

A Sūppēr for Nēwē Cookēs



Bēing Dēlicious Rēcipēs
Most Simplē ānd Sūitēd
for Thosē Unfāmiliār
«With Pēriod Cooking



Assēblēd by Bāronēss Violēt Rūthvēnē
of Crosston Shirē in thē Wēst Kingdōm

The Menu

Will serve six to eight people.
Set bread and wine at table.

First Course:
Boyled Sallet

Second Course:
Mushroom Pie
Rapes in Pottage

Third Course:
Roman Pasta With Cheese
Sausages in Pottage

Fourth Course:
Fried Broad Beans
Grave of Small Birds

Dessert Buffet

Note: The dates and places for these recipes do range all over, but they are Western European and would conceivably be known by cooks of the general SCA period. This is meant to be a beginning cook's meal to get started with historical cooking. Enjoy!

Dessert Buffet

A perfectly period and simple dessert option is to buy these items from Trader Joe's:

- Belgian butter waffle cookies (they look like medieval "wafers")
- Quince paste
- Manchego cheese
- Cinnamon almonds
- Dried fruits such as cherries, apple, and peaches

Arrange them attractively on a tray and in small bowls.
Serve with sweet wine, if desired.



Grave of Small Birds

from Enseignements qui Enseignent a Apareillier Toutes
Manieres de Viandes, 1300s, France
— <http://tinyurl.com/scarecipe8>

Historical Text: If you want to make a gravé of small birds, put the birds to cook in a pot all covered with crisped bacon, and add wine and water and pepper and ginger, and keep well covered that steam doesn't escape that all will be cooked.

Daniel Myers' redaction:

<http://tinyurl.com/scarecipe10>

1 pound chicken thighs
1/2 cup red wine
1/2 cup water
1/4 cup cooked bacon pieces
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ginger

Place all ingredients in a large pot. Bring to a boil, then simmer until done — about 20 minutes.

Violet's notes:

Make sure to use a good red wine, one you would drink at table. Feel free to add more bacon. Serve with bread for sopping up the tasty sauce.



Boyled Sallet

from The English Housewife by Gervase Markham,
1615, England — <http://tinyurl.com/scarecipe1>

Historical Text: To make an excellent compound boyl'd Sallet; take of Spinage well washt, two or three handfuls, and put it in fair water, and boyl it til it be exceeding soft and tender as pap; then put it into a Cullender, and drain water from it, which done with the back side of your Chopping-knife chop it, and bruise it as small as may be; then put it into a Pipkin with a good lump of sweet butter, and boyl it over again; then take a good handful of Currants clean washt, and put to it, and stir them well together, then put to as much Vinegar as will make it reasonable tart, and then with Sugar season it according to the taste of the Master of the house, and so serve it upon sippets.

Duke Cariadoc of the Bow's redaction:

<http://tinyurl.com/scarecipe2>

10 ounces spinach
2 tablespoon butter
5/8 cup currants
3 tablespoon wine vinegar
4 tablespoon sugar
1 pound loaf of white bread or more, toasted (sippets)
Serve on slices of toast.

Violet's shortcuts:

Use a bag of pre-cut, triple-washed spinach. Parboil very lightly, just until the spinach barely wilts. For the dressing, red wine vinegar adds a nice, tart flavor. This salad is also good if you do not boil the spinach or serve on toasts. Simply mix the dressing and toss with spinach and currants.

To Make a Mushroom Pie

from *Ouverture de Cuisine* by Lancelot de Casteau, 1604, France — <http://tinyurl.com/scarecipe3>

Historical Text: Take some mushrooms which are well cooked, and chop them like tripes, and fricassee them in butter, then take four ounces of grated cheese, a small handful of mint and marjoram, chopped together very fine, and mix all together, and make a pie, and pour some more melted butter on top.

Master Wulfric of Creigull's redaction:

1 1/2 pounds mushrooms
3 tablespoons melted butter
1/4 cup fresh mint, chopped
1 tablespoon fresh marjoram, chopped
4 ounces grated Parmesan cheese
single pie crust

Slice the mushrooms thinly. Bring enough water to cover mushrooms to a boil. Simmer for 3 minutes and drain. Saute mushrooms in one tablespoon of the butter over medium heat for 5 minutes. Chop mint and marjoram; mix with mushrooms and cheese, and fill a single pie crust. Pour the remaining melted butter over the top. Bake at 350 degrees for 35 to 40 minutes.

Violet's shortcuts:

Sauté 3 10-oz. bags of sliced crimini mushrooms in butter. Remove from heat, and add the chopped herbs. Use a slotted spoon to transfer mushrooms to pie crust (the extra butter can make the crust soggy). Layer mushrooms and grated cheese, using all of one 6 oz. tub of shredded Parmesan, topping the pie with a "crust" of cheese. Bake. This pie is also excellent served cold for tourney lunches or taken to potlucks.

Fried Broad Beans

from *De Honesta Voluptate et Valetudine* by Platina, 1475, Italy

Historical Text: Put broad beans that have been cooked and softened into a frying pan with soft fat, onions, figs, sage, and several pot herbs, or else fry them well rubbed with oil and, on a wooden tablet or a flat surface, spread this into the form of a cake and sprinkle spices over it.

Duke Cariadoc of the Bow's redaction:
<http://tinyurl.com/scarecipe7>

1 cup dried fava beans
6-8 tablespoons lard
1/2 cup onions
2/3 cup figs (cut in about 8 pieces)
1/2 teaspoon sage
1/2 teaspoon salt
Pot herbs: 1 1/2 cup spinach, packed; 1 1/2 cup parsley, packed;
1 1/2 cup mustard greens, packed; 1 1/2 cup turnip greens
Spices for sprinkling on top: 1/4 teaspoon ginger, 1/2 teaspoon cinnamon, 1/4 teaspoon pepper

Beans were brought to a boil in 2 1/2 cup water, left to soak about 1/2 hour, then simmered another hour (until soft). Drain the beans, mix the whole mess together and fry it in the lard for 10 minutes, then serve it forth with spices sprinkled on it.

Violet's notes:

If using fresh fava beans, you have to shell them, parboil the beans, and then shell those to remove the hard husk (for dried beans, you only shell them once). This takes extra time, however, it's worth it because fresh beans are very bright green and make for a very pretty and delicious dish. You can use only the listed amounts of spinach and parsley and that will be plenty of pot herbs. A good substitute for lard is bacon fat (drippings from frying bacon), which adds extra flavor.

Sausages in Pottage

from *Ouverture de Cuisine* by Lancelot de Casteau, 1604, France — <http://tinyurl.com/scarecipe9>

Historical Text: Take the sausages, and fricassee them in butter, then take four or five apples peeled and cut into small segments, and four or five onions cut into round slices, and fricassee them in butter, and put them all in a pot with the sausages, and add nutmeg, cinnamon, with white or red wine, some sugar, and stew it thus.

Master Wulfric of Creigull's redaction:

1 pound pork sausages
1 tablespoon butter
3/4 pound green apples
1/2 pound onions
1/2 teaspoon nutmeg
3/4 teaspoon cinnamon
1 cup white or red wine
1 teaspoon turbinado sugar

Peel, core, and segment apples; peel and slice onions in rounds. Melt butter in a pot. Add sausages and sauté for 10 minutes over medium-high heat, turning occasionally, or until sausage juice runs clear when pierced. Remove and set aside. Fry onions in the same pot for five minutes. Add apples, sausages, and rest. Bring to a low boil and simmer, covered, over medium heat for 15 minutes.

Violet's notes:

Prefer this made with red wine, a good one you would drink at table. Get fresh, high-quality sausages.

Rapes in Pottage

from *Forme of Cury*, 1390, England
— <http://tinyurl.com/scarecipe4>

Historical Text: Take rapus and make hem clene, and waissch hem clene; quarter hem; perboile hem, take hem vp. Cast hem in a gode broth and see hem; mynce oynouns and cast erto safroun and salt, and messe it forth with powdour douce. In the self wise make of pastunakes and skyrwittes.

Duke Cariadoc of the Bow's redaction:

<http://tinyurl.com/scarecipe5>

1 pounds turnips, carrots, or parsnips
2 cups chicken broth (canned, diluted)
1/2 pounds onions
6 threads saffron
3/4 teaspoon salt
Powder Douce: 2 teaspoon sugar, 3/8 teaspoon cinnamon,
3/8 teaspoon ginger

Wash, peel, and quarter turnips (or cut into eighths if they are large), cover with boiling water and parboil for 15 minutes. If you are using carrots or parsnips, clean them and cut them up into large bite-sized pieces and parboil 10 minutes. Mince onions. Drain turnips, carrots, or parsnips, and put them with onions and chicken broth in a pot and bring to a boil. Crush saffron into about 1 teaspoon of the broth and add seasonings to potage. Cook another 15-20 minutes, until turnips or carrots are soft to a fork and some of the liquid is boiled down.

Violet's notes:

This dish is most approachable when you use a mix of carrots and turnips or all carrots, as turnips and parsnips can smell a little funny while cooking (but the flavor mellows when it's done). Don't worry if you can't find or afford saffron, it mostly adds color, not flavor.

Roman Pasta With Cheese

from Libro Arte Coquinaria by Martino of Como, 1465, Italy

Historical Text: Take some white flour, and add water and make a sheet of pasta slightly thicker than that for lasagne, and wrap it around a stick; then remove the stick and cut the pasta into pieces the size of your little finger, and they end up with the shape of thin strips or strings. Cook in fatty broth or in water, depending on the season (Lent). But they need to be boiled when you cook them. If you cook them in water, add some fresh butter and a bit of salt. When they are done, place on a platter with some good cheese, and butter, and sweet spices.

Lady Ceara's redaction:

<http://tinyurl.com/scarecipe6>

2 32-oz containers of chicken broth
1 12-oz box penne pasta
2 1/4 cups of shredded parmesan cheese
1 teaspoon cinnamon
1 teaspoon ginger
1 teaspoon nutmeg
Half a stick of butter

Bring chicken stock to a boil and add pasta. When the pasta is cooked, drain the pasta and KEEP the broth it had been cooked in. Place the pasta into a casserole pan, and set the broth back on the stove and simmer it until reduced and thick.

Add about 1 cup of the thick broth mixture to the pasta in the casserole dish along with 2 cups of shredded Parmesan cheese. We used 1 teaspoon each of cinnamon, ginger, and nutmeg to the mixture. Add half a stick of butter cut into little cubes and sprinkle that on the top. Sprinkle a little more cheese on top. Bake in the oven at 350 degrees for about 15 minutes.

Violet's notes:

The broth may need to simmer on a low heat for about 2 hours, but it's worthwhile. You may wish to reduce the spices by half for a more savory dish.

