

Pax Interruptus
Lunch Menu & Recipes



June 27, 2015, A.S. V

Barony of Thescorre

Head Cook

Baroness Katja Davidova Orlova Khazarina

Kitchen Staff

Baron Eric Grenier de Labarre, THL Katrina of York, THL Collette de Paris, Lady Dubheasa, Lady Talia, Duchess Branwen, Lord Eldjarn, Lady Marguerite, Lord Andrew, Lady Drusilla, Lady Clarissa, Lord Carolan, Lady Nicole Ravenswoode, et. al.

Menu

Chilled faux hippocras (spiced grape juice) & iced water

Roast olaves of veal (beef slices with herbs)

Baked chekins in lyke paest (chicken pasties)

Tarte of beanes (kidney bean tartlettes)

Carrot salad (carrots dressed with a simple vinagrette)

French macaroones (almond macaroons)

Banbury cakes (sweet spiced bread rolls)

cheese, a dried fruit, and a fresh fruit

A

Almond macaroons

Servings: 24

To make French Macaroones. John Murrell, *A Daily Exercise for Ladies and Gentlewomen*, 1617

Wash a pound of the newest and the best lordane Almonds in three or foure waters, to take away the rednesse from their out-side, lay them in a Bason of warme water all night, the next day blanch them, and dry them with a faire cloath, beat them in a stone mortar, vntill they be reasonably fine, put to them halfe a pound of fine beaten Sugar, and so beat it to a perfect Paste, then put in halfe a dozen spoonefuls of good Damaske Rose-water, three graines of Amber-greece, when you haue beaten all this together, dry it on a chafingdish of coales vntill it grow white and stiffe, then take it off the fire, and put the whites of two new laid Eggs first beaten into froath, and so stirre it well together, then lay them on wafers in fashion of little long rowles, and so bake them in an Ouen as hot as for Manchet, but you must first let the heat of the Ouen passe ouer before you put them in, when they rise white and light, take them out of the Ouen, and put them in a warme platter, and set them againe into the warme Ouen, & so let them remain foure or fiue houres, and then they wil be throughly dry, but if you like them better being moist, then dry them not after the first baking.

2 cups almonds, blanched, ground
1 cup sugar
4 large egg whites
1/8 teaspoon rosewater

Bring egg whites to room temperature, then whip until stiff but not dry. Gently fold in the sugar, ground almonds, and rosewater. Spoon or use a pastry bag to portion out walnut-sized amounts on a baking sheet covered with silicon or parchment paper. Bake at 350 degrees for 20 to 25 minutes until shiny and firm, rotating sheets after 10 minutes, then remove from sheet and let cool on a cooling rack.
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Cook's Notes: I omitted the ambergris from this recipe because it's nigh impossible/exhorbitant to purchase, not to mention opposed to my beliefs about protecting endangered animals.

Per Serving (excluding unknown items): 106 Calories; 6g Fat (51.1% calories from fat); 3g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

B

Banbury cakes

Servings: 40

To make a very good Banbury Cake. Gervase Markham, *The English Hous-wife*, 1615

Take foure pounds of Currants, & wash and pick them very cleane, and drie them in a cloth: then take three egges and put away one yelke, and beate them, and strayne them with barme, putting thereto Cloves, Mace, Cinamon and Nutmegges, then take a pint of Creame, and as much mornings milke and set it on the fire till the cold be taken away: then take flower and put in a good store of cold butter and sugar, then put in your egges, barme, and meale and worke them all together an houre or more: then save a part of the paste, & the rest breake in peeces and worke in your Currants: which done, mold your Cake of what quantity you please: and then with what that paste which hath not any Currants cover it very thinne both underneath and a loft. And so bake it according to the bignesse.

1 cup milk, heated to 100 degrees
2 teaspoons yeast
8 cups all-purpose flour (best if half is bread flour)
1/2 teaspoon cloves, ground
1 tablespoon cinnamon, ground
1/2 pint heavy cream, room temperature
1/2 cup butter, melted
1 cup sugar
1/2 teaspoon kosher salt
10 ounces zante currants
more butter for brushing on top

Proof the yeast in 100-degree milk until it is foamy. Beat in a cup of the flour, then add in the spices, cream, butter, and sugar, alternating with several more cups of the flour. Add the salt, then the currants, and enough flour to form a sticky dough.

Scrape out dough onto a table or countertop at hip height and begin kneading; the dough will be sticky, but sprinkle over small amounts of additional flour as you knead to prevent making the dough dry. A bench knife is really useful here to help you incorporate the flour without gunking up your hands horribly. As the currants pop out and try to escape their doughy fate, mercilessly poke them back in. Knead

until the dough is relatively smooth and bounces back when you poke it. Let rise in a dough bucket or covered bowl in the refrigerator overnight. (if you're pressed for time, you can let it rise for only an hour, but an overnight rise creates a much better flavor and texture.)

Remove dough from refrigerator, punch it down, and let sit for another hour at room temperature. Punch down again, then turn out and let sit for about five minutes to relax. Cut the dough evenly into 40 pieces and form into tight little balls. Place cakes on a baking sheet (greased or lined with parchment paper) and slather with melted butter. Preheat oven to 375 degrees. Let cakes rise for an hour, brush with more melted butter, then bake for about 25 minutes, rotating pans after 10 minutes, until risen and nicely browned. Test one cake with a clean toothpick to ensure the center is done. Remove cakes to a baking rack to cool.

Original recipe for two large cakes ©2000 Chris P. Adler, revised recipe for small cakes ©2015 Chris Adler-France

Cook's Notes: This recipe will rise better and have a nicer texture if about half of the flour is bread flour, due to the large ratio of fat (milk, cream, butter), but it will work just fine with only all-purpose flour. I also like substituting half whole-wheat flour for the all-purpose.

The period recipe includes eggs, and I had them in my first adaption of the recipe. However, when I realized that nearly every item in this Elizabethan menu contained eggs, I wanted to omit them from any recipes that would not be ruined by their omission and I knew this recipe would work just fine without them. If you want the recipe to be more accurate -- and the cakes slightly softer - add two eggs and one white to the recipe and about a cup more flour.

Similarly, I omitted the nutmeg and mace in the period recipe due to the allergies of an event attendant, and the recipe is fine with just cloves and cinnamon. I also used considerably fewer currants than the period recipe -- four pounds!! -- stated due to cost and dough workability.

Per Serving (excluding unknown items): 176 Calories; 5g Fat (25.2% calories from fat); 3g Protein; 30g Carbohydrate; 1g Dietary Fiber; 15mg Cholesterol; 53mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Bean tart

Servings: 12

Yield: tarts

To make a tarte of beanes. A Proper Newe Booke of Cokerye, 1575

Take beanes and boyle them tender in fayre water, then take theym oute and breake them in a mortar and strayne them with the yolckes of foure egges, curde made of mylke, then ceason it up with suger and halfe a dysche of butter and a lytle synamon and bake it.

Paest Royall from To Make Pyes. A Proper Newe Booke of Cokerye, 1575

.... yf you wyll have Paest Royall, take butter and yolkes of egges and so tempre the flowre to make the paeste.

1 can kidney beans, drained and rinsed

4 large egg yolks

1/2 cup ricotta cheese

1 tablespoon sugar

4 tablespoons butter, melted

Cut the butter into the flour, stir in the yolks, then sprinkle in the water and combine until a dough forms. (This pie crust works well if pulsed in a food processor.) Press into a flat disc, wrap in plastic wrap, and let chill for 30 minutes.

1 teaspoon cinnamon, ground
1/2 teaspoon kosher salt
1 cup all-purpose flour
2 large egg yolks
1/2 cup butter, chilled
2 tablespoons ice water

Rinse and drain the beans, then blend with the yolks, ricotta, and butter in a blender until smooth. Season with the sugar, cinnamon, and salt.

Preheat oven to 400 degrees. Roll out dough and cut out rounds to fit into a muffin pan. Grease a muffin pan, then place a round in each one and press in to form a cup. Spoon equal amounts of the filling into each, then bake for 20 to 30 minutes until crust is lightly browned. Pop out of the muffin pan to let cool on a cooling rack. ©2015 Chris Adler-France

Cook's Notes: I converted this recipe from a single tart to individual ones. The beans have a lovely texture if you buy dried ones, soak them overnight, and cook them in a pressure cooker for 20 minutes, but good-quality canned ones are obviously faster and easier!

Per Serving (excluding unknown items): 243 Calories; 16g Fat (57.3% calories from fat); 7g Protein; 19g Carbohydrate; 4g Dietary Fiber; 143mg Cholesterol; 212mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 3 Fat; 0 Other Carbohydrates.

Beef rollups

Servings: 8

Yield: 8 rolls

To roast Olives of Veal. Gervase Markham, The English Huswife, 1615

You shall take a leg of Veal, and cut the flesh from the bones, and cut it out into thin long slices; then take sweet herbs and the white part of Scallions, and chop them well together with the yolks of eggs, then role it up within the slices of Veal, and so spit them and roast them; then boyl Verjuyce, Butter, Sugar, Cinnamon, Currants, and sweet herbs together, and being seasoned with a little salt, serve the Olives up upon the sawce with salt cast over them.

1 pound rump roast, , eye round, or other appropriate cut of beef for dry roasting
1 tablespoon olive oil
1 teaspoon kosher salt
1 teaspoon black pepper, ground
1/4 bunch parsley, washed, minced
1/4 cup spinach, washed, minced
2 whole scallions, washed, minced

Bring meat to room temperature. Dry the roast, sprinkle with salt and pepper, then sear in a hot cast iron pan with the hot olive oil. Roast at 400 degrees until rare (130 on an instant-read thermometer, about 40 minutes), then let cool before slicing thinly. (Otherwise, buy some good sliced roast beef, and skip the above step and ingredients.)

Ensure oven is 400 degrees. Mix together the greens and set aside. Lay a slice of beef on a cutting board, then sprinkle about a tablespoon of filling along one end. Roll up like a burrito and place on a greased baking sheet. Roast for about 10 minutes, then let cool on a cooling rack. ©2015 Chris Adler-France

Cook's Notes: I omitted the eggs from this recipe due to large number of items on the menu that contain eggs. I also omitted the sauce because I wanted these to be nonmessy finger food, as well as a savory, nonspicy item on the menu.

Per Serving (excluding unknown items): 18 Calories; 2g Fat (83.3% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 238mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.

Carrot salad

Servings: 10

A carrot salad. William Vaughn, Directions for Health, 1617.

Carrets boyled and eaten with vinegar, Oyle, and Pepper serve for a special good sallet to stirre up appetite, and to purifie blood.

1 pound carrots, baby cut
1 teaspoon kosher salt
1/4 cup apple cider vinegar
2 tablespoons olive oil
1/2 teaspoon kosher salt
1/2 teaspoon black pepper

Bring a quart of salted water to a boil, then parboil the carrots for 4 minutes. Scoop out and drain, then immediately toss in a bowl with the vinegar, oil, and pepper. Taste and add more salt, if needed. Can be served warm, room temperature, or chilled. ©2015 Chris Adler-France

Per Serving (excluding unknown items): 42 Calories; 3g Fat (55.8% calories from fat); trace Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 296mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1/2 Fat.

Chicken pasties

Servings: 12

Yield: 8 pasties

To bake chekins in lyke paest. A Proper Newe Booke of Cokerye, 1575

Take youre chekins and season them with a lytle Ginger & salte, and so putte them into youre coffin, and so put in them barberies, grapes, or goose beryes, and halfe a dyshe of butter, so cloose them vp, and sette them in the ouen, and when they are baken, take the yolkes of syxe egges, and a dysfull of vergis and drawe them through a streyner and sette it vpon a chafingdyshe, then drawe youre baken chekins and put thereto this fore sayde egges and vergis, and thus serue them hoate.

Of the Mixture of Paste. Markham's The English Hous-wife (1615)

Your course Wheat-crust should be kneaded with hot water, or Mutton broth, and good store of butter, and the paste made stiffe and tough, because the Coffin must be deep.

1 pound chicken thighs, cubed
1 teaspoon ginger, ground
1 teaspoon kosher salt
1 cup grapes, diced
1 tablespoon olive oil
1 tablespoon apple cider vinegar (verjuice, if you can find it)
3/4 cup whole wheat flour
1 cup all-purpose flour
3/4 cup butter, chilled, cubed
1/4 cup ice water
butter for brushing on top

Cut the butter into the flours, then sprinkle in the water and combine until a dough forms. Pat into a round, wrap in plastic wrap, and chill for 30 minutes.

Roughly shred, grind, or pulse the chicken in a food processor, then cook in a saute pan with the butter until no longer pink. Mix with remaining ingredients and let cool slightly.

Preheat oven to 400 degrees. Unwrap and roll out the pastry dough, then divide into 12 equally sized pieces -- rounds, squares, or triangles as you choose. Fill each with the filling, fold over, and press the edges to seal. Place on a baking sheet covered with silicon or parchment paper. Bake for about 30 minutes, rotating sheet halfway through. Remove to a cooling rack. ©2015 Chris Adler-France

Cook's Notes: I omitted the eggs from this recipe because most of the other items in the lunch contain them; I also reduced the total amount of butter in the recipes by switching the butter in the filling to olive oil. I also opted to use ice water for the pie crust rather than a hot-water crust, so it would be more tender to eat cold. Although the recipe works beautifully with whole chicken parts in a full pie crust as intended, I opted to make these as individual pasties so they could be handheld, thus shredding or grinding the meat was necessary for a pleasant texture.

Per Serving (excluding unknown items): 244 Calories; 17g Fat (63.7% calories from fat); 7g Protein; 15g Carbohydrate; 1g Dietary Fiber; 56mg Cholesterol; 297mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 Fat.

S

Servings: 8

To make Ipocras. Gervase Markham, The English Hous-wife, 1615

Take a gallon of Claret or White Wine, and put therein four ounces of Ginger, and ounce and a half of Nutmegs, of Cloves one quarter, of Sugar four pound; let all this stand together in a pot at least twelve hours, then take it, and put it into a clean bag made for the purpose, so that the Wine may come with good leisure from the spices.

Faux spiced wine (Hypocras)

2 quarts grape juice
1 inch gingerroot, peeled and sliced
4 whole cloves, cracked
1/4 cup sugar

Mix together and let steep for an hour, overnight if you have the time. Strain out the spices before serving. ©2015 Chris Adler-France

Cook's Notes: I omitted the nutmeg from this recipe due to an allergy.

Per Serving (excluding unknown items): 189 Calories; 1g Fat (3.9% calories from fat); 2g Protein; 46g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.