

Grand Tournament

of the

Unicorn XII

Marche of the Unicorn

April 17, 2004

Luncheon Menu

Bread with Cheeses and Fruit Preserves
Endored Chicken with Lombardy Mustard Sauce
A Dish of Artichokes
A Pye of Beef
Rysschews of Fruit
"Eggs"

*As prepared for Their Royal Majesties
and Their Royal Highnesses
by Edouard Halidai, Cook*

Endored Chicken

Glaze:

6 egg yolks
2 Tbsp. flour
1/2 tsp. ginger
1/2 tsp. pepper
1/2 tsp. salt
pinch saffron

Sauce:

2/3 cups honey
4 Tbsp. prepared mustard
1/4 cup red wine

Chicken: Bake chicken at 350° for 25 minutes. Remove from oven to cool. Mix remaining ingredients to form a thick batter. Cut chicken into large pieces and place on skewers. Coat with batter and broil until coating is just turning golden. Be sure to turn the chicken over halfway through broiling.

Sauce: Mix ingredients in a small saucepan and bring to a low boil. Simmer for about 15 minutes. Serve warm.

Source [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]: Chike endored. Take a chike, and drawe him, and roste him, And lete the fete be on, and take away the hede; then make batur of yolkes of eyron and floure, and caste there-to powder of ginger, and peper, saffron and salt, and powder hit faire til hit be rosted ynog.

Source [Curye on English, Constance B. Hieatt & Sharon Butler (eds.)]: LUMBARD MUSTARD. XX.VII. V. Take Mustard seed and waishe it & drye it in an ovne, grynde it drye. farse it thurgh a farse. clarifie hony with wyne & vynegur & stere it wel togedrer and make it thikke ynowz. & whan thou wilt spende therof make it tynne with wyne.

Source [Liber cure cocorum, T. Gloning (ed.)]: For lumbardus mustard. Take mustarde and let hit drye Anonym, Sir, wyturlye. Stomper hit in a mortar fyne, And fars hit thurghe a clothe of lyne. Do wyne therto and venegur gode, Sture hom wele togeder for the rode, And make hit thyke inowghe thenne, Whenne thou hit spendes byfore gode menne, And make hit thynne with wyne, I say, With diverse metes thou serve hit may.

A Dish of Artichokes

10 -12 artichoke bottoms, cooked
1/2 tsp. pepper
1/2 tsp. cinnamon
1/2 tsp. ginger
2 Tbsp. water
1 Tbsp. large crystal sugar
4 Tbsp. butter
dash vinegar

Mix pepper, cinnamon, and ginger with water. Bring to a boil and remove from heat. Add artichoke bottoms and allow to marinate for 15 minutes. Place into baking dish and add butter and vinegar. Bake at 350° for 15 minutes. Sprinkle with sugar and serve.

Source [The Good Huswifes Jewell, T. Dawson]: To make a dishe of Artechokes. Take your Artechokes and pare away all the top even to the meate and boyle them in sweete broth till they be somewhat tender, then take them out, and put them into a dishe, and seethe them with Pepper, synamon and ginger, and then put in your dishe that you meane to bake them in, and put in Marrowe to them good store, and so let them bake, and when they be baked, put in a little Vinegar and butter, and sticke three or foure leaves of the Artechoks in the dishe when you serve them up, and scrape Suger on the dish.

A Pye of Beif

Filling:

1 lb. beef, minced
1/4 cup prunes, chopped
1/4 cup dates, chopped
1/4 cup raisins
2 Tbsp. vinegar
1/2 tsp. pepper
1/2 tsp. salt
pinch saffron, ground

Crust:

3 cups flour
2 egg yolks, beaten
1 cup butter, softened
water

Mix the filling ingredients and set aside. Cut the butter into the flour thoroughly. Mix in egg yolk and enough water to let the dough hold together. Roll out, fill, and cover as common double crust pie. Bake at 350°F until done - about 50 minutes.

Source [A Proper Newe Booke of Cokerye, Anne Ahmed (ed.)]: *To make Pyes. Pyes of mutton or beif must be fyne mynced and ceasoned wyth pepper and salte, and a lyttle saffron to coloure it, suet or marrow a good quantite, a lyttle vyneger, prumes, greate raysins, and dates, take the fattest of the broathe of powdred beyfe, and yf you wyll haue paest royall, take butter and yolkes of egges, and to tempre the flowre to make the paeste.*

Rysschews of Fruit

Filling:

1 cup figs
1 cup dates
1/3 cup pine nuts
1/4 cup currants
1/2 tsp. cloves
1/2 tsp. mace
1/2 tsp. sandalwood
1/4 tsp. pepper
1/2 tsp. cinnamon (canelle)
1/4 tsp. salt
pinch saffron, ground

Crust:

1 1/2 cup flour
1 egg yolk, beaten
8 Tbsp. butter, softened
water

Mix the filling ingredients and set aside. Cut the butter into the flour thoroughly. Mix in egg yolk and enough water to let the dough hold together. Separate into 16 portions and roll out, and place in mini-tart pan. Pre-bake the crusts for about 10 minutes, then put a small portion of the filling into each. Bake at 350°F until crust is golden - about 20 minutes.

Source [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]: *Ryschewys close & Fryez. Take Fygys, & grynd hem smal in a mortere with a lytil Oyle, & grynd with hym clowys & Maces; & than take it vppe in-to a vesselle, & cast ther-to Pynez, Saundrys, & Roysonys of Coraunce, & mencyd Datys, Pouder Pepir, Canel, Salt, Safroun; than take fyne past of flowre an water, Sugre, Safroun, & Salt, & make fayre cakys ther-of; than rolle thin stuf in thin hond, & couche it in the cakys, & kyt it, & folde hym as Ruschewys, & frye hem vppe in Oyle; and serue forth hote.*

Source [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]: *Risshewes. Take figges, and grinde hem all rawe in a mortar, and cast a litull fraied oyle there-to; And then take hem vppe yn a vessell, and caste there-to pynes, reysyns of corance, myced dates, sugur, Saffron, pouder ginger, and salt: And then make Cakes of floure, Sugur, salt, and rolle the stuff in thi honde, and couche it in the Cakes, and folde hem togidur as risshewes, And fry hem in oyle, and serue hem fort.*

Source [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]: *Risschewes de frute. Take ffigges, and grinde hem in a mortar al smal with a litell oyle, and grynde wit hem, clowes, and maces; and then take hem vppe in-to a diss, and caste thereto pynes, saundres, reisons of coraunce, myced dates, pouder of Peper, Canell, Saffron, and salt; And then make fyne paast of floure, water, sugur, saffron, and salt, And make there-of faire kakes; and then rolle the stuff in thi honde, and couche hit in the kakes; kutte hem, and so folde hem togedrys as risshewes, And fry hem in goode Oyle, And serue hem forthe hote.*

Sugared Almonds or Hazelnuts

1 pound blanched almonds or hazelnuts
2 cups sugar
1 cup water
1 Tbsp. rosewater (optional)
cinnamon to taste

Mix sugar and water in a saucepan and bring to a gentle boil. Simmer until the syrup reaches 225°F, then add the rose water and set heat to low. Then put the almonds into a large pan over low heat. Add the syrup to the almonds a couple of tablespoons at a time, stirring them constantly and allowing them to dry out before adding more. As things progress then shaking the pan may work better than stirring it. When the almonds are completely coated sprinkle with cinnamon and allow to cool.

Source [Ein new Kochbuch, M. Rumpolt, M. Grasse (trans.)]: *Almonds coated. [...] Of assorted roots that have a welltasting scent/smell. If you wish such confits to coat with sugar so take a clean copper vessel that has two handholds hang it in the height on a rope at both handholds set a glow kettle with glowing coals thereunder put the confits into the vessel and make it fine warm pour nice clarified (clean) sugar thereto and stir it often therewith till the confits the sugar takes to it so it becomes nice white and dry. Also coats one assorted grains with sugar and assorted spices so it becomes good and also welltasting.*

Mandeln vberzogen. [...] Von allerley Wurtzeln die ein wolgeschmackten geruch haben. Wenn du ein solches Confect wilt vberzieln mit Zucker so nim[m] ein sauber töepffern Becken das zwo Handhaben hat hengs in die höeh an ein Strick zu beyden Handhaben setz ein glut Kessel mit glihenden Kohlen daronter thu das Confect in das Becken vnnd machs fein warm geusz schönen geläeuterten Zucker darzu vnd rüer es offft darmit bisz das Confect den Zucker an sich nimpt so wirt es schönen weisz vnd trucken. Also vberzeucht man allerley Korn mit Zucker vnd allerley Gewüertz so wirt es gut vnnd auch wolgeschmack.