



An Italian Fish Day Meal In Three Courses

For 120 lords and ladies, including the King and Queen

Menu

List Of Ingredients

First Course

Bellaria
Bread
Olives
Fried Beans
Lettuce Salad

almonds, honey, sesame seeds, poppy seeds
flour, yeast, sugar, salt
olives, olive oil
beans, onions, figs, herbs, olive oil, salt, pepper, spices
lettuce, herbs, olive oil, vinegar, salt

Second Course

Fried Sardines
Roast Fish
With Green Relish
Stewed Tuna
Stewed Chickpeas
Stewed Cabbage
Risi e Bisi
Venetian Rice With Peas

sardines, orange juice, olive oil, salt, pepper
fish fillets, olive oil, salt, pepper
herbs, garlic, vinegar, salt, ginger, cinnamon
tuna, onion, herbs, honey, olive oil, vinegar, pepper, cinnamon
chickpeas, oats, herbs, olive oil, salt, pepper, spices
cabbage, olive oil, salt, sugar
rice, peas, celery, onion, garlic, parsley, olive oil, salt

Third Course

Rice In Almonds
Stewed Fruit
Fresh Fruit
Nuts And Dried Fruit

rice, almonds, sugar
fruit, sugar, spices
fruit
nuts, dried fruit

*Prepared by Master Stefano da Urbino et al.
based on Platina de Cremona's "On Good Eating & Good Health" c.1470*