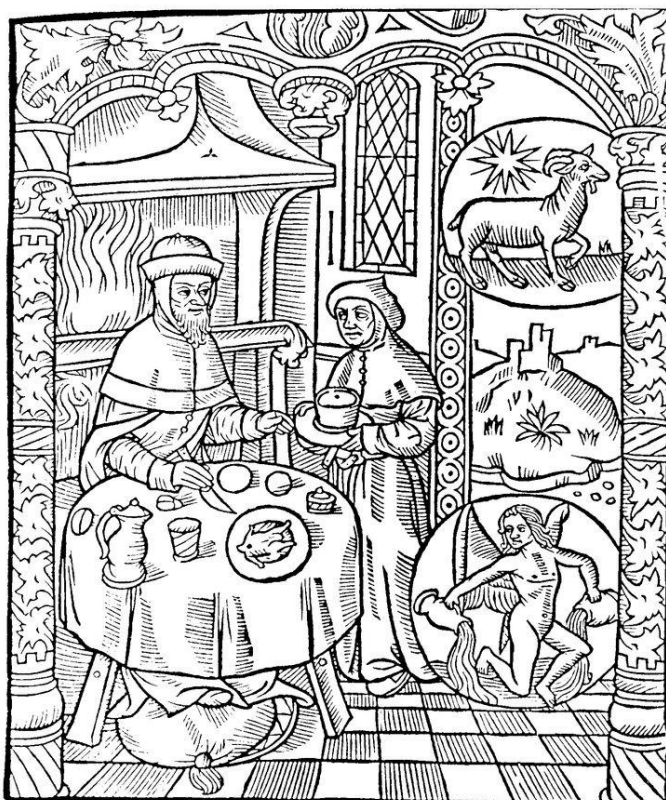


Midwinter Cook Book



AS 51

*Assembled and Redacted by Lady Rosalind Beaufort
and Lady Safiya bint al-Shahid*

Lunch

1. Vegetable Stew

Original:

Pottage of Turnips

Rapes in Potage. V. Take rapus and make hem clene and waissch hem clene. quare hem. parboile hem. take hem up. cast hem in a gode broth and seep hem. mynce Oynouns and cast þerto Safroun and salt and messe it forth with powdour douce. the wise make of Pasturnakes and skyrwates.

Source: <http://medievalcookery.com/recipes/pottage.html>, Forme of Cury, S. Pegge (ed.)

Powder Douce

HIPPOCRAS. To make powdered hippocras, take a quarter-ounce of very fine cinnamon, hand-picked by tasting it, an ounce of very fine meche ginger and an ounce of grains of paradise, a sixth of an ounce of nutmeg and galingale together, and pound it all together. And when you want to make hippocras, take a good half-ounce or more of this powder and two quarter-ounces of sugar, and mix them together, and a quart of wine as measured in Paris. And note that the powder and the sugar mixed together make "duke's powder".

Source: <http://medievalcookery.com/recipes/douce.html>, Le Ménagier de Paris, J. Hinson (trans.)

Redaction:

Ingredients:

Stew:

- 1kg carrot/parsnip/turnip/swede cut into half-inch cubes
- 1L “beef”/vegetable stock
- 1/4 tsp. salt
- 1/2 tsp. powder douce
- pinch saffron

Powder Douce:

- 3 Tbsp ginger
- 2 Tbsp sugar
- 1 ½ Tbsp cinnamon
- 1 tsp cloves
- 1 tsp nutmeg

Recipe:

- i. Put all ingredients into a pot. Bring to boil then reduce to simmer until done.

2. Stewed Beef

Original:

Stewed Capon

To stue a Capon. Take the best of the Broth of the pot, and put it in a pipkin, and put to it Corance and great raisins, Dates quartered and onions fine minced, strayned bread & time, and let them boile well together: when they be well boyled, put in your prunes, season it with cloves, mace, pepper and very little Salte, a spoonfull or two of Vergious, and let it not be too thick. And your Capon being boyled in a pot by it selfe in fair water & salt to keepe it faire, and thus you may boyle a Chicken, vele, beef or mutton after this sort.

Source: <http://medievalcookery.com/recipes/caponstew.html>, [A Book of Cookrye](#), M. Waks, J. Waks (ed.):

Redaction:

Ingredients:

- 500g diced beef
- 2L beef stock (buy as powder)
- 1/3 cup raisins
- 1/3 cup dates, chopped
- 1/2 cup onion, sliced
- 1/4 tsp thyme
- 1/3 cup prunes, chopped
- 1/8 tsp cloves
- 1/8 tsp mace
- 1/4 tsp pepper
- 1/4 tsp verjuice
- salt (to taste)

Recipe:

- i. Put beef in pot with stock and bring to boil. Cook for 30 minutes, skimming off any scum that forms on the surface.
- ii. Add remaining ingredients and simmer until ready to serve.

Entrée

1. An Excellent Boiled Salad

Original:

To make an excellent compound boil'd Sallat: take of Spinage well washt two or three handfulls, and put it into faire water and boile it till it bee exceeding soft and tender as pappe; then put it into a Cullander and draine the water from it, which done, with the backside of your Chopping-knife chop it and bruise it as small as may bee: then put it into a Pipkin with a good lump of sweet butter and boile it over again; then take a good handfull of Currants cleane washt and put to it, and stirre 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.

Source: <http://www.pbm.com/~lindahl/cariadoc/vegetables.html#9>, English Huswife book 2, p.40 (GOOD)

Redaction:

Ingredients:

- 250g frozen spinach
- 2 Tbsp currants
- 1 Tbsp butter
- 1 tsp salt
- White Vinegar
- 1 long baguette, cut into 1 cm slices and toasted

Recipe:

- i. Put currants in a bowl and just cover with vinegar. Soak for 2-3 hours.
- ii. Soak spinach in hot water to defrost and warm through. Squeeze water out using a muslin cloth.
- iii. Melt butter and stir in salt. Pour over spinach a little at a time and stir through until spinach looks glossy.
- iv. Drain currants and reserve 1 Tbsp of vinegar. Add currants and additional vinegar to taste to spinach and stir through.
- v. Serve on toast.

First Remove

1. Baked Salmon

Original:

Saumon

Saumon frais soit baconné, et gardez l'eschine pour rostir; puis despeciez par dales cuites en eaue, et du vin et du sel au cuire; mengié au poivre jaunet ou à la cameline et en pasté, qui veult, pouldré d'espices; et se le saumon est salé, soit mengié au vin et à la ciboule par rouelles.

Translation: (by Janet Hinson)

Fresh Salmon should be smoked, and leave the backbone in for roasting; then cut it into slices boiled in water, with wine and salt during cooking; eat with yellow pepper or with cameline sauce and in pastry, whatever you like, sprinkled with spices; and if the salmon is salted, let it be eaten with wine and sliced scallions.

Source: <http://www.medievalcuisine.com/Euriol/recipe-index/saumon>, Le Ménagier de Paris

Sawse Camelyne

Tak raysons of corans & kyrnels of notys & crustes of brede & powder of zynzer, clowes, flor of canel, bray it wel to gyder & do hit þer to salt temper hit up wit vyneger & messe forth.

Source: <http://www.medievalcuisine.com/Euriol/recipe-index/sawse-camelyne>, Forme of Curye, ab. 1390 A.D. (Pages 68v & 69r)

Powder Douce

HIPPOCRAS. To make powdered hippocras, take a quarter-ounce of very fine cinnamon, hand-picked by tasting it, an ounce of very fine meche ginger and an ounce of grains of paradise, a sixth of an ounce of nutmeg and galingale together, and pound it all together. And when you want to make hippocras, take a good half-ounce or more of this powder and two quarter-ounces of sugar, and mix them together, and a quart of wine as measured in Paris. And note that the powder and the sugar mixed together make "duke's powder".

Source: <http://medievalcooking.com/recipes/douce.html>, Le Ménagier de Paris, J. Hinson (trans.)

Redaction:

Ingredients:

- 4 × 200g salmon fillets (boneless)
- ¼ cup dry white wine
- 1 tsp powder douce

Sauce:

- ½ verjuice
- 1 cup fresh breadcrumbs
- ½ cup walnuts
- ½ cup currants

- 1 cup water
 - ½ tsp ground ginger
 - 1/8 tsp ground cloves
 - ½ tsp salt
 - 1 tsp ground cinnamon
-
- Note: Sauce recipe results in excess. Store in the fridge up to a week.

Recipe:

Fish

- i. Mix wine and powder douce in a large bowl to create marinade for fish.
- ii. Slice salmon fillets into pieces 5cm by 4cm.
- iii. Add salmon fillets and cover with marinade. Allow to sit covered in the fridge for no more than two hours.
- iv. Cover baking trays with baking paper.
- v. Place salmon into tray in a single layer, skin side down. Add marinade to a depth of 1-2mm.
- vi. Place into an oven at 180°C and bake for 15-16 minutes.

Sauce:

- i. Soak breadcrumbs in verjuice until soft (approximately 1 hour).
- ii. Add other ingredients and blend until smooth.

2. Ember Day Tart

Original:

Tart on Ember Day

Parboil onions, and sage, and parsley and hew them small, then take good fat cheese, and bray it, and do thereto eggs, and temper it up therewith, and do thereto butter and sugar, and raisyngs of corince, and powder of ginger, and of canel, medel all this well together, and do it in a coffin, and bake it uncovered, and serve it forth.

Source: <http://www.pbm.com/~lindahl/cariadoc/tarts.html>, Ancient Cookery p. 448/38
(Good)

Redaction:

Ingredients:

- 120g grated yellow cheese
- 2 onions, sliced
- 1 egg white
- 4 sprigs parsley
- 1 tsp dried sage
- 33g butter
- 2 eggs
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- 37g currants
- Short crust pastry

Recipe:

- i. Put short crust pastry into a pie dish.
- ii. Brush inside of pastry with egg white. Bake for 5 minutes.
- iii. Fry onions in butter until soft. Allow to cool.
- iv. Mix onions with remaining ingredients and put in pie crusts.
- v. Bake at 180°C for 20 minutes.

3. A Sallet of Rosebuds and Cloue

Original:

A Sallet of Rose-buds, and cloue

Gilly-slowers. [=Gilly-flowers.]

PJcke Rosebuds, and put them into an earthen Pipkin, with white Wine-vineger, and Sugar: so may you vse

Cowslippes, Uiolets, or Rosemary-flowers.

Source: <http://www.staff.uni-giessen.de/gloning/tx/1615murr.htm>, John Murrell: A new booke of Cookerie; London Cookerie. London 1615

Redaction:

Ingredients:

- 1 Tbsp white wine vinegar
- 2 Tbsp sugar
- Edible flowers (carnations)

Recipe:

- i. Whisk vinegar and sugar together until sugar is dissolved
- ii. Dress flowers with sugar/vinegar mix and serve.

4. Green Sallet

Original:

Salat

Take parsel, sawge, garlec, chybollus, oynons, lek, borage, myntes, porrettes, fenels and towne cressis rewe rosmarye, purslary, lauen and waische hem clene pyke hem pluk hem small wiþ þyne hond and mynge hem wel wiþ rawe oyle. lay on vyneger and salt and surve hem forth.

Source: <http://www.medievalcuisine.com/site/medievalcuisine/Euriol/recipe-index/salat>,
Forme of Curye, ab. 1390 A.D. (Pages 40v & 41r)

Redaction:

Ingredients:

- 160g salad mix
- 5.3g chives
- 5.3g parsley
- 2.7g sage
- 2.7g rosemary
- 1 leek
- 1 bulb fennel
- 1 bunch spring onions
- 1 Tbsp olive oil
- 1 Tbsp white wine vinegar
- ½ tsp salt

Recipe:

- i. Rinse and pat dry mixed greens and herbs. Pick tender greens from herbs (discard woody stems and pieces) and add to mixed greens.
- ii. Thinly slice greens of leek, fennel, and shallots and add to mixed greens.
- iii. Gently toss greens with olive oil and salt.
- iv. Just before serving, dress with vinegar.

Second Remove

1. Roast Beef

Original:

To bake Venison.

Perboyle your Uenison, then season it with Pepper and salt, somewhat gross beaten, and a little Ginger, and good store of sweete Butter. Add when the Uenison is tender baked: put to it halfe a dozen spoonfuls of Claret wine, and shake it wel together.

Source: <http://www.staff.uni-giessen.de/gloning/ghhk/>, The good Huswifes Handmaide for the Kitchin. London 1594, 1597

Redaction:

Ingredients:

- 1kg beef
- Salt
- Pepper

Sauce:

- 1 cup red wine
- 2 tsp grated fresh ginger
- Salt, to taste
- Pepper, to taste

Recipe:

- i. Marinate and refrigerate meat in sauce overnight.
- ii. Place in baking tray and rub all sides of the meat with salt and pepper.
- iii. Glaze meat with sauce using a spoon. Cover all sides.
- iv. Place in oven at 180°C for 30 minutes.
- v. Remove from oven and reglaze meat.
- vi. Reduce heat of oven to 100°C and cook for an additional 3 hours.

Sauce:

- i. Mix all ingredients in a saucepan and bring to the boil.
- ii. Reduce to a simmer and wait until volume has reduced by half.

2. Roast Pork

Ingredients:

- 1kg rolled pork
- Salt
- Pepper

Recipe:

- i. Pat skin dry, score and rub with salt. Refrigerate overnight.
- ii. Brush off excess salt, place in baking tray and brush with oil.
- iii. Place in oven at 230°C for 30 minutes.
- iv. Reduce heat of oven to 120°C and roast for 3 hours.
- v. Reduce heat of oven to 100°C for an additional 1 hour.

3. Onion and Parsley Salad

Original:

Onion and Parsley Salad

Sauce for peiouns. Take percely, oynouns, garleke, and salt, and mynce smal the percely and the oynouns, and grynde the garleke, and temper it with vynegre y-now: and mynce the rostid peiouns and cast the sauce ther-on a-boute, and serue it forth.

Source: <http://www.medievalcookery.com/recipes/onionsalad.html>, Two Fifteenth-Century Cookery-Books, T. Austin (ed.)

Redaction:

Ingredients:

- 107g onion, sliced
- 22g parsley, coarsely chopped
- 53mL red wine vinegar
- 12g roasted garlic
- 2.1g salt

Recipe:

- i. Thinly slice onions (mandolin) and place in a bowl just covered with water. Leave to soak overnight
- ii. Mix garlic, salt, and red wine vinegar to make dressing.
- iii. Drain onions and toss with parsley and dressing.

4. Roasted Root Vegetables

Ingredients:

- 2 × Carrots
- 2 × Turnips
- 4 × Parsnips (carrot sized)
- 1 Tbsp Oil
- Salt
- 3 sprigs Rosemary
- 3 sprigs Thyme

Recipe:

- i. Rough chop all vegetables and place in baking dish.
- ii. Remove thyme and rosemary leaves from stems.
- iii. Drizzle oil and sprinkle herbs and salt over vegetables and toss to coat.
- iv. Bake in the oven at 180°C for approximately 1 hour.

5. Frytours

Original:

Frutours

Source [*Two Fifteenth-Century Cookery-Books*, T. Austin (ed.)]: *Frutours*. Take yolkes of egges, drawe hem thorgh a streynour, caste there-to faire floure, berme and ale; stere it togidre til hit be thik. Take pared appelles, cut hem thyn like obleies, (Note: sacramental wafers) ley hem in the batur; then put hem into a ffrying pan, and fry hem in faire grece or buttur til thei ben browne yelow; then put hem in disshes, and strawe Sugur on hem ynogh, And serue hem forthe.

Source [*Liber cure cocorum*, R. Morris (ed.)]: *For freture*. With egges and floure in batere þou make, Put berme þer to, I undertake. Coloure hit with safrone er þou more do. Take powder of peper and cast þer to, Kerve appuls owerwert and cast þerin, Frye hom in grece, no more ne mynne.

Source [*Forme of Cury*, S. Pegge (ed.)]: XIX - FOR TO MAKE FRUTURS. Nym flowre and eyryn and grynd peper and safroun and mak therto a batour and par aplyn and kyt hem to brode penyys and kest hem theryn and fry hem in the batour wyth fresch grees and serve it forthe.

Source: <http://medievalcookery.com/recipes/frutours.html>

Redaction:

Ingredients:

- 3 Granny Smith apples
- 1 cups flour
- 1 egg
- ¾ cup beer
- 2 pinches Salt
- 2 pinches pepper

Recipe:

- i. Mix flour, egg, and beer in a bowl. Season with salt and pepper.
- ii. Peel and core apples, then cut horizontally into ~1cm thick pieces.
- iii. Dip in batter then drop gently into hot oil of deep fryer.
- iv. Fry for 2-3 minutes per side until batter has puffed up and gone pale gold, then drain on paper towel.
- v. Allow to cool then refry until golden brown. Drain on paper towel.
- vi. Serve hot.

Dessert

1. Peres in Compote

Original:

Source [A Noble Boke off Cookry, R. Napier (ed.)]: To mak peres in composte tak a good quantite of canelle and sugur and set it on the fyer to boile and draw yt throughe a stren then lesk dates thyn and put them ther to in a pot and boille wardens and pair them and put them in the ceripe put ther to sanders and boile them and alay them up with chardwins and salt it and mak yt doucet and chargaunt and put it out of the vesselle in to a treene vesselle and let it boille then pare smalle raisins and tried guinger and temper it ij dais or ij nyghtes with wyne then lay it in clarified hony cold a day and nyght then tak the raisins out of the hony and cast ther to peres in composte and serue it furthe with a cold ceripe.

Source [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]: Peris in compost. Take Wyne, canell, And a grete dele of white Sugur, And sette hit ouer the fire, And hete hit but a litull, and no3t boyle; And drawe hit thorgh a streynour; And then take faire dates, and y-take oute the stones, and leche hem in faire gobettes al thyn, and cast there-to; And then take pere Wardones, and pare hem, And seth hem, And leche hem in faire gobettes, and pike oute the core, and cast hem to the Syryppe; And take a litull Saundres, and caste there-to in the boylyng, And loke that hit stonde well, with Gynger, Sugur, And well aley hit with canell, and cast salt thereto, and lete boyle; And then caste it oute in a treyn (Note: treyne is treen, wooden) vesse [correction; sic = MS. vesselle vesselle] ll, And lete kele; And then pare clene rasinges (Note: shavings, parings) of ginger, and temper hem ij. or iij. daies, in wyne, And after, ley hem in clarefied hony colde, all a day or a night; And then take the rasons4 oute of the hony, And caste hem to the peres in composte; And then serue hit forth with sirippe, all colde, And nought hote.

Source [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]: xxxv - Perys en Composte. Take Wyne an Canel, and a gret dele of Whyte Sugre, an set it on the fyre and hete it hote, but let it nowt boyle, an draw it thorwe a straynoure; than take fayre Datys, an pyke owt the stonys, an leche hem alle thinne, an caste ther-to; thanne take Wardonys, an pare hem and sethe hem, an leche hem alle thinne, and caste ther-to in-to the Syryppe: thanne take a lytil Sawnderys, and caste ther-to, an sette it on the fyre; an 3if thow hast charde quynce, caste ther-to in the boyling, an loke that it stonde wyl with Sugre, an wyl lyid wyth Canel, an caste Salt ther-to, an let it boyle; an than caste yt on a treen vessel, and lat it kele, and serue forth [correction; sic = f].

Source: <http://www.greneboke.com/recipes/peresincomposte.shtml>

Redaction:

Ingredients:

- 2 Packham pears
- 10 Dates
- 1 cup dry red wine
- 1 cup dry white wine
- ½ cup of sugar

- 1 Tbsp Sliced ginger
- 2 sticks Whole cinnamon
- 2 pieces muslin
- 2 Baking paper cartouche

Recipe:

- i. Make two bags of cinnamon and ginger using half of each using the muslin. Tie closed with string.
- ii. Set up two saucepans, one for white wine syrup, one for red wine syrup.
- iii. Add wine, spice bag and half the sugar to each. Heat until sugar is dissolved then allow to simmer.
- iv. Peel, core and slice pears into 12 wedges and add to syrup.
- v. Cut dates into quarters and add to syrup.
- vi. Cover with baking paper cartouche and simmer until soft (about 20-30 minutes).
- vii. Remove spice bags, allow to cool slightly and serve.