sharing are the best condiments for food.

See Jendriska personally for superfluous details!