

Darton Anniversary AS L (2015) Viking Food *for thirty-five*

(Version two, including post event amendments)

Menu Summary

Friday Night from 8pm Supper

fried fish, meat stew, vegetable stews, frumenty of barley
whole meal pancakes, butter, cheese, honey, stewed fruit, dried fruit, low fat milk & yoghurt
(coffee, tea, drinking chocolate, sugar)

Saturday Morning from 8am Breakfast

fried fish, roast pork, fried eggs, porridge of oats
wheat and barley bread, butter, cheese, honey, stewed fruit, dried fruit, low fat milk & yoghurt
(coffee, tea, drinking chocolate, sugar)

Saturday Noon from 12.15pm Lunch

fried fish, meat stew, vegetable stews, oat pudding
wheat and barley bread, butter, cheese, honey, stewed fruit, dried fruit, low fat milk & yoghurt
(coffee, tea, drinking chocolate, sugar)

Saturday Night from 6pm Feast

fried fish, roast meat, gravy, meat stew, vegetable stews, frumenty of barley
wheat and barley bread, butter, cheese, honey, stewed fruit, dried fruit, low fat milk & yoghurt
(coffee, tea, drinking chocolate, sugar)

Sunday Morning from 9am Breakfast

fried fish, roast pork, fried eggs, porridge of oats
wheat and barley bread, butter, cheese, honey, stewed fruit, dried fruit, low fat milk & yoghurt
(coffee, tea, drinking chocolate, sugar)

Sunday Noon from 1pm Lunch

fried fish, meat stew, vegetable stews, oat pudding
wheat and barley bread, butter, cheese, honey, stewed fruit, dried fruit, low fat milk & yoghurt
(coffee, tea, drinking chocolate, sugar)

Cooking Notes

The food for this event is predominantly C13th Viking / Early Norse themed food. This cuisine is principally meat and fish, grain and honey, and beer and mead,¹ plus appropriate vegetables, fruits, herbs, spices, and dairy products. The key modern concessions in the menu are coffee, tea, drinking chocolate and sugar.²

Appropriate vegetables, fruits, herbs, and spices³

- Vegetables: leeks; peas, broad beans; cabbage, celery, carrots, parsnips, turnips, radishes, beets;
- Fruits: plums, cherries, blackberries, raspberries, strawberries, apples, peaches, grapes, figs;
- Herbs: coriander, dill, fennel, mint;
- Spices: salt, mustard, horseradish, cumin, coriander, fennel, poppy seed.

Dietary requirements

Some dietary requirements influence what food will be served.

We will serve no:

- artificial food colourings or food colourings of any kind;
- pineapple, pineapple juice or fruit juice of any kind;
- soy or soy lecithin;
- shellfish or crayfish of any kind;
- penicillin or blue cheese;
- kiwifruit;
- chamomile.

We will serve generally low fat dairy products, such as edam cheese and *skyr* (low fat milk & yoghurt).³

Other dietary requirements influence how food is being cooked.

Each time we prepare vegetable stews, we will prepare one with onions, leeks, and chives, but without pulses; and one without onions, leeks, and chives, but with pulses. We will not use onions, leeks, and chives elsewhere in our cooking.

We will only use barley and wheat flour in frumenty and bread. We will not use barley and wheat flour elsewhere in our cooking.

We will only use oats in porridge and oat pudding. We will not use oats elsewhere in our cooking.

We will use olive oil instead of lard, butter or another animal fat as our primary cooking grease, because it is vegetarian.

We will use honey to sweeten food sparingly – for instance, in stewed fruit, or oat cakes.

We will need to strictly keep separate meat, fish and vegetarian food preparation and cooking in the kitchen. The washing zone will be communal, so we will also need to ensure dirty dishes are effectively washed and dried before re-use.

¹ Early Medieval Norse Food & Feasting.

² A Midwinter Encampment Food Plan, p.6.

³ Early Medieval Norse Food & Feasting; An Early Meal – A Viking Age Cookbook & Culinary Odyssey.

Recipes

Fried fish

Cook fried fish *a la plancha* (on a hot skillet).⁴ Marinade deboned whole or half fresh fish fillets in olive oil and salt. Heat skillets until smoking hot. Fry the fish fillets on each side until lightly browned; this should take a few minutes on each side. Do not overcrowd skillets with fish as this will cool the pan down too much. Serve hot.

Meat stew

Dice meat into inch cubes, marinate in olive oil. Heat skillets until smoking hot. Fry the meat until lightly browned in small batches. Do not overcrowd skillets with cubed meat as this will cool the pan down too much.

Put the diced lightly browned meat into a pot. Deglaze skillets with beer, wine, or cider. Pour the deglaze into the pot.

Add into the pot diced vegetables, herbs, and spices to taste, excluding onions, leeks, and chives.

Add enough boiling water into the pot to cover the meat and vegetables. Bring the pot to the boil, stir, turn down the heat to a low setting, simmer for at least two hours, stirring occasionally.

Avoid letting the pot contents get too dry, or burnt. If the pot contents gets too dry, add more liquid. If the pot contents burns, transfer what can be saved into a new pot and continue to simmer.

Oat pudding

Add a dozen whisked eggs, a pound of soft butter, and a half litre of liquid honey, to one and a half litres (or thereabouts) of cold porridge. Mix well, until it is a homogenous batter. Pour into three greased 9 inch circular high-sided pie dishes. Bake for two–three hours at 160 degrees. Serve hot.

Vegetable stew with onions, leeks, and chives, but without pulses

Add into a pot diced vegetables, herbs, and spices to taste, including onions, leeks, and chives, but excluding pulses {peas, beans, etc}.

Add enough boiling water into the pot to cover the vegetables. Bring the pot to the boil, stir, turn down the heat to a low setting, simmer for at least one hour, stirring occasionally.

Avoid letting the pot contents get too dry, or burnt. If the pot contents gets too dry, add more liquid. If the pot contents burns, transfer what can be saved into a new pot and continue to simmer.

Vegetable stew without onions, leeks, and chives, but with pulses

Add into a pot diced vegetables, herbs, and spices to taste, excluding onions, leeks, and chives, but including pulses {peas, beans, etc}.

Add enough boiling water into the pot to cover the vegetables. Bring the pot to the boil, stir, turn down the heat to a low setting, simmer for at least one hour, stirring occasionally.

Avoid letting the pot contents get too dry, or burnt. If the pot contents gets too dry, add more liquid. If the pot contents burns, transfer what can be saved into a new pot and continue to simmer.

⁴ Adapted from Rick Stein's Spain.

Wheat and barley bread

Note: In practice, this recipe was made in a series of four batches. Makes 24 loaves in total.

Boil 2kg of pearl barley in water until it is burst. Drain off and reserve the barley liquor, and leave the boiled barley to cool, until it can be handled.

Mix 12 cups of barley liquor and/or water, and 24 teaspoons of honey, ensuring that this mixture is tepid (about 30 degrees Celsius), then mix in 6 heaped tablespoons of bread yeast, and leave this mixture to prove for ten minutes, until it is frothy.

Separately, mix 6kg of wholemeal flour, 24 teaspoons of salt, and the boiled barley.

Add the barley liquor-honey-yeast mixture to the flour-salt-barley mixture, mix, and knead to a bread dough. Add more wholemeal flour as required, if the mixture is too wet.

Leave the dough covered in a warm place for two hours to rise. Punch in the risen dough, and knead each batch again for ten minutes. Add more wholemeal flour as required, if the mixture is too wet. Form the dough into round loaves.

Leave the dough to rise again for thirty minutes, then bake in a hot oven on a greased tray at 200 degrees Celsius for 30-40 minutes, or until the crust is brown, and a skewer test of the loaves returns a dry result.⁵

Serve with butter and honey.

Wholemeal pancakes

Make a batter from a dozen whisked eggs, a half litre of liquid honey, 1.5kg of wholemeal flour, 3 teaspoons of salt, and 9 cups of milk. Mix well, until it is a homogenous batter. Cook as pancakes over a medium heat in skillets.⁶

Serve with butter and honey.

Quantities and Timings – Friday Night from 8pm Supper

Quantities

2kg fish, for fried fish (snapper)

3kg meat, for meat stew (pork ribs)

2kg vegetables, for vegetables stew with onions, leeks, and chives, but without pulses

2kg vegetables, for vegetable stew without onions, leeks, and chives, but with pulses

500g pearl barley, for frumenty of barley

3kg wholemeal pancakes

300g butter

700g cheese

300g honey

2kg fruit, for stewed fruit

300g dried fruit

2 litres of milk & yoghurt

coffee, tea, drinking chocolate, and sugar as required (there is a limited supply)

Timings

On arrival begin bread (for entire event), mix and rebottle 2l milk & 2l yoghurt (for *skyr*)

5.30pm begin meat stew

6.30pm begin frumenty of barley, vegetable stews, stewed fruit, baking bread

7.30pm begin fried fish, slice cheese

⁵ Adapted from Larousse Gastronomique, White bread recipe, p.159.

⁶ Adapted from Edmonds Cookery Book, Pikelets recipe, p.30.

Quantities and Timings – Saturday Morning from 8am Breakfast

Quantities

2kg fish, for fried fish (blue cod)
3kg pork, for roast pork (leg roast)
5 dozen eggs, for fried eggs
1.5kg oats, for porridge of oats (use leftover porridge from breakfast for oat cakes at lunch)
3kg wheat and barley bread
300g butter
700g cheese
300g honey
2kg fruit, for stewed fruit
300g dried fruit
2 litres of milk & yoghurt
coffee, tea, drinking chocolate, and sugar as required (there is a limited supply)

Timings

5.00am begin roast pork
7.00am begin porridge of oats, stewed fruit
8.00am begin fried fish, fried eggs, grate cheese

Quantities and Timings – Saturday Noon from 12.15pm Lunch

Quantities

2kg fish, for fried fish (warehou)
3kg meat, for meat stew (beef blade steak)
2kg vegetables, for vegetables stew with onions, leeks, and chives, but without pulses
2kg vegetables, for vegetable stew without onions, leeks, and chives, but with pulses
use leftover porridge from breakfast for oat pudding (plus eggs, butter, and honey)
3kg wheat and barley bread
300g butter
700g cheese
300g honey
2kg fruit, for stewed fruit
300g dried fruit
2 litres of milk & yoghurt
coffee, tea, drinking chocolate, and sugar as required (there is a limited supply)

Timings

10.00am begin meat stew
11.00am begin oat pudding, vegetable stews, stewed fruit
12.00pm begin fried fish, grate cheese

Quantities and Timings – Saturday Night from 6pm Feast

Quantities

2kg fish, for baked fish (salmon) with dill
4kg pork, for roast pork (leg pork)
4kg beef, for roast beef (topside roast)
4kg lamb, for lamb stew (lamb shoulder chops)
2kg vegetables, for vegetables stew with onions, leeks, and chives, but without pulses
2kg vegetables, for vegetable stew without onions, leeks, and chives, but with pulses
1kg pearl barley, for frumenty of barley
4.5kg wheat and barley bread
500g butter
700g cheese
500g honey
4kg fruit, for stewed fruit
500g dried fruit
500g hazelnuts
2 litres of milk & yoghurt
coffee, tea, drinking chocolate, and sugar as required (there is a limited supply)

Timings

3.00pm begin roast pork, roast beef
4.00pm begin meat stew
5.00pm begin frumenty of barley, vegetable stews, stewed fruit
5.30pm begin fried fish, grate cheese

Quantities and Timings – Sunday Morning from 9am Breakfast

Quantities

2kg fish, for fried fish (red cod)
3kg pork, for roast pork (leg roast)
5 dozen eggs, for fried eggs
1.5kg oats, for porridge of oats (use leftover porridge from breakfast for oat cakes at lunch)
3kg wheat and barley bread
300g butter
700g cheese
300g honey
2kg fruit, for stewed fruit
300g dried fruit
2 litres of milk & yoghurt
coffee, tea, drinking chocolate, and sugar as required (there is a limited supply)

Timings

6.00am begin roast pork
8.00am begin porridge of oats, stewed fruit
9.00am begin fried fish, fried eggs, grate cheese

Quantities and Timings – Sunday Noon from 1pm Lunch

Quantities

2kg fish, for fried fish (red cod)
3kg meat, for meat stew (beef blade steak)
2kg vegetables, for vegetables stew with onions, leeks, and chives, but without pulses
2kg vegetables, for vegetable stew without onions, leeks, and chives, but with pulses
use leftover porridge from breakfast for oat pudding (plus eggs, butter, and honey)
3kg wheat and barley bread
300g butter
700g cheese
300g honey
2kg fruit, for stewed fruit
300g dried fruit
2 litres of milk & yoghurt
coffee, tea, drinking chocolate, and sugar as required (there is a limited supply)

Timings

10.15am begin meat stew
11.30am begin oat pudding, vegetable stews, stewed fruit
12.45pm begin fried fish, grate cheese

References

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