

# A Midwinter Encampment Food Plan Saturday and Sunday, Winter AS XLIV (2009)

*A (mostly) medieval Saturday Feast and Sunday Brunch, for fifteen souls*



*Cooking Scene from 'Hans Burgkmair', early 16<sup>th</sup> century*

<http://www.pbm.com/~lindahl/food-art/>

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*A (mostly) medieval Saturday Feast and Sunday Brunch, for fifteen souls*

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Society for Creative Anachronism (SCA)  
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## I. Event Schedule

### Saturday

10am	Set up (pack in kitchen equipment and ingredients, begin prep work for feast)
11am	Event opens, Fire class
12pm	Lunch set up
12.30pm	Pot luck lunch (lunch break)
1.30-6.00pm	Games and A&S classes including Belt-making (begin cooking for feast)
6.00pm	Set up for feast
6.30-8pm	Food Plan Feast (three courses served 6.30pm, 7pm, 7.30pm)
8.00pm-late	Dancing, Bardic Circle and Revelling

### Sunday

8am	(begin cooking for brunch)
10am	Food Plan Brunch (one course)
11am	Tourneys
12pm	Site clean up
2pm	Site closes

## II. Menu

### Drinks all weekend

Lemon cordial

Tea, coffee & hot chocolate, milk & sugar

### Feast

#### *1st course*

Bread

Peas pottage with onions and herbs

Boiled eggs with mustard

Roast chicken pieces with sauce

#### *2nd course*

Beef of Burgundy (stewed with red wine, onions, mushrooms, carrots and spices)

Pork of Languedoc (stewed with duck, cider, beans and herbs)

Vegetables stewed with beans and herbs

Barley with honey

Rice with ground almonds, milk and sugar

#### *3rd course*

Cheese, fresh fruit, dried fruit, wafers, biscuits & spices

### Brunch

Bacon, sausages & scrambled eggs, bread, porridge, stewed cherries, butter, honey, milk & sugar

Leftovers from the feast.

### III. Detailed Menu including Ingredients & Budget

#### Drinks all weekend

\$ 5	1 bottle	lemon cordial syrup
\$ 4	1 pack	tea bags,
\$ 8	1 pack	moccona coffee,
\$ 8	1 pack	chocolate powder,
\$ 3	2 litres	milk,
\$ 2	250g	raw sugar,
\$ 30		total drinks (15 people at \$2 per person)

#### Feast (1000 grams per person)

1st course	\$ 12	2 kg	Bread
	\$ 4	750g*	Peas pottage with onions and herbs (*500g peas)
	\$ 4	750g*	Boiled eggs with mustard (*1 dozen size 7)
	\$ 25	4 kg	Roast chicken pieces with sauce
2nd course	\$ 25	2 kg	Beef of Burgundy <i>(beef stewed with red wine, mustard, ginger, onions, mushrooms, carrots, spices)</i>
	\$ 25	2 kg	Pork of Languedoc <i>(pork, ham, sausage, crackling and duck stewed with cider and beans)</i>
	\$ 5	1 kg	Vegetables stewed with beans and herbs
	<i>gratis</i>	500g	Barley with honey
	<i>gratis</i>	500g	Rice with ground almonds, milk and sugar
3rd course	\$ 20	1.5kg	Cheese, fresh fruit, dried fruit, wafers, biscuits, spices
	\$120	15kg	total feast (15 people @ \$8 per person)

#### Brunch (500 grams per person, plus leftovers)

\$ 20	1.5 kg	bacon,
\$ 15	1 kg	sausages,
\$ 8	1.5kg*	scrambled eggs, (*2 dozen size 7)
\$ 6	1 kg	bread,
\$ 3	1 kg	oatmeal gruel/porridge,
<i>gratis</i>	500g*	stewed cherries, (*1 tin)
\$ 3	250 g	butter,
\$ 5	250 g	honey,
\$ 3	2 litres	milk,
\$ 2	250 g	raw sugar, (leftovers.)
\$ 10		1 dozen candles for the feast
\$ 75	7.5kg	total brunch (15 people at \$5 per person)

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\$225		total food budget (\$8+\$5+\$2) x 15 people
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## IV. Recipes & Research

The menu and recipes for this event are mostly hearty rustic and/or bourgeois western European medieval fare. There are some essentially modern exceptions, in particular tea, coffee and hot chocolate. The recipes mainly come from 15<sup>th</sup> century Italy, and from France, with one recipe from 15<sup>th</sup> century England, and the lemon cordial recipe from 13<sup>th</sup> century Islamic Spain. The menu caters for a mix of omnivores and ovo-lacto-vegetarians.

1. Lemon Cordial
2. Tea, Coffee and Hot Chocolate
3. Milk
4. Sugar
  
5. Bread
6. Peas pottage with onions and herbs
7. Boiled eggs with mustard
8. Roast chicken pieces with sauce
9. Beef of Burgundy
10. Pork of Languedoc
11. Vegetables stewed with beans and herbs
12. Barley with honey
13. Rice with ground almonds, milk and sugar
14. Cheese, fresh fruit, dried fruit, wafers, biscuits & spices
  
15. Bacon
16. Sausages
17. Scrambled eggs
18. Porridge
19. Stewed cherries
20. Butter
21. Honey

### 1. Lemon Cordial

“Syrup of Lemon. Take lemon, after peeling its outer skin, press it and take a *ratl* of juice, and add as much of sugar. Cook it until it takes the form of a syrup. Its advantages are for the heat of bile; it cuts the thirst and binds the bowels.”

From “An Anonymous Andalusian Cookbook of the Thirteenth Century”, a translation, MRTS by Charles Perry of the Arabic edition of Ambrosio Huici Miranda with the assistance of an English translation, MRTS by Elise Fleming, Stephen Bloch, Habib ibn al-Andalusi and Janet Hinson of the Spanish translation, MRTS by Ambrosio Huici Miranda.

Apparently originally served as a hot drink, but if diluted with cold water makes 13<sup>th</sup> century lemonade.

A *ratl* is apparently approximately a pint (600ml).

<http://www.pbm.com/~lindahl/cariadoc/drinks.html#5>  
[http://www.pbm.com/~lindahl/cariadoc/recipes\\_introduction.html](http://www.pbm.com/~lindahl/cariadoc/recipes_introduction.html)

## 2. Tea, Coffee and Hot Chocolate

Tea, coffee and hot chocolate are all basically out-of-period drinks for medieval Western Europe c.600-1600.

In last decade of 16<sup>th</sup> century, Europeans began to learn about tea from various travellers returning from Asia. The Dutch brought the first (green) tea back to Europe in 1610. It was so expensive only the aristocracy could afford it. The first English coffee house to serve tea did so in 1657.

<http://www.2basnob.com/tea-history-timeline.html>

In 1453 coffee arrived in Constantinople with the conquering Ottoman Turks. Europe's first coffee shop, Kiva Han, opened there in 1475. Coffee was first introduced to Western Europe by Italian traders in 1600. It was eventually papally blessed, and the first Italian coffee house opened in 1645; the first in England in 1652.

<http://www.2basnob.com/coffee-history.html>

Columbus apparently first encountered cocoa beans in 1502, but regular European access to chocolate did not occur until after the Spanish conquest of the Aztecs c.1521. In the 16<sup>th</sup> century, chocolate use in Europe remained the preserve of the Spanish clergy and aristocracy, but by the 1660's drinking chocolate had become popular throughout Europe. The first book concerning chocolate appeared in 1609. The first English chocolate house opened in 1657.

Sweets A History of Temptation, Tim Richardson, Bantam 2003

<http://www.fieldmuseum.org/Chocolate/history.html>

[http://en.wikipedia.org/wiki/History\\_of\\_chocolate](http://en.wikipedia.org/wiki/History_of_chocolate)

## 3. Milk

Platina, book 2, chapter 16 describes this basic foodstuff.

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## 4. Sugar

Platina, book 2, chapter 15 describes this basic foodstuff.

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## 5. Bread

Platina, book 1, chapter 14 "... put the flour, with warm water and some salt... and a bit of leaven... [and knead] to that consistency at which bread can be made easily..."

We will use store bought loaves, probably batards or Vienna loaves.

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## 6. Peas pottage with onions and herbs

Harleian MS.279, Lange Wortes de pesoun “green peas... boil them until they burst... [with] [chopped] onions... [and] whole herbs... [and] fair oil... [and] Saffron, and salt...”

The original recipe also sieves the peas into a puree, and either fries the pureed pea/onion/herb mixture in the oil, or adds fish stock to it. My redaction is much less complicated but achieves a scantily different result. The oil here is almost certainly olive oil.

[Take A Thousand Eggs Or More \(c.1420-1450 England\) Cindy Renfrew 1991](#)

## 7. Boiled eggs with mustard

Platina, book 9, chapter 32 “When fresh eggs are place in a pot with fresh water have boiled a little, take them out and eat them...”

Platina, book 8, chapter 13 “Add pounded almonds to pounded [water-softened] mustard... grind... with softened bread crumbs... with verjuice or sharp vinegar... pass through a sieve...”

We will use a store bought mustard sauce.

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## 8. Roast chicken pieces with sauce

Platina, book 6, chapter 17 “Roast a chicken... put lemon juice... on it with rose water, sugar and well-ground cinnamon...”

We will roast chicken pieces, and sauce them as noted.

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## 9. Beef of Burgundy

The Food of France, chapter 8 “The local ingredients that have done most to shape Burgundy cooking are... mustard, beef, wine... *bœuf à la bourguignonne*... beef cooked in a red wine sauce, accompanied with mushrooms, tiny onions, and small pieces of bacon...usually well spiced, thickened with flour and butter...”

A traditional, almost certainly medieval recipe from a modern authoritative source, but not a period source *per se*. We will omit bacon, but add carrots. (For a period reference to carrots, see Platina, book 4, chapter 16.)

[The Food Of France, Waverley Root, Alfred A. Knopf Inc. 1958](#)

## 10. Pork of Languedoc

The Food of France, chapter 12 “The outstanding dish of Languedoc is *cassoulet*, white beans cooked in a pot with various types of meat... combining with the beans... fresh pork, ham... sausage, and fresh pork cracklings ... [and] goose [or] duck... seasoning that includes assorted herbs, an onion with cloves stuck into it, and garlic, and enough liquid to give it plenty of thick juice, sometimes provided by meat bouillon...”

A traditional, almost certainly medieval recipe from a modern authoritative source, but not a period source *per se*. We will endeavour to use duck, but omit goose. We will choose to use cider as the liquid for this dish, because of the general culinary affinity between pork and apples. We will not be fussy about using period fava beans; any tinned white beans will do.

[The Food Of France, Waverley Root, Alfred A. Knopf Inc. 1958](#)

## 11. Vegetables stewed with beans and herbs

We will use a similar recipe to the pork cassoulet recipe above, but omit meat and add vegetables.

## 12. Barley with honey

Platina, book 7, chapter 2 “...barley is a sort of grain... [cooked in] water [and] honey...”

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## 13. Rice with ground almonds, milk and sugar

Platina, book 7, chapter 7 “Rice... seasoned with ground almonds, milk and sugar...”

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## 14. Cheese, fresh fruit, dried fruit, wafers, biscuits & spices

Platina, book 10, chapter 68 “...in the third course... eat either apples or sour pears... radish... A bit of very hard cheese... anise and coriander [and fennel] rolled in sugar... chestnuts... quince... pomegranate... pulse... pistachios... almonds... hazelnuts or other nuts...”

The third course we will serve will be similar to but not exactly the same as that noted in Platina.

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## 15. Bacon

Platina, book 6, chapter 28 “Pork Cuts... Cut in pieces salt meat layered with lard. When it is cut up, fry in a frying pan...”

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)



## **16. Sausages**

Platina, book 6, chapter 22 “Sausages... require cooking in a pot...”

We will boil them in a pot, then fry them in the bacon grease. (Waste not, want not.)

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## **17. Scrambled eggs**

Platina, book 9, chapter 23 “... eggs... cracked and well beaten with a bit of water or milk. When these are mixed, cook in butter or oil... If you want the colour of herbs in them, add [herbs]...”

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## **18. Porridge**

Platina, book 7, chapter 6 “From groats... the best... gruels are made...”

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## **19. Stewed cherries**

Platina, book 8, chapter 40 “...pitted sour cherries... mix into them... sugar... cook... on a slow fire...”

The original recipe here is for a much richer pie filling; I have omitted the majority of the original complexity and ingredients.

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## **20. Butter**

Platina, book 2, chapter 19 describes this basic foodstuff.

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## **21. Honey**

Platina, book 2, chapter 14 describes this basic foodstuff.

[Platina On Right Pleasure and Good Health \(c.1470 Italy\), Milham translation, MRTS 1998](#)

## V. Food Preparation Schedule & Notes

### Saturday

8am Pack car, go shopping, go to site  
10am Pack in kitchen, begin preparing feast  
12.30pm Take a break for lunch  
1.30pm Begin feast cooking  
6.30pm Serve 1st Course  
7pm Serve 2nd Course  
7.30pm Serve 3rd Course  
8pm Clean kitchen, prepare porridge for next day

### Sunday

8am Begin brunch cooking  
10am Serve brunch  
11am Clean kitchen, pack out kitchen

### General Food Preparation Notes

If possible, before you start to do any actual cooking:

- Pack in and sort out your ingredients, cooking and serving equipment, logically and pragmatically, like with like, regularly accessed items most conveniently to hand.
- Check the sinks, faucets, cookers and refrigerators are working properly. If not, alter your plans appropriately.
- Check there are no signs of vermin in the kitchen. If there are, remove them, clean the kitchen thoroughly, and alter your plans appropriately.
- Clean all food preparation surfaces with a cloth using disinfectant or detergent, then rinse using hot water, and dry with a clean cloth. If there are dirty areas overhead food preparation surfaces, do the same to them as well.
- Ensure there are appropriate ways to dispose of kitchen rubbish, e.g. fresh rubbish bins.
- Determine where and how many people can conveniently work in the kitchen. This is called the number of *work stations*. One of these must be for washing dishes, which should be done regularly. Create more work stations outside of the kitchen, if necessary.

In general, prepare food in the order it will be served, but also take care to:

- Prepare food that can be left safely simmering at just below boiling, or left safely at room temperature, or refrigerated, in advance.
- Prepare food that must be served hot directly from cooking in good time, i.e. punctually, but not in advance.
- Wash your hands regularly, particularly if they become unclean *in any way*. Do not cough or sneeze in the kitchen. Learn to consciously suppress your coughing and sneezing.
- If something becomes burnt, transfer the food out of the burnt cooking equipment into clean cooking equipment immediately. You may be able to save some or all of it.
- Taste food before you serve it with a spoon. If it needs seasoning or adjustment, do so. Rinse the spoon each time you use it.
- Plate food appropriately and with an eye to visual appeal, i.e. artistically and not messily. Clean plate edges with a clean cloth as required before serving.
- If there are problems and/or food is going to be late being served, tell the steward and the head server as soon as possible.