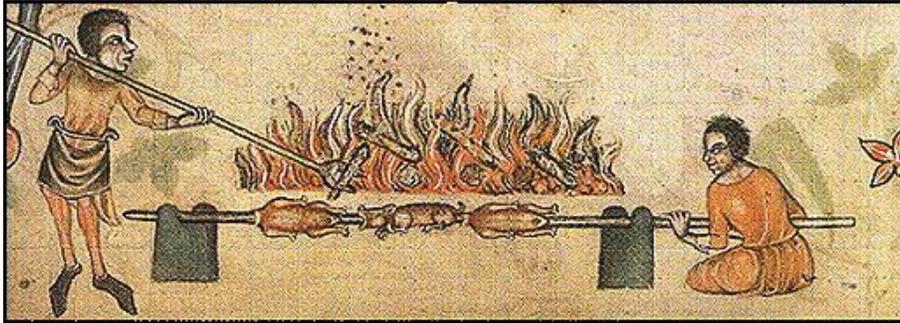


Pax Interruptus 41

The Many-Head Cooks Meal



July 8, 2017, AS LII, Barony of Thescorre

LUNCH MENU

Iced Water with choice of Lemon Syrup, Sikanjabin (mint vinegar) Syrup, or Lemon Slices

Dried Fruit

Olives

Homemade Flatbread

Herb- & Garlic-Marinated Chicken Kabobs

Lentil Soup in hot cups (diced bacon offered on side)

Fried Parmesan Zucchini Spears

Caraway & Pepper Cucumbers

Pickled Carrots

Cinnamon Shortbread

Butter Cookies with Currants

Illustration from the Lutrell Psalter, courtesy of <http://www.godecookery.com/afeast/kitchens/kit034.html>

Head Cooks

Duchess Branwyn ferch Gwythyr (*flatbread*)

Lady Cairistiona Symon (*lentil soup, grilling expertise*)

Lady Dubheasa inghean Dubgail (*shortbread*)

Lord Eldjarn the Thoughtful (*pickled carrots, butter cookies*)

Lady Khalekin Erbekei (*nee Talia of Thescore*) (*chicken*)

Lady Lasairfhiona inghean Aindriasa (*zucchini, cucumbers*)

Menu Planning Guidance

Mistress Bryn ni MacRose

Feast Book, Budgeting, Kitchen Management, & Drinks

Baroness Katja Davidova Orlova Khazarina

Cauldron Bleu Cooks Guild, Prep Cooks, & Kitchen Staff

Baron Eric Grenier de Labarre

Lady Ragna Fielan

Lady Margareta (*nee Megan Corwinsdaughter*)

Baron Tigernach mac Cathail

Lady Elzbieta Traidenyte

Lord Andrew of Thescore

Carter of Thescore

Dylan of Thescore

Butter Cookies with Currants (baked by Lord Eldjarn)

Excellent Small Cakes, The Closet of the Eminently Learned Sir Kenelme Digbie Knight Opened: Whereby is Discovered Several Ways for making of Methbeglin, Sider, Cherry-Wine, &c., Together with Excellent Directions for Cookery, As also for Preserving, Conserving, Candyng, &c.
 Take three pound of very fine flower well dried by the fire, and put to it a pound and a half of loaf sugar sifted in a very fine sieve and dried; 3 pounds of currants well washed, and dried in a cloth and set by the fire; when your flour is well mixed with the sugar and currants, you must put in it a pound and a half of unmelted butter, ten spoonfuls of cream, with the yolks of three newlaid eggs beat with it, one nutmeg; and if you please, three spoonfuls of sack. When you have wrought your paste well, you must put it in a cloth, and set it in a dish before the fire, till it be through warm. Then make them up in little cakes, and prick them full of holes; you must bake them in a quick oven unclosed. Afterwards ice them over with sugar. The cakes should be about the bigness of a hand breadth and thin; of the size of the sugar cakes sold at Barnet.

3 cups all-purpose flour
3/4 cup sugar
3/4 pound currants
12 tablespoons butter
1/2 cup cream
1 large egg yolk
1/2 teaspoon nutmeg, freshly ground
2 teaspoons dry white wine
1/4 cup sugar (ground fine in a food processor)
2 tablespoons cream

Per Serving (excluding unknown items): 198 Calories; 8g Fat (34.1% calories from fat); 3g Protein; 31g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 63mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Servings: 24

(Adapted from redaction in A Miscellany, <http://www.pbm.com/~lindahl/cariadoc/desserts.html> and Katja's redaction at <http://www.katjaorlova.com/smallcakes.htm>)

Sift together the flour and sugar, then mix thoroughly with the currants. Cut in the butter, then add the cream, yolks, nutmeg, and wine. Roll out to between 1/4- to 1/8-inch thickness, cut out with a 2-inch cookie cutter. Prick them with the tines of a fork and bake on greased sheets (or parchment) for 15 to 20 minutes at 400 degrees Fahrenheit. Let cool slightly on a rack. Mix the remaining sugar and cream together to make an icing, and frost the cookies. Yields about 2 dozen 3-inch diameter cookies.

Caraway & Pepper Cucumbers (Prepared by Lady Lasairfhiona)

Cucummern, Ein New Kochbuch, Marx Rumpolt Peel the Cucumbers/ and cut them broad and thin/ season them with oil/ pepper and salt. But if they are salt-preserved/ they are also not bad/ are better than raw/ because one can salt it with Fennel and with caraway/ that both can be kept over one year. And near the Rhine-stream one calls it Cucummern.

1 pound English cucumbers
1 teaspoon kosher salt
1 teaspoon black pepper, ground
1 teaspoon caraway, roughly crushed
2 tablespoons extra virgin olive oil

Per Serving (excluding unknown items): 31
Calories; 3g Fat (97.4% calories from fat); trace
Protein; trace Carbohydrate; trace Dietary Fiber;
0mg Cholesterol; 235mg Sodium. Exchanges: 0
Grain(Starch); 1/2 Fat.

F

Servings: 8

(Redaction adapted from Medieval Cuisine
<http://www.medievalcuisine.com/Euriol/recipe-index/cucummern>)

Wash cucumbers and dry, cut off ends, peel if desired. Slice lengthwise into four spears, sprinkle with salt, pepper, and caraway, then drizzle with oil. Toss well.

Yield: 1 pound

Flatbread (Made by Duchess Branwyn)

Bread, Ain i Akbari

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 kbushka; it tastes very well when served hot.

3 1/2 cups all-purpose flour
1/2 cup butter
1 cup whole milk
1/2 tablespoon kosher salt

Per Serving (excluding unknown items): 213
Calories; 9g Fat (37.0% calories from fat); 5g
Protein; 29g Carbohydrate; 1g Dietary Fiber; 23mg
Cholesterol; 324mg Sodium. Exchanges: 2
Grain(Starch); 0 Non-Fat Milk; 1 1/2 Fat.

Servings: 12

(Adapted from redaction in A Miscellany, webbed at
<http://www.godecookery.com/friends/frec111.htm>)

Melt the butter, stir it into the flour until only slightly lumpy, then stir in the milk until thoroughly mixed and knead until smooth. Place dough ball in a bowl or dough bucket and cover with a damp towel or lid, let rise for an hour.

Press down gently, knead briefly until supple and elastic, adding a sprinkle of flour if necessary. Divide into 12 equal portions, and cover 11 while rolling out one portion into a circle roughly 4 to 5 inches in diameter. Heat a cast iron or heavy steel skillet or griddle to medium heat (do not grease or add oil, it is not necessary). Add as many flatbreads as comfortably fit and let cook for 2 minutes until browned in spots on the bottom; most of them should puff up at least a little. Flip and let cook on the other side for about 2 more minutes until browned in spots.

NOTE: Although I've made these with the ghee specified in the original, I've discovered the recipe works perfectly fine with plain melted butter.

Fried Parmesan Zucchini (Fried by Lady Lasairfhiona)

Zucche Fritte, Libro de arte coquinaria, Martino de Como

Take gourds and clean them well. Then slice them across in slices as thin as the blade of a knife. And

then give them a single boil in water, and remove; and then allow them to drain. And sprinkle on them a very small amount of salt and toss them in flour, and fry them in oil. Then remove them, and take a little fennel seed, a little garlic and the inside of a slice of bread; and grind these together and blend with a very little verjuice, and pass through the sieve and sprinkle this sauce on the gourds. They are also good seasoned simply with verjuice, and fennel seed. And if you prefer the said sauce to be yellow add a little saffron

1 pound zucchini (2 to 3 medium zukes)
1 teaspoon kosher salt
1/2 cup Parmesan cheese, grated
1/4 cup olive oil

Per Serving (excluding unknown items): 90 Calories; 8g Fat (80.8% calories from fat); 3g Protein; 2g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 330mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Servings: 8

(Redaction adapted from Medieval Cuisine
<http://www.medievalcuisine.com/Euriol/recipe-index/zucche-fritte>)

Wash and dry zucchini, slice lengthwise into four spears, microwave for 1 minute or parboil for 1 minute to partially cook (you don't want to fully soften and cook them here, just enough so that they will be tender in the time it takes for the cheese to nicely brown on them). Sprinkle with salt, dredge in parmesan, and fry in oil over medium heat until browned.

NOTE: Since many of Martino's fried recipes use grated Parmesan (as does most modern versions of this dish), we opted to substitute parmesan for the flour specified in the original. We omitted the garlic due to a severe airborne allergy, and the fennel seeds since they are in the carrot recipe.

Yield: 1 pound

G

Grilled Chicken Kabobs (Grilled by Lady Talia)

Note on the Kinds of Roast, An Anonymous Andalusian Cookbook of the 13th Century
Although roasts are easy dishes, it is fitting that what has already been explained be followed, except that concerning the "covering." Take meat of a young, plump animal and cut it with a knife in thin fillets, so that the meat is mixed with fat, without bones, from the tender parts, meat from the shoulder or hip or similar things. Place it in a dish and pour on it whatever is needed of murri naqi, vinegar, thyme, pepper, pounded garlic, and a little oil; beat everything and coat the fillets with this; then order them on a spit, not placing the ones between the others, so that the fire reaches them, and turn them on the spit on a charcoal fire, turning continuously, until they are cooked and browned. Baste with this sauce, being careful until done; then sprinkle with this sauce or made mustard, already prepared, and use. This strengthens and increases the blood, but is difficult to digest and slow to go down.

4 pounds skinless boneless chicken

Servings: 8

Slice chicken breasts into long slices, approximately four per breast.

breast

1/2 cup olive oil

4 cloves garlic, minced

1 teaspoon thyme (dried or fresh)

1 teaspoon black pepper, freshly ground

1 teaspoon kosher salt

1/2 cup balsamic vinegar

Per Serving (excluding unknown items): 375 Calories; 16g Fat (40.4% calories from fat); 53g Protein; 2g Carbohydrate; trace Dietary Fiber; 132mg Cholesterol; 383mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.

Mix together all of the marinate ingredients except for the vinegar, pour onto chicken in a ziploc bag or sealed container, stir or shake well, then marinate in the refrigerator for at least 2 hours.

Add the vinegar, stir, let sit for half an hour to an hour. (If you marinate chicken in an acid for more than hour, the meat will become mushy.) Thread the chicken onto skewers. Grill until thermometer is 160, take off, cover with aluminum to let carry-over temp bring the chicken up to 165. (c)Chris Adler-France 2017.

NOTE: I tried making homemade murri for this recipe 17 years ago, and it was not a joyful experiment. Culinary historians agree that modern soy sauce is a reasonable substitute for this medieval condiment, but we chose not to use this due to modern soy allergies.

Yield: 4 pounds

L

Lemon Syrup Drink (Made by Baroness Katja)

Syrup of Lemon, An Anonymous Andalusian Cookbook of the 13th Century

Take lemon, after peeling its outer skin, press it and take a rattl of juice, and add as much of sugar. Cook it until it takes the form of a syrup. Its advantages are for the beat of bile; it cuts the thirst and binds the bowels.

1 pound lemons

4 cups sugar

2 1/2 cups water

Per Serving (excluding unknown items): 159 Calories; trace Fat (0.3% calories from fat); trace Protein; 42g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Fruit; 2 1/2 Other Carbohydrates.

Servings: 20

(Adapted from recipe in A Miscellany, <http://www.pbm.com/~lindahl/cariadoc/drinks.html#3>)

Wash and dry the lemons, then zest them and set aside the zest. Slice in half and juice the lemons.

Dissolve the sugar in the water and bring to a boil. Add the lemon juice and simmer for half an hour. Add the zest and let steep in the mixture as it cools. Strain out the zest and decant into a sealable bottle. Dilute syrup to taste with cold or iced water, usually somewhere around 2 tablespoons to 16 ounces of water.

Yield: 1 pint

Lentil Soup (with bacon!) (Cooked by Lady Cairistiona)

Guiso de Lentejas, Fadālat al-Jīwan fi tayyibat al-ta'am wa-l-alwan by Ibn Razīn at-Tugibi

Wash lentils and boil them in a pan with fresh water, oil, pepper, cilantro and chopped onion. When done add salt, a little saffron and vinegar, break three eggs into the mixture and beat a few minutes. Another version is to omit the onion. It can be made with chopped taro that has been boiled or with starch dissolved over low heat. When lentils begin to thicken

slowly add good lard or virgin oil as they soak it up until sufficiently cooked and have absorbed enough. Then remove them from the heat and sprinkle with pepper.

1 pound brown lentils
6 cups water
2 pinches saffron
1 teaspoon kosher salt
1 medium onion
1/4 cup olive oil
1/2 cup red wine vinegar
3 large eggs, lightly beaten
1 pound bacon

Per Serving (excluding unknown items): 279 Calories; 24g Fat (78.8% calories from fat); 13g Protein; 2g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 778mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Servings: 12

(Redaction adapted from Medieval Cuisine, <http://www.medievalcuisine.com/Euriol/recipe-index/guiso-de-lentejas>)

Fry bacon until crisp, drain, and chop or break into bits, set aside.

Sort, rinse, and drain lentils. Place in a pot, Dutch oven, or slow cooker with all ingredients except vinegar, eggs, and bacon. Bring to a boil, reduce and let simmer until lentils are tender, about 40 minutes. Stir in the vinegar and eggs, offer bacon on top, if desired.

NOTE: Bacon is *really* not accurate for an Arabic dish, but this allowed us to make a vegetarian main dish that could easily and cheaply be palatable to carnivores. Lentils do not have to be soaked before cooking, as is helpful with most dried legumes.

Yield: 1 1/2 quarts

P

Pickled carrots (Cooked by Lord Eldjarn)

Compost, Forme of Cury

103. Compost. Take rote of persel, of pasternak, of rafens, scrape hem and waische hem clene. Take rapes & caboches, ypared and icorne. Take an erthen panne with clene water & set it on the fire; cast alle pise perinne. Whan pey both boiled cast perto peeres, & parboile hem wel. Take alle pise thynges vp & lat it kele on a faire cloth. Do perto salt; whan it is colde, do hit in a vessel; take ryneger & powdour & saffroun & do perto, & lat alle pise thynges hie perin al nyyt, oper al day. Take nyne greke & hony, clarified togider; take lumbarde mustard & raisons coraunce, al boole, & grynde powdour of canel, powdour douce & aneys hole, & fenell seed. Take alle pise thynges & cast togyder in a pot of erthe, & take perof whan pou wilt & serue forth.

1 pound baby-cut carrots
1/2 teaspoon kosher salt
3 tablespoons apple cider vinegar
3 threads saffron
2 cups wine (we used alcohol-free wine)
1/4 cup honey
1/2 tablespoon mustard seed, roughly ground

Servings: 12

(Adapted from redaction at GodeCookery.com <http://www.godecookery.com/goderec/grec5.htm>)

Bring a small pot of water to the boil, add the carrots, and simmer for 5 minutes until slightly tender and soft but not mushy. Drain and pour into a glass bowl or large glass jar. Sprinkle on the salt, then add the vinegar and saffron, stir, and let stand for several hours or overnight.

1/3 cup raisins
1 tablespoon ground cinnamon
1/2 tablespoon fennel seed, roughly ground

Per Serving (excluding unknown items): 69 Calories; trace Fat (4.4% calories from fat); trace Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 106mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

S

Heat the wine to boiling with the remaining ingredients, then pour over the carrot mixture, mix well, let cool, and seal. Store in the refrigerator for one to two weeks.

NOTE: We chose to pickle just carrots rather than including the cabbage, parsnips, turnips, radishes, and pears specified in the original recipe. Due to a severe allergy, we opted to omit the ginger.

Yield: 1 pound

Shortbread (Baked by Lady Dubheasa)

To Make Fine Cakes, Gervase Markham, The English Huswife

Take a pottle of fine flour, and a pound of butter, a pound of sugar, a little mace and a good store of water to mingle the flour into a stiff paste, and a good season of salt and so knead it, and roll out the cake thin and bake them on papers.

3/4 cup butter, softened
1/8 teaspoon kosher salt
3/8 cup sugar
1/8 tablespoon cinnamon, ground
1 1/2 cups all-purpose flour

Per Serving (excluding unknown items): 176 Calories; 11g Fat (56.8% calories from fat); 2g Protein; 18g Carbohydrate; trace Dietary Fiber; 30mg Cholesterol; 141mg Sodium. Exchanges: 1 Grain(Starch); 2 Fat; 1/2 Other Carbohydrates.

Servings: 12

(Redaction adapted from GodeCookery.com
<http://www.godecookery.com/friends/frec13.htm>)

Cream together sugar, salt, & butter. Mix together cinnamon and flour. Add this to creamed mixture, adding water as needed to make the dough manageable. Press dough into a baking sheet lined with baking parchment; prick with fork at regular intervals.

Bake at 325° F for 30 minutes; cut into squares while still warm.

Sikanjabin (mint vinegar drink) (Made by Baroness Katja)

Syrup of Simple Sikanjabin (Oxymel), An Anonymous Andalusian Cookbook of the 13th Century

Take a ratl of strong vinegar and mix it with two ratls of sugar, and cook all this until it takes the form of a syrup. Drink an ūqiya of this with three of hot water when fasting: it is beneficial for fevers of jaundice, and calms jaundice and cuts the thirst, since sikanjabin syrup is beneficial in phlegmatic fevers: make it with six ūqiyas of sour vinegar for a ratl of honey and it is admirable.

4 cups sugar (may substitute honey)
2 1/2 cups water
1 cup white wine vinegar (apple cider vinegar, wine vinegar, etc. all good

Servings: 20

(Adapted from recipe in A Miscellany,
<http://www.pbm.com/~lindahl/cariadoc/drinks.html#3>)

choices)

2 cups fresh mint leaves, washed and patted dry

Per Serving (excluding unknown items): 160
Calories; 0g Fat (0.0% calories from fat); trace
Protein; 41g Carbohydrate; 1g Dietary Fiber; 0mg
Cholesterol; 4mg Sodium. Exchanges: 0
Vegetable; 2 1/2 Other Carbohydrates.

Dissolve the sugar in the water and bring to a boil. Add the vinegar and simmer for half an hour. Add the mint and let steep in the mixture as it cools. Strain out the mint and decant into a sealable bottle. Dilute syrup to taste with cold or iced water, usually somewhere around 2 tablespoons to 16 ounces of water.

Yield: 1 pint