**Malagentia Mid-Winter Feast**

This documentation is for the Yule Feast in the Province of Malagentia in the year A.S. 50 (January 10, 2015) as prepared by Gruffydd Abernethy and Admiranda Howard.

In this feast, we searched for inspiration mostly from one collection, and used mainly French, English, and Italian dishes. Some German and Arabic inspiration can also be found. The format of this feast is one to encourage movement and conversation among the guests—the first and fourth courses are served buffet style while only the second and third courses are served with formal seating.

Here you will find the original recipes that inspired each dish in the feast and the changes that were made to them. We hope you will take the time to both read and enjoy.

Lord Gruffydd Abernethy and Admiranda Howard

The Menu

**Hors d'euvres**

Rosee—served in a pastry castle

Bread and Cheese

Pickles and Olives

Grapes and Oranges

**Course One**

Chicken Baked in Pastry

Fenkel in Soppes

Macarouns

Minces

Mosserouns Florys

**Course Two**

Mishmishiya

Navés aux Chatiengnes

Cariota

Millet

**Dessert**

Gingerbrede

Orengat

Gauffres

Nuts

Orange Slices

Hors D’euvres

This course is served buffet style.

**Rosee**

“Tak þe flowrys of rosys and wasch hem wel in water, and after bray hem wel in a morter; & þan tak almondys and temper hem, & seþ hem. & after tak flesch of capons or of hennys and hak yt smale, & þan bray hem wel in a morter, & þan do yt in the rose so that þe flesch acorde with the mylk, & so that the mete be charchaunt; & after do yt to þe fyre to boyle, & do þereto sugur & safroun þat yt be wel ycolowrd & rosy of levys of the foreside flowrys, & serve yt forth.”[[1]](#footnote-1)

This recipe calls for the use of rose petals steeped in water—at this time of year, fresh rose petals are rather difficult to procure, leaving us with the options of either dried petals or rose water. We chose to work with rose water as it gave us the ability to continue seasoning throughout the cooking process. The recipe seems to indicate that using petals would give the dish a coloring “rosy as the leaves of the foreside flowers”, which we cannot replicate using rose water.

The dish itself can be likened to a “medieval chicken salad” as the ground meat mixed with the thick almond mixture has a texture and flavor similar to that of a mayonnaise chicken salad, but without the tang and with a delightful sweetness.

**Breads and Cheeses and Fruit**

Toasted bread is served alongside the Rosee. This bread is a traditional flour, water, yeast, and salt recipe.

Cheeses will also be served—hard cheeses would have stored well into the winter months and could be enjoyed for a good amount of time during the year.

Fresh grapes and oranges are served, as well as a variety of preserved olives. While we took some liberty serving fresh grapes, oranges are a winter fruit in southern regions.

**Ein condimentlin (A condiment)**

“*Mal kümel und enis mit pfeffer und mit ezzige und mit honige. und mach ez gel mit saffran. und tu dar zu senf. in disem condimente maht du sulze persilien, bern und clein cumpost oder rüeben, waz du wilt.* (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.)”[[2]](#footnote-2)

This was the first example of a medieval pickle recipe we found. Pickling is an excellent way of preserving vegetables to eat throughout the year. At our feast, we have taken carrots, cucumbers, and turnips, and preserved them in this fashion. Although in medieval times, this type of condiment would be kept in a covered earthenware container, these pickles have been made and processed according to modern food safety methods.

Course One

**Chicken Served in Pastry**

“Coney Pies: When they are old they must be cut into pieces, and young ones left whole; and with finely chopped pork fat on top; for spices: cloves, ginger, grains of paradise, and pepper”[[3]](#footnote-3)

Although this recipe is for rabbit, we tested it on chickens and found that it lends itself quite well to the bird.

For the feast, we will prepare pies of ground chicken and chopped bacon. As far as spices are concerned, we will follow the recipe. This recipe is for a pie filling; we formed the crust in small tart pans (for uniformity of size and ease of filling), froze, and then baked without the pans to give a more rustic, free-formed look and feel.

**Fenkel in Soppes**

“Take blades of fenkel; shrede hem not to smale. Do hem to seeþ in water and oile, and oynouns minced þerwith; do þerto safroun and salt and powdour douce. Serve it forth. Take brede ytosted and lay the sewe onoward.”[[4]](#footnote-4)

When we first read this recipe, we liked the idea but thought it might be too bland for enjoyment. The spices are simple and the broth is only water. We first tested the recipe using a home made vegetable stock; the result was rather bitter and not too enjoyable. We also tested the soup as a puree, which we were not pleased with. In the end, we tested it as written and were pleasantly surprised at the natural sweetness the fennel brings to the broth, and the delicate flavors the spices add. Sops will be served alongside this soup.

**Makarouns**

“Take and make a thune foyle of dowh, and kerve it on peces, and cast hym on boiling water & seeþ it wele. Take chese and grate it, and butter imelte, cast bynethen and aboven as losyns; and serve forth.”[[5]](#footnote-5)

Macaroni and Cheese! Even the title suggests the modern comfort food that many of us know and truly love. Although this recipe isn’t made with extruded elbow macaroni and certainly isn’t made with a thick, gooey, cream sauce, it is still an ancestor to our modern favorite. Historically, the pasta would likely have been rolled and cut by hand. For ease of preparation, we put the dough through the thickest setting on a pasta machine, then cut the noodles by hand. The result is a much thicker noodle than we would normally be accustomed to; somewhere between a noodle and a dumpling. When layered with butter and grated cheese, it becomes a tasty treat!

**Minces**

“Little cabbages called minces are eaten with raw herbs in vinegar; and if one has plenty, they are good trimmed, washed in hot water, and cooked whole with a little water; and when they are cooked, add some salt and oil and serve drained.”[[6]](#footnote-6)

According to *Pleyn Delit*, “minces are described as little cabbages produced after cutting the stalks of larger cabbages, so they may not have been identical to Brussels Sprouts…”[[7]](#footnote-7) Since Brussels Sprouts are quite like little cabbages (and sometimes the size of large Sprouts is almost the size of a small cabbage…), they lend themselves well to the simple, yet delicious, preparation in this dish.

**Mosserouns Florys**

“In rost ysih hou gentiliche & sone. Veorst þou schalt maken riht wel passen, & soþþen in water cold cast larde cold; make bringen & oneliche hewen; þenne nym sone þe musseruns, lardes coynteliche wiþ larduns, Make as were cor to swerden & soþþen aske a god roste. Nou inoh is þe mes in rost, of ayren do awey þe qwyt. Sone on þe gredil riht veyre floris speces. Nym & cast gilofore & kanel; wiþinnen meddlen.”[[8]](#footnote-8)

As pointed out in the book, this recipe is in early Middle English and has some interesting challenges. Relying mostly on the redaction, we skewered (threaded) the mushrooms and bacon and cooked them under the broiler (as it is winter and no one really wants to stand outside to grill…), and glazed them with egg yolk seasoned with pepper, nutmeg, and allspice.

Course Two

**Mishmishiya**

“Cut fat meat small, put into the saucepan with a little salt, and cover with water. Boil, and remove the scum. Cut up onions, wash, and throw in on top of the meat. Add seasonings: coriander, cumin, mastic, cinnamon, pepper, and ginger, well ground. Take dry apricots, soak in hot water, then wash and put into a separate saucepan, and boil lightly; take out, wipe in the hands, and strain through a sieve. Take the juice, and add it to the saucepan to form a broth. Take sweet almonds, ground fine, moisten with a little apricot juice, and throw in. Some colour with a trifle of saffron. Spray the saucepan with a little rosewater, wipe its sides with a clean rag, and leave settle over the fire; then remove.”[[9]](#footnote-9)

This stewed lamb should provide a different presentation than what most people are used to. Many modern diners expect to eat roast lamb with mint jelly, or heavily spiced with garlic or rosemary. This stew will showcase the unique flavor of lamb with the sweetness of the fruits of summer, served in the middle of winter.

**Nevés aux Chatiengres**

“Young, small turnips should be cooked in water without wine for the first boiling. Then throw away the water and cook slowly in water and wine, with chestnuts therein, or, if one has no chestnuts, sage.”[[10]](#footnote-10)

Following this simple recipe, we sliced the turnips and served them with a mixture of both chestnuts *and* sage, as the two flavors truly complement each other and that of the turnips as well.

**Cariota**

“Roast carrots in the coals, then peel them, cleaning off the ashes, and cut them up. Put in a dish with oil, vinegar, and a bit of wine; scatter a few mild herbs on the top.”[[11]](#footnote-11)

Again, a simple recipe that showcases the flavor of the vegetable in question: we roasted the carrots in the oven (removing the need to clean ashes off of them).

**Millet**

“Wash in two sets of water, put in cow’s milk; do not stir until it has come to a boil. Cook until done.”[[12]](#footnote-12)

A simple preparation for grain, this process is recommended for both millet and rice. Millet is a grain that many modern diners have not tried, but was quite popular in the past for poorer classes, as rice was more expensive to procure. According to the book, saffron was recommended for seasoning in later manuscripts. Many modern diners will also be pleased to learn that millet is a gluten-free grain.

We differed only slightly from the recipe; using almond milk instead of cow’s milk (still a period-style preparation), and still found the flavor to be quite pleasant. When first testing the grain, we also tried cooking it in chicken stock, which proved to be quite delicious as well.

Desserts

**Gingerbrede**

“Take goode honye & clarifie it on þe fere, & take fayre paynemayn or wastel brede & grate it, & caste it into þe boylenge hony, & stere it well togyder faste with a sklyse þat it bren not to þe vessel. & þanne take it doun and put þerin ginger, long pepere & saundres, & tempere it vp with þin hands; & than put hem to a flat boyste & strawe þeron suger, & pick þerin clowes rounde aboute by þe egge and in þe mydes, yf it plece you.”[[13]](#footnote-13)

This was an interesting experiment to try; making gingerbread without baking it from scratch, but by using breadcrumbs bound together by honey. The texture is rather crumbly, but the flavor is quite enjoyable. A very tasty dessert!

**Orengat**

“To make orengat, cut the peel of an orange into five segments and, with a knife, scrape off the white pith that is inside. Then soak them in nice, fresh water for nine days, and change the water every day; then boil them in fresh water until it comes to the boil, then spread them on a cloth and let them dry thoroughly; then put them in a pot with enough honey to cover them completely, and boil over a low fire, and skim it; and when you think that the honey is done (to see if it is done, put some water into a bowl and drop into that water a drop of the honey, and if it spreads it is not cooked; and if that drop of honey holds its shape in the water without spreading, it is done); then, remove your orange peel, and make a layer of it and sprinkle ginger powder on top, then another layer, and sprinkle, etc., ad infinitum; leave for a month or longer before eating.”[[14]](#footnote-14)

For the feast, we decided to use a similar recipe with somewhat faster results. Instead of soaking the orange rind for nine days, we simply rinsed them thoroughly. The rinds were still cooked in a syrup, then sprinkled with a mixture of sugar and ginger and left to dry overnight.

**Gauffres**

“Wafers are made in four ways. One is to beat eggs in a bowl, then add salt and wine and throw in flour and mix them; then put [the better], a little at a time, between two irons, each time as much as the size of a slice or strip of cheese, and press between the two irons and cook on both sides.”[[15]](#footnote-15)

According to the book, it is recommended to use a krumcake iron to make these wafers as a regular waffle iron is too deep to produce anything close to what they may have looked like. The wafers were then crisped in the oven and had a refreshing, yet savory, flavor.

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2. Atlas. *Ein Buch von gutter Spise* 48 [↑](#footnote-ref-2)
3. Odile Redon et al, *The Medieval Kitchen*, 143 – original source *Le Viandier de Guillaume Tirel dit Taillevent*, edited by Jérôme Pichon and Georges Vicaire [↑](#footnote-ref-3)
4. Constance B. Hieatt et al. *Pleyn Delit* 25 – original source *Forme of Curye* found as reference in *Curye on Inglysch* [↑](#footnote-ref-4)
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