



7 Pearls Dinner

Wednesday, July 31, A.S. 48

AEthelmearc Royal Encampment

***A Mediterranean Meal prepared by***  
***The Barony of Thescorre***  
***Cauldron Bleu Cooks Guild***

Platters of dates, grapes, kalamata olives

Fresh flatbread with dipping olive oil

Mixed greens & herbs salad with balsamic dressing

Grilled pork loin stuffed with bacon & herbs

Chicken in pomegranate-almond sauce

Marinated chickpeas

Grilled asparagus

Eggplant in the Moorish style

Sauteed mushrooms

Ricotta with honey

Sundry sweets



## Cooks and Servers

Baroness Katja Davidova Orlova Khazarina

Baron Eric Grenier de Labarre

Khalekin Erbekei (*Talia of Thescorre*)

Lady Venetia Elisabetta (*Sabrina of Thescorre*)

Lady Dubheasa inghean Dubgaill

Lady Zsuzsy

Baroness Orianna Fridrikskona

Baroness Alison of the Many Isles

Lady Otelia d'Alsace

Baron Fridrikr Tomasson av Knusslig Hamn

Mistress Mathilda Bosvyle de Belle Aqua

Lady Adelheid Grunewaldrin

Lord Howard Bowman

Lady Genevotte Nau d'Anjou

## Bakers

*Flatbread*, Lady Otelia

*Baklava & mämmoul*, Baroness Nezhah bint Saleem

*Welsh cookies*, Baron Eric

*Marzipan*, Elena de Blacwelle

*Shortbread*, Lady Elzbieta Traidenyte

*Almond cookies*, Lady Adelheid

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# Chicken in pomegranate sauce

Servings: 8

Romania

*Anonimo Toscano: Libro della Cucina, late 1400 to early 1500*

*Fry chicken with salted pork and onions, and grind unblanched almonds, and blend with pomegranate juice, either sweet or sour, squeeze well and strain, add it to the chicken, and boil a little, and mix with a spoon, or beat, and add spices. And lacking pomegranates, make a stock with herbs.*

*(Translation from The Original Mediterranean Cuisine, Barbara Santich, 1995)*

**4 pounds chicken thighs**

**2 tablespoons olive oil**

**2 large Vidalia onions**

**1/2 cup ground almonds**

**16 ounces pomegranate juice**

**1 tablespoon Powdour Forte (strong powder)**

**1 teaspoon salt**

**toasted slivered almonds**

Dry chicken and cut into 1/2-inch cubes. Peel and dice onions. Grind nuts in a blender or mortar and mix with the juice. Heat oil in a cast-iron skillet until very hot, then saute chicken in batches until browned. Transfer to a Dutch oven over low heat as each batch is done. Pour sauce over meat, then add the spices and stir well. Let cook for about 10 to 15 minutes until the chicken is cooked through. Serve with the slivered almonds sprinkled on top.

Powdour Forte: Based on the spices named in the 14th Century French resources *Forme of Cury* and *Le Menagier de Paris*, I make my Powdour Forte from: 1 Tb. ground black pepper, 1 Tb. ground grains of paradise, 2 Tb. ground cinnamon, 1/2 tsp. ground cloves, 1 tsp. ground mace or nutmeg, and 1 Tb. ground ginger.

NOTE: I substituted olive oil for the salted pork during the test meal so that this would be a single-meat dish, but ended up at the Pennsic feast frying the chicken in the bacon grease rendered from cooking the bacon for the chicken dish. Definitely an improvement!!! Although this is yummy with onions, I served it without onions at Pennsic due to a baroness' allergy, and it still tasted good.

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*Per Serving (excluding unknown items): 498 Calories; 35g Fat (63.2% calories from fat); 34g Protein; 12g Carbohydrate; 1g Dietary Fiber; 151mg Cholesterol; 411mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 Fat.*

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# Eggplant in the Moorish style

Servings: 8

*Alberginies a la Morisca*

*De Nola, Libre del Coch, 1520*

*Take aubergines and peel and quarter them. Then put them to cook. And when they are well cooked, take them off the fire and squeeze them between two boards. Then chop them and put them in a pot to fry with good salted pork. When they are well fried, put them to cook in a pot, and add some very fatty meat stock and grated cheese and powdered coriander. And turn them well, as you would gourds.*

*(Translation from The Original Mediterranean Cuisine, Barbara Santich, 1995)*

**3 medium eggplants**

**1 tablespoon coriander seed, ground**

**1/4 cup romano and parmesan cheeses, grated**

**2 tablespoons olive oil**

**1 teaspoon salt**

Wash, peel, and chop eggplants. Salt and let sit on paper towels for 30 minutes to drain some of the moisture, then dry well. Heat oil in a cast-iron skillet, then fry the eggplant in batches, tossing with coriander and cheese when done.

NOTE: I cooked this in olive oil for the test meal, but ended up frying the eggplant in some leftover bacon grease as well as olive oil at Pennsic. Although the version at Pennsic soaked up more fat than the test batch and it was thus a lot softer, it was yummy.

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*Per Serving (excluding unknown items): 76 Calories; 4g Fat (40.4% calories from fat); 2g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 272mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1/2 Fat.*

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# Flatbread

Servings: 8

*Bread*

*Ain i Akbari (Mughal India, 16th Century)*

*There is a large kind, baked in an oven, made of 10 s. flour; 5 s. milk; 1 1/2 s. ghi; 1/4 s. salt. They make also smaller ones.*

*The thin kind is baked on an iron plate. One ser will give fifteen, or even more. There are various ways of making it; one kind is called chapati, which is sometimes made of khushka; it tastes very well when served hot.*

*(Translation from The Miscellany by David Friedman)*

**6 cups flour**

**2 cups milk or water**

**1 teaspoon salt**

**1 teaspoon yeast**

Proof the yeast in warm water, mix with the flour, add the salt, and knead until supple. Cover and let rise for an hour. Divide into 14 balls, roll out, then fry in a lightly oiled skillet over medium heat, flipping once, until lightly browned on both sides.

Note: Otelia made these flatbreads for me based on the method Sadira showed her at Pennsic years ago, so I'm not sure if this recipe is exactly what she did.

Yield: 14 breads

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*Per Serving (excluding unknown items): 343 Calories; 1g Fat (2.5% calories from fat); 10g Protein; 72g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 269mg Sodium. Exchanges: 4 1/2 Grain(Starch); 0 Lean Meat.*

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# Grilled asparagus

Servings: 8

*Esparaguet*

*Libre de Sent Sovi, 1324*

*If you want to eat asparagus, clean them and parboil. And when parboiled, coat them in wheat flour, then put them in the frying pan and fry them until cooked. And serve them on platters. And, if you like, add vinegar.*

*(Translation from The Original Mediterranean Cuisine, Barbara Santich, 1995)*

**2 pounds asparagus (preferably mid thickness -- not skinny or fat ones)**

**1 tablespoon flour**

**1 tablespoon olive oil**

**1 pinch salt**

**1 teaspoon balsamic vinegar**

Wash and snap off the woody ends of the asparagus spears. Sprinkle with flour, olive oil, and salt, then grill over a hot fire for about 10 to 12 minutes, turning at least once, until nicely browned. Sprinkle with balsamic before serving.

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*Per Serving (excluding unknown items): 32 Calories; 2g Fat (45.1% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat.*

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# Grilled pork loin

Servings: 8

*Polpette di carne de vitello o de altra bona carne*

*Martino, Libro de Arte Coquinaria, 1465*

*First take lean meat from the rump and slice it in long thin pieces and beat well with the blade of the knife on a board or table, and take salt and ground fennel seeds and sprinkle it over the pieces of meat. Then take parsley, marjoram, and some good salted pork fat and chop all these together with a small amount of good spices and spread over the slices of meat. Then roll up together and put on the spit to cook. But do not let it become too dry at the fire.*

*(Translation from The Original Mediterranean Cuisine, Barbara Santich, 1995)*

**4 pounds pork loin**

**1 teaspoon fennel seed**

**1 tablespoon salt**

**1/2 cup parsley, minced**

**1/4 cup marjoram, minced**

**1/2 pound bacon, diced**

**olive oil**

Clean and dry pork loins, then butterfly and pound lightly until flattened. Wash and mince the fresh herbs. Dice and fry the bacon. Lightly grind the fennel in a mortar. Mix together the filling, then spread over the pork, roll up tightly, and tie roll with kitchen twine.

Slather oil all over the loins, sprinkle with salt. Grill over a direct medium-high flame, turning occasionally, for about 20 minutes until an instant-read thermometer reads 135 to 140 degrees. Slice into medallions before serving.

Note: We used small 2-pound loins for our test meal, and took only 20 minutes over a gas grill. We used large 4- to 5-pound full loins for the actual dinner, and those took about an hour over an open firepit with hardwood. We couldn't find fresh marjoram at Pennsic, so used just the parsley, ground fennel seed, and bacon for the filling, then oiled and salted the outside of the tied loins. -- Katja

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*Per Serving (excluding unknown items): 361 Calories; 22g Fat (56.1% calories from fat); 37g Protein; 1g Carbohydrate; 1g Dietary Fiber; 95mg Cholesterol; 1313mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 2 Fat.*

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# Marinated chickpeas

Servings: 16

*Ciurons tendres ab let de melles*

*Sent Sovi*

*If you want to prepare tender chick peas with almond milk, do it thus: take the chick peas and clean them well. And take almond milk, and set them to cook with the milk and with oil and salt, and add onions scalded in boiling water. And when they should be cooked, add parsley and basil and marjoram and other good herbs and a little ginger and verjuice. And when you add the chickpeas, they should be washed in hot water, and they will cook more quickly.*

*(Translation from The Original Mediterranean Cuisine, Barbara Santich, 1995)*

**2 cans chickpeas**

**2 large scallions**

**2 tablespoons olive oil**

**1/2 teaspoon salt**

**1/2 cup parsley, minced**

**1/4 cup marjoram, minced**

**1 teaspoon ground ginger**

**2 tablespoons apple cider or wine vinegar**

**basil, minced**

Rinse chickpeas well and drain. Dice scallions and herbs. Mix chickpeas well with seasonings. Serve with basil on the side.

NOTE: Since this is being served at a camping event, I am using canned chickpeas and serving this as a cold salad, sans the almond milk. For a winter event, I would cook dried chickpeas in almond milk, as per the original recipe. We served the minced basil on the side due to a baroness' allergy, but for those who like basil it's really delicious mixed into the chickpeas.

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*Per Serving (excluding unknown items): 109 Calories; 3g Fat (26.1% calories from fat); 5g Protein; 16g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 74mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.*



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# Mixed greens & herbs salad

Servings: 8

*On preparing a salad of several greens*

*Platina, De Honesta Voluptate, 1465*

*A preparation of several greens is made with lettuce, bugloss, mint, catmint, fennel, parsley, sisymbrium, origan, chervil, cicerbita which doctors call teraxicon, plantain, morella, and other fragrant greens, well washed and pressed and put in a large dish. Sprinkle them with a good deal of salt and blend with oil, then pour vinegar over it all when it has sat a little; it should be eaten and well chewed because wild greens are tough. This sort of salad needs a little more oil than vinegar. It is more suitable in winter than in summer, because it requires much digestion and this is stronger in winter.*

*(Translation from The Original Mediterranean Cuisine, Barbara Santich, 1995)*

**8 ounces mixed greens (arugula, spinach, etc.)**

**1/2 cup parsley**

**1/4 cup mint**

**1 bulb fennel**

**1/4 cup oregano**

**2/3 cup balsamic vinegar**

**1 cup olive oil**

**1 pinch salt**

Wash and dry greens well. Wash and mince all herbs. Wash and slice fennel into thin slices. Toss all together well. Stir together vinegar and oil, then dress salad and sprinkle with salt.

Note: We couldn't find fresh fennel bulbs at Pennsic, so served this salad there without them.

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*Per Serving (excluding unknown items): 255 Calories; 27g Fat (93.0% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 5 1/2 Fat.*

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# Ricotta with honey

Servings: 8

*Menyar d'Angels*

*Sent Sovi*

*If you want to eat the fresh curds, put the curds in the mortar and pound with some good white sugar. And when pounded together, blend in some rosewater or orangeflower water, and put it in bowls or dishes or whatever you like and serve it at the table. And if you don't wish to use sugar, add some good honey. And you can do the same with fresh cheese, which is better, and it is called angel's food.*

*(Translation from The Original Mediterranean Cuisine, Barbara Santich, 1995)*

**16 ounces whole milk ricotta cheese**

**1/4 cup raw honey**

**2 drops rosewater**

Mix ricotta well with honey and rosewater.

Note: If you have the time to drain the ricotta for an hour in a sieve over a bowl, the result will be a bit drier but creamier.

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*Per Serving (excluding unknown items): 99 Calories; 7g Fat (67.1% calories from fat); 6g Protein; 2g Carbohydrate; 0g Dietary Fiber; 29mg Cholesterol; 48mg Sodium. Exchanges: 1 Lean Meat; 1 Fat.*

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# Sauteed mushrooms

Servings: 8

*Funghi altri modi*

*Libro de arte coquinaria*

*And another way to prepare mushrooms is to clean them very well, and then put them over hot coals, and inside put some salted pork fat and some garlic chopped finely together and pepper. And you can do them similarly using oil. And you can also cook them in a frying pan in the same way as a torta.*

*(Translation from The Original Mediterranean Cuisine, Barbara Santich, 1995)*

**1 pound sliced portobella mushrooms**

**2 tablespoons olive oil**

**2 tablespoons minced garlic**

**1 teaspoon salt**

Heat oil over medium heat in a cast-iron skillet, then add garlic and cook until fragrant. Add mushrooms, salt, stir well, and let cook for about five minutes, then stir and continue cooking until moisture evaporates. Alternatively, toss mushrooms with oil, salt, and garlic, and fry over medium heat for about 10 minutes until done.

Note: If you use whole portobellas or large slices of such, you can grill them in a grill basket for a lovely smoky flavor.

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*Per Serving (excluding unknown items): 33 Calories; 3g Fat (90.3% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 267mg Sodium. Exchanges: 0 Vegetable; 1/2 Fat.*