

# **Tourney of Love**

## **A Saucy Feast!**

This documentation is for the Tourney of Love Feast in the Barony of Endewearde on February 18, 2017 as prepared by Admiranda Howard.

The inspiration for this feast is sauce. There are so many recipes for sauces to go with meats that so often seem to get overlooked. This feast will give people a chance to try several of them. Many (but not all) of the accompanying dishes also have a sauce of their own.

Here you will find the original recipes that inspired each dish in the feast and the changes that were made to them. This documentation does not include redactions of every recipe. I do hope you will take the time to both read and enjoy.

Lady Admiranda Howard

# The Menu

Bread and Butter (veg, **d**, **w**)  
(gf available upon request)

## Course One

Bratwurst  
Lombard Mustard (veg)  
Sweet Mustard (veg, **tf**)  
Pickle for the Mallard  
Compost (veg, **tf**, **tn**)  
Buttered Herbs on Toast (veg, **d**, **w**)  
Cheese (**d**)  
Olives (veg)  
Grapes (veg)

## Course Two

Roast Pork Loin  
Boar's Tail Sauce  
Sky Blue Sauce (veg, **tn**)  
Minces (veg)  
Mountain Mushrooms (veg)  
Cheese Gnocchi (veg, **e**, **d**, **w**)  
Heathen Peas (veg, **tn**)

## Course Three

Roast Game Hens  
Garlic Sauce (**tn**, **w**)  
Mammenye Bastard Sauce (veg, **tn**)  
Cariota (veg)  
Pears in Syrup (veg, **tf**)  
Pudding (veg, **d**, **e**, **w**)

Veg: vegetarian

D: contains dairy

E: contains egg

TF: contains tree fruit

TN: contains tree nuts (not peanuts)

W: contains wheat

A complete list of ingredients in each recipe can be found in the kitchen.

## **Ingredient List:**

**Bread:** flour, salt, water, yeast

**Butter:** milk, salt

**GF Bread:** see label

**Bratwurst:** pork, spices.

**Lombard Mustard:** honey, mustard, red wine, red wine vinegar

**Sweet Mustard:** mustard, pear sauce, sugar, white wine

**Pickle for the Mallard:** canola oil, cinnamon, duck fat, ginger, mustard, onions, pepper, salt, venison stock, white wine

**Compost:** anise, caraway, cinnamon, clove, coriander, fennel, ginger, honey, mace, mustard, parsnip, pear, radish, raisins, red wine, red wine vinegar, salt, turnip, walnuts, white vinegar, white wine

**Buttered Herbs:** butter, carrots, kale, marjoram, rosemary, salt

**Toast:** see label

**Cheese:** see label

**Olives:** see label

**Grapes:** grapes

**Roast Pork Loin:** canola oil, pepper, pork, salt

**Boar's Tail Sauce:** cinnamon, clove, ginger, grains of paradise, mace, pepper, pork drippings, red wine, red wine vinegar, salt

**Sky Blue Sauce:** almonds, blackberries, ginger, salt, white wine, white vinegar

**Minces:** Brussels sprouts, chives, dill, olive oil, parsley, red wine vinegar, salt

**Mountain Mushrooms:** button mushrooms, coriander, ginger, mace, olive oil, onion, pepper, salt

**Cheese Gnocchi:** cream cheese, egg yolk, flour, parmesan cheese, pepper, salt

**Heathen Peas:** almonds, cinnamon, ginger, honey, pepper

**Roast Game Hens:** canola oil, chicken, pepper, salt

**Garlic Sauce:** almonds, bread crumbs, chicken stock, garlic, salt

**Mammenye Bastard Sauce:** almonds, currants, ginger, honey, pepper, pine nuts, red wine, red wine vinegar, saffron, salt, sandalwood

**Cariota:** carrots, dill, marjoram, olive oil, parsley, pepper, salt, tarragon, thyme, red wine vinegar, white wine

**Pears in Syrup:** cinnamon, ginger, pears, red wine, saffron, water

**Pudding:** bread, egg, milk, sugar

# Course One

## Bratwurst

**“If you would make good bratwurst** Take four pounds of pork and four pounds of beef and chop it finely. After that mix with it two pounds of bacon and chop it together and pour approximately one quart of water on it. Also add salt and pepper thereto, however you like to eat it, or if you would like to have some good herbs, you could take some sage and some marjoram, then you have good bratwurst.”<sup>1</sup>

Thankfully, modern bratwurst sausage is made in a very similar method. While store-made sausages were used (mainly for price!), this would not be a difficult recipe to achieve.

## Mustards

**“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 ynow<sup>3</sup>; and whan þou wilt spende þerof make it thynne with wyne.”<sup>2</sup>

This recipe is very straight-forward: warm the honey, wine, and vinegar, then mix in the ground mustard seed. Thin if necessary.

**“To make the mustard for dried cod** Take mustard powder, stir into it good wine and pear preserves and put sugar into it, as much as you feel is good, and make it as thick as you prefer to eat it, then it is a good mustard.”<sup>3</sup>

This is the sweet mustard on the menu. While the measurements in this recipe are not given; the bulk of the condiment actually comes from the pears.

## Chutneys

**“Pikkle pour le Mallard.** Take oynons, and hewe hem small, and fry hem in fresh grece, and caste hem into a potte, and fresh broth of beef, wyne, & powder of

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<sup>1</sup> Welserin, Sabina. *Das Kuchbuch der Sabina Welserin*. #25

<sup>2</sup> Constance B. Hieatt et al. *Pleyn Delit*. #53. Original Source *Forme of Curye*

<sup>3</sup> Welserin, Sabina. *Das Kuchbuch der Sabina Welserin*. #34

peper, canel, and dropping of the mallard. And lete hem boile togidur awhile; and take hit fro þe fyre, and caste thereto mustard a litul, and powder of ginger, and lete hit boile no more, and salt hit, and serue it for the with þe Mallard.”<sup>4</sup>

While it is called a pickle, this recipe is lacking the most well known ingredient in pickles: vinegar. Still, this preparation of onions fried in spices and fat will be a delight for those who enjoy onions and will pair nicely with the sausages in this course.

“**Compost** Take rote of persel, of pasternak, of rafens, scrape hem and waische hem cleane. Take rapes & caboches, ypared and icorue. Take an erthen panne with clene water & set it on the fire; cast all þis þerinne. When þey both boiled cast þerto peeres, & perboile hem wel. Take alle þise thynges vp & lat it kele on a faire cloth. Do þertosalt; powdour & safroun & do þerto, & lat alle þise thynges lye þerin alle nyzt, oþer al day. Take wyne greke & hony, coraunce, al hole, & grynde powdour of canel, powdour douce, anys hole, & fenell seed. Take alle þise thynges & cast togyder in a pot of erthe, & take þerof whan þou wilt & serue forth.”<sup>5</sup>

According to the book, this recipe can be traced as far back as Ancient Rome. It sounds complicated, mostly because there are more details in this recipe than most. This is actually really helpful in recreating this dish. It also provides some great insight into medieval preservation.

The chutney includes parsnips, turnips, radish, pears, walnuts, and currants. These are boiled in a brine of vinegar, wine, and honey. This is then seasoned with salt, caraway, anise, fennel, coriander, ginger, nutmeg, cinnamon, and clove. This could be kept in a clay pot (as the recipe states), or more safely preserved with modern methods.

## **Buttered Herbs**

“**Buttered Wortes.** Take all maner of good herbes that thou may gete, and do bi ham as is forsaide; putte hem on þe fire with faire water; put þere-to clarified buttur a grete quantite. Whan thei ben boyled ynogh, salt hem; late none otemele come

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<sup>4</sup> Renfrow, Cindy. *Take a Thousand Eggs or More*. pp.52-53

<sup>5</sup> Constance B. Heatt et al. *Pleyn Delit*. #60. Original Source *Forme of Curye*

there-in. Dise brede small in dishes, and power on þe wortes, and serue hem forth.”<sup>6</sup>

Finding good vegetable recipes in medieval books can be a challenge. One reason is many books focus more on meat (it was more expensive and showy, after all). Another reason is the cooking method. There is nothing at all delicious to me about boiled greens—all that does is bring back memories of army green spinach from my childhood. But at the time, boiling your vegetables usually meant that no one got sick and/or died. Today, our greens are washed at the farm and washed again at home, and our fields aren’t fertilized with questionable animal waste (chemicals, of course, being an entirely different story...).

To keep the spirit of the recipe, while also making it palatable, it will be prepared as such: Chop and mix the herbs and greens. Fry in a pan with butter until slightly wilted. Season with salt and pepper. Serve on toasts, like bruschetta.

### **Breads, Cheeses, and Fruit**

Fresh rolls will be served throughout the dinner. The presentation is much like German *semmel*—a bun instead of a loaf.

A variety of cheeses will be served, along with olives and fresh grapes. These lighter flavors will pair well with the heavier recipes presented earlier.

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<sup>6</sup> Renfrow, Cindy. *Take a Thousand Eggs of More*. pp.60-61

# Course Two

## Roast Pork Loin

To best allow the sauces to shine, the pork loin will be seasoned with salt and pepper, and a little oil, then roasted.

## Sauces

**Boar's Tail Sauce** First, put the loin in boiling water, then take it out and stick it all over with cloves. Set it to roast, basting it with a sauce made from spices: that is, ginger, cinnamon, clove, grains, long pepper, and nutmeg, moistened with verjuice, wine, and vinegar; and baste with this without first boiling it. And when the roast is done, boil together.<sup>7</sup>

I approached this sauce a little differently: instead of basting the roast with it, I simply added all the ingredients together and simmered the sauce, adding drippings from several pork roasts (and some bacon!) that I had been saving in the freezer for a few weeks. This allowed for the sauce to be made ahead of time and served more efficiently.

**“Sky Blue Sauce for Summer** Take some of the wild blackberries that grow in hedgerows and some thoroughly pounded almonds, with a little ginger. And moisten these things with verjuice and strain through a sieve.”<sup>8</sup>

This sauce was simple to put together. First, I juiced the blackberries to remove the seeds and skins. Then added the remaining ingredients, with a little salt and sugar to enhance the flavor. There was no need to strain a second time; the texture was quite pleasant.

## 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.”<sup>9</sup>

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<sup>7</sup> Constance B. Hieatt et al. *Pleyn Delit* 100 – original source *Le Ménagier de Paris* ed. Jérôme Pichon

<sup>8</sup> Odile Redon et al. *The Medieval Kitchen*. #103. original source *Libro de arte coquinaria*.

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...”<sup>10</sup> 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.

As mentioned earlier, boiling vegetables for a long time is not usually palatable. The sprouts in this recipe will be blanched (maybe 2-3 minutes, not the 10 suggested), then tossed with the vinaigrette.

### **Mountain Mushrooms**

“Take mountain mushroom and boil them; and discard the water; then fry them with finely sliced onion, or with white of leek, spices, and salt, and serve.”<sup>11</sup>

Simply prepared, these mushrooms are first boiled, then fried with onions. While the boiling is not a necessary step, it is not harmful to the flavor in this particular case. Plus, by boiling the mushrooms, you get the lovely side-effect of mushroom stock! This process also pre-shrinks the mushrooms, so you can fit more in the pan. Commercially grown mushrooms are used in this recipe for both safety and consistency of flavor (many modern palates are unfamiliar with wild mushrooms).

### **Cheese Gnocchi**

“**If you want some gnocchi**, take some fresh cheese and mash it, then take some flour and mix with egg yolks as in making *migliacci*. Put a pot full of water on the fire and, when it begins to boil, put the mixture on a dish and drop it into the pot with a ladle. And when they are cooked, place them on dishes and sprinkle with plenty of grated cheese.”<sup>12</sup>

These dumplings are very simply put together. Cream cheese, flour, egg yolks, and salt (for flavor). As stated above, the ingredients are mashed together until a

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<sup>9</sup> Constance B. Hieatt et al. *Pleyn Delit* 39 – original source *Le Ménagier de Paris* ed. Jérôme Pichon

<sup>10</sup> Constance B. Hieatt et al. *Pleyn Delit* 39 redaction

<sup>11</sup> Odile Redon et al. *The Medieval Kitchen*. #21. original source *Libro della cucina del secolo XIV*.

<sup>12</sup> Odile Redon et al. *The Medieval Kitchen*. #9. original source *Frammento di un libro di cucina del sec XIV*.



dough is formed, then formed into a ball and boiled. Served with parmesan cheese, they are rich and delightful.

## **Heathen Peas**

“How you want to make heathen peas. So take almond kernels and pound them very small. And mix it with a third as much honey. And with good spices well mixed. So it has the very best. One hands this out greedily, cold or warm.”<sup>13</sup>

This recipe is so deceptive! It’s not a vegetable, it’s candy! Over low heat, mix finely ground almonds (not so fine that it’s flour) with honey, cinnamon, pepper, and ginger until well combined. Spread out on a sheet to cool (I used a silicone baking sheet—I suggest the same or well greased foil, perhaps?), then form into small balls (to look like peas!). I understand why the author wrote to hand them out greedily—you won’t want to share.

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<sup>13</sup> *Ein Buch von Guter Spise*. #63

# Course Three

## Roast Game Hens

As the pork before, to best allow the sauces to shine, the hens will be seasoned with salt and pepper, and a little oil, then roasted.

## Sauces

### Garlic Sauce

“**Mammenye bastarde.** Take a potelle of clarifiyd hony, & a pounce of pynys, & a pounce of roysouns coraunce, & a pound of saundersys, & powder canella, & .ij. galouns of wyne or ale, & a pound of pepir, & caste alle on a potte, & skym yt; þan take .iij. pounce of amyndons, & a gallon of wyne, & a gode gallon of venegre, & let stepe vp to-gederys, & draw þrow a straynoure; an whan þe potte boylith, caste þe lycoure þer-to, an lat it be alle stondyng; þan take powder gyngere, salt & saffron, an sesyn it vppe, an serue alle flat on a dysse, all hote, an caste powder gyngere þer-on, an serue forth.”<sup>14</sup>

This recipe actually comes with measurements, which is the reason it looks so long. However, the amounts of the ingredients are designed to serve about 225 people! We don't need quite that much...

This sauce ends up being both sweet and savory, with an amazing texture. It tastes fabulous with both chicken and pork (and with a spoon...probably great on ice cream...)

## 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.”<sup>15</sup>

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<sup>14</sup> Renfrow, Cindy. *Take a Thousand Eggs of More*. pp.237-239

<sup>15</sup> Constance B. Heiatt et al. *Pleyn Delit* 40 – original source *On Right Pleasure and Good Health* tr. Mary Ella Milham

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).

## Pears in Syryp

**Wardonys in Syryp** Take wardonys, an caste on a potte, and boyle hem till they ben tender; than take hem up and pare hem, and kytte hem in to pecys; take ynow of powder of canel, a good quantyte, an caste it on red wyne, an draw it thorw a straynour; caste sugre therto, an put it in an erthen pot, an let it boyle: an thane caste the perys therto, an let boyle togederys, an whan they have boyle a whyle, take pouder of gyngere and caste therto, an a lytil venegre, an a lytil saffron: an loke that it be poynaunt an dowcet.<sup>16</sup>

This recipe is very straightforward. Peel the pears and boil them in sweetened wine. When they are finished, season them with ginger, cinnamon, and saffron. For this preparation (as preservation was a focus), the pears were placed in jars and covered with the seasoned, sweetened, wine (diluted by one third with water). These jars were then boiled for 20 minutes, and the pears were perfectly cooked. While the final cooking method is modern, it yields the same result—the pears are boiled in the wine syrup until they are finished cooking. The only true difference would be the vacuum seal created to allow for shelf storage without bacterial contamination.

For serving, the liquid can be further reduced for texture and flavor. The pears can be served warm or cold.

## Pudding

**“To make a pudding which falls out of the pan by itself** Beat eggs and milk together and put into it a grated *Semmel*, so that it becomes a thin batter, let it cook and sweeten it, then it is ready.”<sup>17</sup>

This is a simple bread pudding. Mix bread with milk and eggs and sugar, then bake. This was a great way to use up the whites from the gnocchi made earlier. This can be enjoyed with the sauce that accompanies the pears.

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<sup>16</sup> Constance B. Hieatt et al. *Pleyn Delit* #113 – original source *Two Fifteenth Century Cookery Books* ed. Austin Thomas

<sup>17</sup> Welserin, Sabina. *Das Kuchbuch der Sabina Welserin*. #47

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