**Malegentia Winter Feast**

January 9, 2016

Feast prepared by

Lord Gruffydd Abernethy and Lady Admiranda Howard

**Menu**

**Pre-set on Tables:**

(To be enjoyed throughout the feast)

Breadgf available

Pickled beets, carrots, and cucumbers

Sausages and Cheesesd

Condiments (honey, butterd, applesauce, jam)

**First Course:**

Beef piesg

Fish in Hungarian Saucee

Bohemian Peas

Leeksn

Rice Bunsn, e

Krapfen filled with Applesg

**Second Course:**

Hens from Greece

Dumplings Three Ways (herbs, chicken, bacon and cheesed)e, g

Carrot Pureed

Salad

Cherry Puddingd, e, g

d = contains dairy, g = contains gluten, e = contains egg, n = contains nuts

**Documentation**

**Pre-set on Tables:**

**Bread:**

The bread for this feast is rye seasoned with caraway. It is not an enriched dough (no eggs, butter, or milk); just flour, yeast, salt, caraway, and water.

**Pickled beets and carrots:**

From *Ein Buch von Guter Spise, 48. Ein condimentlin (A condiment)*

Flavor caraway seeds and anise with pepper and with vinegar and with honey. And make it gold with saffron. And add thereto mustard. In this condiment you may make *sulze* (pickled or marinated) parsley, and small preserved fruit and vegetables, or beets, which(ever) you want.

This recipe is very straightforward: a brine of honey and vinegar spiced with caraway seed, anise seed, pepper, and saffron. The gold color is lost in the carrots (as they carrots were purple). The beets were spiced with pepper, clove, and cinnamon.

**Condiments (honey, butter, applesauce, jam):**

From *Ein Buch von Guter Spise*, 84. *Ein compost von wisseln (A compost of morella cherries)*

He who wants to make a *compost* (mainly preserved fruits and vegetables) of sour morella cherries, he takes sour morella cherries and breaks off the stems. And boils them (the cherries) in a pot with their own broth. And when they are boiled, so pour them out and let them cool. And pound them through a cloth. And pour it then in a pot, which is spread with pitch. And pour the cherries therein and mix them with honey. And do galingale (and) spices thereunder sprinkled, he who wants to eat it with hands, he adds in spices.

We did not use Morella cherries, but instead made a puree of rose hips and a puree of apples (modernly one would say jam and applesauce).

**First Course:**

**Beef piesg:**

From *Das Kuchbuch der Sabina Welserin*: 60 *To make a veal pie*

Take pieces of veal from the leg and boil them in water, about as long as it takes to hard boil an egg. Afterwards take them out and chop the meat small, and take suet from the kidneys and cut it small and chop it with the veal. And when it is finely chopped, then put it in a bowl and put some wine into it and an ample ladelful of broth , pepper and a little mace, which should be whole. Crush it a little by hand so that it in small pieces, put in it raisins and saffron and stir it all up together with a spoon, put cinnamon in it also, and taste it, however it seems good to you.

For this recipe, we used lean beef instead of veal. We still added suet, as well as the spices and raisins. Individual sized pies were baked for ease of serving.

**Fish in Hungarian Saucee:**

From *Das Kuchbuch der Sabina Welserin*: 191 *To prepare a pike in a Hungarian sauce*

  Take the pike and skin it and divide it into pieces. Take good wine, finely chopped apples and let them cook together about a half of a quarter of an hour. Then lay the pike therein and let it cook and season it with about eight lemons and some sharp vinegar and color it yellow. And let it cook until it is done.

Because of availability, we used haddock for this dish. Pike is not readily available in Maine’s grocery stores, although it seems most of the fish dishes in both cookbooks we consulted called for pike.

**Bohemian Peas:**

From *Das Kuchbuch der Sabina Welserin*: 149 *To make Bohemian peas*

Take one and a half ounces of peas, cook them until dry, so that they are not too wet, and pound them in a mortar, so that they become a fine mush. Put good wine on them, ginger, cinnamon, cardamom and sugar. Serve it cold, sprinkle it with sugar. It is a good and lordly dish.

This dish was interesting to test out. The first time we made it, we tried it warm and were wholly unimpressed. However, when we tried them cold, the flavor was completely different, and quite enjoyable! For wine, we used a Reisling; otherwise the spices are as written.

**Leeks:**

From *Ein Buch von Guter* Spise: 64. *Ein mus mit lauche* *(A puree with leeks)*

A puree with leeks. Take white leek and cut small and mix well with good almond milk and with rice meal and boil that well and do not oversalt.

This recipe sounds quite good and simple, but tastes terrible. The result is almond and rice mush with bland tasting leeks. For this feast, we omitted the rice flour entirely, cooked the leeks in butter, then added the almond milk, salt, and pepper, and let it thicken. This changed the flavor and texture drastically; into something quite delicious.

**Rice Buns:**

From *Das Kuchbuch der Sabina Welserin*: 103 *If you would make rice buns*

Then let the rice cook beforehand and pound the almonds, make it thin with eggs and bake it, then it is good. Put also sugar into it.

This recipe is quite straightforward. We mixed the cooked rice, ground almonds, sugar, and eggs, and formed it into balls. These were baked until firm. We tried this presentation because all too often grain dishes in feasts are overlooked and a great deal goes to waste. Hopefully, this will reduce the waste and also cause more people to try the rice!

**Krapfen filled with Apples:**

From *Ein Buch von Guter Spise*:61. *Einen krapfen (A krapfen)*

How you want to make a fastday *krapfen* of nuts with whole kernels. And take as many apples thereunder and cut them diced, as the kernel is, and roast them well with a little honey and mix with spices and put it on the leaves, which you made to *krapfen*, and let it bake and do not oversalt.

The word *krapfen* appears several times in both books we consulted for this feast, but it isn’t obvious what they are from the recipes. A quick search online revealed that *krapfen* are doughnuts! Although most recipes in the books call for them to be fried (as do nearly all modern recipes we consulted), this particular recipe calls for baking them. We used a simple bread dough for the *krapfen* (flour, salt, yeast, water) and omitted the nuts due to allergy concerns. Were we to make them with nuts, almonds or filberts would both work quite well.

**Second Course:**

**Hens from Greece:**

From *Ein Buch von Guter Spise*: 4. *Hüenre von kriechen* (Hens from Greece)

These are called Hens from Greece. One should roast hens. And the flesh of a pig, which is boiled until soft, and chopped together. And take a quarter *phunt* roses thereto and take ginger and pepper and wine or vinegar and sugar or honey and boil this together and give out and do not oversalt.

We tried this recipe two ways: once with ham and once with salt-pork. The flavor was significantly better when using the salt-pork, so for the feast we compromised and used bacon. We used a combination of dried rose petals and rose water (since this is winter and fresh petals simply aren’t an option). This, combined with the spices, wine, and honey make an excellent sauce for the chicken.

**Dumplings Three Ways (herbs, chicken, bacon and cheese):**

From *Ein Buch von Guter Spise*: 44. Ein gut gebackenz (A good pastry)

Grate cheese. Mix it with eggs and boiled small pieces of fatty bacon thereto. Make a fine dough (possibly freshly made as opposed to sourdough) and fill therein with the cheese and the eggs. And make small cakes and bake them in butter or in fat, near to the time (they are to be served), and give them out warm.

From *Das Kuchbuch der Sabina Welserin*: 119 *If you would make boiled dumplings*

Then take chard, as much as you like, some sage, marjoram and rosemary, chop it together, also put grated cheese into it and beat eggs therein until you think that it is right. Take also cinnamon, cloves, pepper and raisins and put them into the dumpling batter. Let the dumplings cook, as one cooks a hard-boiled egg, then they are ready.

From *Das Kuchbuch der Sabina Welserin*: 193 *How to make chicken dumplings*

Take the meat from two chickens. After it is cooked chop it finely, mix grated Parmesan cheese in with it and color it yellow and stir it together. You should also put mace and pepper into it. After that prepare a dough. Make a thin flat cake and put the above described filling on it and form it into a dumpling and join the two ends together. Cook it in broth as long as for hard- boiled eggs and serve it warm.

All three of these recipes are very clear and easy to follow. The two wrapped dumplings are wrapped with the same basic bread dough as the *krapfen* from the first course.

**Carrot Puree:**

From *Ein Buch von Guter Spise*: 79. *Ein morchen mus* *(A carrot puree)*

How one wants to make a carrot puree. One takes carrots. And boils them in water and rolled (to remove the skin) in cold water. And chopped small. And add it then in a thick almond milk, and the almond milk was well made with wine. And the carrots boiled therein. And add thereto herbs enough. And color it with violet flowers and give out.

The biggest change we had to make with this recipe was replacing the almond milk with cream (mainly to accommodate allergies). We used heavy cream and white wine instead. Also, we could not color with violets as it is winter.

**Cherry Pudding:**

From *Das Kuchbuch der Sabina Welserin*: 42 *To make a pudding in a bowl*

To make a pudding in a bowl beat together eggs and milk, wet a pewter bowl, put melted fat therein, set it on a grill, under which are glowing coals, pour the eggs and milk into the bowl and cover with another bowl. And when the upper bowl begins to sweat, then you must wipe off the water with a clean cloth and cover it again, until it becomes firm. Then heat fat and to pour over it and pour it off again, so that it becomes brown on top.

From *Das Kuchbuch der Sabina Welserin*: 46 *To make sour cherry pudding*

Strain the cherries, as if you were cooking syrup, take a grated *Semmel*, fry it in fat, take the puree and pour it in, let it boil and sweeten it with sugar.

When first reading this recipe, it seemed odd to fry the bread and then use it to make a pudding. Upon reading a modern German cookbook, we found a recipe for sour cherry pudding that uses that exact same technique (and is otherwise the combination of these two recipes with the addition of baking powder). We used frozen sweet cherries for our recreation, due to availability.