

St Sebastian Household

Menu for Rowany Festival 2001

Aim:

To create a period, conjecturally period or as close-to-period as possible (within mundane constraints) camp kitchen, as described and depicted in history, for a period of five days, for ten to thirty people. Typically meals will be made for ten people, except the Monday night feast. Meals are expected for Breakfast, Lunch and Dinner from Thursday to Monday. One of the dinners or perhaps the feast will be exemplary, ie. use all new techniques, and also be used in multiple for st sebastian day feast.

Notes regarding preservation without refrigeration: All foods new to be kept cool, to some extent, otherwise they cook. Many foods can survive at room temperature quite easily, and so these are the foods we will eat. Successful tinning, however, did not occur until the end of the eighteenth century, so we will eschew that. Also, all glass jarred goods will have to be transferred into pottery containers, if possible.

Method:

From my own experimentation, I have found approximately 1.5kg of food per day per person seems to be adequate.

Modern Army Logistics shows dry rations comprising of an approximate 1:3:6 decimal split of protein:fat:carbohydrate = per meal 50g protein: 150g fat: 300g carbohydrates. Assuming an equal weighting of fresh bread, fresh fruit & vegetables and animals on the hoof are added to this as well, daily consumption will be per person per day (pp pd)

100g protein = E {bacon, salt meat, pickled meat, beef sausage}

300g fat = E {cheese, bacon, fatty sausage, spec, salami}

600g carbohydrates = E {rice, pasta, rye bread, crackers, biscuits, sweets, broth with gruel, porridge}

125g fresh bread = ¼ loaf

125g fresh fruit = 1 or 2 serves

125g vegetables = 1 or 2 serves

125g fresh meat = 2 eggs, fresh bacon, steak, chicken, pork sausage, beef sausage

= 1500g pp pd

Breakfasts = 400g pp pd = 4kg

1 kg (2 loaves) bread

1 kg (2 doz small) eggs

1 kg bacon

1 kg sausages

Lunches = 500g pp pd = 5kg

1 kg (finished weight = 500g) rice or pasta

1 kg smallgoods

1 kg cheese, butter, nuts, boiled eggs

1 kg salad, vegetables

1 kg fruit, dried fruit, sweets, biscuits

Dinners = 600g pp pd = 6kg

2 kg (finished weight = 1kg) rice or pasta

2 kg meat stews, steaks, etc

2 kg cooked vegetables, fruit dessert, etc

Feast = 1000g pp @40 = 40kg

(Three Courses)

Food List:

Water
White wine Vinegar
Red wine vinegar
Balsamic vinegar
Lemon Juice
Orange Juice
Honey
Sugar
Wine
Beer
Cider
Mead
Olive Oil
Flour
Dried Yeast
Crackers
Biscuits
Bellaria, Sugared Spices
Rice
Dried Vermicelli
Breadcrumbs
Oats
Salami
Salt Meat {Beef, Lamb,
Pork}
Salt Fish {Salmon}
Pickled Meat {Beef, Lamb,
Chicken}
Smoked Sausages {Beef,
Pork, Chicken}
Spec

Bacon
Eggs
Hard cheese (Parmesan etc)
Brie cheese
Fetta cheese
Butter
Garlic
Onions
Gourd
Cabbage
Parsnip or Purple Carrot
Cucumber
Melons (Cantaloupe type)
Apples
Oranges
Lemons
Currants
Dates
Apricots
Prunes
Whole Almonds
Ground Almonds
Hazelnuts
Walnuts
Dried Peas
Dried Oregano
Dried Bay Leaf
Dried Herbs
Tea
Salt
Pepper

Mustard Seed
Fennel Seed
Powdered Ginger
Whole Black Pepper
Whole Cinnamon bark
Powdered cinnamon
Whole Nutmeg
Whole Mace
Whole Saffron
Whole cumin
Powdered coriander
Cardamon seed
Rose water
Orange water
Peppermint water
Strawberry water
Gelatine

Fresh goods

Red Meat
Chicken
Milk
Lettuce
Celery
Fresh basil
Fresh mint
Fresh coriander
Fresh oregano
Mushrooms

Further Planning:

Broth – boiled salt meat will provide a salt broth

Simple Sauces – lard sauce (gravy), pepper sauce (pepper gravy), garlic sauce, green sauce, mustard sauce, fish sauce, white sauce, wine sauce

Organisation of a good firepit, raised on bricks and sand and with a wet-weather fire-tent-roof

Organisation of a good enclosed meatsafe

Wishlist – Elaine wants to make pasta; Imogen wants to make Apricot chicken; Stefano wants to work Thursday and Monday; collegia time will be Monday afternoon @ campsite.

Monday 25th April – Pick up truck. Pack truck.

Tuesday 26th April – Travel Brisbane to Singleton

Wednesday 27th March – Travel Singleton to Rowany Site, stopping for lunch and supplies, unpack truck, put up campsite, personal equipment, camp kitchen

Thursday 28th March – Early morning to market: wakeup 4am, leave to go to markets 4.30am ish, arrive markets 6am, purchases 3 hours, back on 11am ish site. Breakfast on supplies from yesterday (eggs, bread, fresh fruit) and dry goods – need assistant to do breakfast.

March

Saturday 30th March

Sunday 31st March

Monday 1st April

Tuesday 2nd April

Wednesday 3rd April

Thursday 4th April