**The Vigil of Aneleda Falconbridge**

Refreshments documented by Lord Gruffydd Abernethy and Lady Admiranda Howard

Baroness Aneleda requested period refreshments at her Vigil before being raised to the Order of the Laurel. Below are the dishes prepared for her.

**Menu**

Bread

Olives

Fruit

Pickled Beets

Compost (Cherry Jam)

Krapfen (Apple Doughnuts)

Chicken Dumplings

Sambocade (Elderflower Cheese Tarts)

Payn Ragoun (Fudge-like Candy)

Wardonys in Syryp (Poached Pears)

Pomme Dorryse (Meatballs)

Lumbard Mustard

Chicken with a Good Sauce

Pork with Sage Sauce

Tartlettes (Pork Dumplings)

**Documentation**

**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.[[1]](#footnote-1)

This recipe was used to pickle beets. The beets were peeled and cut small, then pickled in a brine of honey and apple cider vinegar. The spices used were allspice, longpepper, and grains of paradise, which compliment the flavor of the beets very well. These pickles were processed in a water bath according to modern food safety measures.

**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.[[2]](#footnote-2)

This recipe is, essentially, a jam without pectin. The cherries were cooked with a little water, then pureed using a hand blender. The puree was then sweetened and reduced until quite thick and spreadable. This was also processed in a water bath according to modern food safety measures.

**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.[[3]](#footnote-3)

These doughnuts are wrapped in a simple pie dough (flour, salt, water, lard) and baked until the crust has become golden. The filling is made with chopped apples and walnuts spiced with cinnamon and ginger and sweetened with sugar.

**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.[[4]](#footnote-4)

This recipe is very clear and easy to follow. These dumplings were prepared as written and are wrapped in a simple bread dough (flour, salt, yeast, water) and boiled in broth. The yellow color (color it yellow) is achieved with egg yolks. These will be served warm in chicken broth.

**Sambocade**

Take and make a crust in a trap and take cruddes and wryng out þe wheyʒe and draw hem þurgh a straynour and put hit in þhe crust. Do þerto sugur the þridde part, and somdel whyte of ayren, and shake þerin blomes of elren; and bake it up with eurose, and messe it forth.[[5]](#footnote-5)

To make these cheese tarts, we used cottage cheese and egg white, along with sugar. We used dried elderflowers (as they are definitely not in season) and elderberry liquor for some added flavor. The resulting texture is very smooth. They were baked in muffin tins to create a bite-sized treat.

**Payn Ragoun**

Take hony and sugur cipre and clarifie it togydre, and boile it with esy fyre, and kepe it wel fro brennyng. And whan it hath yboiled a while, take up a drope þerof wiþ þy fyngur and do it in a litel water, and loke it if hong togydre; and take it fro the fyre and do þerto pynes the thriddendele and powdour gyngever, and stere it togyder til it bygynne to thik, and cast it on a wete table; lesh it and serve forth with fryed mete, on flesh days or on fysshe days.[[6]](#footnote-6)

The cooking process in this recipe is very similar to the modern process for creating candy at “soft-ball stage”. The result is a candy with a texture much like fudge. The pine nuts and gnger add a pleasant flavor and the candy will be served cut into small “loaves” as a refreshing treat.

 **Wardonys in Syryp**

Take wardonys, an caste on a potte, and boyle hem till þey ben tender; þan take hem up and pare hem, and kytte hem in to pecys; take ynow of powder of canel, a good quantyte, and caste in on red wyne, an draw in þorw a straynour; caste sugre þerto, an put it in an erþen pot, an let it boyle: an þanne caste þe perys þerto, and let boyle togederys, an whan þhave boyle a whyle, take pouder of gyngere and caste þerto, an a lytil cenegre, an a lytel saffron: an loke þat it be poynaunt an dowcet.[[7]](#footnote-7)

When we made this dish, we did not cook the pears before peeling. Pears were peeled and quartered, then poached in the wine, vinegar, and cinnamon mixture described above. The result is a soft (not mushy) fruit that is rather refreshing.

**Pomme dorryse (Golden Apples)**

Farsur to make pomme dorryse and oþer þynges. Take þe lire of pork rawe, and grynde it smale. Medle it up with eyren and powder fort, safroun and salt; and do þerto rausouns of coraunce. Make balles þerof, and wete it wele in white of ayren, and do it to seeþ in boiling water. Take hem up and put hem on a spyt. Rost hem wel, and take persel ygounde and wryng it up with ayren and a perty of flour, and lat erne aboute þe spyt. And if þou wilt, take for persel, safroun; and serve it forth.[[8]](#footnote-8)

These meatballs are both sweet and savory, with the currants and the spices. We made the meatballs small, then fried them in a pan and baked them in the oven (although spit-roasting them would have been fun, it just wasn’t practical for the amount we were making). While baking, they were brushed with the egg and flour mixture to give them a slight golden color, hence the name, “golden apples”.

**Saugee**

Take good spices, that is, ginger, cloves, cinnamon, and galingale, and grind them in a mortar; then take a handful of sage and grind well in the same mortar with the spices; then take eggs and hardboil them; remove the yolk and grind with the sage; blend with wine vinegar, cider vinegar, or malt vinegar; take the egg white and chop finely and ad to the age mixture; put in a pig’s trotters or other cold meat and serve.[[9]](#footnote-9)

This sauce is served with cold roast pork and chicken. The recipe was very easy to follow and prepared as written.

**53. Lumbard Mustard**

Take mustard seed and waisshe it, and drye it in an ovene. Grynde it drye; sarse it thurgh a sarse. Clarifie hony with wyne and vyneger, and stere it wel togedre and make it thikke ynowʒ; and whan þou wilt spende þerof make it thynne with wyne.[[10]](#footnote-10)

This recipe is very straight-forward, creating a sweet and tangy flavor; which will pair well with the cold roast pork and chicken being served.

**59. A Good Sauoce for a Rosted Capoun**

Take a pynte of good clared wyne and put þer yn a pennyworth of suger and an halfe pennyworth of small rasyns and sett them on þe fyre tyll they boyll; yn þe meand season cut soppys of whyte brede and lay them yn a platter, and lay þe rosted capoun on them. When your wyne is well boyled wt þe sugar and small rasons, then take it from þe fyer and put þer to a halfe pennyworth of boter, synamon, and as much beten ginger; and ster them well together, and power it on your capoun and þe soppys.[[11]](#footnote-11)

We made the sauce with sugar, wine, butter, and spices, and are serving it with cold chicken and roast pork.

**77. Tartlettes**

Take pork ysode nd grynde it small with safroun; medle it with ayren, nd rausouns of coraunce, and powdour fort and salt, and make a foile of dowhʒ and close the fars þerinne. Cast þe tartletes in a panne with aire water boiling and salt. Take of the clene flesh with oute ayren and boile it in gode broth. Cast þere powdour douce and salt, and messe the tartletes in dishes and helde the sewe þeronne.[[12]](#footnote-12)

Made similarly to the chicken dumplings above, these spiced pork dumplings are boiled in broth and will be served warm.

**Bibliography**

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