

College of Three Ravens Feast

A Tudor/Stuart Meal



January 28, 2017, *AS LI*, Barony of Thescorre

First Course

Fresh apple cider or apple juice (plus pitchers of water)
Homemade bread with plain butter
Salad of mixed greens & herbs with dried figs, olives, oranges, & almonds, olive oil vinaigrette
Marinated carrots
Lamb meatballs
Cinnamon honey mustard
Walnut herb pesto

Second Course

Chicken pie
Broccoli with cheese sauce
Ginger sweet potato apple casserole

Third Course

Roasted beef with au jus
Yorkshire-style pudding
(plain buttered rice available for gluten intolerant gentles)
Favas with marjoram
Minty peas

Fourth Course

Shortbread
Almond macaroons
Candied cherries
Hot chocolate with whipped cream

Head Cook

Baroness Katja Davidova Orlova Khazarina, OP, OL

Lunch Cook

Lady Marguerite de Neufchateau

Cauldron Bleu Cooks Guild, Kitchen Staff, & Prep Cooks

Baron Eric Grenier de Labarre, *roaster extraordinaire*

Lord Eldjarn the Thoughtful

Lady Dubheasa inghean Dubgaill

Lady Khalekin Erbekei (Talía)

Lady Lasairfhiona inghean Aindriasa

Lady Ragna Fielan

Maddalena D'Agostino of Delftwood

Lady Beatrijs van Cleef and Max

Lord Ruaidri Gabhar and The Invisible Thescorran

Lady Elzbieta Traidenyte

Lady Abigail Kellogg

Master Charles Stewart O'Connor

Lord Andrew of Thescorre

Mistress Bryn ni MacRose

And many other gentles!

Almond macaroons

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

Wash a pound of the newest and the best Iordane 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 to a fine meal/flour
1 cup sugar
4 large egg whites
1/2 teaspoon rosewater

Per Serving (excluding unknown items): 314 Calories; 19g Fat (50.3% calories from fat); 9g Protein; 32g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 3 Fat; 1 1/2 Other Carbohydrates.

Servings: 8

Bring egg whites to room temperature, then whip to soft peaks, then add the sugar and continue whipping until stiff but not dry. Gently fold in the 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. ©2015 Chris Adler-France

Cook's Notes: I omitted the ambergris from this recipe because it's nigh impossible, not to mention super exhorbitant, to purchase and it's a product from an endangered animal. Commercial almond meal/flour works very well in place of blanched, ground almonds.

Broccoli with cheese sauce

Savory Toasted Cheese, The Closet of the Eminently Learned Sir Kenelme Digbie, Knight, Opened, 1669

Cut pieces of quick, fat, rich, well tasted cheese, (as the best of Brye, Cheshire, &c. or sharp thick Cream-Cheese) into a dish of thick beaten melted Butter, that hath served for Sparages or the like, or pease, or other boiled Sallet, or ragout of meat, or gravy of Mutton : and , if you will, Chop some of the Asparages among it, or slices of Gambon of Bacon, or fresh-collops, or Onions, or Sibboulets, or Anchovis, and set all this to melt upon a Chafing-dish of coals, and stir all well together, to Incorporate them ; and when all is of an

equal consistence, strew some gross White-pepper on it, and eat it with tosts or crusts of White-bread. You may scorch it at the top with a hot Fire-Shovel.

1/2 pound cream cheese
1 pound cheddar cheese, grated
8 tablespoons butter
1/2 teaspoon kosher salt
1/2 teaspoon black pepper, ground
1 head broccoli, washed, cut into florets

Per Serving (excluding unknown items): 451
Calories; 40g Fat (79.0% calories from fat); 19g
Protein; 6g Carbohydrate; 2g Dietary Fiber; 122mg
Cholesterol; 691mg Sodium. Exchanges: 0
Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 6 1/2
Fat.

Servings: 8

Steam the broccoli until just tender. Cut up the cream cheese into cubes. Melt the butter in a heavy saucepan or Dutch oven over low heat. Add the cream cheese and stir until melted, then add the shredded cheese. Pour over broccoli, then place under broiler for a few minutes until browned nicely. ©2017 Chris Adler-France

Cook's Note: I haven't made this SCA classic for 20 years -- I made it for one of my very first feasts but used Duke Cariadoc's Miscellany recipe. I decided to revisit this recipe for this feast. Nearly everyone does Brie -- since it's directly mentioned in the original -- but I wanted to try it with Cheddar (taking the place of the Cheshire also mentioned in the original). Although asparagus would be most accurate, this is a winter feast so I'm using a winter vegetable -- broccoli. Bacon bits are really delicious in this, but I prefer to keep my vegetable recipes fully vegetarian.

Candied cherries

To preseue Cherries, John Murrell, A Daily Exercise for Ladies and Gentlewomen, 1617.

Take the weight of your Cherries in Sugar and with a siluer spoone bruise as many other Cherries in a posnet, boile them vntill the sirup be somewhat red, then straine that liquor through a cushion canvas into a another faire posnet, then divide your Sugar into three parts, and put one part into the red sirup, & so soone as the Sugar is melted take it off the fire, & scum it cleane, then cut the stalkes off the Cherries something short, and crosse them one by one with a sharp knife on the end, then put the Cherries into the red liquor, and make them boile as fast as they can, vntill they rise vp frothie, then take them off the fire and scum them, and then put in the second part of the Sugar into them, & set them on the fire againe & let them boile as fast as they can, and when they boile vp take it off and scum it, then put in the third part of Sugar, & yet againe set it ouer the fire, and when it riseth vp frothie, take it off and scum it very cleane, then set them on the fire vntill it be something thick, you may know when they are enough by dropping a little on a sawcer on the bottome of it, if it be thicke like gellie; then take them off the fire, and powre them into an earten platter, and being betweene hot and colde, put them vp in a gally pot, or put them in gally-pots to keepe all the yeere, but put a piece of white paper on them, and cover them with a piece or parchment or soft leather.

1 pound cherries, washed, dried, stems removed, pitted
2 cups sugar
1 cup water

Servings: 24

Dissolve sugar in water in a saucepan to create a simple syrup. Add cherries and simmer over low heat until syrup is red and thickened. Attach a candy thermometer to the pan cook to 220 degrees (jelly temperature). Let cool and keep refrigerated. ©2017 Chris Adler-

Per Serving (excluding unknown items): 73 Calories; trace Fat (1.0% calories from fat); trace Protein; 19g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 1 Other Carbohydrates.

France

Cook's Note: If I cannot find fresh cherries in the market the week of the event, I'm substituting dried cherries to decorate the dessert platters.

To bake Chickins with Grapes, John Murrell, A new booke of Cookerie, 1615

TRusse and scald your Chickens season them well with Pepper, Salt, and Nutmeg: and put them into your Pye, with a good piece of Butter. Bake it, and cut it vp, and put vpon the breast of your Chickins, Grapes boyld in Uergis, Butter, Nutmegge, and Sugar, with the iuyce of an Orange.

To make Paste, and to raise Coffins, The good Huswifes Handmaide for the Kitchin, 1594.

TAke fine flower, and lay it on a boord, and take a certaine of yolkes of Egges as your quantitie of flower is, then take a certaine of Butter and water, and boil them together, but ye must take heed ye put not too many yolks of Egges, for if you doe, it will make it drie and not pleasant in eating: and yee must take heed ye put not in too much Butter for if you doe, it will make it so fine and so short that you cannot raise. And this paste is good to raise all maner of Coffins: Likewise if ye bake Uenison, bake it in the paste above named.

1 pound chicken thighs, boneless, skinless
1/2 teaspoon black pepper, ground
1 teaspoon kosher salt
1/4 teaspoon nutmeg, ground
2 tablespoons butter
1 pound grapes, stemmed, washed, dried, chopped
1/2 teaspoon sugar
1/4 cup orange juice
1 cup butter
1 cup water, boiling
2 cups all-purpose flour

Per Serving (excluding unknown items): 477 Calories; 33g Fat (61.8% calories from fat); 12g Protein; 34g Carbohydrate; 1g Dietary Fiber; 108mg Cholesterol; 535mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Fruit; 6 Fat; 0 Other Carbohydrates.

Chicken pies

Servings: 8

Poach chickens until cooked, then let cool and chop finely. Combine with remaining ingredients and pour into pie crust. Bake at 350 degrees for 30 minutes.

Pie crust: Sift flour. Melt butter in hot water, then carefully stir into flour until well combined. Knead and roll out into a crust. ©2017 Chris Adler-France

Cook's Note: A LOT of Elizabethan and Stuart-era recipes contain eggs! To reduce costs, create a varied menu, and accomodate gentles with egg allergies, I've chosen to omit eggs from certain recipes where they're not necessary. I omitted the verjuice since I decided that the orange juice added enough liquid.

Cinnamon honey mustard

Mustard of Dijon, or French Mustard, Robert May, The accomplisht cook or, The art & mystery of cookery, 1660

The seed being cleansed, stamp it in a mortar, with vinegar and honey, then take eight ounces of seed, two ounces of cinamon, two of honey, and vinegar as much as will serve, good mustard not too thick, and keep it close covered in little oyster-barrels.

1/2 pound mustard seed
1 cup apple cider vinegar
1/4 cup honey
2 tablespoons cinnamon, ground

Per Serving (excluding unknown items): 56 Calories; 3g Fat (39.0% calories from fat); 2g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Servings: 25

Rinse, drain, and grind the mustard seed and mix with the vinegar, honey, and cinnamon to make a thick slurry. Let it mellow, covered but at room temperature, for a month before using. ©2017 Chris Adler-France

Beanes, Henry Buttes, Dyets dry dinner consisting of eight seuerall courses, 1632

GReat: pure: bright: without spots: not worme-eaten: yong and tender...Huske them with salt and Ma|ioram: and seeth them asunder.

1 pound fava beans, dried
10 cups water
2 teaspoons kosher salt
1 bunch fresh marjoram, washed, dried left on the stem

Per Serving (excluding unknown items): 65 Calories; trace Fat (4.0% calories from fat); 5g Protein; 11g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 162mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fat.

Servings: 24

Wash, soak the beans overnight in salted water, peel skins, and cook in fresh water, 1 tablespoon of the salt and the marjoram for two hours until tender. (I prefer to wash, drain, and then cook in boiling water for 10 minutes so it's easier to remove the skins, then pressure-cook them with the salt and marjoram for 20 minutes until tender.)

Toss the warm beans with the remaining salt. ©2017 Chris Adler-France

Cook's Note: I wanted an economical bean dish, to provide a protein for vegetarian diners, that did not contain onions or garlic (since one diner has a life-threatening allergy); I was very happy when I found this just-past period recipe.

Joseph Cooper, The Art of Cookery Refin'd and Augmented, 1654

BOyle or roast your Potatoes very tender, and blanch them; cut them into thin slices, put them into a dish or stewing|pan, put to them three or foure Pippins sliced thin, a good quan|tity of beaten Ginger and Cyna|mon, Verjuice, Sugar and Butter; stew these together an hour very softly; dish them being stewed enough, putting on them Butter and Verjuice beat together, and stick it full of green Sucket or Orrengado, or some such Liquid sweet-meat; sippit it and scrape Sugar on it, and serve it up hot to the Table.

Ginger sweet potato apple casserole

rinsed, dried, peeled, sliced
1/2 pound macintosh apples (or other soft-textured apple), scrubbed, cored, peeled, sliced
1 inch ginger root, peeled, sliced or minced
1 tablespoon cinnamon, ground
1/2 cup apple cider
1 tablespoon apple cider vinegar
2 tablespoons butter
2 tablespoons sugar

Per Serving (excluding unknown items): 49 Calories; 2g Fat (27.7% calories from fat); trace Protein; 9g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 18mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Servings: 16

Steam the potatoes until fork-tender, let cool, peel, and slice into rounds. Preheat oven to 350 degrees. Butter a 9x13 baking dish and lay potato slices across bottom. Add layers of apples with ginger root, then sprinkle with the spices, sugar, and diced butter. Bake for 20 minutes covered, then uncover and finish baking for 10 more minutes. (This also works really well in a slow cooker/Crockpot.) ©2017 Chris Adler-France (original 1999)

Cook's Note: Although this is yummy with authentic verjuice and I can easily buy it from Navarro Vineyards, a substitution of apple cider or juice and apple cider vinegar is just as delicious and much more accessible for most cooks.

Sauce for Stokfysse, Ashmole MS, 1439
Take curnylles of walnotys, and clouys of garleke, and piper, brede, and salt, and caste al in a mortar; and grynde it smal, & tempre it up with the same brothe that the fysse was sode in, and serue it forth.

Vertsaus Broun, Forme of Cury
Tak percely, a good quantite, & a litel peletre, & mynte, sauge, dytayne, grene garlyk; wasche hem, grynde smal, & bred therwyf. Tempera it wyt verius or wyt sorel & serue it forth.

Green sauce, Henry Buttes, Annotated Dyets Dry Dinner, 1599
Made of sweet herbs, as Betony, Mint, Basil: also Rose vinegar, a Clove or two, and a little Garlic

1/2 cup walnuts, toasted
2 slices bread, fresh
1 cup fresh parsley
1 cup fresh basil, fresh
1/3 cup verjuice
1 teaspoon kosher salt

Per Serving (excluding unknown items): 34 Calories; 2g Fat (58.7% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 137mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.

Servings: 16

Grind bread in a food processor to create fresh crumbs. Add the walnuts and pulse to grind without releasing the nut oil. Wash, dry, and pick the herbs off the stems. Add to the processor and pulse until ground finely, then add the vinegar to create a pesto-like consistency. Season to taste with salt. Season with salt. ©2017 Chris Adler-France

Cook's Note: I combined three period recipes to create a theoretical late-period pesto-like sauce, because I wanted a piquant sauce to offset the spices in some dishes in the meal. This would be fantastic with garlic, but since several diners have requested few or little alliums and one diner have a life-threatening allergy, there are no onions, garlic, or other alliums in this meal. Many thanks to Lady Abigail Kellogg for the homemade verjuice; an equal combination of apple cider and apple cider vinegar is a reasonable substitution for those who don't have this ingredient.

Homemade bread

To Make Manchet, Garvase Markham, The English

Hus-wife, 1615

Your best and principal bread is Manchet, which you shall bake in this manner: First your meal being ground upon the black stones, if be possible, which makes the whitest flower, and boulded through the finest boulding cloth, you shall put it into a clean Kimmel, and opening the flower hollow in the midst, put into it of the best ale-barm, the quantity of three pints to a bushell of meale and some salt to season it with; then put in your liquor reasonable warme, and kneade it very well together, with both your hands, and through the brake, or for want thereof, fould it in a cloth, and with your feete treade it a good space together, then letting it lie an houre or thereabouts to swel, take it foorth and mould it into Manchets, round, and flat, scorcht them about the wast to give it leave to rise, and prick it with your knife in the top, and so put into the oven, and bake with gentle heat.

2 cups water (90 to 100 degrees)
1 teaspoon sugar
1 teaspoon yeast (instant or active dry)
7 cups all-purpose flour
1 teaspoon kosher salt
1 tablespoon olive oil, for glazing loaves
8 tablespoons butter for serving at table

Per Serving (excluding unknown items): 417 Calories; 3g Fat (6.1% calories from fat); 11g Protein; 84g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 239mg Sodium. Exchanges: 5 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Servings: 8

Proof yeast in the water, adding the sugar to wake up the beasties. Stir 2 cups of the flour into the liquid, then the salt, and knead in much of the remaining flour is needed to form a smooth ball of dough. (May use up to 9 cups of flour, depending upon the humidity and type of flour.)

Place in a bowl covered with a cloth or dough-rising bucket and let rise for at least an hour, until doubled in bulk. Punch down dough and form into 8 rolls or one round loaf (manchet), place on a greased baking sheet, cover and let rise for an hour.

Preheat oven to 450 degrees. Slice a cut around the sides of each loaf, then form a dimple or cross on the top. Glaze with a little oil. Bake for 25 to 35 minutes, let cool on a rack. ©2017 Chris Adler-France

Hot chocolate

To Make Chocolate Cream, Elinor Fettiplace's Receipt Book, 1604 (possibly added to manuscript in the 18th Century)

Take a Quart of cream, 3 ounces of Chocolate grated, boyle it well together & let it stand till tis cold, & ye whites of 6 Eggs beaten to a Froth & sweeten it to your Taste, & then mill it up.

1/2 quart whole milk, whole
1/3 pound chocolate, grated
2 tablespoons sugar
1/2 cup heavy cream

Per Serving (excluding unknown items): 196 Calories; 14g Fat (60.4% calories from fat); 3g Protein; 18g Carbohydrate; 1g Dietary Fiber; 29mg

Servings: 8

Heat milk to a simmer, add the chocolate and stir until melted. Whip the cream with the sugar, then fold gently into the hot liquid. ©2017 Chris Adler-France

Cook's Note: I substituted whipped cream for the whipped egg whites because there were too many eggs in too many other dishes in the

Cholesterol; 39mg Sodium. Exchanges: 1/2 Non-Fat Milk; 2 1/2 Fat; 1 Other Carbohydrates.

menu.

Lamb meatballs

How to make Farts of Portingale, The good Huswifes Handmaide for the Kitchin, 1594

TAke a peece of a leg of Mutton, mince it smal and season it with cloves, Mace pepper and salt, and Dates minced with currans: then roll it into round rolles, and so into little balles, and so boyle them in a little beefe broth and so serue them fourth.

1 pound lamb shank or leg, ground
1 teaspoon black pepper, ground
1 1/2 teaspoons kosher salt
1/4 teaspoon cloves, ground
1/2 teaspoon mace, ground
1/4 cup dates, minced
1/4 cup currants, minced
1 quart beef broth (homemade: shank bones, salt, pepper, parsley, water)

Servings: 8

Grind lamb, then mix gently with the spices and dried fruit, and grind again through a meat grinder to thoroughly mix. Form into meatballs the size of golf balls, and simmer in beef broth until cooked through (about 20 minutes). ©2017 Chris Adler-France

Per Serving (excluding unknown items): 59 Calories; trace Fat (1.3% calories from fat); 6g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 993mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Fat.

Marinated carrots

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 olive oil
2 tablespoons apple cider vinegar
1/2 teaspoon black pepper, ground

Servings: 16

Bring a quart of salted water to a boil, then parboil or steam the carrots for about 8 to 10 minutes. Scoop out and drain, then immediately toss with the vinegar, oil, and the 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): 41 Calories; 3g Fat (72.1% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 126mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Minty Peas

Pease pottage, Robert May, The Accomplisht Cook, 1660

Take green pease being shelled and cleansed, put them in a pipkin of fair boiling water; when they be boil'd and tender, take and strain some of them, and thicken the rest, put to them a bundle of sweet herbs, or sweet

herbs chopped, salt, and butter; being through boil'd dish them, and serve them in a deep clean dish with salt and sippets about them.

1 pound green peas, frozen
4 tablespoons butter
1 teaspoon kosher salt
1/2 cup fresh mint, washed, dried, minced

Per Serving (excluding unknown items): 50 Calories; 3g Fat (53.0% calories from fat); 2g Protein; 4g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 149mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 1/2 Fat.

Servings: 16

Boil the peas in salted water until tender, then toss with the butter and minced herbs. Salt to taste. ©2017 Chris Adler-France (originally 1999)

Cook's Note: The original is closer to thick soup served with toast points. I chose to prepare this as simple boiled peas so as to offer a plain dish to diners to offset the spicy dishes, thus this is *not* an accurate redaction.

Rice

Boiled Rice Dry, The Closet Of Sir Kenelm Digby Knight, Opened, 1669

The manner of boiling Rice to eat with Butter, is this. In a Pipkin pour upon it as much water, as will swim a good fingers breadth over it. Boil it gently, till it be tender, and all the water drunk into the Rice; which may be in a quarter of an hour or less. Stir it often with a wooden spatule or spoon, that it burn not to the bottom: But break it not. When it is enough, pour it into a dish, and stew it with some Butter, and season it with sugar and Cinnamon. This Rice is to appear dry, excepting for the Butter, that is melted in it.

2 cups rice
4 tablespoons butter
4 cups water

Per Serving (excluding unknown items): 220 Calories; 6g Fat (25.2% calories from fat); 3g Protein; 37g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 64mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Fat.

Servings: 8

Bring water to a boil, add the butter and rice, then cover, reduce the heat, and simmer for 20 minutes. ©2017 Chris Adler-France

Cook's Note: I chose to omit the sugar and cinnamon since those ingredients are in so many other dishes in this menu.

Roast beef with au jus

To roast a Chine, Rib, Loin, Brisket, or Fillet of Beef, Robert May, The accomplisht cook or, The art & mystery of cookery, 1660

Draw them with parsley, rosemary, tyme, sweet marjoram, sage, winter savory, or lemon, or plain without any of them, fresh or salt, as you please; broach it, or spit it, roast it and baste it with butter; a good chine of beef will ask six hours roasting.

2 pounds beef shoulder
2 tablespoons fresh parsley, washed, drained, finely minced
1/2 teaspoon rosemary, dried

Servings: 8

Remove any hard fat and silverskin from roast. Mince herbs together, then combine with salt and rub all over roast. (I like to let it sit overnight in a refrigerator as a dry brine to keep the meat moist.) Sear

1/2 teaspoon thyme, dried
1/2 teaspoon marjoram, dried
1/2 teaspoon savory, dried
1/2 teaspoon sage, dried
1/2 teaspoon savory, dried
3 tablespoons kosher salt

Per Serving (excluding unknown items): 2 Calories; trace Fat (19.4% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2116mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat.

in a hot cast iron pan, if desired, then roast in a 325 degree oven with some homemade beef broth until meat thermometer registers 125 to 130 degrees (approximately 25 minutes per pound). Serve with juices in the pan. ©2017 Chris Adler-France

Cook's Note: I omitted the butter because it wasn't necessary in this recipe and that ingredient is in MANY other dishes in this feast.

Salad

Of compound Sallet, Gervase Markham, The English Hous-wife, 1615

Your compound Sallets, are first the young buds and Knots of all manner of wholesome Herbs at their first springing; as red Sage, Mint, Lettuce, Violets, Marigold, Spinage, and many other mixed together and then served up to the Table with Vinegar, Sallet-Oyl, and Sugar.

Another compound Sallet, Gervase Markham, The English Hous-wife, 1615.

To compound an Excellent Sallet, and which indeed is usual at great Feasts, and upon Princes Tables: Take a good quantity of blancht Almonds, and with your shredding knife cut them grosly; then take as many Raisons of the Sun clean washt, and the stones pickt out, as many Figs shred like the Almonds, as many Capers, twice so may Olives, and as many Currants as all the rest, clean washt, a good handful of the small tender leaves of red Sage and Spinage: mix all these well together with a good store of Sugar, and lay them in the bottom of a great dish; then put unto them Vinegar and Oyl, and scrape more sugar over all: then take Oranges and Lemons, and paring away the outward pills, cut them into thin slices, then with those slices cover the Sallet all over; which done, take the find thing leave of the red Cole-flower, and with them cover the Oranges and Lemmons all over; then over those Red leaves lay another course of old Olives, and the slices of well pickled Cucumers, together with the very inward heart of Cabbage-Lettuce cut into slices, then adorn the sides of the dish, and the top of the Sallet, with more slices of Lemmons and Oranges, and so serve it up.

8 ounces mixed lettuce, spinach, and/or kale, washed, drained, patted dry
8 ounces red cabbage, washed, dried, shredded
1/4 cup almonds, slivered, toasted
1/4 cup figs, dried, diced
1/4 cup kalamata olives, pitted, drained
1/4 cup fresh sage, fresh, washed,

Servings: 16

Mix together olive oil, vinegar, salt, and sugar to create dressing. Plate the salad in layers as described, or just toss everything together with the dressing. ©2017 Chris Adler-France

Cook's Note: I omitted the currants simply because they're in two other recipes and I think the salad works fine with just figs. I also omitted the capers simply because the olives provide enough tart contrast and I wanted to keep costs down, but they're certainly a yummy addition.

dried, chopped
1/4 cup fresh mint, fresh, washed,
dried, chopped
1 large orange, washed, dried, peeled,
thinly sliced or segmented
1 large English cucumber, washed,
dried, peeled, quartered and thinly
sliced
1/2 cup olive oil
1/4 cup apple cider vinegar or
balsamic vinegar
1 pinch kosher salt
1 pinch sugar

Per Serving (excluding unknown items): 94 Calories;
9g Fat (83.2% calories from fat); 1g Protein; 3g
Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol;
68mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean
Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other
Carbohydrates.

Shortbread

*To make Shrewsbury Cakes, John Murrell, A
Delightfull daily exercise for Ladies and Gentlewomen,
1617*

*Take a quart of very fine flour, eight ounces of fine
sugar beaten and cersed, twelve ounces sweet butter,
nutmeg grated, damaske rosewater- work together with
your hands for halfe an houre, then roule in little round
cakes about the thickness of three shillings, then take a
glasse and cut the cakes, then strow some flower on
white papers and bake them in an oven as hotte as for
manchet. If the oven be not hotte sett your lid downe (
there is a long explanantion for testing/changing the
heat in the period oven which i have omitted) until
they be baked enough, for they must lokke browne not
white. you may keep them halfe a yeare but new baked
are best.*

2 cups all-purpose flour
1 cup butter, softened
1/2 cup sugar
2 teaspoons nutmeg, freshly grated

Per Serving (excluding unknown items): 123
Calories; 8g Fat (56.9% calories from fat); 1g
Protein; 12g Carbohydrate; trace Dietary Fiber;
21mg Cholesterol; 78mg Sodium. Exchanges: 1/2
Grain(Starch); 1 1/2 Fat; 1/2 Other Carbohydrates.

Servings: 24

Sift flour. Beat the butter well, then add the sugar and beat until fluffy. Add the nutmeg and flour, and mix until just incorporated. (You may wish to chill the dough for half an hour at this point to make it easier to work with.)

Preheat oven to 350 degrees. Roll out dough to about 1/2-inch thick and cut out round, square, or diamond-shaped cookies with a cutter. (Or, press into an 8x8 pan.) Bake on a greased baking sheet for 15 to 20 minutes until golden brown. Sprinkle with sugar while warm.

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Cook's Note: Although wafers would be a more accurate dessert item in this menu than shortbread, I opted for a sweet recipe that did not include eggs so as to reduce the number of egg-heavy dishes in the total menu. I omitted the rosewater because it's in the macaroons.

Sift flour. Beat butter, then add the sugar and continue beating until

lightened and fluffy. Add the nutmeg and rosewater, then add the flour and beat until just combined. (Although not part of the original recipe, chilling the dough for half an hour at this point makes it easier to work with.)

Yorkshire-style pudding

To make a Bagge Pudding, Elinor Fettiplace's Receipt Book, 1604

Take thicke Creame and make yt somewhat hotter then bloud warme, then take half a dosen egges and beate them well and mingle them wth yor Creame then ad to yt a little parsely and winter savory cut very smale and some nutmegges sugar and a little salte then put to yt as much Crumes of bread and fine flower as will make yt thicker then Batter for pan-Cakes, then wett yor bagge in cold water and put yt in and when yor water boyles put him into yt, yt must not bee boyled wth meate but alone in fayre water.

1 pint whole milk
8 large eggs
1/2 bunch fresh parsley, washed, dried, minced
1/2 bunch fresh savory, washed, dried, minced
1 teaspoon kosher salt
2 cups all-purpose flour

Per Serving (excluding unknown items): 146 Calories; 5g Fat (28.4% calories from fat); 7g Protein; 18g Carbohydrate; 1g Dietary Fiber; 130mg Cholesterol; 215mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Servings: 12

Blend together ingredients in a blender or food processor, then let sit at room temperature for half an hour to let the gluten calm down. Preheat oven to 450 degrees.

Pour into a greased pie plate and bake for 20 to 25 minutes. ©2017 Chris Adler-France

Cook's Note: I omitted the nutmeg to reduce the amount of spices in the total meal, and I also opted to bake these puddings in pans rather than in an accurate pudding bag. Notice how, unlike Victorian Yorkshire pudding, the original cautions the cook NOT to bake this with a roast!