

Feast for the Coronation of Edward II and Þóra

~ First Course ~

Slyt Soppes

leeks, white wine, chicken broth, olive oil, salt & pepper

Høns oc røoth løøk oc wiin (Hens with red onions & wine)

chicken, red onions, white wine, butter, egg yolks, cinnamon, cardamom, salt & pepper

Fiskæ røget (Smoked fish)

salmon, salt, sugar

Spynoches yfryed

spinach, powdour douce, olive oil, salt*

~ Soteltie : Fish Three Ways ~

The Head: Bluefish roasted with salt, pepper & olive oil.

Served with Green Sorrel Sauce: Spinach, salt, “verjuice”**, white grape juice

The Middle: Bluefish poached in white wine, lemon, parsley, sage & salt.

Served with Good Green Sauce: Parsley, sage, ginger, “verjuice,” white wine vinegar, salt

The Tail: Bluefish fried with salt, pepper & olive oil.

Served with Orange Sorrel Sauce: Spinach, lemon juice, orange juice and zest, “verjuice,” salt

~ Second Course ~

Cormarye

Pork tenderloin, garlic, coriander, caraway, pepper, salt, red wine, chicken broth

Gourdes in Potage

Ground pork, butternut squash, onion, powdour douce, salt, saffron, egg yolks, chicken broth*

Tart in Ymbre Day

Onions, butter, eggs, flour, bread crumbs, saffron, salt, powdour douce, currents

Funges

*Mushrooms, leeks, chicken broth, saffron, powdour fort***, salt*

~ Dessert & Second Soteltie ~

Soteltie of Gingerbread & Sugar Paste, stuffed with Wine-seethed Stuffed Figs

Stuffed figs: Figs, almonds, raisins, dates, brown sugar, cinnamon, mace, cloves, galengal

Tarts de Bry

Flour, butter, salt, cream cheese, brie, eggs, saffron, sugar, brandy, ginger

Candied walnuts

Walnuts, egg whites, brown sugar, cinnamon

**Powdour Douce – cinnamon, sugar, galengal, grains of paradise, cloves, bay leaves*

*** “Verjuice” – half white grape juice, half apple cider vinegar*

**** Powdour Fort – cloves, nutmeg, mace, black pepper, grains of paradise, long pepper*

Slyt Soppes (8oz)

4 leeks
1 ½ c. white wine
2 boxes chicken broth
½ c. water
salt & pepper
olive oil

Makes 10 cups. (Could have a higher broth to leek ratio)

Saute sliced leeks in olive oil. Deglaze pan with wine. Add all wine & beef broth to pot w/ leeks. Salt & pepper to taste.

36 leeks
13 ½ c. wine
18 boxes chicken broth (32 oz.) OR 12 48 oz boxes. Or whatever combination thereof
4 ½ c. water
salt, pepper, olive oil

Slyt soppes. Take white of lekes and slyt hem, and do hem to seeth in wyne, oile, and salt. Tost brede and lay in disshes, and cast the sewe aboue, and serve it forth. – Forme of Cury 82

Høns oc røoth løøk oc win (2-3oz)

6 chicken parts
1 large red onion
1 cup white wine (pinot grigio)
butter
1-2 egg yolks
salt & pepper
¼ tsp cinnamon
1/8 tsp cardamom

1. Remove skin from chicken
- 2a. Roast chicken parts in oven to brown.
or
2b. Grill chicken to sear outside.
3. Sauté onions (a little caramelization is good, but, they don't need to be fully browned) in butter.
4. Add chicken and onions into the pot with wine, salt & pepper [And optional spices] Simmer for [?2 hours?]
5. Temper egg yolks w/ hot wine sauce. Combine to thicken.

Proportions for feast:

88-96 chicken thighs or drumsticks
15-16 large or 30-32 small onions
15-16 cups wine
4 tsp cinnamon
2 tsp cardamom
16-24 egg yolks
1-2 sticks of butter

Mæn sculæ lithæ et stækt høns syndær oc latæ thær til røoth løøk smath scoræth bakæth i smolt, oc latæ thær wiin oc pipær oc æggi dydær oc wællæ thæt høns thær i. One should cut up a roasted hen. Add red onions, cut small and fried in lard, and add wine, pepper and egg yolks, and cook the hen in this. - Q 23 from Libellus de arte coquinaria

Spynoches yfryed (2oz)

12 ounces spinach
¼ tsp powder douce
olive oil
salt to taste

Blanch the spinach in boiling water. Drain thoroughly. Fry in olive oil w/ salt & powder douce.

Proportions for feast:
168 ounces spinach (10.5 lbs)
3.5 tsp powder douce
olive oil
salt

Spynoches yfryed. Take spynoches; perboile hem in sething water. Take hem vp and presse out the water and hew hem in two. Frye hem in oile & do therto powdour douce & serve them forth. (FoC 188)

Fish Three Ways (1st Way) (1oz)

Roasted Fish w/ Green “Sorrel” Sauce (Head)

Fish

salt, pepper, olive oil.

Grill 6-7 minutes

Green Sorrel Sauce:

(8 servings of 1 TBS.)

1.5 ounces spinach + 2tsp lemon juice

½ tsp salt

½ cup “verjuice” (¼ apple cider vinegar, ¼ white grape juice)

Proportions for feast:

72 ounces fish + 1/3 of a whole fish

15 ounces of Spinach + 7 TBS lemon juice

5 tsp salt

5 cups “verjuice”

At another tower, a large pike; that pike will be cooked in three ways – one third at the tail, fried, the one-third at the middle, boiled, and the one-third at the heaad, roasted on the grill... Now you must consider the saucing with which that pike will be eaten, and that is: the fried with oranges¹ the boiled with a good green sauce sharpened with a little vinegar² and the roasted pike should be eaten with green verjuice sauce which is made with sorrel.

¹“... On fol. 56V the alternative garnishes are combined into a “green orange juice”: the fish, fried sole, will be served with a “sorrel orange verjuice...” - footnote 10.7

²“Green sauce, sauce verd... is one of the most common in medieval kitchens. In the Viandier, Recipe 161, the recipe for Sauce vert reads: 'Grind together untoasted white bread, a great deal of parsley leaves, peeled ginger and sage, steep all that in a mixture of vinegar and a little verjuice, and strain it.'” - footnote 10.8

Fish Three Ways (2nd Way) (1oz)

Poached fish w/ Good Green Sauce (Middle)

Poached fish:

$\frac{3}{4}$ lb of fish

$\frac{1}{2}$ lemon

$\frac{1}{2}$ cup white wine

1 sprig parsley

1 sprig sage

salt

Bring water up to boil. Add lemon, wine, parsley, sage, salt. Reduce heat to a simmer & add fish. Poach for about 7 minutes.

Good Green Sauce

1.5 ounces of parsley

$\frac{1}{2}$ ounce sage

1 ounce ginger

$\frac{3}{4}$ cup white wine vinegar

$\frac{1}{4}$ cup verjuice

$\frac{1}{2}$ tsp salt

Proportions for feast:

9 ounces parsley

3 ounces sage

6 ounces ginger

4.5 cup white wine vinegar

1.5 cup verjuice

3 tsp salt

Fish Three Ways (3rd Way) (1oz)
Fried Fish w/ Orange Sorrel Sauce (Tail)

Fish, salt, pepper, oil. (Fry 5-6 minutes)

Orange sorrel sauce:

1.5 ounces spinach

Juice of 2 lemons

juice & zest of 1 orange

¼ cup “verjuice”

½ tsp. Salt

Makes 1 cup / 16 TBS servings

Proportions for feast:

72 ounces fish + 1/3 whole fish

9 ounces spinach

12 lemons

6 oranges

1.5 cups verjuice

3 tsp salt

Cormarye (4oz)

4.5 lbs pork
3 cloves garlic
1 tsp whole coriander
½ tsp caraway seeds
½ tsp pepper
2 tsp salt
2 cups red wine
2 cups chicken broth

Grind coriander, caraway, salt, pepper & garlic together. Add some of the wine to make a paste. Make shallow slits in the surface of the pork & rub the paste in. Add the rest of the wine to the pan with the pork. Preheat oven to 375. Bake until internal temperature is 145-150, about 35 minutes. Remove from pan, add leftover drippings and wine to a sauce pan w/ broth. Simmer until reduced by half. Serve over pork.

25 lbs pork tenderloin
18 cloves garlic
5 tsp coriander
2.5 tsp caraway
2.5 tsp pepper
10 tsp salt
10 cups red wine
10 cups chicken broth

Cormarye. Take colyaundre, caraway small grounden, powdour of peper and garlic yground, in rede wyne; medle alle thise togyder and salt it. Take loynes of pork rawe and fle of the skyn, and pryk it wel with a knyf, and lay it in the sawse. Roost it whan thou wilt, & kepe that that fallith therfro in the roosting and seeth it in a possynet with faire broth, and serue it forth with the roost anoon. - FoC 54

Gourdes in Potage (4oz)

1 lb ground pork
1 butternut squash – peeled & diced
1 minced large onion
1 TBS powder douce
1 tsp salt
6-8 saffron threads
4 cups chicken broth
2 egg yolks

Brown pork and onions in olive oil. Add butternut, broth, and spices. Simmer 20 minutes until butternut is soft. Temper and add egg yolks. (Makes about 10, six ounce servings)

Proportions for feast:

9 lbs ground pork
9 butternut squash
36 cups chicken broth
9 onions
9 TBS powder douce
9 tsp salt
60 saffron threads
18 egg yolks

Gourdes in potage. Take yong gowrdes; pare hem and kerue hem on pecys. Cast hem in gode broth, and do therto a gode pertye of oynouns minced. Take pork soden; grynde it and alye therwith and with yolkes of ayren. Do therto safroun and salt, and messe it forth with powdour douce. FoC 10

Tart in ymbre day (1 tart = 3oz)

1 large onions
½ T melted butter
2 eggs
1 T bread crumbs
pinch saffron
½ tsp salt
1/8 tsp sugar
1/8 tsp powder douce
2 T currents

1 1/3 – 1 ½ cups of filling

Makes 8 tartlets (Blind bake crust at 350 for 12 minutes. Fill & bake tarts at 350 for 12 minutes.)

Tart in ymbre day. Take and perboile oynouns & erbis & presse out the water & hewe hem small. Take grene chese & bray it in a mortar, and temper it vp with ayren. Do therto butter, safroun, & salt & raisouns courauns & a litel sugur with powdour douce & bake it in a trap & serue it forth. (FoC 173)

9 large onions
4 ½ T melted butter
18 eggs
9 T bread crumbs
9 pinch saffron
4 ½ tsp salt
1 & 1/8 tsp sugar
1 & 1/8 tsp powder douce
19 T currents

Funges (3 oz)

8 ounces mushrooms
1 leek
2 cups chicken broth
pinch saffron
½ tsp powdour fort
½ tsp salt

Chop leeks & slice mushrooms. Crumble saffron. Add saffron, powdour fort, and salt to broth. Simmer mushrooms & leeks in broth for 15 minutes.

5 lbs, 8 ounces mushrooms
9 leeks
18 cups chicken broth
9-14 saffron threads
4 ½ tsp powdour fort
4 ½ tsp salt

Take funges and pare hem clene, and dyce hem; take leke and shrede hym small, and do hym to seeth in gode broth. Colour it with safroun & do therinne powdour fort. (FoC 12)

Dragon subtlety

10 figs
1 cup white wine
¼ cup honey
(Twice the filling as needed for the dates)
¼ cup chopped almonds
¼ cup raisins
¼ cup chopped dates
1 TBS brown sugar
¼ tsp cinnamon
1/8 tsp mace
1/8 tsp ground cloves
1/8 tsp galengal

Simmer figs in wine 10-15 minutes, until soft. While figs simmer, grind almonds, raisins, dates, sugar & spices together. Remove figs from wine & cut off top of stem end. Fill figs w/ almond & fruit mixture. Add honey to remaining wine & pour over figs. Bake at 350 for 20 minutes.

90 figs
9 cups white wine
2 ¼ cups honey
1 cup chopped almonds
1 cup raisins
1 cup chopped dates
4 TBS brown sugar
1 tsp cinnamon
½ tsp mace
½ tsp ground cloves
½ tsp galengal

(Plus leftover from initial test)

Hastletes of fruyt. Take fyges iquarterid, raysouns hool, dates and almaundes hoole, and ryne hem on a spyt and roost hem; and endore hem as pomme dorryes & serue hem forth.

Comadore. Take fyges and raisouns. Pyke hem and waisshe hem clene, skalde hem in wyne; grinde hem right small. Cast sugur in the self wyne and founde it togyder.. and whan it is fyned, cast therto powders of gynger, of canel, of galyngale, hool cloves, flour of canel, & macye hoole.

This was presented as a largely inedible dragon combat diorama, where the center section of the dragon was made of gingerbread and filled as above. The initial concept was for the dragon to be breathing fire, and as it happened we were able to also light two of the trees on fire using the same technique. The technique was apparently common in period, referenced in Chiquart and in The Viandier of Taillevent: form the mouth of the beast from sheets of brass, within which camphor is burned with cotton as a wick. Modern culinary camphor (south Asian supply) burns just fine and is solid, no wick required, but period camphor would have had to be dissolved in alcohol. We used a metal bar jigger instead of brass sheeting.

Tart de Bry (Mini-tarts) (1 tart = 3oz)

Pie crust

12 oz cream cheese

4 oz brie

1 egg

2 egg yolks

pinch of salt

2 threads saffron

½ cup sugar

½ tsp powdered ginger steeped in brandy

3 1/8" by 7/8" tart pans

Makes 2½ cups of filling – used 1¾ on 8 tarts w/ ¾ c left over. Or about 1.75 ounces per tart. So this will make about 11 tarts. Possibly enough for one large tart.

Blind bake crusts first. Allow cheese to warm & soften. Trim rind from brie & cut into small pieces. Mix cheese well with sugar, then add egg & egg yolks. While mixing, add saffron (crumble in your fingers) to ginger. Pour over about a ½ tsp of brandy. Add soaked spices & brandy & salt to the cheese. Mix well. Fill tarts & Bake at 350 for 12 minutes.

Pie Crust

12 packages of cream cheese (8 oz each) (6 lbs)

32 ounces (2 lbs) brie

8 eggs

16 egg yolks

8 pinches of salt (maybe a half tsp total?)

16 threads saffron

4 cups sugar

4 tsp powdered ginger steeped in 4 tsp brandy

Tart de Bry. Take a crust ynche depe in a trap. Take yolkes of ayren rawe & chese & medle it & the yolkes togyder. Do therto powder gynger, sugar, safroun, and salt. Do it in a trap; bake it and serue it forth. (FoC 174)

Candied walnuts

4 lbs walnut halves
brown sugar
cinnamon
egg whites

Powder Douce

3 parts cinnamon
2 parts sugar
2 parts galengal
1 part grains of paradise
1 part cloves
½ part bay leaves

Powder Fort

1 part cloves
1 part fresh nutmeg
1 part mace blade
1.5 part black pepper
1.5 part grains of paradise
1 parts long pepper

	Noon	2:00 PM	4:00 PM	5:45 PM	6:00 PM	6:30 PM	6:45 PM	7:00 PM	7:10 PM	7:15 PM	7:20 PM	7:30 PM	7:45 PM	8:00 PM	8:30 PM
Slyt Soppes	Slice Leeks & Wash				Sautee in olive oil, add wine & broth	On Stove @ Simmer		Served (first)							
Hons	Slice Red Onions		On Stove at Simmer				Add Egg Yolks	Served							
Spynoches	Blanch Spinach				Start Frying	Frying	Frying	Served							
Smoked Salmon	Slice						Plating	Served							
Grilled Fish								Preheat grill	Grill head	Grill		Served			
Poached Fish								Stove - start poaching liquid	Poach middle	Poach		Served			
Fried Fish								Fry tail	Fry			Served			
Good Green Sauce	Make											Served			
Sorrel Orange Sauce	Make											Served			
Green Verjuice Sauce	Make											Served			
Cormarye				Take out pork to warm to room temp; make paste			Into oven - roast @ 375.				Out of oven, rest.	Slicing & Reduce Sauce	Served		
Potage	Peel, seed & chop squash. Chop onions.		Brown pork & onions.							On Stove AT temp.			Served		
Ymbre Day												Oven - Warming	Served		
Funges	Slice mushrooms & leeks.									On Stove AT temp.			Served		
Sotlety	Warm figs for center of sotlety.													Plate additional figs.	Serve
Tart de Bry														Plate	Serve
Walnuts														Plate	Serve