

Winter's End

Barony of Fenix

February 28, 2004

Luncheon Menu

Bread with Cheeses and Quince Paste

Pumpes served with an Amond-Milk Sauce

Ember Day Tart

Venison Pies served with Butter and Cinnamon

Apple Muse

Gyngerbrede

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

Pumpes

Pumpes:

1 pound ground beef
2 egg yolks
1/4 cup currants
1 Tbsp. sugar
1/8 tsp. pepper
1/4 tsp. mace
1/4 tsp. cloves
1/4 tsp. cubebs
1/4 tsp. cinnamon
1/4 tsp. salt
pinch saffron
4 cups beef broth (approx.)
1/4 cup wine (approx.)

Sauce:

2 cups almond milk
1 Tbsp. rice flour
3 Tbsp. sugar
1/8 tsp. mace
1/8 tsp. cinnamon

Mix ground beef, egg yolkes, currants, sugar, and spices. Form into small balls, about an inch in diameter. Place in boiling broth along with wine and cook until done - about 15 minutes. Remove from broth and place in serving dish. In a separate pan mix almond milk, rice flour, sugar, and mace. Bring to a boil, reduce heat, and simmer over medium heat until thick. Pour just enough sauce over the pumpes to thoroughly coat them and serve.

Source [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]: Pompys. Take Beef, Porke, or Vele, on of hem, & raw, alle to-choppe it atte the dressoure, than grynd hem in a mortar as smal as thou may, than caste ther-to Raw olkys of Eyroun, wyn, an a lytil whyte sugre: caste also ther-to poudre Pepyr, & Macys, Clowes, Quaybibys, poudre Canelle, Synamoun, & Salt, & a lytil Safroun; then take & make smale Pelettys round y-now, & loke that thou haue a fayre potte of Freysshe brothe of bef or of Capoun, & euer throw hem ther-on & lete hem sethe tyl that they ben y-now; then take & draw vppe a thryfty Mylke of Almaundys, with cold freysshe brothe of Bef, Vele, Moton, other Capoun, & a-lye it with floure of Rys & with Spycerye; & atte the dressoure ley thes pelettys .v. or .vj. in a dysshe, & then pore thin sewe aneward, & serue in, or ellys make a gode thryfty Syryppe & ley thin pelettys atte the dressoure ther-on, & that is gode seruyse.

Source [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]: Pumpes. Take an sethe a gode gobet of Porke, & not to lene, as tendyr as thou may; than take hem vppe & choppe hem as smal as thou may; than take clowes & Maces, & choppe forth with-alle, & Also choppe forth with Roysonyms of coraunce; than take hem & rolle hem as round as thou may, lyke to smale pelettys, a inches a-bowte, than ley hem on a dysshe be hem selue; than make a gode almaunde mylke, & a lye it with floure of Rys, & lat it boyle wyl, but loke that it be clene rennyng; & at the dressoure, ley .v. pompys in a dysshe, & pore thin potage ther-on. An if thou wolt, sette on euery pompe a flos campy flour, & a-boue straw on Sugre y-now, & Maces: & serue hem forth. And sum men make the pelletys of vele or Beeff, but porke ys beste & fayrest.

Ember Day Tart

6 eggs
1/2 medium onion, coarsley chopped
1/2 lb. soft cheese, grated
4 Tbsp. butter, melted
1/2 cup currants
1 Tbsp. sugar
sage
parsley
hyssop
powder douce
salt
saffron

Grind saffron, mix with butter and set aside. Parboil onions and fresh herbs and drain. Finely chop herbs. Beat eggs and combine with saffron-butter, onions, and remaining ingredients, pour into pastry shell, and bake at 350°F for one hour.

Source [Curry on English, Constance B. Heatt & Sharon Butler (eds.)]: Tart in ymbre day. Take and perboile oynouns & erbis & presse out the water & hewe hem smale. Take grene chese & bray it in a mortar, and temper it vp with ayren. Do therto butter, safroun & salt, & raisouns corauns, & a litel sugar with powdour douce, & bake it in a trap, & serue it forth.

Venison Pies

Filling:

1 pound ground venison
1 Tbsp. cinnamon
4 Tbsp. butter
2 Tbsp. sugar
vinegar

Sauce:

butter
cinnamon
sugar
vinegar

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. Place one sixteenth of the filling into each, fold over, and seal with water. Bake at 350°F until crust is golden - about 30 minutes.

Source [A Proper Newe Booke of Cokerye, Anne Ahmed (ed.)]: To Rooste Veneson. Roosted Veneson must have vyneger, Suger and Cinomome and butter boyled upon a chafing dyshe with cooles, but the sauce maye not bee to tarte, and then laye the Veneson upon the sauce.

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.

Apple Muse

2 apples
1 cup almond milk
4 Tbsp. honey
1 cup (2 slices) bread crumbs
1 tsp. sandalwood
pinch saffron
dash salt

Peel, core, and slice apples. Boil them until soft and then press them through a sieve. Add almond milk, honey, bread crumbs, saffron, sandalwood, and salt and simmer. Serves 4.

Source [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]: .lxxix. Apple Muse. Take Appelys an sethe hem, an Serge hem thorwe a Sefe in-to a potte; thanne take Almaunde Mylke & Hony, an caste ther-to, an gratid Brede, Safroun, Saunderys, & Salt a lytil, & caste all in the potte & lete hem sethe; & loke that thou stere it wyl, & serue it forth.

Source [The Neapolitan Recipe Collection, Terence Scully (trans.)]: Pumata. Piglia amandole he pistale tanto quanto se po, he fane latte; poi piglia dece ho .xii. pome cotte he, como serano cotte, pistale molto bene he passale par la seta he miscola cum lo latte de le amandole he cum uno poco de aqua rosata he zucaro; he fa cocere questo latte cum le pome tanto che ogni cosa sia spissa; poi leva dalo focho he fane menestre.

Applesauce. Get almonds, grind them thoroughly and make milk; then get ten or twelve cooked apples, grind them up and sieve them, mix them with the almond milk and a little rosewater and sugar, and cook the mixture until it is thick; then take it off the fire and make up dishes of it.

Source [The Vivendier, Terence Scully (trans.)]: Pour faire amplummus: prenez pommes pelleez et copez par morceaux, puis mis boullir en belle esve fresce; et quant il sont bien cuis, purez l'esve hors nettement, puis les suffrisiez en beau bure fres; ayez cresse douce et moyeux d'oels bien batus, saffren et sel egalment; et au dreschier canelle et chucquere largement pardessus.

To make an Apple Sauce. Get peeled apples, cut into pieces, then set to boil in pure fresh water. When they are thoroughly cookes, drain off all of the water and sautee them in good fresh butter; get fresh cream and well beaten egg yolkes and saffron, and salt judiciously. On dishing it up, cinnamon and sugar over top.

Gyngerbrede

2 cups honey
1 tsp. cinnamon
1/2 tsp. white pepper
pinch saffron
18 cups bread crumbs (about 2 loaves)
cinnamon and red sandalwood to coat

Bring the honey to a boil, reduce heat, and allow to simmer for 5 or 10 minutes, skimming off any scum that forms on the surface. Remove from heat and add saffron, pepper, cinnamon, and bread crumbs (adding bread crumbs a cup at a time). Mix well and scoop out into half inch sized portions. Form into small balls and coat with a mix of 2 parts sandalwood to 1 part cinnamon.

Source [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]: .iiij. Gyngerbrede. Take a quart of hony, & sethe it, & skeme it clene; take Safroun, poudere Pepir, & throw ther-on; take gratyd Brede, & make it so chargeaunt that it wol be y-lechyd; then take poudere Canelle, & straw ther-on y-now; then make yt square, lyke as thou wolt leche yt; take when thou lechyst hyt, an caste Box leues a-bouyn, y-stykyd ther-on, on clowys. And 3if thou wolt haue it Red, colore it with Saunderys y-now.

Source [Curye on English, Constance B. Hieatt & Sharon Butler (eds.)]: To make gyngerbrede. Take goode honye & clarefie it on the fere, & take fayre paynemayn or wastel brede & grate it, & caste it into the boylenge hony, & stere it well togyder faste with a sklyse that it bren not to the vessell. & thanne take it down and put therin ginger, longe pepere & saundres, & tempere it vp with thin handes; & than put hem to a flatt boyste & strawe thereon suger & pick therin clowes rounde aboute by the egge and in the mydes yf it plece you &c.

Source [The English Housewife, Michael R. Best (ed.)]: To make gingerbread. Take claret wine and colour it with turnsole, and put in sugar and set it to the fire; then take wheat bread finely grated and sifted, and liquorice, aniseeds, ginger, and cinnamon beaten very small and searced; and put your bread and your spice all together, and put them into the wine and boil it and stir it till it be thick; then mould it and print it at your pleasure, and let it stand neither too moist nor too warm.

Source [The English Housewife, Michael R. Best (ed.)]: How to make a coarse ginger bread. To make a coarse ginger bread, take a quart of honey and set it on the coals and refine it: then take a pennyworth of ginger, as much pepper, as much liquorice; and a quarter of a pound of aniseeds, and a pennyworth of sanders: all these must be beaten and searced, and so put it into the honey: then put in a quarter of a pint of claret wine or old ale: then take three penny manchets finely grated and strew it amongst the rest, and stir it till it come to a stiff paste, and then make it into cakes and dry them gently.

Source [The English Housewife, Michael R. Best (ed.)]: Coarse gingerbread. Take a quart of honey clarified, and seethe it till it be brown, and if it be thick put to it a dish of water: then take fine crumbs of white bread grated, and put to it, and stir it well, and when it is almost cold, put to it the powder of ginger, cloves, cinnamon, and a little liquorice and aniseeds; then knead it, and put it into moulds and print it: some use to put to it also a little pepper, but that is according unto taste and pleasure.