

College Harvest Feast

12th of April, Anno Societatis XLII (2008)

Service

Apples, pears and grapes

First Course

Bread

Olives in olive oil

Green salad

Boiled eggs with mustard

Roast chicken with lemon juice, rose water, sugar and cinnamon

Second Course

Roast lamb with green sauce

Roast pork with cherry sauce

Roast venison with wine and pepper sauce

Pasta with butter and sweet spices

Rice with ground almonds, milk and sugar

Stewed vegetables

Third Course

Fried cheese with sugar and cinnamon

Custard Lombard, pies of dates fried in beef marrow and custard (non-vegetarian)

A subtlety; the destruction of Pompeii by volcanic eruption and earthquake

*Excerpts from “De Honesta Voluptate et Valetudine” (“On Good Eating and Good Health”)
by Platina de Cremona aka Bartolomeo Saachi, Italy, c.1470
(translated by Mary Ella Milham, Medieval & Renaissance Text & Studies, 1998)*

Service

“One must set a table according to the time of year... in autumn, let the ripe grapes, pears and apples hang from the ceiling...”

First Course

“Among the fruits of earth discovered for man’s use, grain is the most useful... put the flour, with warm water and some salt... and a bit of leaven... [knead] to the consistency at which bread can be made... Bread should be well-baked in an oven...”

“...one must speak first about certain simple ingredients... and first about the olive and olive oil...”

“You season raw lettuce this way... sprinkle with ground salt, pour in a little oil and more vinegar and eat at once. Some add a little mint and parsley to it for seasoning...”

“The egg, which the Greeks call *oon*, is versatile and comes from almost all birds... those who are troubled by an empty stomach should use this food often in the first course... hard-boiled eggs are of a very strong material...”

“Mustard... is considered very useful to the stomach...”

“Roast a chicken... put lemon juice or verjuice on it with rose water, sugar and well-ground cinnamon...”

Second Course

“Make a roast from whatever meat you want... lard it, and have it turned over the fire until it is well cooked... garnished to stimulate appetite with fragrant herbs, pepper... take off the meat at once, let the steam go away, and serve to your guests.”

[Green sauce] “Grind together a little parsley, thyme, chard, or other fragrant herbs, a moderate amount of ginger, also of cinnamon, and a bit of salt. When they are ground, soak in sharp vinegar, and pass through a sieve into a bowl. If garlic pleases you, add more or less according to taste...”

[Cherry sauce] “Pound [cherries] in a mortar, together with bread crumbs, then mix a bit of verjuice or vinegar... Make it boil... add some cinnamon and crushed ginger... strain and put into serving dishes...”

[Wine and pepper sauce] “...put in a large bowl as much dry dark wine as water and wash the meat very well in it, then strain the liquid and add as much salt as the situation demands. Put the same liquid... on a fire [and add toasted bread softened in vinegar, raisins, pepper, cloves and cinnamon]...”

“...pasta... cooked in rich broth... sprinkled with fresh, new butter and sweet spices...”

“Rice... is very nourishing, especially if it has been seasoned with ground almonds, milk and sugar...”

“Cook vegetables... cut up in rich broth, or meat stock, or oil, or butter...”

Third Course

“Fry pieces of rich cheese... with either butter or fat... They must be sprinkled with sugar and cinnamon and eaten still hot.”

*An excerpt from Harleian Manuscript MS.4016, England, c.1450
(in “Take A Thousand Eggs Or More”, by Cindy Renfrew, 1991)*

“Take [custard]; then take fair marrow, & dates cut in 2 or 3 & prunes; & put the dates and the prunes & marrow in a fair coffin, made of faire paste, & put the coffin in the oven till it is a little hard; then draw them out of the oven; take the liquor & put thereon, & fill it up, & cast sugar... & salt; then let it bake together till it is enough...”