Recipes for Bardic Madness

Notes: We substituted leeks for onions in all the recipes except the Spinach tart, for allergy reasons. In that one we made a tart with no onions.

## First Course as Served:

**Samia’s Chicken HotDish:** [http://idlelion.blogspot.com/2012/02/creamy-chicken-hotdish-food-challenge.html](http://idlelion.blogspot.com/2012/02/creamy-chicken-hotdish-food-challenge.html%20%20)

**Buttered Marrows:** Peel and cut Rutabagas, Turnips, Yams, and Butternut squash into appealing chunks. Melt butter in the bottom of the pan you will be roasting in. Sprinkle in oregano, salt, and pepper to taste. Mix in the veggies with the butter and spices. Roast one hour in the oven. You can do this in a crock pot set on the lower setting and leave it all day, stirring once. Olive oil can be substituted for butter. [Combined from several period recipes.]

**Spinach Tart:** <http://allrecipes.com/recipe/crustless-spinach-quiche/>

## Second Course as Served:

**Lamb Roast:** Get a good boneless leg of lamb. At least 6 hours before you intend to cook it, make up a dry rub of Oregano, Sage, and Rosemary (for one leg you would use about 3 teaspoons of each). Pat dry the roast and then roll it in the mix, covering all the meat. Put in your roasting pan, cover well with foil, and stick it in the fridge to marinate. Lamb should roast 25 minutes per pound of meat. For example, a 5 lb roast cooks for 125 minutes, or 2 hours. In a 350 degree oven, roast with the foil on the pan for the desired time. When your meat thermometer reads 160, take it out of the oven and let sit, still covered, for 10 minutes. Remove the netting holding the roast together, slice, and serve. [ Original recipe said “Cook your lamb as desired.” This recipe is adapted from a pork roast recipe I learned so long ago I can’t remember where I found it.]

**Sauce Cameline, *Le Menagier*:**

[I confess, I can’t find the original source text I copied out for this. This is the recipe I followed; it’s attributed to Euriol of Lothian.]

**Ingredients:**

* ¼ cup raisins
* ¼ cup nutmeats (walnuts or hazelnuts are good)
* ½ tsp each ground ginger and ground cinnamon
* 1/8 tsp ground cloves (I am allergic to cloves; there were no cloves in the sauce at the feast)
* saffron (3-4 Strands)
* 2 slices of bread, baked dry and broken into chunks (or an equal amount of the hard crusts from crusty bread) (or 1/4 cup commercial breadcrumbs)
* ½ tsp salt
* 1/3 - ½ cup wine vinegar

**Directions:**

In a food processor or food mill, grind all the ingredients (except the vinegar) at once until everything is finely chopped. (Otherwise, chop the raisins, nuts, and bread finely and stir together with the rest.)

Add vinegar until it reaches a chutney, paste, or relish-like consistency. Salt to taste; serve cold with the meat (in a separate dish or alongside the meat as a dipping sauce or relish).

**Funges**

This is the recipe I started with. However, experience has shown me that my adaption works as well if not better with the regular audience. Serves 6 at a potluck, 3 as a side dish or appetizer. Fewer if the cooks like mushrooms.

Forme of Cury, England

Take Funges and pare hem clene and dyce hem. Take Leke and shred hem smal and do hym to seethe in gode broth. Color hit with safroun and do thinne powdour forte.

My adaption:

* 1 quart vegetable broth
* 1 lb mushrooms, washed/wiped and trimmed. Cut the large ones in half, otherwise leave them whole.
* 2 Tsp Cardamom, ground
* Saffron, a few threads
* Salt to taste
* Coriander and white pepper to taste. Cubebs if you have them and like them.

Mix the broth and spices (including the saffron) together; heat to boiling. Add the mushrooms and reduce the heat to low. Simmer for 10 minutes (or until the mushrooms are cooked soft enough for your taste). Salt to taste. If you wish to make this into mushroom soup, slice the mushrooms small and triple the broth.

**A Grand Sallet of Beets (The Accomplished Cook)**

The original additionally calls for baby sorrel leaves, which I seldom can find, and currants, which I had ended up using all of in the Quaking Pudding. Otherwise, here is the recipe:

* Enough Baby spinach to cover your tray thickly.
* Pickled beets, sliced. (1 jar will be enough)
* Carrot coins (2 carrots, or one small bag pre-cut)
* (Currants) (1/3 box)
* Slivered Almonds (1/2 a small bag)
* Vinaigrette (1 standard recipe from a packet will do)

Place the spinach flat on the tray. 1/3 of the way in, make a circle of pickled beets. Next to that, make a circle of carrot coins. (Then would come the currants if you have them.) In the center sprinkle the almonds. Serve with a vinaigrette. (I used red wine vinegar and balsamic vinegar, olive oil, and an Italian dressing mix.) You can drizzle the vinaigrette over the salad or serve on the side.

## Third Course as Served:

**Yrchouns**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Two Fifteenth-Century Cookery-Books, Harleian MS. 279

This is a wonderful illusion food, so beloved of the medievals, and it tastes good too! Serve on a bed of greens or parsley. One way to spiff up a head table entry or potluck presentation is to make one large “mama” hedgehog and surround her with her babies. The Original recipe calls for sausage in casings, colored with various “endorings” at the end. The recipe as it is redacted here is in the “traditional” SCA manner. Most SCA beginning cooks are not eager to work with sausage casings, and some feast-goers will avoid them.

You can use commercial sausage here; if so, the sage flavored sausage will give a more interesting and unusual flavor.

Serves 6-8 at a potluck or feast, 3-4 as a main dish. (This dish is *very* popular, we think because it’s cute *and* familiarly flavored.)

Original:

xx Take Piggis mawys & skalde hem wel; take groundyn Porke & knede it with Spicerye, with pouder Gyngere, & Salt & Sugre; do it on Þe mawe, but fille it nowt to fulle, Þen sew hem with a fayre Þrede, & putte hem in a Spete as men don piggys; take blaunchid Almaundys, & kerf hem long, smal, and scharpe, & frye hem in grece & sugre; take a litel prycke, & prykke Þe yrchons, An putte in Þe holes Þe Almaundys, every hole half, & eche fro oÞer; ley hem Þen to Þe fyre, when Þey ben rostid, dore hem sum with Whete Flowre & mylke of Almaundys, some grene, sume blake with Blode, and lat hem nowt browne to moche; & s[erue] f[orth].

Ingredients:

1 lb each ground pork and lamb

1 tsp each ginger and sage

½ tsp mace

1 tsp salt

2 ½ oz blanched and slivered almonds

black currants or capers (optional)

Directions:

Mix the meat and spices (not the nuts), and set aside overnight for the spices to blend. (If you don’t have time, that’s OK, but the meat will be less strongly flavored.)(I use commercial sage sausage in most instances because I can be lazy.)

Form into egg-shaped and egg-sized balls with pointed ends, flattened slightly on the bottom. Place in a baking pan – these have a tendency to give off grease, so make sure it’s a pan that will catch the drips. Push the slivered almonds into the back of the hedgehogs, pointing in one direction like the quills on the animal’s back. Use 8-10 spines per hedgehog to give the proper effect.

[If you are interested in handling sausage casings, make your hedgehogs about 3” long, tied off between with thread or two (2) knots in the casing. You can cut them apart after cooking, but it is easier to handle them if you cut them apart before cooking.]

Bake covered at 350 degrees F. for about 30 minutes, or until medium brown. Drain on brown paper bags for a minute or two before arranging and serving. Serve hot. (We used cloves as tiny eyes once in emergency, added before the beasties were baked, but suggested to the diners that they would want to remove the “eyes” before eating.)

**Petit Chou (Brussels Sprouts)**

This was an *ad hoc* addition because the sprouts were cheap and we wanted another veggie in the course, and I was tired of making green beans. 1 recipe serves 8 as a side dish.

**Ingredients:**

1 package (about 25) fresh Brussels sprouts, washed and trimmed

1/2 Cup Balsamic vinegar

2 Tbsp butter

**Directions:**

Melt the butter in a fry pan or wok, and stir in the Balsamic vinegar. Let them mellow together over low heat while you cut the sprouts in half. Raise the heat to medium high and add the sprouts to the pan. Stir briskly until the sprouts begin to carmelize. Serve promptly.

**Macrows**

<http://godecookery.com/friends/frec68.htm>

**Benes y-Fride (Fried Beans)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Forme of Cury, England

A good potluck dish. This can be prepared easily in a standard frying pan. We substituted leeks for onions.

Serves 8 at a potluck or side dish, 3 as a main dish.

Original:

Take benes and seeþ hem almost til Þey bersten. Take and wryng out Þe water clene. Do þerto onyouns ysod and ymynced, and garlec Þerwith; frye hem in oile oÞer in grece, & do Þerto powdour douce, & serue it forth.

Ingredients:

* 1 onion, chopped fine
* 1 clove garlic, finely chopped
* ¼ cup oil
* 1 tsp powder douce (we used ginger, cinnamon, and mace)
* 1 can of northern beans, cooked

Directions:

Fry the onions in the oil with the garlic, spices, and seasonings. Stir in the cooked beans and mix thoroughly. You can bake the leftovers in a casserole until reheated.

## Dessert

Cryspes (Sweet Fried Dough)

Siobhan Medhbh O’Roarke, Le Viandier de Taillevent, translated from French to English, taken from the Miscelleny

Even if you’ve never had funnel cakes at the fair, you have to try this recipe. Discovering that this period version of our modern harvest fair treat makes it a little easier to imagine the bustle and delight of a Market Day in town. (Note – we had a fryer/oil issue, and so made these into pancakes instead. Sorry.)

Original:

Take white of eyroun, milk, and flour, and a little berme, and beat it together, and draw it through a strainer, so that it be running, and not too stiff, and cast sugar thereto, and salt; then take a chafer full of fresh grease boiling, and put thine hand in the batter, and let thine batter run down by thy fingers into the chafer; and when it is run together on the chafer, and is enough, take and nym a skimmer, and take it up, and let all the grease run out, and put it on a fair dish, and cast thereon sugar enough, and serve forth

Ingredients:

* 4 egg whites
* 2/3 cup milk
* 1 cup flour
* 1 Tbsp dried yeast
* 3 Tbsp sugar
* ½ tsp salt

Directions:

Take egg white, milk, and flour and a little yeast and beat it together, being careful not to let the flour make lumps. Add sugar and salt. Pour into a pan of hot oil, so that they puff up and brown, turn them, drain them, sprinkle on sugar and serve them.

This can be done either as a pancake, or as something more like a funnel cake; the latter seems to fit the description more closely. To make it like a funnel cake, use a slotted spoon; the batter runs through the slots into the hot grease. Of course, you could always let thy batter run down by thy fingers instead, but make sure no one is watching.

## Erbowle (Fresh Plum Pudding)

Crystal of the Westermark, Pleyn Delit

This is a very easy, very yummy dish that travels well and is very pretty to prepare. It makes about 3 cups of finished product.

Original:

Take bolas and scald hem with wyne and drawe hem with a straynour do hem in a pot, clarify hony and do therto with powdor fort, and flor of Rys. Salt it & florish it wyth whyte aneys, & serve it forth.

Ingredients:

1 lb ripe fresh plums

1 cup each red wine and water

¼ cup clear honey

¼ tsp each salt, cinnamon

1/8 tsp each ginger, mace

¼ cup rice flour, stirred into ¼ cup cold water

10-15 whole roasted almonds

Directions:

Put plums in a saucepan and cover with wine and water; bring to a boil, and simmer 5 minutes (or until all the skins have turned lighter, and no darker, hard spots remain). Remove the plums and let cool 10 minutes. Keep the cooking liquid hot in the pan on the stove. Peel the plums and discard the pits. In a food processor or fruit sieve, puree the plums. Combine with honey and spices. Blend well.

Stir this pureed mixture back into the hot cooking liquid. Put the water in a jar with a tight lid; add the rice flour by sprinkling over the water. Cap the lid and shake vigorously. Pour slowly into the hot pudding, stirring continuously over medium heat. Continue until the pudding is quite thick (5-10 minutes). If there are lumps, reblend or sieve.

Pour into the serving dish (or dishes). Cool. When cool, chill. Garnish with whole almonds just before serving.

**Quaking Batter Pudding**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Elinor Fettiplace’s Receipt Book, England

This is a dish, like “Lost Bread” (French toast), that has come down to us almost unchanged. It’s still featured on menus in fine Scottish and French restaurants, and you can add almost any fruit or flavor into it. This recipe is in Elinor Fettiplace, but there are others in the literature, each a little different. Serves 8.

Original:

Take 6 ounces of fine flour, a little salt and 3 eggs, beat up well with a little milk, added by degrees till the batter is quite smooth, make it the thickness of cream, put into a buttered pie dish and bake three-quarters of an hour, or into a buttered and floured basin tied over tight with a cloth boil one and a half or two hours. Serve with an orange sweet syrup.

Ingredients:

3 oz (weight) flour

3 oz (weight) fine white breadcrumbs

pinch salt

3 eggs, beaten

1 cup cream or half and half

1/8 tsp nutmeg

3-4 Tbsp mixed currants and raisins (We filled the tins half full of mixed raisins and currants.)

Directions:

Mix the flour and breadcrumbs in a bowl, and make a well in the middle. Drop in the beaten eggs and work into a batter with a wooden or plastic spoon.

Add the cream little by little, beating well. Then stir in the fruit and nutmeg.

Put in a well-greased dish and bake for 45 minutes at 350 degrees F. until it is well risen and browned. Serve at once with Orange-Butter Sauce.

## Orange-Butter Sauce

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Digby, England

Ingredients:

½ cup melted butter

½ cup brown sugar

1 tsp orange extract or flower water

Directions:

Beat the sugar and butter together until foamy. Add the orange-flower water (or orange extract). Stir until creamy/rich looking, and serve immediately with the pudding. (Mixed over heat, this almost becomes a caramel sauce.)