

# Regia Wic Cookbook



Edited by  
helen Mallalieu

## REGIA ANGLORUM

Regia Wic Cookbook

Illustrations:

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**The Regia Wic Cookbook**

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# Cookbook Disclaimer

This Cookbook is meant to be a helpful reference for those cooking on a Regia LHE. It is not an enforced diet or a list of the only recipes that can be used on the Wic. It is meant to be helpful to those of you who have run Wic's for many years as well as those who are just starting. All recipes have been contributed by members of Regia and are listed with who sent them into me. It has been split into 4 different sections each comprising useful recipes, with other useful information at the beginning, as well as a list of food that is authentic for Regia's core period.

Some of the recipes listed in the authentic section use items such as stock cubes or self-raising flour. **THESE ARE NOT AUTHENTIC**, however are cheats for us modern cooks as we can't keep a stock pot boiling on a fire for days. Remember when using these modern cheats to keep the modern packaging and utensils out of sight.

Not all the recipes are authentic for every time period, or for every status of person to have been found eating. Most of the recipes in this book would have been only been available to the very rich and available seasonally, however we are modern people doing this as a hobby and are less limited in what we have to eat. If you keep this in mind when using and explaining the recipes and when speaking to the public all should be fine.

I hope you enjoy these recipes. This is not a definitive guide and there are plans for re-issue with more useful sections looking at seasonality of food as well as more specific dating of food. Any suggestions or comments are more than welcome.

Thanks to all those who contributed and help with editing and suggestions of topics to cover, you have all helped to shape this book.

Helen Mallalieu





# List of useful Wic Equipment

This list is meant to be a guide of useful equipment to run a wic, it is by no means complete and each wic will have different requirements, but this list is a good starting point.

## Absolute Essentials

Firebox	Chopping Board
Sharp Knife for food use	Butter Knife
Blacking Cloth	Cauldron x2 (one for food, one for hot water)
Cloth pan holder	Ladle
Fire extinguisher (in red bag)	

## Desirable

Skillet	Spare wooden bowls and cups to display food
Trivet and or tripod	Pieces of linen that can be used as tea towels
3 to 4 s hooks	A second food cauldron
A second chopping board	A range of knives
A range of wooden spoons	Wooden or metal spatula
Table for food prep and display	Fire blanket in red bag



# General Care of Wic Equipment

## Cleaning ironware

*Carrie Ferries*

These are suggestions based on what's been passed on to me on site over the years. I've tried to make this a basics guide, a lot of it is just common sense so apologies if I'm stating the obvious.

### Preparation for cleaning

After cooking, scrape out as much food as possible from the cauldron/pan, rinse out with a bit of water if necessary.

If I'm cleaning a cauldron as part of the washing up from a meal, at this stage I normally fill it with water and put it back on the fire to heat up – add a bit of washing up liquid and this can be used to wash up everything else and will help to loosen any burnt on food too. Once done, empty out the water.

If using the oil and salt method for cleaning the ironware, just dry it off first by holding near to the fire (only warm it gently, don't want to risk burning fingers during cleaning).

### Cleaning with oil and salt

Put some oil and salt in the item to be cleaned – approx. 2-3 tbsp oil and 1-2tsp of salt as a starting point for a cauldron or pan, may need to add a little more of one or the other as you go along. I use vegetable oil and table salt.

I was taught to warm the oil when using this method - hold the cauldron/pan near the fire for a minute or so just to add a little warmth to the oil. **Be very careful not to let the ironware/oil get too hot or you might burn your hands during cleaning.**

Use rags to thoroughly scour the ironware with the oil/salt. Scraps of blanket cut into approx. 6" squares are good for this as the cloth is quite thick. Add more oil/salt if required.

Once all the burnt bits etc are loose, wipe round with a clean cloth to get all the bits and salt out.

Give it a final wipe round with another clean cloth, if there's not much oil on the metal at this stage then use a cloth with a little oil – this protects the metal and helps stop rusting.

### Cleaning with water

Water and washing up liquid is fine if the item isn't very dirty.

For more firmly attached burned bits etc use brillo pads with a little water, then rinse out thoroughly.

Dry quickly – use a dry cloth and/or gentle heat from the fire – some ironware really does rust very quickly if left damp for any length of time.

Wipe round with an oily cloth – helps to protect against rust.

### Additional thoughts

I don't clean the outside of cauldrons etc – it's an area that will always be a bit blackened and dirty from the fire but food never comes into contact with it.

I don't know exactly how the oil and salt method fits in with authentic methods of cleaning ironware – I'd guess that the method itself is fine, but that they'd use whatever was available/inexpensive for the oil and abrasive.

For ironware that's sometimes used for meat cooking and sometimes used for vegetarian food, I'd suggest not relying solely on the oil/salt method of cleaning.

# Essentials for a Wic Box

This list of essentials for a wic box has been taken from discussion at Ashby training weekend as well as on Facebook. Again, like the list of equipment it is a suggestion to help run a wic, none of this is a must have, just helpful suggestions.

## Absolute Essentials

Washing up Liquid	Salt & Pepper in waterproof container
Scrubby Sponge	Basic herbs and spices in waterproof containers
Metal scrubby thing,	Good quality stock cubes in air tight waterproof containers
Matches in Waterproof container	Fire lighters,
Bin Bags	Tea Towels
Kindling,	Loo roll
Box with tea, coffee, and sugar	2ltr bottle of water
Small cartons of long life milk	Chopping boards (marked for meat / veg etc.)
Flash wipes/Baby wipes	Bottle opener
Teaspoons	Wooden spoons,
Tin Foil	Plastic bags for food
Can opener	Honey

## Next things to Add

Cling Film	Fruit juice,
Pack of paper plates	Hand Sanitizer
Sun screen	Flour
Sharp knife	Kitchen roll
Wood from previous show	Small tub of corn flour

## Put in if you have room

Rice	Yeast
Pasta	Cous cous or noodles,
Jar of sauce	Cup of soup
Long shelf life emergency meal	Assorted plastic boxes for keeping things separated and dry
Chocolate	Wine

# Authentic food guide

Food - (900 - 1099 AD) NOTE: Meant as a helpful and informative guide only

	Common	Middle / rich	Rich / very rich	Not available
<b>Drink</b>	Water, small beer,cider	Milk, herb teas, wine	Mead, spiced wine	
<b>Vegetables</b>	Beetroot, beet leaves, cabbage, carrots, celery, watercress, fennel kale, lettuces, onions, parsnips, radishes, shallots, scallions, spinach, turnips, leeks	Asparagus	Artichoke, cucumber	Potatoes, tomato, marrow/courgette, swede, squash
<b>Fruit</b>	Apples, cherries, damsons, pears, plums, strawberries, raspberries	Currants, peaches mulberries, grapes	Figs, quince	Melons, oranges, lemons, limes,
<b>Pulses, grains and nuts</b>	Barley, broad beans, black beans, kidney beans, linseed, oats, peas, spelt, wheat, rye	Buckwheat, chick peas, meddlers, Walnuts,	Almonds, pine nuts	Brazil, pistachio, peanuts, Pasta
<b>Meat</b>	Beef bone marrow tongue, chickens (of varying ages), duck, goose, offal, pigeons, goats, pigs, rabbit, hare	Beef, lamb,	Wild boar, venison, peacock	Turkey, tined meats un naturally shaped meats I.e square ham, Parma ham,
<b>Fish</b>	Chubb, cockles, cod, eel, flounders, place, hake, whitening, salmon, haddock, sea bream, sole, herring, muscle, periwinkles, limpets, halibut,	Bass, clams, conger eel, crab, crayfish, m ackerel, gray mullet, tubot, oysters, scallops, trout,	Lobster	Sea Food Sticks
<b>Dairy</b>	Butter, buttermilk, cott age cheese, cream, eggs, goats milk, hard goats Cheese, whey	Blue cheese, hard cheeses I.e Cheddar	Cheese with fruit and nuts in it	Wax coated cheeses with a rind I.e. brie, mozzarella, parmesan , coloured cheeses like red Leicester,

	<b>Common</b>	<b>Middle / rich</b>	<b>Rich / very rich</b>	<b>Not available</b>
<b>Oils</b>	dripping, lard, suet,	olive oil	Nut oils	
<b>Bread, baked goods and sweet stuff</b>	Unleavened bread, bread of mixed flours/ grains, wholemeal bread, biscuits like rock cakes, birch sap, drop scones/ scotch pancakes,	Honey, white bread (small amounts)	Large loaves, Modern white flour	Chocolate, sugar, treacle, golden syrup, tiger/ giraffe loaves, tin shaped loaves, fudge
<b>Herbs and spices</b>	Dill, mints, horseradish,	Basil, chervil Chamomile, coriander, liquorice, pepper, rosemary, thyme, Jarrow, garlic, mustard	Cardamom, caraway cassia, cinnamon, cumin, fenugreek, ginger, saffron	Visible stock cubes
<b>Preserved/ preserving</b>	Dried fruit native,	Brine, salted meats, un-sulphured apricots	Dates, figs, raisins, prunes	
<b>Foraged ( only if you know what are looking for! )</b>	Alexanders, Crab apples, beech masts/ nuts, Blackberries, bilberries (whortleberries), bitter cress, bog myrtle, borage, Sweet cecily, wild cherries, sweet chestnuts, clover, comfrey, cowslip, dandelions, bistort, dock, elderflowers, elderberries, sloes, myrtle, hazelnuts, beefsteak fungi, truffles, blewit (wood and field), cauliflower fungus, chanterelles, nettles, tansy, vetch, wild garlic, bistort, black mustard,			

# Guidance when shopping for food for the Wic

## *Bread Shapes:*

Good



Acceptable:



Wrong shapes – no rectangular loaf tins, baguettes, seeded loaves or tiger loaves:



Other notes:

We are not banning rectangular blocks of cheddar/pre-sliced ham/large apples or onions etc. from the wic but if you have the option to go for more authentic looking versions, please do.

With cheese - it's worthwhile reshaping it so it doesn't look straight off a block (rough wedges/rounds). For 'biscuity' types such as oatcakes go for the roughly shaped ones - not the obviously mechanically manufactured ones if you can. For fruit and vegetables go for the smaller sized ones if possible.

N.B. This isn't compulsory, just guidance. If you have foods with inauthentic shapes that's fine, but if you can keep them to the back of your wic rather than in full view of the public at the front that would be great.

# Advice for adapting recipe for people with dietary requirements

## Coping with a gluten free diet on the wic

*Ian Lewis*

Firstly, why do some people require a gluten free (GF) diet, mostly it is because they are intolerant of any gluten (a protein found in wheat, rye and barley) in their diet. Technically this is known as Coeliac Disease, it is important to note that this is not a lifestyle choice, consuming gluten in the short term can cause stomach aches, bloating and tiredness, but also realise that it is not an allergy so accidental consumption will not be life threatening! In general please check the menu with the person requesting a gluten free diet so alternatives can be brought if necessary.

Many gluten free ingredients and foods are available in supermarkets, but for the purposes of wic cooking these may not be required.

General notes, all wheat and rye bread contains gluten, even low gluten like spelt, so ask the person concerned to bring their own choice of GF bread. The bread is quite expensive so best that they bring their own preferred option for this. The bread used (only a few years ago) to always need refreshing in a microwave, which is not convenient on the wic, but these days most supermarkets can provide suitable GF bread rolls which are acceptable without refreshing.

Beverages, tea and coffee, orange squash (but not the barley water form) are all fine. Note that for cooking in stews, wine and cider are OK but beer is not.

A note on thickening soups or stews or spag bol, while wheat flour (plain or self-raising) both contain gluten and cannot be used for thickening sauces or stews, corn flour (maize) is perfectly OK, as are the more specialised GF flours available from stores.

### **Taking each meal in turn:**

Breakfast, assuming a normal Regia sausage, bacon and egg in a roll type of breakfast. Most sausages are not gluten free as they contain rusk from wheat/barley. Some brands are gluten free but they are slightly more expensive, eg Black Farmer Pork sausages. Some of the supermarket own label varieties are also gluten free but they are not well labelled, so best to avoid unless you are happy to check all the labels before purchase. It is best to cook the GF sausages and bacon first or in a separate frying pan. Then cook the normal sausages afterwards so they do not contaminate the GF food. Bacon and eggs are all OK. Heinz Ketchup is GF but most brown sauces or own brand ketchup are not.

Lunch, assuming a buffet cold lunch then the cheese, meats and fruit other items are all OK but care must be taken to avoid use of the bread knife on the cheese etc. We have found it useful to make sure there is a sharp knife with each plate and have the normal bread separated slightly with its own knife. Try to make everyone on the wic aware of the potential for cross contamination. If cooking soup, then most vegetable soup recipes will be fine but make sure you use a GF stock cube, I recommend "Kallo" stock cubes which are GF and dairy free (Knorr is also GF but Oxo and supermarket own-brands are NOT). Note that pearl barley is definitely not GF so if using this then separate some of the soup off into a small pot before adding the barley. Changing over all cooking to this brand of stock will avoid any problems.

Evening meal. Note the use of stock cubes above for stews and the comments about sausages and beer and pearl barley for stews. Rice and potatoes are both OK but pasta is not gluten free. If cooking pasta then a small separate pot can be used to cook some GF pasta (available in the freefrom range of most supermarkets). Be very careful with cross contamination when stirring the pasta with a wooden spoon, as pasta starch transfers by spoon very well! Best to use separate spoons kept well apart. Note that GF pasta does not cope with being over-cooked as it will disintegrate! Alternatively pop a baking potato in the embers of the fire

If cooking a pudding then stewed fruit, rice pudding are all OK and if handing around cakes or flapjack then these are not gluten free but alternatives can be found in the freefrom range at supermarkets.

Note on LHE demonstrations. Normal drop scones made with wheat flour contain gluten, but the recipe does work with specialist GF flour although I recommend trying at home to tailor it to the brand of flour you use.

## Adapting non vegetarian recipes for vegetarians

*Ellie Jackson*

People are vegetarian for a many reasons and the strictness of a vegetarian diet varies from person to person. Usually when a person says they are vegetarian it means they do not eat food for which an animal has been killed. Vegans are strict vegetarians and do not eat any product that has come from an animal at all, including dairy, eggs or honey. Some people are semi-vegetarian and will eat fish or poultry but no red meat. If you are not sure what someone can eat it is best to ask.

Cooking authentic vegetarian food is not difficult since people often ate a largely vegetarian diet in the Middle Ages. In the summer season, and particularly for poorer people, meat was rarely available so it was important that medieval recipes could be adapted to be meat-free.

Stew and soup-type meals are the best to adapt for vegetarians, especially those that include lots of ingredients and flavours so that they are still tasty without the meat (e.g. thegn's stew, p. 26; creamy cheese soup, p. 26; folcs' favourite stew, p. 30; beef and barley stew, p. 32; beef stew, p.33; sausage stew, p. 34; beef and dumplings, p. 39; lamb and beef stew, p. 40; styrian pork, p. 42). To make stews and soups vegetarian, use a vegetable stock rather than an animal-based one and substitute the meat with a vegetarian ingredient that offers similar nutrition.

Meat is usually the main source of protein and iron in a meal, so if you are adapting a meat recipe for vegetarians it is best to replace the meat with another protein and iron-rich ingredient to ensure that the meal is nutritionally balanced. There are many natural sources of protein that can be used as a substitute for meat, such as (examples of authentic varieties in brackets):

- Whole grains (whole grain wheat, barley).
- Beans (broad beans, black beans, kidney beans).
- Lentils (any green, brown and black coloured varieties).
- Peas (garden peas, split peas, chickpeas).
- Nuts and seeds (walnuts, almonds, pinenuts, linseed).
- Eggs\*
- Cheese\*



Authentic vegetarian sources of iron include:

- Wholemeal bread
- Pulses (beans, lentils and peas; see above)
- Eggs\*
- Dried fruit
- Green leafy vegetables

As well as these natural and authentic ingredients products are also available that have been made to look and taste like meat and offer similar nutrition. These are not authentic although some look so similar to meat that members of the public are unlikely to notice the difference, especially if they are in a pot with other ingredients. They are great for after hours and like the authentic ingredients above, are best used as a meat substitute in big stews because they often have little flavour on their own:

- Tempeh (a soy product, usually comes frozen)
- Seitan (a wheat gluten product, usually comes tinned)
- Quorn\*

Quorn can be bought at virtually all supermarkets and is often available fresh or frozen (frozen is exactly the same but cheaper!). Tempeh and seitan can be bought at health food shops (such as Holland and Barrett), vegetarian shops, Chinese supermarkets and occasionally large supermarkets.

Remember to keep utensils used for preparing and serving meat separate from those used for vegetarian food.

\*Not suitable for vegans.



# Fully Authentic Recipes

A few things I've picked up from 'Leechdoms' by Oswald Cockayne

*Rosie Wilkin*

## Salt Meat with Vinegar

Wiþ unluste & wlættan þe of magan cymð

*For Poor Appetite and Nausea which from the Stomach Cometh*

sealte mettas mid ecede geswete · &

gerenodne senep & rædic þicgen & ealle þa mettas ge

drincan þa þe habban hat mægen & scearp sele þicgean ·

salt meats with vinegar sweetened, and

prepared mustard and radish to eat and all the meats and

drinks that have hot strength and are sharp give to eat.

Bald's Leechbook II, (London BL Royal 12.D, xvii) c. 900-980 C.E.

I use pastrami as the salt meat - not corned beef as that's a bit obvious. Rocket or watercress goes well with this as a bit of greenery. Radish season April-June & October-January

## Beef Boiled in Vinegar

Wiþ forsogenum magan oþþe aþundenum genim

hryþeren flâsc gesoden on ecede & mid ele

gerenod mid sealte & dile & por, þicge þæt

seofon niht, þonne liht þæt þone geswencedan magan

*Against hiccupy stomachs or swellings take*

*[horned cattle] flesh [seethed/boiled/cooked] in vinegar and with oil*

*(coagulated /thickened) with salt and dill and leek, partake of that {for}*

*a seven night, henceforth relieven thence the afflicted stomach.*

Bald's Leechbook II, (London BL Royal 12.D, xvii) c. 900-980 C.E.

I use either a clay or iron pot over the fire, 450g beef cut up small boiled with 100ml oil and 2 tablespoon wine vinegar, 2 leeks chopped up, cooked until soft then sprinkled with 1 tablespoon fresh or 1 tea spoon dried Dill. Serves 3 generous or 4 small portions.) Leeks in season November-April. Oil and wine vinegar could be imported.

## Omelette

Nim saluïam ane hand fulle · & cnuca hy

swiþe smale · & nîm twelf piper corn · & giid ·

hy smæle · & nîm þanne ægru · & swing ho to gædere · mid þam wyrstum · & mid þan pipore. Nîm þanne

æne clæne panne · & hyste hy mid ele ·

*Take of sage one hand full and pound it very small and take twelve pepper corns and rub them fine and take then eggs and beat up together with the worts and with the pepper.*

*Take then a clean pan and fry it with oil.*

Peri Didaxeon. MS. Harl. 6258. fol 83 b. (date disputed - may be as late as 1200 or as early as the 9th century!)

I use 3 eggs to make an omelette for 3. But not so much pepper!

# Authentic Ingredients – Easiest to be cooked before coming to site

## Spiced Gammon/Pork

*Liz DeBorn*

This one is a do at home - take cold. Works well with either joint.

### INGREDIENTS

2 kilogram or there about piece of meat.  
Ground Ginger 1tbsp  
Ground Cloves 1 tbsp  
Ground Nutmeg half tbsp  
Ground Cinnamon 1 tbsp  
Honey

### METHOD

Place meat into oven proof dish with lid. Add about 2.5 centimeters of water with the spices in it (adjust to taste). Cook until almost done. Drain off spiced water, score meat (removing fat/skin first) and drizzle over honey. Re-cover and return to oven. When cooked remove from oven, remove lid and leave to cool in honey. Serve cold.

## Lamb Sausages (and Mint Sauce)

*Folo Watkins*

For 20

### INGREDIENTS

2 Kilograms ground lamb  
450 grams spring onions  
1 smashed garlic clove (or more to taste)  
2 tablespoons water  
½ tablespoon salt  
½ tablespoon sage (or more to taste)  
½ tablespoon dill (or more to taste)  
Hog casings  
Meat grinder with sausage attachment  
Vinegar (optional)  
Honey (optional)  
Mint (optional)

### METHOD

Place hog casings in cold water (Casings are often heavily salted). Knead all other ingredients until completely mixed. Carefully fit a casing onto a greased sausage attachment, minimizing time casing is out of

water. With the end twisted tightly without an air pocket, extrude meat into casing. Try to make the sausage as thick as possible without rupturing the casing.

Using a needle, poke holes through the casing every 2.5 centimeters or two. A sausage longer than 61 centimeters become hard to manage. Leave enough casing at ends to roll sausage across table to twist ends.

To cook sausage, boil water in a large pot and reduce to a simmer. Immerse sausage in simmering water for 30 minutes. In my opinion, simmered sausage tastes best, but many people prefer them browned. Sausage can be served immediately or can be browned for 30 minutes in an oven at 375°F. Browned sausage only need 20 minutes of simmering.

Cooked sausage can be served with mint sauce (made with vinegar, honey, and mint). Mint sauce was a tenth-century Anglo-Saxon meat sauce.

Sausage was the medieval equivalent of casserole stored in the freezer. Instead of or in addition to meat, sausage was stuffed with vegetables and grains. Traditionally, sausage was hung from the rafters, and smoked by the home's cooking and heating fires. Well-prepared households would have the rafters full of hanging sausage and cheese (just in case their liege lord were to drop by).

## A Jellie of Fyshe

*Folo Watkins*

For 6

Ingredients

227 grams cod, haddock or other well-flavoured white fish

3 scallops

35 grams prawns or shrimp

2 onions

1 tablespoon white wine vinegar

28 grams ginger root

1 teaspoon sea salt

¼ teaspoon white pepper

500ml white wine

500ml water

20 grams gelatine

METHOD

Roughly slice the onion. Peel and chop the ginger. Put the white fish in a pan with the onions, vinegar, ginger root, spices, wine and water. Bring it gently to the boil and simmer for 10 minutes.

Add the scallops and prawns and cook for a further 3 minutes.

Remove the fish. Bone and skin it, then set it all aside.

Strain the cooking juices and set aside to cool for several hours by which time a lot of the sediment will have settled in the bottom of the bowl. Carefully pour off the juices, leaving the sediment, and then strain several times through cheesecloth. You should have approximately 750 ml) of liquid left.

Melt 7 grams of gelatine in a little of the liquid, cool it to room temperature, and then mix it into the rest of the juices.

Pour a thin layer (1.3 centimetres) of the juice into the bottom of a mould and allow it to cool so that it sets. Flake the white fish into smallish flakes; remove the coral from the scallops and cut the white flesh into three or four pieces. Once the jelly is firm, arrange the most decorative of the fish in the bottom of the dish if you like. Spoon a little more of the juice and again allow it to set. Continue to layer the fish in the mould, setting each layer with a covering of juice until you have used up all the fish and juices. Leave the jelly to set for at least 4 hours. Remove it from the mould and cover with herbs of your choice.

# Epiphany Pie

*Alan Tidy*

Serves 4-5

## INGREDIENTS

450g "basics" chopped shoulder of pork  
125g diced smoked cooking bacon  
2 Bay leaves  
Seeds from 12 cardamom pods  
½ teaspoon ground nutmeg  
½ teaspoon black pepper  
¼ tsp Salt  
Handful of Apricots, chopped.  
Small handful of sultanas  
1 grated cooking apple  
50 grams goats' cheese chopped small  
1 egg yolks  
1 pack of ready-made short crust pastry

## METHOD

You can replace the pork with chestnuts or butternut squash and a chopped and cooked until soft onion for the vegetarian alternative

Cover pork and bacon with unsalted water and bay leaf. Bring to the boil then simmer for one hour, until tender. Top up water as necessary, to prevent saucepan/cauldron from drying out.

After 45 minutes put oven on at 180 degrees to get up to temperature

Drain the meat, reserving a cupful of the cooking water. Pour off excess fat.

Allow the meat to cool slightly, and then break up the pork with your fingers. Mix with the rest of ingredients.

Either grease and line with greaseproof paper, a 22.8-centimetre pie dish, or roll pastry out onto the paper into a long rectangle if you're making a pasty-like pie for larger numbers. Before sealing pie, pour a tablespoon or two of the cooking liquid into the pie mix.

·Roll pastry to around .3 centimeter thick

Glaze top of pie with milk.

Cook for no more than 40 minutes at 180°C. When cooked, the cheese will have melted into the bottom of the pie and the egg will have bonded the ingredients together.

Serve hot with braised red cabbage, or leave to get cold, and serve with salad and pickles.

# Dear Mustard (v)

*Folo Watkins*

## INGREDIENTS

60ml brown mustard seed  
60ml vinegar  
1 pear  
60ml honey

#### METHOD

Soak the mustard in water or vinegar, then grind finely.

Peel and slice the pear. After cooking the pear until soft, mash it and mix in the mustard and honey. Allow it to sit at least overnight before serving.

## Plum Sauce (v)

*Folo Watkins*

#### INGREDIENTS

4 plums

¼ teaspoon pepper

¼ teaspoon cumin

1 tablespoon celery leaves

1 tablespoon honey

120 ml wine

1 tablespoon vinegar

1 tablespoon olive oil

#### METHOD

Chop and pit the plums, cook for 20 minutes. Serve with poultry.

## Aelfwine's Theoretical Anglo-Saxon Bread (v)

*Folo Watkins*

For one great loaf or 4 small loaves

#### INGREDIENTS

150 grams barley flour

225 grams wheat bread flour

225 grams whole wheat flour + extra for kneading

120 ml boiling water

240 ml whole milk

55 grams butter

1 egg

1½ teaspoons salt

¾ teaspoon dry yeast

½ tablespoon honey

Olive oil

#### METHOD

Pre-heat oven to 204°C. Put 3 tablespoons hot (not boiling) water in a small bowl along with the honey and the dry yeast.

Allow yeast to develop for 10–15 minutes or until bubbly.

Mix together dry ingredients in a large bowl.

Mix the butter into the boiling water until melted. Add the whole milk to the water and butter.

Add the mixture to the flour, stirring constantly. Add yeast. Stir until all the liquid has been absorbed.

Add the egg and continue to mix. When the mixture more or less forms a ball, place on floured surface

(use more of the whole wheat flour) and knead until the dough holds its shape well (5 minutes or longer).

Add more whole wheat flour to the dough as needed.

Put the dough into a greased bowl, cover with a damp cloth and allow to rise for about an hour in a warm place.

Keep checking the dough as it is rising. The yeast will respond to various temperatures differently, give it more time to rise if the dough needs it.

Take the dough out of the bowl onto a floured surface and knead just enough to form the dough into a nice disk for a great loaf. Do not use a rolling pin!

Cut the round into 3 or 4 pieces and form them into rounds to make small loaves.

Place the dough on a greased baking sheet and allow to rise again for about .5 hour. Place in oven on baking sheet.

Allow to bake about 1 hour for a great loaf or 35–40 minutes for small loaves.

The bread should be rather heavy and dense but moist when it is done so it will be noticeably heavier than a similar loaf of modern white bread.

The crust should be a lovely golden brown colour. Take it out of the oven; allow it to cool, eat with butter and jam...or just enjoy it plain! Yum!

## Beer Bread (v)

*Claudia Elder*

Makes 2 "loaves"

### INGREDIENTS

300 grams of self-rising flour

450 grams of plain flour

4 tablespoons of sugar

1 7g pouch of yeast

1 teaspoon of sugar

120 ml of lukewarm water

1 500ml bottle of beer "you won't use all of the beer and there is no rule on what sort of beer, you should use so try different types of beer"

### METHOD

Put the yeast in the lukewarm water with a teaspoon of sugar and leave it to become active. Pre-heat your oven to 200°C.

Measure out your flours and the sugar, and then mix them together.

After about 10 minutes the yeast should be fizzing away, add the yeast to the dry ingredients then add the beer a little at a time mixing in between until you have a slightly sticky dough.

Lightly knead the dough and split it into 2 and put on to 2 greased and lined trays, then leave them to prove for about 30–45 minutes.

The loaves should be ready to go in the oven don't knock them back!

Bake them for about 45 minutes. Test the loaves by tapping the bottom of the loaves and seeing if they sound hollow, if you are still not sure if they are done use a metal skewer as you would for a cake.

# Honey Butter (v)

*Claudia Elder (from Tastes of Anglo Saxon England)*

## INGREDIENTS

1 block of butter at room temperature  
Runny honey to taste  
Cinnamon

## METHOD

Soften the butter with a wooden spoon.

When the butter is a smooth paste add the honey until the paste is thinner and you are happy with the ratio.

Add cinnamon a little at a time until you are happy with the flavour.

Spread on bread, pancakes, hobnobs or whatever you want and eat.

# Apple Gingerbread (v)

*Sarah Waddington*

## INGREDIENTS

For the base:

3 crisp eating apples, peeled, cored & sliced.  
4oz brown sugar  
2oz butter

For the Gingerbread:

4oz plain flour  
1/2 tsp bicarb of soda  
1/2 tsp ground nutmeg  
1tsp ground ginger  
2tsp cinnamon  
pinch ground cloves  
1 egg  
4oz soft brown sugar  
3 tbsp black treacle  
1/4pt milk  
2oz melted butter

## METHOD

For base, melt butter and sugar together and spread over the bottom of a 28x18-centimetre rectangular oven-proof dish. Arrange sliced apples on top of sugar mix.

Then sift flour, bicarb and spices together. Mix in egg, sugar, treacle, milk, and melted butter. Beat 'til smooth. Pour over apples and bake at 180°C for about 45 minutes.



# Leche Lombard (v)

*Elizabeth Chadwick*

A Norman dish, better for late shows as in after 1100. It's one of those dishes where everyone had their own way of doing it.

## INGREDIENTS

500 grams Dates  
White wine  
1-2 heaped teaspoon ginger  
2 heaped teaspoons mixed spice  
Black pepper  
Stale breadcrumbs  
Optional  
Almonds  
Sweet swine

## METHOD

Basically buy a big bag of dates the cheapest you can get—500 grams. Put in a big saucepan. Cover with cheapest white wine. Chuck in a heaped teaspoon of ginger two heaped teaspoons of mixed spice and a really hefty grind of black pepper—for starters. You can add more ginger if you think it needs more. Cook it until the dates have just about absorbed the wine and turned into a mushy pulp. You can help them along this road with a wooden spoon. Then have a load of stale breadcrumbs ready—whatever you have to hand. Add these to the mixture until you get the consistency of what his basically stuffing. Put onto a plate or piece of foil and shape into a smooth oblong lump. Once it's cool it is ready. If you want to decorate it then add a line of almonds down the middle and trickle some sweet wine over. Perfect for eating with bread and putting on pancakes or shortbread. Will keep over a weekend easily. If quantities are took big, it can be frozen.

# Elderflower Cheese Pie (Tardpolene)

*Wulfwyn's World-wide Cauldron*

This can only be made in a house which has an oven and will please any Eorls's table!

## INGREDIENTS

<i>pastry to line a pie dish</i>	<i>½ cup fine white breadcrumbs</i>
<i>12 oz cottage cheese (or philadelphia)</i>	<i>4 egg whites (or whole eggs)</i>
<i>½ cup of pale honey</i>	<i>4 clusters of elder blossoms</i>

## METHOD

Keep the blossom in water or pick the moment before using  
Prepare the pie dish by lining with pastry  
Beat together the cheese, honey, crumbs and egg whites.  
Add the blossom stripped from the stem  
Put the mixture into the pie dish and bake in a moderate oven for about 45mins.

This is wonderful either hot or cold. Dried fruit or flaked almonds can be substituted for elder blossom when not in season.

# Authentic Ingredients – Can be cooked on site or at home

## Wychurst Thegn's Stew

*Alan Tidy*

For 5 persons (decent sized portions)

### INGREDIENTS

500g diced Venison (beef or game work just as well)  
500g Pork Belly cut into bite sized pieces.  
2 Onions, chopped coarsely  
Half a bottle of port  
1 pint of beef stock  
2 Carrots cut into 1" chunks  
Half pack of button mushrooms, halved  
1 teaspoon of pepper  
Pinch of salt  
1 Pack of pre-cooked chestnuts  
Swede, diced into 1" chunks

### METHOD

Brown pork belly chunks and venison joint/pieces, in a cauldron, de-glaze the cauldron each time with port.

Add all the remaining ingredients (and remainder of the half bottle of port that you're using into a pot. Bring to the boil, removing any scum that rises to the surface, then reduce the heat and simmer for at least 2 and a half hours.

Leave to cool, skim off all the fat that has risen to the top (or solidified if you put it in the fridge—which is way easier) then reheat the following day.

## Creamy Cheese Soup

*Wulfwyn's World-wide Cauldron*

### INGREDIENTS

2 tbsp butter	¼ tsp paprika
2 tbsp chopped onion	3 pints milk
1/3 cup flour	3 tbsp chicken stock
1 ¼ tsp dry mustard	1½ cups of sliced celery
garlic to taste	10 oz shredded cheese

### METHOD

Melt butter, add onion and saute. Stir in flour, mustard, garlic and paprika.

Remove from heat; add milk gradually. Add chicken stock and celery; mix well. Add cheese and stir until cheese is melted and soup is desired serving temperature; do not boil.

Serve topped with toasted slivered almonds and/or crumbled bacon.

# Irish Yellow Broth (v)

*Carol Tidy (from The Soup Bible)*

For	4	16
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## INGREDIENTS

butter	25 grams	50 grams
Oil	none	50 grams
Onion, finely chopped	1	4
Celery stick, finely chopped	1	4
Carrot, finely chopped	1	4
Plain flour (use cornflour if it needs to be gluten free)	25 grams	75 grams
Chicken or vegetable stock (I use vegetable stock cubes on the wic)	900 millilitres	3.5 litres
Oatmeal, medium (pinhead oatmeal <i>not</i> rolled oats)	25 grams	100 grams
Spinach, chopped	115 grams	Half to one bag fresh leaves
Single cream	30 millilitres	120 millilitres or a small pot
Salt and pepper		
Optional: Chopped fresh parsley to garnish		

## METHOD

Melt the butter/oil in a large saucepan. Add the onion, celery and carrot and cook for about 2 minutes until the onion is beginning to soften

Stir in the flour and cook gently for a further minute, stirring constantly. Pour in the stock, bring to the boil and cover. Reduce the heat and simmer for 30 minutes until the vegetables are tender.

Stir in the oatmeal (sprinkle in with vigorous stirring or you get big sticky lumps) and chopped spinach and cook for a further 15 minutes, stirring from time to time.

Stir in the cream and season well. Serve garnished with chopped fresh parsley, if using.

# Pork and Cider Casserole

*Carol Tidy - Based on a recipe in Hamlyns All Colour Cook Book*

For	4	16
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## INGREDIENTS

Butter	25 grams	50 grams
Oil	none	50 grams
Onion, finely chopped	1	4
Cooking apple, peeled and chopped	1	4
Pork loin chops	4	16 (or buy multipack and chop into cubes or buy about 250 grams cubed pork)
Cider	230 millilitres	Approximately 350 millilitres (use less initially and add more if needed as it cooks or add some vegetable stock to avoid it becoming overly acidic)
Single or double cream	150 millilitres	300 millilitres

## METHOD

Fry onion and apple together for 5 minutes in a large pan or cauldron

In a separate frying pan, fry pork in butter /oil for about 5 minutes, turning to brown evenly (can just be added directly into the cauldron but it won't brown) . Then add it to the onions and apple.

Pour over the cider and season.

Cook for about 45 minutes or until the pork is tender.

Stir the cream through and serve

# Pork in Cider with Barley

*Katrina Burton*

For 10

## INGREDIENTS

1 block butter

10 boneless pork chops

4 onions

4 cloves garlic

4 cooking apples

2 cans dry cider (or apple juice)

4 handfuls of pearl barley (check it doesn't need pre-soaking)

## METHOD

Fry the pork chops on both sides. Fry onion and garlic. Cut apples into rings and fry briefly. Add the cider and simmer for about an hour. Add the pearl barley and simmer for another hour, or until the barley has swollen and become soft.

# Pork in Cider

## *Wulfwyn's World-wide Cauldron*

For 4

### INGREDIENTS

4 pieces of belly pork or 4 ribs or loin chops	2 cloves garlic
6 oz bacon pieces	6 juniper berries crushed
large cooking apple chunked	olive oil
2 med onions	butter
¼ pint of cider (dry)	

### METHOD

Fry meat and bacon, which has been cut into pieces, in olive oil and butter.

Add seasonings and cider.

Cook for 2-3 hours slowly and covered, adding the apples for the last half hour.

# Rabbit Stew

## *Jane Bateman*

### INGREDIENTS

4 tablespoon olive oil  
2 wild rabbits, jointed  
4 rashers dry cured bacon, cut into 1cm strips  
150 grams salami, chopped  
600 milliliters beer  
200 grams carrots, cut into chunks  
4 sticks celery  
300 grams shallots, halved  
2 teaspoon Dijon mustard  
2 bay leaves  
2 cloves garlic, finely sliced  
1 centimeter piece ginger, peeled and finely chopped  
150 grams sultana  
1 teaspoon plain flour, mashed with 1.5 teaspoon softened butter

### METHOD

Preheat the oven to 150°C. Or cook slowly over the fire for as long as you want!

Heat half of the oil in a large ovenproof casserole over a medium heat. Once it is hot, add half the rabbit pieces and brown them all over. Remove them from the dish, and brown the rest of the rabbit in the remaining oil. Set aside.

Add the bacon and salami to the casserole and fry them until golden brown. Return the rabbit to the pan, lower the heat and add the beer.

Add the carrots, celery, shallots, mustard, bay leaves, garlic, ginger and sultanas and bring to the boil, stirring once or twice. Reduce the heat until the liquid just simmers, then cover the casserole, put it in the oven and cook for 3 hours. Or over the fire for as long as you want!

Check the casserole just before serving—if you think the gravy is a little thin, thicken it gradually adding

the flour mixed with the butter. Slowly add this to the sauce, mixing well between each addition, checking as you go. Taste for seasoning and serve.

## The Folcs' Favorite Meat stew with Herbs and Barley

*Folo Watkins*

For 6

### INGREDIENTS

1 tablespoon oil ,butter or meat fat  
1 to 1.5 kilograms of beef, chicken, sausages or lamb  
450 grams leeks,  
4 cloves garlic,  
170 grams pearled barley  
940 millilitres of water  
Approx. 15 fresh chopped sage leaves  
2 bay leaves  
Salt and pepper to taste

### METHOD

Wash the leeks washed and then trim and slice them. Chop the garlic.

Sear the meat with the leeks and garlic in the fat, oil or butter until the meat is slightly browned and the vegetables are a little bit soft. Add the water, barley, bay leaves and salt and pepper.

Bring the pot to a boil, cover, and simmer for approximately 1 to 1.5 hours, or until the meat and barley are tender.

Add the sage and cook for approximately 15 minutes more. Serve in bowls with a good bread and cheese.

## Pea and Ham Soup with Mint

*Jane Bateman*

### INGREDIENTS

Packet of dried peas  
1 ham  
Few onions, chopped  
Various herbs of your choice  
Pepper  
Handful of mint  
Optional  
Mustard  
Honey

### METHOD

Soak dried peas as per packet instructions (or use a packet of frozen peas for ease and speed!)

Boil or bake a ham. I quite often cheat and bake one at home to take along! Your choice if you smear it with mustard and honey etc. You can use the boiling liquid for the stock, if you intend to do this, do not discard.

When you're ready to cook.

Chop a few onions and a couple of carrots and soften in some butter.

Add the peas and stock (cubes do fine, ham or chicken) Add enough liquid to keep the peas well covered. Could take a good couple of hours depending on your peas!!  
Season with a few herbs and pepper.  
Chop the ham into pieces and add towards the end of cooking time.  
Just before serving, chop a good handful of mint and add.  
Very yummy.

## Yellow Pea Soup

### *Wulfwyn's World-wide Cauldron*

#### INGREDIENTS

2 cups dried yellow split peas	1 tsp honey
1 pound of smoked ham or a meaty ham bone	1 tsp thyme
7 cups water	2 oz butter
1 cup chopped onions	4 oz flour
1 tsp salt	2 cups milk

#### METHOD

Combine peas, meat, water, onion, salt, honey and thyme in a pan. Bring to boil, simmer for 2 hours. Remove meat; skim fat from soup.  
Melt butter and add flour to it; cook till bubbly. Gradually add milk. Bring to boil; cook for a minute. Add white sauce to soup. Serve with thin slices of meat.

## Sour Cream Garlic Soup (v)

### *Wulfwyn's World-wide Cauldron*

#### INGREDIENTS

8 cloves garlic crushed	3 pints beef broth or veg stock
2 oz butter	sour cream
4 oz flour	chopped chives
crushed thyme or marjoram	pinch salt & pepper

#### METHOD

Carefully cook garlic in butter. Stir in flour, herb, salt and pepper; heat until bubbly. Gradually add broth, stirring all the time. Bring to boil and cook for a minute.  
Serve hot or cold, with a dollop of sour cream and chives.

## English Rarebit (v)

### *Vara Hrolfswiffe*

#### INGREDIENTS

4 cans cheap beer ( the value rubbish from the supermarket is fine)  
2lbs min strong cheddar cheese - chopped or grated  
1 pot wholegrain mustard

## METHOD

Pour beer into cauldron and start to warm, add cheese and mustard, I sometimes use another ½ pot of Dijon, let simmer for at least 30-45 minutes, to get rid of some of the alcohol  
Ladle over slices of bread

# Beef and Barley Soup

*Wulfwyn's World-wide Cauldron*

## INGREDIENTS

4 pints water	6 oz barley
1 soup bone with meat	1 coarsely chopped cabbage
handful chopped celery tops	sliced carrots
1 tbs salt	parsnips
pepper	4 sliced onions

## METHOD

Combine water, bone, celery tops, salt, pepper and bring to boil. Simmer for 2 hours.  
Remove bone, cool and remove meat and put this back.  
Stir in barley, continue cooking for 30 mins.  
Add remaining veg and simmer for 30 mins or until veg is cooked.

# Scotch Barley Broth

*Kathrine Satalybrass*

(based on Mrs Dods' Cook's Manual - c. 1820 - not in period but with fine ingredients and designed to be cooked on a real fire!)

## INGREDIENT

1.35 kilograms of shoulder or neck of mutton  
113 grams of pot barley  
Salt  
220 grams dried peas (green or white)  
Optional  
Parsley  
Kale  
Spring greens

## METHOD

Take about mutton and place in cold water (950 milliliter to 450 grams of meat) along with barley and a tablespoon of salt. Add about 220 grams of dried peas and bring to boil. Skim off any scum as it rises. Boil slowly for an hour and then add two or three chopped carrots and turnips and two or three sliced onions or leeks. Continue cooking until nearly thickened and add green stuff to taste (parsley, kale, spring greens) and finish cooking till all is soft and well cooked. (You may wish to remove the bones before serving!)

Will also work with stewing beef



# Beef Stew

*Jane Anders*

“Stews were the mainstay of the Anglo-Saxon cuisine. In poorer households stew may have been prepared and reheated with additions over a long period.” A Hagen, *A Handbook of Anglo-Saxon Food Processing and Consumption*. 1992. Anglo-Saxon Books: Pinner

## INGREDIENTS

Water

Oil or butter

Stock (Fresh, Stockpot or Cube) (If using Stockpot or cube, add discreetly)

Beef (keep in chill bag/box, in a tent, until ready to add, transfer to pot on wooden bowl/platter)

Onion

Leak

Carrots

Parsnip

Mushrooms

Optional

Ale

## METHOD

Chop Vegetables

Brown Onions with a little oil or butter

Brown Meat

Add Chopped Veg

Add Water or Ale

Add Stock

Top up with water as needed

Cooking time may vary, but as a guide simmer for minimum of 2 hours

Can be kept on low heat until needed

Serve with bread

As a variation, swap the beef for pork and swap the ale for cider

As an alternative, pre-cooked the meat at home and bring in a cool box, and cook as for Vegetable Soup

Evidence for Vegetables and Herbs used

Hildegard's *Healing Plants: From the Medieval Classic Physica*, Hildegard von Bingen, translated by Bruce W Hozeski. Beacon Press Books, Massachusetts. 2001. [Saint Hildegard (1098-1179), Germany]

*A Second Handbook of Anglo-Saxon Food and Drink: Production and Distribution*. Ann Hagen. Anglo-Saxon Books. 1995

# Sausage stew

*Claudia Elder*

This recipe is for roughly 20 people but is easy to increase working on 1 sausage per person and bulking out with whatever veg you have.

## INGREDIENTS

20 good quality sausages  
Pack of celery  
4-5 apples  
Onions  
Carrots  
Turnips  
Leeks  
1/2 a pack of lentils  
Salt and pepper  
Water, oil or butter depending on your preferences

## METHOD

Cut all your vegetables and apples up and fry in you pot with butter or oil or both if you prefer. When the vegetables begins to soften cover with water.

Brown the sausages off and then cut up and add in to the pot. Add the lentils at the same time.

Season with salt pepper and any other authentic herbs you like.

Keep checking the stew when the sausage chunks are cooked serve just make sure you get some to. If you have any leftover bacon from breakfast add that to the stew just to make it extra tasty and meaty.

# Almond Stew (v)

*Wulfwyn's World-wide Cauldron*

This is a stew which may be used during Lent.

## INGREDIENTS

2 oz ground almonds	1/2 tsp ginger
2 tbsp fine white flour	honey to taste
2 large onions	good pinch saffron
1/2 tsp salt	oil to fry the onions
1-2 cups of white wine and water (in which the onions have been cooked)	

## METHOD

Parboil the chopped onions, drain - save the water

Mix the almonds, flour with cold wine; add the spices

Add to the onions. Gradually stir in the rest of the wine and water

Bring slowly to the boil stirring from time to time, until it thickens (about 5 mins)

Serve hot. With more liquid this can be turned into a soup instead of a stew.

## Green Almond Soup

As for almond soup but add cooked and sieved spinach or any green herbs.

# Turnips in Broth

*Wulfwyn's World-wide Cauldron*

This may also be made using parsnips, yellow turnips or carrots or with a mixture of 'roots' to hand.

## INGREDIENTS

2 lbs white turnips cut into chunks	good pinch of salt
2 cups meat broth	pinch of saffron or cardamom and coriander
2 onions chopped very finely	1 tbsp honey

Parboil the turnips in salted water for about 5 mins.  
Put in a pan with the onions, broth and seasonings; simmer until tender.

# Turnip Soup (v)

*Folo Watkins*

For 4-6

## INGREDIENTS

2 quarts water  
5 cups milk  
5 turnips  
3 leeks  
3 parsnips  
1 medium-sized onion  
Several sprigs of fresh thyme  
Salt to taste  
Optional ingredients:  
Salt pork (optional)  
Bacon (optional)  
Sausage (optional)

## METHOD

Clean, peel and dice the turnips. Put in a pot with the first quart of water only, and cook over a medium-high heat, until tender. Remove from heat and drain off water, keeping the turnips in the pot.

Fill the pot again with the second quart of fresh water, and return to heat. Clean and slice the leeks, and clean and chop the parsnips and onion. Add the leeks, parsnips and onion to the pot. If adding meat, it should also go into the pot at this time.

Let the soup cook for approximately 1 hour, or until all vegetables are tender. Add the milk, salt and thyme and simmer on low heat for another 20 minutes.

Serve with a hearty bread and ale.

# Vegetable Soup (v)

*Jane Anders*

“Broth was the Old English term for broth or soup, which might be enriched with milk or butter” & “Like stews, broth was a convenient food for mass catering. The Rule of St. Benedict allowed two dishes of soup every day in monasteries” - A Hagen, A Handbook of Anglo-Saxon Food Processing and Consumption. 1992. Anglo-Saxon Books: Pinner

## EQUIPMENT

Cauldron (lid optional)

Spoon

## INGREDIENTS

Water

Stock (Fresh, Stockpot or Cube) (If using Stockpot or cube, add discreetly)

Celery

Carrots

Parsnip

Leeks

Onions

Mushrooms

Broad Beans or Peas (if needed pre-soak, as per instructions on packet, before show)

Barley

Oil or butter

Optional;

Fresh Herbs

Cabbage

Kale

## AMOUNT GUIDE

Per adult, aim for 1 carrot, ¼ to ½ parsnip, ½ leek, ½ to 1 onion

## METHOD

Chop Vegetables

Brown Onions with a little oil or butter

Add leeks

Add some stock and the rest of the Chopped Veg

Add the rest of the stock

Cooking time may vary, but as a guide simmer for minimum of 1 hour 30 min.

Top up with water as needed

Can be kept on low heat until needed - raise cauldron up chain to reduce the heat. Serve with bread, selection of cheese and cold meats. If there are no Vegetarians on site, you can add a bit of meat in the pot. Some supermarkets sell pre-cooked, bits of Ham Hock. Alternatively, chop up pre-cooked meat and add to the pot. As the meat is pre-cooked, the cooking time should not vary too much.

# Beef in Cumin

*Elizabeth Chadwick*

Later Norman appropriate for 12thC shows. From pipe roll provenance of the period, cumin was second only to pepper in popularity and is mentioned in the accounts that would have pertained to the coronation of King John in 1199. King John's coronation feast may have involved beef in cumin (lots of cumin ordered and lots of cows driven into the city for slaughter. Of course it might not have gone to make a beef and cumin stew, but from other sources too, it's as near as you're going to get to provenance.

Anyway, the general product when cooked with onions, pepper and a little ginger, results in something that tastes to modern palates very much like chilli con carne and would have been a typical high status dish of the mid to late 12thc.

## INGREDIENTS

As much stewing beef and onions as you would use at home per person. For 2 of us that would be about 283 grams beef and a medium—large onion

Cumin seeds or powdered cumin—a heaped teaspoon each—roughly but really a moveable feast. You need to grind the seeds to a powder in a pestle

Powdered ginger—much smaller amounts. Judicious teaspoons

Black pepper—amount will depend on those eating and whether they like fierce heat or not

Salt to season

## METHOD

Fry the beef and onions until lightly browned. Add the first wave of cumin and stir into the frying mixture. Add the ginger and black pepper.

Add water to cover the meat and onions and spices. Bring to the bubble.

After about 45 minutes, taste and check and add more cumin/ginger/pepper if needed. Also check for salt.

Carry on simmering and checking the flavour every now and again and top up with water should it start to dry out. Probably takes around 2–3 hours but will happily simmer for longer providing you don't let it boil down too far. Fairly expensive but very tasty. Not unlike chilli con carne.

# Beef Roast in Sour Cream

*Folo Watkins*

## INGREDIENT

2.25 Kilograms rump roast, trimmed

2 teaspoons salt

White pepper

3 tablespoons butter

1 large onion, sliced

60 millilitres water

236 millilitres sour cream

177 millilitres dry red wine

2 tablespoons flour

## METHOD

Rub roast well with salt and pepper and place it in a skillet. Brown on both sides in butter. Place onion

slices atop roast. Add water, sour cream and wine.

Cover and cook slowly either on stovetop fire or in the oven for 3 hours or until tender, adding a little more wine if necessary.

Place roast on a hot platter. Blend flour into drippings to make the gravy.

## Barley Risotto (v)

*Elizabeth Chadwick*

Barley - can be used as 'rice' to go with the beef in cumin if you're not using bread. You can omit the bacon and make it veggie.

### METHOD

You can soak the pearl barley overnight at home should you want - that will make it faster, or just bring it in the packet. I usually soak mine, drain it and bring it ready to go in. Basically you fry enough chopped onion for however many you want along with carrots chopped small and plenty of crushed garlic (can do that at home too if you want!) should your people like garlic. Otherwise omit. I confess that at a show not so long ago, I brought along some frozen ready crushed garlic in a cooler bag! Add some chopped mushroom if you like and if you're doing the meat version add some chopped up raw bacon. Bung in the pearl barley - I don't know quantities here, I just scatter it in until it looks about right, knowing that it will swell up like rice. Add some vegetable stock (I sneak in some Marigold Bouillon) as well cover and bubble away until the barley absorbs the liquid. Again, top up if it starts boiling dry or going stodgy. Not everyone likes it, but it's pretty much a risotto and a close relative of frumenty - which was generally eaten with venison. The base line can be altered and you can add and omit as per your group's preferences. It's easy and filling.

## Barley Risotto with Chicken

*Vara Hrolfswiffe*

### INGREDIENTS

Onions  
Leeks  
Mushrooms  
Pearl barley  
Chicken  
Cooked prawns  
Garlic  
Stock, about a liter

### METHOD

Chop onion and leeks and sauté off in lots of butter with garlic, add chicken and keep cooking add 2/3 a bag of barley and stir in, cook for few moments before adding mushrooms, pour in a little stock and stir, bring to the boil continue adding stock slowly and keep it simmering until all stock is added. Stir in cooked prawns and simmer for another 10 minutes.

# Pot Roast

*Katrina Burton*

For 10

## INGREDIENTS

Block of butter  
100 grams joint of beef (brisket or topside)  
3 onions  
5 carrots  
3 parsnips  
A few sticks of celery  
1 to 2 pints beef stock  
Thyme  
Bay leaves  
Mushrooms

## METHOD

Melt the butter in a cauldron, and then brown the beef and onions. Add chopped carrot, parsnip and celery. Make up a quantity of stock and add to pot to partially not fully cover the meat. Add thyme and bay. Put a lid on the pot and keep on a low heat for around 3 hours. Add mushrooms part way through. Keep checking it doesn't boil dry—add more stock if needed. The meat should become very tender and the stock should thicken with the root vegetables.

# Beef and dumplings

*Katrina Burton*

For 10

## INGREDIENTS

1kg chopped stewing steak  
Block of butter (or a few tablespoons of vegetable oil)  
5 onions  
5 carrots  
5 parsnips  
1 turnip  
2-3 pints Beef stock (or ale and water mix)  
227 grams suet  
113 grams self-raising flour  
Bay leaves  
Thyme

## METHOD

Melt the butter and brown the meat and onions. Add in carrots, turnips and parsnips. Fully cover with stock and bring to the boil. Add bay leaves and thyme to flavour. Simmer until vegetables are tender. Make dumplings by mixing suet and self-rising flour with just enough water to bind them into small balls. Build up the fire—the stew will need to boil continuously for the last 20–30 minutes to cook the dumplings.

# Beef in Red Wine

*Katrina Burton*

For 10

## INGREDIENTS

1kg chopped stewing steak  
½ Block of butter  
2 onions  
10 shallots  
3 cloves garlic  
5 tablespoons of plain flour  
10 rashers bacon, chopped  
10 Mushrooms  
Half a bottle red wine and same amount of water  
Bay leaves

## METHOD

Melt the butter and fry the bacon, onions and shallots, and garlic. Remove. Fry the beef, add the flour to juices and stir. Then reintroduce the bacon, onions and garlic. Pour in the wine and water. Add thyme and bay. Cook for around an hour on a low fire. Add the mushrooms and cook for a further hour or so until the meat is tender and the sauce thick.

This is tasty but not as filling as some other dishes. Serve with plenty of bread.

# Lamb and Beef Stew

*Wulfwyn's World-wide Cauldron*

For 4

## INGREDIENTS

2 lbs meats	winter savoury
2 parsnips	peppercorns
3 carrots	cloves
2 onions	barley or oatmeal to thicken
3 leeks	stock
celery	oil for browning
thyme	

## METHOD

Brown vegetables (except leeks) in oil, remove from pan.

Brown meats then add stock. Cook for an hour then add the vegetables. Continue cooking until vegetables are tender.

Serve with leeks chopped and sprinkled on top.

N.B. If using barley add with the stock - oatmeal with the vegetables.



# Byzantine style pan fried lamb, with a hedgerow green salad, served in an unleavened griddled flatbread and a herby soured cream dressing'

*Jon Shaw*

## INGREDIENTS

Diced Lamb (1 kilogramme feeds about six to eight people, or two if they're members of Cestrefeld)

Garlic 2 or 3 cloves

Olive oil for marinade and cooking

Oregano 2 or 3 teaspoons

Salt and pepper

A splash of white wine vinegar (or Lemon juice if not wishing to be authentic)

Flat bread - bread or plain flour, salt, water (About 1 kilogramme of flour to a level tablespoon of ground sea salt and a pint of water is a good ratio and makes lots of flatbreads)

Salad - watercress, rocket, lime leaves, wild garlic leaves/flowers, mint leaves, Jack by the Hedge, young Hawthorn leaves e.t.c., e.t.c. You get the idea: seasonal, wild or wildish stuff that's SAFE to eat. (Collins Gem 'Food for Free is a good little guide.)

Soured cream with chopped coriander (Get plenty, cos there are always one or two greedy devils that'll put it on with a shovel...)

Horseradish (or substitute Chopped red chillies if not going for authenticity)

## METHOD

Marinate diced lamb in the garlic, olive oil, salt, splash of white wine vinegar (or lemon Juice) and oregano for 3-4 hours for best results.

To make the dough for flatbreads, simply put the flour in a bowl, stir in the salt, and add the water. Mix all this together and knead it for 10 minutes until it's nice and soft and stretchy. Divide this up into balls - snooker to tennis size gives nice breads big enough to get plenty in. Then roll them out as flat as you can get them and dry 'fry' them in a hot pan for about a minute or so each side. They'll bubble up nicely and it's always entertaining to watch! Stack them on one side until you're ready for them.

Stick your salad leaves in any big, wooden bowl for serving. If you're using chillies chop them up now and set them to one side in a little dish or bowl. (That was easy, wasn't it?)

Chop the coriander and stir into the soured cream. Blob it into a couple of little bowls to save everyone fighting over one pot.

Now start frying the lamb off in a nice hot pan (if your diners weren't hovering before, they soon will be when they get a wiff of this) and whilst it's cooking start preparing the horseradish, if you're using it. Peel the roots and slice, chop or grate it into a suitable container at this stage, just before serving, as if you do it too early it just loses all it's kick. The beauty about achieving the spicy 'heat' this way as opposed to chillies is that the heat is intense, but then quickly gone. Chillies can go on burning for ages after eating them.

Extending even to the following morning, (ahem...) if over indulged!

Finally, grab a flatbread, whack some meat in it and add a handful of salad. Slap a good dollop of the soured cream dressing in there and top off with either the chillies or the horseradish. Or neither of course, if you're a wuss! Champion!

# Styrian Pork

## *Wulfwyn's World-wide Cauldron*

### INGREDIENTS

3 oz butter	pepper and salt
9 oz root veg	herbs to taste
2 sliced onions	1 lb+ pork
garlic to taste	16 oz water

### METHOD

Cut veg into cubes; fry onions and vegetables in butter; add the pork and let it brown on all sides. Pour on water, simmer for 2 hours until meat is tender. Serve with dumplings.

# Venison Ragout

## *Wulfwyn's World-wide Cauldron*

For 4 to 6

### INGREDIENTS

2 lbs venison (neck or breast) cubed	6 pepper corns
16 fl oz red wine	4 oz smoked bacon diced
8 juniper berries	4 fl oz sour cream
1 tsp thyme	3 tbsp redcurrant jelly
1 onion studded with cloves	16 fl oz beef stock

### METHOD

Keeping back the jelly and the bacon, place the rest of the ingredients in a large pot and keep somewhere cool for at least 24 hours.

Then lightly fry the bacon pieces and add to the meat.

Add the stock and cook all gently for about 1 hour or until tender.

When almost done add the redcurrant jelly which has been heated to a liquid.

Just before serving add the sour cream.

# Sweet and Sour Beef

## *Wulfwyn's World-wide Cauldron*

### INGREDIENTS

2-3 lbs stewing beef cut into chunks (or lamb, pork or chicken)	
½ cup of vinegar	butter to brown beef in
small spoonful each of ginger and cinnamon	
½ cup of currants	good pinch of pepper
2-3 onions chopped	salt to taste
1½ cups of red wine	handful of breadcrumbs
½ cup of honey	

## METHOD

Melt the butter in a large pan and brown meat in this. Add currants, chopped onions and then wine, vinegar, honey and seasonings OR do not use the butter but steep all the above in the wine overnight and then proceed thus in either case - put pot over fire and bring to the boil.

Lift up from the flame and simmer for about 1 hour or until the meat is cooked.

Take a little of the liquor and add to the breadcrumbs to form a paste, add this paste to the pot to thicken the stew.

Serve with bread or better still in a bread trencher.

## Beef in Beer

### *Wulfwyn's World-wide Cauldron*

For 6

#### INGREDIENTS

2 lbs beef cut in squares	sprig thyme
1 lbs onions (chunked)	plain flour
1 fat clove garlic	salt and pepper
olive oil	½ pint ale (pale)

Sear meat in oil. Remove and add onions and fry until brown. Return meat, add flour, then ale and seasoning.

Cook gently for 2 'ish hours preferably covered.

Cook croutons in butter and lots of garlic - serve with beef.

## Loin of Wild Boar

### *Wulfwyn's World-wide Cauldron*

If you cannot get boar then note the method using pork.

#### INGREDIENTS

4-6lb loin of boar	¼ tsp cassia (cinnamon will do)
cloves to stud the meat	ground cloves
½ tsp ground ginger	nutmeg
½ tsp ground cardamom	cup of vinegar
pepper and salt	cup of red wine

Stud the meat with the cloves

Mix all the other ingredients together and pour over the meat.

Roast or spit in the usual way, basting from time to time.

When the meat is cooked remove it from the pan and/or boil the juices to make the sauce.

If you wish you can add fresh breadcrumbs to make it thicker (2 tbsps are enough)

*If using pork:-*

Remove the skin and set by, unless you do not wish the crackling to be crisp

Marinate the meat in the wine and spices for at least 24 hours adding some allspice and juniper berries.

(This gives the 'gamey' flavour)

Put the meat in a roasting pan or on the spit and baste with the marinade from time to time during cooking.

Continue as for boar.

## Spit Roast and Allium surprise (v)

*Katrina Burton*

A good option for separating meat and veggie dishes if you have vegetarians to cater for!

### Spit Roast

#### INGREDIENTS

1kg joint of beef (with a good fatty outside)

Flour and pepper mix to coat the outside

Butter for basting

#### METHOD

The spit roast takes a long time and needs a good fire. Start early and be prepared to rotate and baste it often. When we did it on site, we found it was good on the outside but still very rare on the inside!

### Allium surprise

#### INGREDIENTS

1 block of butter

5 onions

5 leeks

5 cloves garlic

5 tablespoons plain flour

2 pints milk

#### METHOD

Melt the butter and soften the onions, leeks and garlic. Once fully softened, add the flour and stir. Add the milk, gently heating and stirring the whole time. The white sauce will thicken after about 20-30minutes, at which point it's ready to eat. Serve with roasted meat and a sprinkling of black pepper.

## Çoq au vin

*Katrina Burton*

For 10

#### INGREDIENTS

10 chicken breasts

10 rashers bacon, chopped

5 onions

Plain flour mixed with salt and pepper (to coat chicken)

1 block butter

1 pint red wine

1 pint stock  
Thyme  
20 mushrooms

#### METHOD

Fry onion and bacon and remove. Fry floured & seasoned chicken. Add the rest of the flour to soak up juices. Add red wine and stock. Add thyme and bring to the boil. Simmer for about an hour, add mushrooms and simmer for another half an hour or so.

## Cinnamon chicken

*Vara Hrolfswiffe*

#### INGREDIENTS

Chicken legs  
Cinnamon, salt pepper and flour  
Oil

#### METHOD

Dip legs in seasoned flour, then liberally sprinkle with cinnamon and oil before 'barbecuing' slowly. It gives a wonderful medieval flavour to the chicken.

## Sticky Chicken

*Jon Shaw*

This was originally inspired by a recipe in Mary Savelli's 'Tastes of Anglo-Saxon England', (which in turn was suggested by a green salve, apparently...) but we changed and adapted it to make it easier to cook on the wic. It's basically sweet and sour chicken but all the ingredients are authentic, even if they would have been very expensive at the time. You can serve it with period salad or vegetables.

#### INGREDIENTS

Chicken breasts, one or two per person, or as much more as your group may be hungrier than other men!  
A cup or two of plain flour for coating the meat  
Salt and pepper  
Olive oil  
White wine vinegar  
A jar of clear honey  
A small handful of fresh sage leaves, chopped.  
Ground cumin, at least a couple of teaspoons depending on tastes and amount of meat.  
Two or three sprigs of fresh rosemary, leaves picked and chopped.  
One or two teaspoons of dried oregano.

#### METHOD

Put the flour in a good sized bowl and season well with salt and pepper. Cut the chicken breasts in half if they are quite thick (like filleting a fish) and into two or three pieces (to fit mouth size). Now dip your breasts in the seasoned flour. For the avoidance of doubt, that's the chicken breasts. Make sure they are well coated.

Heat the oil in a 'frying' type pan and gently fry the fresh herbs for about half a minute, then carefully

add the chicken. Sprinkle with half the cumin and oregano. Then pour honey over the top and several good splashes of the vinegar. Don't stint on the honey, it'll go all lovely and gooey! The vinegar balances the sweetness of the honey and only way is trying this and finding what tastes good for you.

When the chicken is nicely brown on one side, sprinkle with the remaining cumin and oregano and turn over. (The chicken, not you...) You can drizzle more honey and vinegar over them too if you wish.

Serve hot with a nice period green salad, or stir-fried authentic vegetable, but be prepared to fight for the last bit!

## Chicken, Prunes and Honey

*Katrina Burton*

For 10

### INGREDIENTS

1kg Chicken pieces  
Pinch Saffron  
2 Cinnamon sticks  
3 onions  
½ block of Butter  
2 bags (or tins) of prunes  
8tblsp honey

### METHOD

Melt the butter and fry the chicken and onions. Add in the rest of the ingredients with a small amount of water. Simmer for an hour or until chicken disintegrates.

This is a sweet and tasty chicken dish that goes well with pitta style bread.

## Chicken in Cream Sauce

*Wulfwyn's World-wide Cauldron*

For 4

### INGREDIENTS

chicken quarters	mace
2 tbsp ground almonds	¼ tsp ground ginger
butter and oil (for frying)	honey to taste
3 cloves	1 tsp vinegar
peppercorns	breadcrumbs (or 2 egg yolks)

### METHOD

Parboil chicken in sufficient salt water to just cover the chicken for 15 mins. Retain the broth. Remove skin and allow to dry.

Brown chicken in butter and oil. Continue to fry gently.

Meanwhile, steep almonds in one cup of the broth with whole spices.

Cook sauce over a low heat until thick. Add the egg yolks or breadcrumbs. Add vinegar, honey and ginger. Pour over cooked chicken and serve.

# Chicken Stuffed With Grapes and Garlic

*Wulfwyn's World-wide Cauldron*

## INGREDIENTS

To each chicken:-

1 cup grapes

ginger

2 - 10 garlic cloves

cardamom

cinnamon

salt and pepper

## METHOD

Stuff each chicken with grapes and garlic to taste.

Tie the chicken so the stuffing remains inside.

Simmer in salt water until the meat is tender.

Meanwhile mix the ground cinnamon, ginger and cardamom in sufficient quantities to sprinkle over the meat when serving.

Strip the meat from the bone, but not too finely.

Sprinkle with spices and serve.

# Nettle Puree (v)

*Wulfwyn's World-wide Cauldron*

Although this is for nettles any sorrel, spinach, sow thistle or dandelion may be added.

## METHOD

Quickly boil the nettle tops in salted water until tender.

Drain and chop.

If the other more bitter greens are used then change the water after about five minutes.

# Russian Caviar (v)

*Liz DeBorn*

## INGREDIENTS

Beetroot

Onion

Cucumber

Oil

Garlic (optional)

## METHOD

Cook beetroot and leave to one side to cool before peeling. Dice onions (need to be small) and fry until soft and just turning golden brown. Remove from heat - drain some excess oil off. Dice cucumber and beetroot (again small). Mix all ingredients when cold together in a large bowl. Sprinkle a small amount of salt on them. Serve on its own or with bread. Keeps quite well.

# Cabbage and Bacon

*Folo Watkins*

## INGREDIENTS

1 small head of cabbage  
1 onion  
½ pound bacon

## METHOD

Coarsely chop the bacon and cook the bacon in a hot pan until the fat renders out and the bacon is done. Shred the cabbage and slice the onion. Add the onion and cook until the onion is golden. Add cabbage and stir well. Cover tightly and simmer about 15 minutes or until the cabbage is done, stirring once or twice.

# Greens Braised with Bacon

*Wulfwyn's World-wide Cauldron*

## INGREDIENTS

2 lbs of beet tops, cabbage, spinach, or any other greens  
6-8 slices of bacon

## METHOD

Pick over the greens and wash

Boil for 3-5 mins in large pot of water; drain

Run cold water over them then dry them in a cloth

Meanwhile fry the bacon until crisp

Either a) serve the greens with the bacon strips on top

OR b) crumble the bacon, add boiling water to the greens and serve as a soup with the crumbled bacon put in at the last minute.

# Buttered Worts (Greens) (v)

*Wulfwyn's World-wide Cauldron*

This uses any greens or 'onions' you may have to hand.

## INGREDIENTS

2-3 lbs of any mixed greens (cabbage, spinach, borage, etc)  
2-3 leeks or onions  
2 oz butter (or more)  
toasted bread

## METHOD

Blanch the vegetables in boiling, salted water for 3 to 4 minutes - no more.



Drain and squeeze out excess water and chop.

Put in a pan with the butter and about half a cup of water, stir and leave on a low heat for another 5 minutes.

Salt to taste and serve with the toasted bread cut into cubes.

## Braised Fennel with Ginger (v)

*Folo Watkins*

For 6

### INGREDIENTS

1½ pounds trimmed, fresh fennel root

8 ounces onions,

1 heaped teaspoon of ground ginger

1 level teaspoon of powdered saffron

½ teaspoon of salt

2 tablespoon olive oil

½ cup white wine

½ cup water

6 thick slices of coarse whole-wheat bread  
(optional)

### METHOD

Clean the fennel root and cut it into long, thin pieces.

Thickly slice the onions. Put these together into a wide, lidded pan. Sprinkle on the spices and salt, then add the oil. Place the wine and water into a pot and start to heat up. Pour the mixture into the liquid and bring to a boil. Cover and simmer for 20–30 minutes or until the fennel is cooked without being mushy.

Stir once or twice during the cooking to make sure the spices get well distributed. Serve it alone with a roast meat or griddled fish or place the fennel and juices on a slice of bread.

## Vegetarian Pottage (v)

*Folo Watkins*

### INGREDIENTS

8 cups of water

4 cubes of vegetarian vegetable bouillon

2 cups barley

1½ cups dried, whole peas

3 cloves fresh garlic

2 medium onions

1 tablespoon butter

4 long stalks of celery

2 cups mushrooms

2 tablespoons cumin (or to taste)

1 teaspoon black pepper (or to taste)

## METHOD

Coarsely chop the onions and garlic. sauté these in butter until onions are translucent. Peas, celery and mushrooms should also be coarsely chopped. Add water and bring to boil. Add bouillon cubes to boiling water and stir until dissolved.

Add barley and peas. Stir. Bring back to boil. Add cumin and black pepper. Reduce heat to simmer. Simmer for 30 minutes.

Add celery. Simmer for 30 more minutes and then add mushrooms. Continue to simmer for about an hour, stirring frequently, or until peas and barley are fully cooked.

Cooking time can be shortened by pre-cooking the peas by soaking them in boiling hot water for 20 minutes. Drain before adding them to pottage.

# Pottage (v)

## *Vara Hrolfswiffe*

### INGREDIENTS

1 onion  
sage ..lots, dried is fine  
pearl barley ½ packet  
leeks  
2 pints water

### METHOD

Chop onion and leeks and start to saute in butter, add barley; stir well then add water and simmer for an hour.... it thickens up to a stodge that can be served instead of the carb portion of a meal

# Brown Beans

## *Wulfwyn's World-wide Cauldron*

For 4

### INGREDIENTS

1 lb brown beans soaked overnight  
2 cloves garlic  
salt and pepper

4 hard boiled eggs - shelled  
fresh chopped herbs to taste

### METHOD

Cook beans for 2-3 hours until tender.

Drain then add garlic, salt and pepper.

Spoon into bowls and sprinkle with herbs.

Decorate with hard-boiled eggs.

## Sweet and Sour Mushrooms (v)

*Sharron Cradock*

I like to fry the mushrooms for a minute, then just toss in the honey and vinegar, but I imagine you could boil them in honey and vinegar if you like.

## Mushrooms (v)

*Folo Watkins*

### INGREDIENTS

2 pounds mushrooms, quartered  
3 ounces dried mushrooms  
2 tablespoons butter  
1 onion  
Water

### METHOD

Place the dried mushrooms in a pot that contains just enough water to cover them. Soak the mushrooms for an hour, then drain and coarsely chop them. Slice and sauté the onion in the butter and add both kinds of mushrooms, cover and braise until done.

## Mushrooms in Garlic Butter (serve on cracked wheat) (v)

*Wulfwyn's World-wide Cauldron*

### INGREDIENTS

mushrooms  
garlic butter  
chopped fresh herbs  
salt and pepper

Fry mushrooms in garlic butter and seasonings.  
Serve on a bed of cracked wheat with butter and eggs added.

## Cracked Wheat (v)

*Wulfwyn's World-wide Cauldron*

An excellent base for meats; it is also good made with barley when the addition of saffron is recommended.

### INGREDIENTS

1 cup of cracked wheat  
3 cups vegetable, chicken or meat stock

1 or 2 eggs (beaten)

butter to taste

#### METHOD

Bring the stock to the boil and stir in wheat.

Cook slowly for about 45 minutes (longer if using barley)

Remove from the heat and add the eggs and butter to taste.

## Salmon Cakes

*Folo Watkins*

#### INGREDIENTS

1 pound salmon

1 egg

¾ cup oatmeal

1 small onion

Olive oil

#### METHOD

Mix the egg and oatmeal and let rest 5 minutes.

Chop the onion and mix into the oatmeal. Cook the salmon in a clean pan for a few minutes, until warm, then flake and mix into the oatmeal. Form into cakes and fry in oil.

## Boiled fish to serve cold

*Kathrine Satalybrass*

#### METHOD

Take a fish (guts, gills, scales) but leave head on. Place in covered pan in cold water to cover fish adding herbs, veg, stock, wine to taste. bring to boil. Remove from heat immediately and leave to get cold. That's it! It will be perfectly cooked. If you want to get fancy with skinning and boning you can, but it's not necessary

## Fire Salmon

*Vara Hrolfswiffe*

#### METHOD

Mix up a thick paste.. almost pastry.. of oil flour salt and water... this is NOT eaten

Wash out a whole salmon, and put some dill and a bay leaf in the cavity

Cover thickly (at least 2 inches) in the paste and put into the embers of the fire.. turn after about 2-3 hours...

When you crack it open the salmon is perfectly cooked, but the paste is black and burned :)

this method of cooking can be used for lamb as well

# Fish in dough

*Katrina Burton*

For 10

## INGREDIENTS

Whole, gutted fish  
Flour and water paste

## METHOD

Wrap a scaled fish in clay or a flour and water dough and bake in the embers of a fire for around 45mins. The clay/dough should remove the scales effectively, leaving the cooked fish. When we tried this on site, it was hard to judge when it was cooked. The dough needs to harden and go light brown but not black!

# Frankish Eel Stew

*Wulfwyn's World-wide Cauldron*

## INGREDIENTS

2 eels	1 leek (white part only)
3 tbsp olive oil	1 small carrot
8 oz dried plums (prunes)	1 bouquet garni
1 bottle wine (red or white)	1 tbsp butter and one of flour
4 small onions	OR 2 egg yolks beaten with 6 tbsp of cream
2 cloves garlic	

## METHOD

First catch 2 eels, skin and cut into pieces. Toss the eel pieces with olive oil, salt and pepper then leave for several hours.

In the meantime soak dried plums in some wine.

Chop some small onions, garlic, leek and carrot. Simmer these with some wine and herbs to taste for three quarters of an hour. Strain into the pan in which the stew is to be made.

Add the eels and plums to the liquor and simmer until the eel flesh parts easily from the bone - do not overcook!

Take the eels and plums from the pan and put in a deep serving dish and keep hot while the sauce is being finished.

a. If red wine was used mash a little butter and flour together into a smooth paste and add this to the simmering sauce in small pieces, stir until they have dissolved and thickened the sauce.

b. If white wine was used stir a mixture of egg yolk and cream into the sauce away from the fire. Return to the fire and stir until the sauce has thickened taking great care not to allow the sauce to boil!

Check the seasoning, pour the sauce over the eels and serve decorated with some chopped chives.

# Pike with Sour Cream

## *Wulfwyn's World-wide Cauldron*

You will need a large dish which will fit into a pan of boiling water whilst cooking and a means of lifting the dish out of the boiling water once the fish is ready to eat.

### INGREDIENTS

A medium pike (3 lbs)	1 cup of sour cream
butter	1 tbsp flour
3 tbsp grated hard cheese	½ cup of white wine
1 cup fine dry breadcrumbs	2 tsp fresh thyme or chives

### METHOD

Clean, wash and scale the pike

Pat the fish dry.

Rub with salt and leave for half an hour.

Butter the dish you are to cook in and put the pike in this; sprinkle with cheese and breadcrumbs. Spoon the remaining butter and the sour cream around it. Place the dish into the pan of boiling water.

Keep the water at simmering point for about half an hour or until the pike in the dish is cooked - the flesh will come away from the bone when gently eased.

Carefully remove the fish from the dish and keep it warm while you finish the sauce.

Blend the wine with the flour and add this to the dish stirring all the time until the sauce thickens; add the herbs.

Serve the pike dressed with the sauce immediately.

# Flatbreads (v)

## *Carol Tidy (based on a tortilla recipe)*

Makes 16 to 24

### INGREDIENTS

500 grams plain flour  
1-2 tsp salt  
75 grams white fat or margarine cut into small pieces  
250 millilitres Boiling water

### METHOD

Put flour and salt in a bowl and mix

Melt the fat in the boiling water

Add to the flour mixture and make a dough ( go 'Ow' a lot 'cos it's hot!)

Divide into 16–24 walnut size pieces and roll out thinly

Cook on a hot ungreased griddle about 1 minute on 1 side and 30 seconds on the other.

Best warm. Can be reheated in pan (20 seconds each side)

## Welsh Cakes (v)

*Jane Bateman*

Pice ar y Maen

### INGREDIENTS

450 grams self-raising flour  
Pinch salt  
½ tsp mixed spice  
75 grams butter or margarine  
75 grams lard  
175 grams sugar  
50 grams currants  
1 egg  
3 tbsp milk

(I never use lard but just increase the butter the same amount)

### METHOD

Sift together the flour, salt and spice.

Rub in the butter/marg/lard.

Add the sugar and currants.

Beat the egg with the milk and use to bind the mixture to a soft dough.

Roll out and cut into circles or triangles.

Bake on a griddle or heavy based frying pan for approx. 7 - 8 mins each side (mine never take this long).

Delicious served warm with butter.

## Griddle Cakes with dried fruit (v)

*Folo Watkins*

For 10-12

### INGREDIENTS

1¼ cup flour  
6 tablespoons butter  
1 egg  
3 tablespoons honey  
¾ cup rolled oats  
1 cup dried fruit  
1¼ cup milk or water

### METHOD

Melt 3 tablespoons butter. Place it, the honey and the flour into a pot. Knead until you get even breadcrumbs. Add extra flour/butter as needed.

Add a little milk or water to bind into a dough; too much will become sticky.

Knead briefly. Add as many oats and dried fruit as you like and knead into the dough. Take small balls of the dough and flatten into rounds (about ¼ inch thick). Melt some butter on a griddle or in a flat pan, and drop the cakes in.

Turn every 30 seconds until both sides are nicely browned. Eat while still hot!

## Griddle Bread (v)

*Wulfwyn's World-wide Cauldron*

### INGREDIENTS

10 tbsp barley meal

pinch of salt

milk to mix

10 tbsp oatmeal

2 oz butter

### METHOD

Mix together the two meals, add the salt and rub in the butter.

Slowly add the milk to make a firm dough.

Shape into flattened rounds and cook slowly on a preheated griddle over the fire.

## Griddle Cakes (v)

*Katrina Burton*

### INGREDIENTS

200 grams self raising flour

1 tsp baking powder

100 grams butter

1 egg

Large handful dried fruit (eg sultanas)

½ tsp mixed spice

### METHOD

I weigh out flour and baking powder in advance and bring to a show. Then rub in butter (approx. 2/5 pack of butter) Add dried fruit. Beat egg and add. If too dry add some milk. Shape into scone-like rounds (1cm thick). Lightly grease pan, and cook until browned.

## Scotch Pancakes (v)

*Claudia Elder*

### INGREDIENTS

4 Eggs

Plain Flour

Milk



Butter to fry in

#### METHOD

Mix eggs and flour together then add milk to make a thick pancake batter, if you are adding anything stir into the mixture. Fry the batter in a hot pan with butter off in small blobs.

You can add apple if you like, apple & cheese is a very good mix, cheese and onion are also very good.

## herb 'Cakes' (v)

### *Wulfwyn's World-wide Cauldron*

#### INGREDIENTS

1 oz yeast or a pack of dried	cup of flour
½ pint of lukewarm water	3-4 tbsp mixed green herbs
pinch of salt	

#### METHOD

Dissolve the yeast in a little of the water.  
Mix in the rest of the water, flour and finely chopped herbs.  
Cover and set aside in a warm place for about an hour.  
Drop spoonfuls of the mixture onto a hot griddle turning to cook both sides.

## honey and Almond Cakes (v)

### *Wulfwyn's World-wide Cauldron*

#### INGREDIENTS

1 cup (or more) fresh breadcrumbs	½ tsp salt
4 oz ground almonds	2 eggs
6 oz honey	oil for coating pan
dried fruit and spices if you wish	

#### METHOD

Mix dry ingredients, add beaten eggs  
Heat griddle or thick based frying pan, add a little oil  
Drop spoonfuls into the pan and turn once to cook OR Form into balls, flatten and fry.  
Serve with honey while the cakes are still hot.

## Summer pudding (v)

*Katrina Burton*

### INGREDIENTS

10 handfuls of frozen or fresh berries (eg blackberries, strawberries, raspberries, blackcurrants etc.)  
10 teaspoons of honey  
White bread

### METHOD

Put the berries in a cauldron with the honey and a small amount of water. Reduce down to a jam-like consistency - this works well in an iron cauldron! Line a bowl with slices of white bread. Pour in the fruit mixture. Put more bread on top and add a wooden plate to the top of that. Weigh down for several hours/overnight with a mailshirt!

To serve, turn out carefully, cut wedges and serve with thick cream.

## Pears in red wine (v)

*Katrina Burton*

### INGREDIENTS

6 Pears  
Honey (around 4 tablespoons)  
Red wine  
Cinnamon (ground or a couple of sticks)

### METHOD

Pour half a bottle of red wine into a cauldron. Add honey to taste, plus cinnamon. Peel, core and halve pears. Cook on a low heat until pears are soft and pink.

## Fire Porridge (v)

*Vara Hrolfswiffe*

### METHOD

Make up normal porridge and leave in a crockery fire proof lidded dish overnight in the embers, it has a completely different taste, far sweeter than we are used to... if you make it thick enough you can slice it when cold...and give to the kids like authenty flapjack

# After hour Recipes

## Chicken Paprika

*Carol Tidy* (Based on a Delia recipe)

For	4	16
Chicken	4 diced breasts	About 2.5kg diced breast (can be done with chicken quarters if there is enough room in your caldron)
oil		
onion, finely chopped	2	6 to 8
Plain flour (Corn flour for gluten free)	1 dessertspoon	2 tablespoons
Cayenne	2 good pinches	½ to 1 teaspoon (or to taste)
Paprika	1 heaped tblsp	4 heaped tblsp
Tinned chopped tomatoes	1 tin/carton	4 tins/cartons
Chicken or Veg stock	150ml	300ml
Green pepper, deseeded and cut into strips	1	3 to 4
Soured cream	150ml/ ¼ pt	300 ml or ½pt
salt and pepper		

### METHOD

Fry chicken and onion to brown

Add flour, cayenne, paprika and stir.

Add the chopped tomatoes and stock (may not need all the stock). Bring to a simmer and cook for about 30 minutes (longer if using chicken quarters).

Add the peppers and cook until the peppers are soft and the chicken cooked through. Check seasoning

Spoon the cream through to marble. Add paprika to finish. Serve with pasta or baked potatoes.

## Squash Chestnut & Cream Stew (v)

*Carol Tidy* (From Anna Murfins recipe collection on the old De Bec website)

Good veggie meal and as a side dish for meat eaters

For 8 (or more if a side dish)

### INGREDIENTS

2 butternut squash

1 pkt spinach

2 tins butterbeans

4 onions

¾ bulb garlic

Large pot cream

Large glug white wine or cider

1 tin chestnuts or chestnut puree

Butter  
Oil  
Salt & pepper

#### METHOD

Saute onions and garlic in oil and butter until soft.  
Add a glug of wine or cider and simmer for a few minutes  
Add chopped squash, butterbeans and water (if needed)  
Simmer until tender. Check seasoning  
Add chestnuts, spinach and cream. Cook until spinach has wilted

## Mike's Jumbalaya

*Mike Everest*

For 16

#### INGREDIENTS

21 boneless chicken thighs  
5 chorizo rings (225grams each)  
1.5kg rice  
10 red or yellow peppers  
1 tube squeezey chilli (add to taste)  
5 large onions  
5 chopped tinned tomatoes  
Dried mixed herbs  
1 tube squeezey garlic  
3 cubes chicken stock made into 3 pints of stock  
1 small bundle spring onions (optional)

Side dish - corn on the cob - 1 half/person + butter

#### METHOD

Preparation can be done at home before the show.

Fry the chorizo and set aside  
Fry the chicken in chorizo fat and set aside  
Fry the onions and peppers—add garlic towards the end

An hour and a half before you want to eat, put cooked chorizo, chicken, onions and peppers in a cauldron.

Add herbs and rice and fry for a few minutes until the rice has absorbed the oils.

Add the tinned tomatoes, stock and as much chilli as you want.

Bring to the boil and simmer for 1 hour (it takes a good hour of simmering so start this as early as possible). Top up with water as necessary. Half fill a cauldron with water for the corn on the cob and put it on the edge of the fire to start warming up.

Half an hour before you want to eat, put the corn on the cob in your cauldron of hot water and boil til soft.

Chop spring onions

Sprinkle spring onions into jumbalaya just before serving. Use leftover butter from lunch to put on corn on the cob.

There is not really a vegetarian alternative. You might be able to use halloumi instead of chorizo and chicken, but I haven't tried it.

# Easy fish on site

*Katrina Burton*

## INGREDIENTS

Frozen cod fish fillets  
Butter  
sage  
tin foil

## METHOD

Wrap each fish fillet in foil with a knob of butter and a sage leaf. Bake direct in the embers of the fire for around 30mins.

# Chicken and Pepper Fajitas

*Helen Mallalieu*

For 10 but can be scaled up or down depending on number working on 1 chicken breast per person and 2 peppers per person.

## INGREDIENTS

10 Chicken breasts cut into strips  
10 Yellow Peppers cut into strips  
10 red peppers cut into strips  
5 red onions thickly sliced  
2 teaspoons dried oregano  
1 teaspoon of chilli flakes  
4 tablespoons vegetable oil  
Juice of a lime  
Greek Yogurt  
20 Flour tortillas

## METHOD

In a bowl mix together chicken peppers onions oregano chilli flakes oil and lime juice so that they are well mixed and seasoned

Put chicken mix in cauldron though make sure it is quite hot before putting the meat in and cook for 8 to 10 minutes until chicken is cooked through and lightly browned.

Warm the tortillas on flat griddle pan

Serve chicken mixture in tortilla's with a dollop of yogurt

# Vegan Winter Red Wine Casserole (v)

*Carla Phillips*

## INGREDIENTS

1 bag of soya meat substitute (I used beef from Holland and Barrett) you can also use vegan sausages cut into chunks  
Half a bottle vegan red wine (other red wine is clarified through isinglass - a product made of fish scales, I used a bottle that was given to me as a present, it was from Abel and Cole)  
10 shallots  
2 carrots cut into rough thick slices  
Garlic 2-3 cloves  
About 10 new potatoes (leave these out if the recipe calls for obvious 'authenticity') halved and roasted  
1 parsnip cut into chunks  
Quarter of a turnip cut into chunks  
Vegan gravy granules  
1 tablespoon Vecon vegan stock  
1 teaspoon English Mustard  
3 table spoons tomato Ketchup  
Olive oil  
Black pepper  
1 tin of chopped tomatoes  
Optional: Mushrooms (cut into chunks), peas, sweetcorn, chickpeas, and any other veg you can think of!

## METHOD

Roast the halved new potatoes with the olive oil and pepper. You can also roast the other veg if you like but it's not necessary. Place in casserole dish when ready.  
Fry the meat sub until brown and put into a casserole dish.  
Fry the shallots (peel and leave whole) with the garlic until softened then add the red wine and turn up the heat.  
Let the red wine reduce by about a third then add the other veg.  
Add the ketchup, pepper, mustard, vecon and tinned tomatoes and stir. Add about half a pint of water.  
Bring to the boil then leave to simmer for about 7-10 mins.  
Add the gravy granules and thicken the liquor.  
Pour over the potatoes and put in oven for about 30-45 mins, until the veg and meat sub are heated through.  
Serve hot with warm bread and vegan spread.

# Chilli

*Helen Mallalieu*

For 4 but can easily be scaled up if feeding more

## INGREDIENTS

2 cans of kidney beans  
2 cans chopped tomatoes  
500 grams mince beef  
1 onion  
Chilli flakes

Boil in a bag rice

#### METHOD

Fry onions and beef until cooked

Add tomatoes and beans and chilli flakes to taste

Let cook for at least 45 min

Serve with rice

## Spaghetti Bolognaise

*Helen Mallalieu*

For 4 but can easily be scaled up if feeding more

#### INGREDIENTS

2 cans chopped tomatoes

500 grams mince beef

1 onion

Italian Herbs

Salt & pepper

Pasta

Garlic Bread

#### METHOD

Fry onions and beef until cooked

Add tomatoes and herbs

Let cook for at least 45 min

Wrap Garlic bread in foil and cook in the fire

Serve with pasta

# Drinks

## Wulfwyn's Mulled Wine

*Wulfwyn's World-wide Cauldron*

3 bottles of red win (or cider)  
½ lb honey (or more to taste)  
1-2 oz cinnamon  
½ tsp ground cloves or 12 'ish whole cloves  
equal quantities of water to wine (or a little less)

1. Heat the wine and water
2. Add the honey to the spices and mix to a paste
3. Add this paste to the wine and heat over a low heat until the honey and spices have blended; then increase the heat but do not boil.

EITHER serve hot OR strain through a fine mesh and serve cold.

## Authentic looking non-alcoholic beer

*Kat Dearden*

apple juice and diet dry ginger ale and water in equal quantities mixed in a jug. You can adjust the quantities to taste, and cloudy looks best.

## Authentic looking non-alcoholic wine

*Kat Dearden*

Clear apple or grape juice mixed with water gives you white or red wine

## Mead

*Shaun Jones & David Newsham*

Ingredients:  
Honey - 3lbs (3x454g jars)  
Raisins - 20  
Yeast - 1 tsp  
Campden Tablets

### EQUITMENT

1 gallon Demijohn  
Sterilising powder



Thermometer  
Air-lock & bung  
Large saucepan  
Large spoon & a Teaspoon  
A funnel  
A small container (you can use a cup or something like that) for starting the yeast off in.

## METHOD

First, sterilise everything you're going to use.

Add the honey to the saucepan and rinse out any honey remaining in the jars into the pan with some hot water.

Bring to a simmer and then set aside to cool for a while. Keep an eye on the froth on the top as it boils - if it starts to grow too quickly, take it off the boil and allow it to cool immediately.

Put a little tepid water (around 35 degrees C) in a cup with a teaspoon of sugar and stir until dissolved.

Add the yeast to the mixture and set aside to allow the yeast to wake up and start working on the sugar.

You'll know it's ready when the mixture has at least 1cm of head on it.

Add the cooled honey mixture to the sterilised Demijohn and make up to about  $\frac{3}{4}$  full with water. I leave a gap and top it up with warm boiled water once the fermentation has died down a bit - I've had it froth out through the air-lock before now!

Add about 20 raisins - these act as a nutrient for the Yeast and won't affect the flavour.

Test the temperature of the mix with your thermometer - you're looking for the mixture to be between 25 and 28 Celcius before you add the Yeast. Ensure that the yeast mixture is also at around the same temperature to avoid shocking the yeast as this can halt the fermentation.

Add the Yeast to the mixture and agitate to mix - give it a good swirl to get some air into the mixture which will help the yeast get started. Then fix the bung and Air-lock in place.

Leave the demijohn in a warm place and see how the fermentation goes. Top it up to the gallon once you are happy that fermentation has slowed enough such that it isn't going to froth up through the air-lock.

*If you want to have a go at making Ginger Mead, add 250g of peeled, chopped root Ginger and blitz with a blender before boiling with the Honey. The rest of the process is the same.*

*Also, adding grated Orange zest and juice to the basic recipe mix can make nice Mead.*

It should take about a month to ferment. Then you need to move it to a cool place and let the sediment settle before racking it off. You may need to rack it off a couple of times before it's clear enough to bottle. You can use Finings to speed this up a bit.

Once it's clear and free of sediment, add a crushed Campden Tablet - this will act as a preservative once it's bottled. Leave it for another couple of weeks before bottling.

Once you've bottled the Mead, leave it in a cold place for at least a month before you try it - it will improve with age but mine rarely makes it past the 6-month mark before I drink it.

# Cooking for Large Groups such as Training weekends Feasts, or Taverns

## Stew-type meals

*Kate Mitchell*

Ingredients:

1 x onion per 4-6 people (you can get ready chopped and frozen bags)  
1 x carrot per 4  
1 x parsnip per 4  
1 x swede per 10 or 1 x turnip per 4  
1 x clove garlic per 4  
4 oz. of meat per person  
1 mushroom per person (then add a handful extra to the pot)  
1 bottle of red wine or raspberry vinegar  
1 x beef stock cube per 4  
1 x handful dried peas per 4 (you usually need to pre-soak these overnight)  
1 x handful pearl barley per 4  
1 x bay leaf per 4-6  
1 x table spoon oregano or mixed herbs or marjoram per 4 (then 1 or 2 extra)  
1 stick of celery per 8ish  
1 x tablespoon brown sauce per 8ish  
glug of oil  
black pepper (a good squiz per person)  
additional salt to taste if necessary

\* If catering for gluten free you can't use pearl barley and you need to use Knorr not Oxo stock cubes - also check on the brown sauce ingredient list

\* I know swedes aren't authentic to our period but will be well disguised in the pot - just don't cut them on site

\* If not cooking authentically you can use 1 tin of tomatoes per 8ish, 1 tin of sweetcorn per 8ish and also throw in a small bag of new potatoes

\* For veggies: substitute veggie stock cubes for the meat ones and substitute meat for 4 mushrooms per person

Directions: (do the same thing to both veggie pot and meat pot but for veggies treat the mushrooms as you would the meat)

- 1) heat oil over heat for a while and then add onion and garlic
- 2) add meat to the pot on a fairly high heat to brown, while it is browning add herbs (but not the bay), pepper, crumble the stock cubes and brown sauce (and for the meat dish, now put in the mushrooms)
- 3) when most of the meat has browned a bit (doesn't all need to be done) add the wine/raspberry vinegar so that it just covers the meat/mushrooms

- 4) reduce the heat and let it reduce slowly so that there is still a kind of gravy mix but don't let it go dry. Cook until the meat is fairly grey/brown (or for veggies so the mushrooms are floppy).
- 5) \*If not cooking authentically add the tinned tomatoes\* or fill the pot with water so that it covers just a bit above the meat/mushroom mix
- 6) now chuck everything else in (except the barley and bay leaves) and top up with either tinned tomatoes or water until the whole thing is well covered with water by a couple of inches
- 7) give it all a really good stir, add the barley (and/or potatoes), give it a really good stir again, add the bay leaves, give it a slightly more gentle stir
- 8) delegate someone to stir it occasionally and make sure it doesn't go dry and enjoy the rest of your day, doing something else you enjoy
- 9) \*if it starts to go dry and you don't have a lid just keep adding liquid.

Alternatives for variation:

- Beef stew - I suggest you use shin, where possible otherwise just stewing beef
- Venison stew - you can add a bags or tins of red currants and/or raspberries instead of tomatoes and sweetcorn
- Chicken - you can add dried apricots and tinned pineapple (about one apricot per person and 1 x tin pineapple per 6-8)
- Pork - use cider instead of wine and throw in some eating apples and pears (say one of either per 6)

## Running a Tavern - some hints and tips

All food for a tavern needs to be finger food, or not require any cutting at least, as the tavern is governed by MAA regs so no sharps are allowed when people are using it as a tavern.

Whatever meal you are providing for - always have a cauldron of boiling water for hot drinks and jugs of cold water and squash. Also have a jug of milk and tea/coffee/sugar easily available.

If providing breakfasts aim for 1.5 bread rolls and 3 rashers of bacon per person booked in, some will have 2 others will have 1 and this tends to balance out.

### Cold Board Lunch

Aim for 1 loaf per 4-5 people, if it's a hot day you may not use quite this much but if it is a cold miserable day they will. Sainsbury's with bakeries will do a custom bake if you are requiring large quantities of bread that looks authentic. It needs to be pre-cut.

**Salad** - suitable veg include radish, carrot, lettuce, cabbage, courgette, spinach. Cucumber is slightly dubious in our period but it has been found in Roman contexts. This all needs to be cut so that it can be eaten easily. You can provide an oil and vinegar dressing if you want, but this becomes more awkward for eating especially if you have huge quantities of people that require feeding. Definitely not peppers and tomatoes.

**Cheese** - a range of cheese is a good idea. One supermarket size block of cheese per half dozen people. Goats cheeses are good, cheeses like cheddar and wensleydale etc are fine, but not brie type cheeses. Cottage cheese is fine, but again you may find this slightly difficult with large quantities of people going through. Make sure the cheese is pre-cut.

**Meats** - ideally do not go for processed square meat packs, but obviously cost is a consideration and this may be necessary. Ham is popular, as is salami and other similar cured meats. Chicken is also popular but can be slightly more awkward. Allow for 2-3 pieces of meat per person, but the more types of meat you have the more people will want so if you have a larger range of meat this will need to increase.

**Fish** - A range of fish is good. This is not quite so popular as meat, but is as authentic and we should encourage this as a food type on wics. Smoked fish is nice and easy and can be prepared or often comes prepared with no need for knives - Normally 4 or 5 smoked mackerel filets will cover about 20 people. If you have time and energy a boiled salmon or trout are easy to do and just need a spoon to serve. Put the

fish in a pot, bring the water to the boil and leave the pot to cool. If you can do this off set as it were do this in tinfoil to make it easier to get out of the pot, but you can do it authentically as well. You probably want 1 trout depending on size per 10 people when part of a tavern. Salmon will feed 30+ if you are doing a full fish. Pickled herring or roll mops are great, but need to have spoons available for serving. One small pot will generally be enough for 20 people.

**Eggs** – Hard boil in advance. You need about half the number of eggs there are people. Fewer people eat them the further into a show you are as well so for a 3 day show, by day 3 you probably only need a quarter of the number of people booked in.

**Salt** – Have a bowl of sea salt for people to add their own seasoning

**Fruit** – this is seasonal, but go for 1.5 pieces of fruit per person. Apples, plums and grapes are all popular. Soft fruit such as raspberry's, bilberries, blackberries are also popular but less easy in a tavern context if you are catering for lots of people so would suggest these stay for consumption on small wics.

**Biscuits** are always popular. Hobnobs are very popular. Home made biscuits are very good if you can get volunteers to make in them in advance. Scones and rock cakes are easy to make and are always popular. Also flapjack can be made or bought relatively easily. Consider savory biscuits like oatcakes as well. Some folks like these as a pudding with their cheese.

Depending on size of tavern, soup is something else that can be considered especially if it's a cold show. I would recommend that this is served as supposed to being self-service particularly if you have a large tavern.

### **Tavern rules**

The tavern is not responsible for providing eating utensils or washing up of eating utensils.

The kitchen area is for designated staff only – it is too chaotic if others go into the kitchen area.

Kitchen area – you need around half a dozen chopping boards to prepare food and lay food out. Bread troughs are idea for putting bread in and fruit in. Bowls are required for salt, eggs, any pickles that you may have, the rest can be laid out on chopping boards. Have table cloths over all tables as this gives space to store all the food. An industrial cool box is available to borrow which is stored at Wychurst and is invaluable. Various members of the society have barrels and are generally happy to lend them for the tavern. These are brilliant for having water available throughout the day; make sure the bungs are removed though so that there isn't a vacuum formed!

## **A mostly authentic feast for 40 People at Wychurst (no Scout Hall required)**

*Haestingas/Guild/Lincoln groups + friends*

### Notes:

- 12 people brought a dish and each was responsible for preparing it ready for serving
- 3 tables were set up in back passage for modern food prep area.
- Gas stove, kettle and drinks set up in back passage for people to help themselves during set up.
- Water containers set up outside at end of passage so spillages go straight into drain.
- 10 people seated on each of the tables on the raised platforms, 20 people sat on one long table across high status end of hall to create a horse shoe shape.
- Buffet table set up at low status end of hall for cold food, hot food served from cauldrons in firebox.
- All food (sweet and savoury) put out simultaneously; people help themselves and come back for 2nds/3rds/4ths over course of evening.

Non feast items	Quantity
Portaloo	1
Loo roll	8
Baby wipes - 2 in portaloo, 1 in prep area	3 large packs
Water	Enough for scrubbing tables, drinking and washing up
Tea	1 large packet
Coffee	1 large jar
Milk	We used 2 litres for 24hrs but the weather was hot so people didn't drink much
Sugar	250g
Squash	A couple of bottles of extra concentrated squash

Equipment	Quantity
Tripods with chains	2
Trivet	1
Very large cauldron for brisket	1
Large cauldron for beef stew	1
Small cauldron for veg stew	1
If mushrooms to be served hot, then medium cauldron to fry these and keep them warm in	1
Long handled spoons for stirring cauldrons	3+
Large chopping boards for serving cheese, gammon, brisket and pudding.	5
Large bowls for beetroot salad, summer pudding, bretzels and garlic mushrooms	3
Table cloth or large basket for putting bread in	1
Ladles for beef stew and veg stew	2
Large serving spoons for beetroot salad and garlic mushrooms	2
Butter knife	1
Cleaning equipment for hall: brooms, dustpan and brush, long handled dusters, scrubbing brushes, disinfectant, washing up bowl/buckets, hoover	As many as possible

Beetroot and goats cheese salad (Lou Archer)	Quantity	Prepared an hour before feast
Beetroot (pre-cooked)	1.5kg	
Soft goats cheese	450g	
Spinach, watercress and rocket salad	2 packets	
Herb vinaigrette	Some	

Vegetable stew (Emi Harwood)	Quantity	Made at home, reheated over fire
Leeks	3	
Carrots	6	
Large onions	3	
Parsnips	3	

Mushrooms	1 medium punnet
Mushroom stock cubes	3
Dried broad beans (soak overnight)	1 packet

<b>Garlic Mushrooms</b>	<b>Quantity</b>	Made at home, reheated over fire
Mushrooms	2.5kg	
Squeezy garlic	3 tubes or 225g	
Oil	Some	

<b>Roast chicken</b>	<b>Quantity</b>	Made at home and frozen, defrosted on the day, served cold
Roasted chicken	2 whole	

<b>Smoked salmon</b>	<b>Quantity</b>
Smoked salmon	A bowlful

<b>Brisket (Tom Gibson)</b>	<b>Quantity</b>	Cooked at slightly less than a simmer for 5hrs on the day
Beef brisket	8kg	
Ale	3 pints	
Knorr beef stockpots	8	
Garlic bulbs - cloves peeled and smashed	2	
Bayleaves	1 handful	
Black pepper (ground)	1 tablespoon	
Dried thyme	Half jar	

<b>Beef in red wine stew (Katrina Burton)</b>	<b>Quantity</b>	Made at home, reheated over fire
Stewing steak	2.4kg	
Bacon bits	800g	
Onions	6	
Shallots	8	
Mushrooms	12 largeish	
Red wine	approx 1 bottle	
Plain flour	4-6 tblsp	
Butter/oil for frying	Some	
Dried thyme	Some	
Black pepper	Some	

<b>Spiced gammon</b>	<b>Quantity</b>	Made at home, served cold, cut into slices shortly before feast to speed up self service
Gammon	3kg	
Ground ginger	1.5tblsp	
Ground cloves	1.5tblsp	
Ground nutmeg	0.75tblsp	
Ground cinammon	1.5tblsp	
Honey	1 jar	

<b>Bretzels (Lou Archer) - makes 38</b>	<b>Quantity</b>	Made at home
Strong white flour	900g	
Rye flour	600g	
Rolled oats	6 handfuls	
Dry active yeast	21g	
Salt	4.5 tsps	
Water	900ml	
Milk	Half a pint	
<b>Bread</b>	<b>Quantity</b>	Sliced shortly before feast to speed up self service
Large bloomers	8	
Butter - spreadable	750g	
<b>Cheese</b>	<b>Quantity</b>	
Cheddar	1kg	
4 x other hard cheeses	4 x 250g	
<b>Cream cheese (Lou Archer)</b>	<b>Quantity</b>	Made at home
Cream cheese	800g	
Cottage cheese	1 large pack	
Salt and pepper and/or herbs	To taste	
<b>Summer pudding (Katrina Burton)</b>	<b>Quantity</b>	Made at home, served cold
Cream	0.5 pint	
sliced white bread	3/4 of a large loaf	
mixed frozen berries	2.5kg	
honey	Half a jar	
<b>Leshes fried in Lenten (David Lilley)</b>	<b>Quantity</b>	Made at home, served cold
Cream	0.5 pint	
Shortcrust pastry	1lb	
Butter	4oz	
Pears	3	
Cooking apples	3	
Chopped dried apricots	4oz	
Chopped prunes	4oz	
Chopped dates	4oz	
Dried mixed fruit	8oz	
Candied peel	1tbsp	
Cinammon	0.5tsp	
Mace	0.5tsp	
Nutmeg	0.5tsp	
Almond milk (4oz blanched almonds, 0.5pint water, 6 cloves)	0.5pint	