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Hummus – 75 servings

2 #10 cans of chick peas

19 cloves of garlic

3.25 c lemon juice

3.25 c water

2.5 c tahini

Spikenard and Parsley – for serving

7 tsp cumin = 1.16 oz

Instructions

Combine all ingredients in a food processor and puree to smooth consistency. Spread evenly in shallow pans, cover and chill for 4 hrs.

Kanz al-fawā'id fī tanwī' al-mawā'id – base recipe for hummus with flavorings added

<https://recipes.hypotheses.org/10414>

Supplies Needed – serving bowl (6 in), spoon, food processor, bowl for refrigerator, rubber spatula

Spiced Honey Walnuts



BASIC RECIPE:

1.5 c walnuts - 1 lb = 3-3-3/4 c

1 T butter

3 T honey

1/8 t cinnamon

1/8 t ginger

3 lbs walnuts

7 T butter

10.5 oz honey

1 t cinnamon

1 t ginger

INSTRUCTIONS

1. Line a baking sheet with foil or parchment paper. Set aside.
2. Melt butter over medium heat in a non-stick skillet. Mix in the honey and cinnamon and then mix in the nuts.
3. Cook over medium heat for 5 minutes, stirring often until coated and toasted.
4. Pour nuts onto the lined baking sheet and quickly separate the nuts using a spatula or fork. Let cool (about 5 minutes) and enjoy!
5. <http://www.medievalcuisine.com/site/medievalcuisine/Euriol/recipe-index/nucato>>

SUPPLIES NEEDED: baking sheet, paper, serving bowl (6-9 in), spoon

Salat of Apples and Onions 100 servings



- 1 medium gala apple - .33 lbs
- 1/2 medium sweet onion .5 lbs
- 1 Tbsp. olive oil
- 1 tsp. red wine vinegar
- 1/2 tsp. black pepper

Peel and cut apple into small cubes. Dice onion into similar sized pieces. Mix apples and onions together. Mix oil, vinegar, and pepper and pour over apples and onions. Serve.

Please note that the quantities are estimates. You can vary the amounts according to your personal taste.

10 lbs apples cored (approx. 30 apples)

15 sweet onions (approx. 7 lbs)

15 oz olive oil

5 oz red wine vinegar

5 T black pepper (2.5 oz)

SUPPLIES NEEDED:

Cutting board, knife, apple corer, holding containers, slotted serving spoon, serving bowl (9 in)

Cucumber Onion Salad 100 servings

Ingredients

- 25 cucumbers sliced
- half medium Vidalia onion
- 6.25 cup white vinegar
- .5 c sugar
- .25 c Salt
- .25 c fresh ground black pepper
- 12.5 clove garlic finely minced or 15-18 tsp minced garlic = 1/3 c minced
- 6.25 cup water

Instructions

1. Place cucumber slices into large bowl. Cut Vidalia onion into long thin strips and add to the bowl.
2. In 2-cup measuring cup, add vinegar, sugar, salt, garlic, and water. Mix well with a fork and pour over cucumber and onions. Cover tightly with plastic wrap and store in the refrigerator at least an hour before serving.

SUPPLIES NEEDED:

Cutting board, knife, holding containers, slotted serving spoon, serving bowl (9 in)

Roasted Rice

This sweet rice dish is an excellent starch side dish to any meal, period or otherwise.



Country: Italy

Century: 16th

- 1 cup uncooked rice
- 2 cups water
- 2 oz. grated parmesan cheese
- 2 oz. shredded mozzarella
- 2 oz. sugar

Cook rice with water. Mix rice, sugar, and parmesan cheese and put into a baking dish (9x9).

Cover rice with mozzarella cheese. Bake at 350°F until mozzarella begins to brown (about 15-20 minutes).

150 muffin cups

Ingredients

5 lbs uncooked brown rice (approx. 12 cups)

Drizzle of olive oil

24c water

24 oz parmesan cheese

24 oz mozzarella cheese

1.5 c sugar

Muffin liners

1. Boil 5 lbs Rice as per instructions on container – do not add butter or salt, pour a little olive oil into the water. Allow rice to cool.

2. Mix Rice, sugar and parmesan cheese.

3. Line muffin tins with liners

4. Use an ice cream scoop, portion out into muffin trays

5. Bake at 350 for 15-20 minutes

6. Warm in oven, hot hold in a buffet pan

SUPPLIES NEEDED: pot to boil rice, ice cream scoop, stirring spoon, buffet tray for cold holding, buffet tray for hot holding, sterno, stand for buffet tray, tongs, muffin liners, muffin trays

Vegetable Trays



- Carrots (baby carrots)
- Celery
- Cucumbers
- Mushrooms
- Cauliflower
- Broccoli
- Radish
- Grapes
- Oranges – quartered
- 4 lbs olives
- 12 lbs pickles Assorted
- Pickled carrot, radish and cauliflower mix

4 oz/person@125 people = 32 lbs of fresh vegetables

12 lbs baby carrots
3 lbs celery (3 stalks)
7 lbs cucumber (approx. 10 cucumbers)
6 heads of broccoli (approx. 1 lb)
2 head of cauliflower (approx. 2 lb)
2.5 lbs White Mushrooms, quartered
2.5 lbs bella mushrooms quartered
2 lbs radish, sliced

Ginger Cheesecake Torta Bianca

Source: Libro de arte coquinaria by Maestro Martino de Como, 15th century

Original Recipe:

Torta Bianca: Piglia una libra et meza di bono cascio fresco, et taglialo minuto, et pistalo molto bene, et piglia dodici o quindici albume o bianchi d'ova, et macinali molto bene con questo cascio, agiogendovi meza libra di zucchero, et meza oncia di zenzevero del più bianco che possi havere, similmente meza libra di strutto di porcho bello et bianco, o in loco di strutto altrettanto botiro bono et fresco, item de lo lacte competentemente, quanto basti, che serà asai un terzo di bocchale. Poi farrai la pasta overo crosta in la padella, sottile come vole essere, et mectiraila a cocere dandoli il focho a bell'agio di sotto et di sopra; et farai che sia di sopra un pocho colorita per el caldo del focho; et quando ti pare cotta, cacciala fore de la padella, et di sopra vi metterai del zucchero fino et di bona acqua rosata.

Translation: (from The Art of Cooking: The First Modern Cookery Book)

Take a *libra* and a half of good fresh cheese and cut it up fine, and pound it very well; take twelve of fifteen egg whites and blend them very well with this cheese, adding half a *libra* of sugar and half an *uncia* of the whitest ginger you can find, as well as a half *libra* of good, white pork lard, or instead of lard, good, fresh butter, and some milk, as much as needed; this will be a good third of a *boccale*. Then make the pastry, or crust, into the pan, as thin as it ought to be, and cook it nicely with fire both below and above; and make sure that the top is a little colored from the heat of the fire; and when it seems cooked, remove it from the pan and put fine sugar and good rose water on top.



Pie crust (total of 6 normal crusts)

- 6 cups plus 6 T flour
- 3 t salt
- 2 c chilled butter, cut into 1/4-1/2 in pieces
- 12 egg yolks
- 18 oz ice water w/6 oz in reserve

1. **Make Pastry:** Mix flour and salt in medium bowl. Cut in shortening, using pastry blender or fork, until mixture forms coarse crumbs the size of small peas. Sprinkle with the water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added, if necessary).
2. **Chill Pastry:** Gather pastry into ball. Shape into a rectangle approx. 1 inch thick. Wrap rounds in plastic wrap and refrigerate 45 minutes or until dough is firm and cold, yet pliable
3. **3. Roll Out Bottom Crust:** Using floured rolling pin, roll one pastry round on lightly floured surface into a round 2 inches larger than upside-down 9-inch glass pie plate.

Notes:

18 oz. ricotta cheese	¾ cup sugar
6 large egg whites	¾ cup butter
2 Tbsp. powdered ginger	2 Tbsp. Rosewater
⅓ cup milk	2 Tbsp. fine sugar

- 108 oz ricotta cheese
- 36 egg whites
- 12 T powdered ginger
- 4 c milk
- 4.5 c sugar
- 4.5 c butter
- 12 T rosewater
- 12 T powdered sugar

Beat in cheese and eggs together until smooth. Add ginger, milk and butter to the egg and cheese mixture and mix well. Pour the mixture into the pie crust and bake at 350°F for 50-55 minutes. Just after the torta comes out of the oven sprinkle with rosewater and fine sugar. Yields 1 9 inch *torta*.

SUPPLIES: Rolling Pin, Pastry Cutter, mixing bowl (2), mixer, measuring cups, knife, something to roll on, egg separator, serving tray, full sheet tray

<http://www.medievalcuisine.com/Euriol/recipe-index/torta-bianca>>

Bread and butter



10 loaves bread, sliced and cut in half (various)

1 lb butter

1 lb honey butter

½ lb Italian Herb butter

Supplies; Bread Knife, gallon bags, cutting board, tray, 3 bowls, 3 knives for serving, tongs

Cheese Tray



2 oz per person for 150 people = 300 oz = 37.5 8 oz packages

- 5 lbs cubed cheddar
- 5 lbs Colby cubed
- 1 lb muenster
- 1 lb provolone
- 1 lb swiss
- 1 lb mozzarella
- 1 lb pepperjack
- 1/2 lbs Salami
- 1 lbs Pepperoni
- 2 lbs Ham, roasted and chilled and sliced
- Mustard

Supplies : knife, cutting board, tray

Almond Cookies

Ricciarelli (Almond Cookies)



This is the original recipe I found. I decided to use a second version of the recipe for several reasons. Almond flour was less expensive than 40 cups of peeled whole almonds. My dog likes to attempt to eat everything that is left out, so leaving cookies to dry for 10 hrs like it says on the original website was unlikely to happen successfully in my home.

“Sienna has claimed these chewy treats as its own since the 14th century. Today, they're enjoyed throughout Tuscany as a popular Christmas cookie.

2 cups peeled whole almonds

1 cup sugar

1 1/4 cup powdered sugar and extra for dusting

1/4 cup orange peel, finely chopped

1 egg white, beaten stiff

rice paper

Spread the almonds out on a cookie sheet and bake in a preheated oven at 400 degrees for 3-5 minutes. Grind them in a mortar and pestle and put into a mixing bowl. Stir in the sugars, orange peel and fold in the egg white. Shape into small ovals. Place on cookie sheets line with rice paper and let rest for about 10 hours. Bake in a preheated oven at 300 degrees for about 1 hour or until golden. DO NOT BROWN and they should remain soft for several days. Cool and dust with extra powdered sugar. Serves 6-8.”

<<http://www.italiantrips.com/italian-recipes-2.htm>>

Ingredients – 20 cookies

- 2 egg whites
- 1 dash lemon juice
- 2 1/4 cups almond flour
- 1 3/4 cups powdered sugar
- 1 pinch salt
- 1/4 tsp baking powder
- 1 tsp orange zest about half a large orange
- 1 tbsp almond extract
- 1 tsp vanilla extract
- 1/2 cup powdered sugar for coating cookies
- <https://www.pinchmeimeating.com/ricciarelli/>

Ingredients – 120 cookies (6 Batches)

- 12 egg whites
- 1 T lemon juice
- 13.5 c almond flour
- 10.5 c powdered sugar
- 1 t salt
- 1.5 t baking powder
- 6 t orange zest
- 6 T almond extract
- 6 t vanilla extract
- Extra powdered sugar for coating

Instructions

1. Whip egg whites and lemon juice together with a stand mixer or hand mixer until stiff peaks form.
2. Using a fine mesh sieve, sift in almond flour, 1 3/4 cups powdered sugar, salt, and baking powder and fold into egg whites. I don't do it all at once but maybe in 2-3 batches. Try to keep some air in the egg whites, but at this point it will form a pretty sticky dough rather than a fluffy meringue.
3. Add orange zest, vanilla extract, and almond extract and fold in until combined.
4. Line a baking sheet with parchment paper. Using clean hands, roll dough into balls about 1" in diameter, then roll in powdered sugar until well coated. Shape into an oval, then arrange on baking sheet with some space between them for spreading, and flatten slightly.

5. Leave at room temperature for about an hour or until the tops have dried out and formed almost a little shell. (This may take longer in humid areas.) Pre-crack the shell by squeezing the cookies slightly from opposite corners. (Not doing this won't affect the taste, but pre-cracking them makes them much prettier if you want that beautiful white-gold contrast!)

6. While cookies are drying, preheat oven to 300 degrees. When the cookies are ready, bake for about 20 minutes. Cool and store in an airtight container. These are even better the next day and are great with coffee or tea!

Supplies: baking paper, cookie trays, mixing bowl, rubber spatula, spatula, airtight container, serving tray

Biscotti – aniseed flavored biscotti

http://helewyse.medievalcooking.com/Harvest_Days.html#Pizza >



Ingredients for 3 9x13 pans

16 eggs (organic free range, size large)

36 oz sugar (pure cane)

36 oz all-purpose flour (stoneground organic white)

6 teaspoons anise seed (*Pimpinella anisum*) ground finely

pinch salt x3

“The oven was preheated to 360°F and 3 9 x 13” non-stick pan was greased with butter.

Eggs were beaten and strained to remove membranes. Sugar, flour and anise seed was added to the mixture which was beaten with a wooden spoon for ten minutes. After this time no air had been incorporated into the batter, and it was transferred to a KitchenAid stand mixer and beat at medium speed for 5 minutes. The batter was then allowed to rest for thirty minutes. Following resting the biscotti batter was re-beaten for five minutes. This was then poured into the greased pan and leveled by gently tapping the pan on the counter. The biscotti were cooked for thirty-five minutes, until the batter came away from the side of the pan and the center was springy and dry to the touch.

The cake was turned onto a cutting board, the edges and bottom were then trimmed with a sharp knife. This trimming, while not requested in the original recipe was performed as the bottom and sides of the biscotti were very dark, almost black. As we are given instructions to stop the biscotti from browning in other recipes it was assumed that they should be as

pale as possible. Thus the dark cooked edges were removed to improve aesthetic appearance. The cake was then cut down the middle, resulting in two 4.5" wide pieces, these pieces were then sliced thinly to yield the biscotti. Biscotti were arranged on baking sheets lined with cooking parchment and returned to the oven that had been reduced in temperature to 210°F. Every 15 minutes the biscotti were removed from the oven and turned over, the biscotti were cooked for 90 minutes. After which time the biscotti were moved to a rack, the oven was turned off and the biscotti were returned to the oven overnight to complete drying."

My Method:

1. Preheat the oven to 350.
2. Grease 3 9x13 pans. I did not have ones that matched, so one was glass, one was dark metal and the other was a light metal pan.
3. Beat 15 xl eggs in the mixer.
4. Add sugar, flour and spices. Fold in. Using dough hook, beat for 10 minutes with the stand mixer.
5. Allow batter to rest for 3 minutes.
6. Beat for 5 additional minutes.
7. Pour evenly into the 3 pans and level them
8. Cook for 35 minutes at 350 until the center is cooked. Check it as though you would check a cake, with a toothpick.
9. Allow to cool for 5-10 minutes in the pan. When cool enough, flip onto racks to continue cooling.
10. When completely cool, trim edges where the biscotti is harder. For me, this included about a ¼ inch around the outer edge of most of the loaves. The glass pan loaf did not need any trimming. You can see where the biscotti is a different texture; that hard textured side needs removed or else it will be too hard to bite into.
11. Cut biscotti into approximately 1x3 or 1x4 rectangles. Lay them out on their sides on baking sheets. I left mine sit in the oven overnight.
12. Put the oven on 200. Bake the biscotti for 90 minutes, turning them 180 degrees every 15 minutes.
13. Put into an airtight container.

Supplies: Mixing bowl, wooden spoon, rubber spatula 3 9x13 pans, bakers spray, cooling racks, bread knife, cutting board

Ove plente

Translation: (by [Louise Smithson \(Mistress Helewyse de Birkestad\)](#))

If you want to make stuffed eggs. Take the eggs and put them to boil and make sure that they are hard cooked. When they are cooked pull them out (of the hot water) and put them in cold water. Peel and slice (the eggs) in half and remove the yolk (reserve). Take the fattest sweetest cheese that you have. Take the best herbs that you have, peel them (from the stalk) wash and grind them together in a mortar. When they (the herbs) are well ground take the egg yolks, the cheese and spices and put them in the mortar with the good herbs. Grind all these things together to make a fine paste and temper (mix) with raw eggs until it is good (has the right consistency). Meanwhile put a frying pan over the fire. Take the egg halves and stuff with the paste (of egg yolks and cheese) and put them to cook (in the frying pan). When they are cooked remove from the pan and powder them with sugar before serving them hot to the table. And if you want to serve them savory take them (without sugaring them), etc.

My Interpretation:

1 dozen eggs	¼ cup fresh herbs, finely chopped
½ pound fresh cheese	1 tsp. powder douce (see Powder Douce)
2 Tbsp. olive oil	1 Tbsp. salt

Place 10 of the eggs in pot with enough water to cover and add 1 Tbsp salt to the water. Place pot over high heat and bring water to a boil. Turn off heat and let set in hot water for 10 minutes. Meanwhile, prepare an ice bath for the eggs. Remove eggs from hot water and place in ice bath. Peel then slice eggs in half lengthwise. Remove yolks from eggs and place in medium size mixing bowl. Lightly beat two remaining raw eggs. Combine hard cooked egg yolks, cheese and finely chopped herbs with the lightly beaten eggs until a paste is formed. Stuff hard cooked egg whites with cheese paste. Place skillet over medium low heat. Coat bottom of skillet with olive oil. Place egg white halves, paste side down, into skillet. Gently fry eggs until lightly golden around the eggs. Remove eggs from skillet and place, paste side up, on serving platter.

<http://www.medievalcuisine.com/site/medievalcuisine/Euriol/recipe-index/ove-plene>>

Supplies: Cooking pot, trays for serving, spoon/tongs, whisk and spoon, piping bags and tip, mixing bowl

Fine Powder of spices:

Take an (ounce and a drachma?) 32 g of white ginger, a (quarter-ounce?) 7 g of hand-picked cinnamon, half a quarter-ounce each of grains and cloves, 4 g and (a quarter-ounce ?) of rock sugar, 7 g and grind to powder.

½ cup powdered ginger	1½ tsp. Grains of Paradise, ground
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2 Tbsp. cinnamon (Ceylon), ground 1½ tsp. Cloves, ground
1 Tbsp. sugar,

Plan for AE Grand Tournament

- 8 dozen eggs
- 8 T salt
- 1.33 lbs yogurt
- 2.66 lbs nufatchel cheese
- 4 c fresh herbs
- 8 t powdered d

Boil eggs, peel and slice lengthwise in half, removing the yolks and saving for later.

Whip nufatchel cheese in mixer. Slowly add in yolks and yogurt. Add all other ingredients

Spoon or pipe filling back into eggs, top with fresh parsley, serve

Baba Ganoush



YOU WILL NEED

10 medium eggplants

1 1/4 cup tahini,

1 1/4 cup lemon juice

10-12 garlic cloves, finely minced

1 1/4 teaspoon ground cumin

1 1/4 teaspoon fine sea salt

5 tablespoons chopped fresh parsley leaves

DIRECTIONS

Heat oven to 375 degrees F. Split eggplants in half lengthwise and place on baking sheets. Roast eggplants 20-30 minutes or until soft. Let sit until cool enough to handle.

While the eggplants roast, combine all other ingredients in a medium bowl.

Peel the skin off of the eggplants. Place them on paper towels to pull out some of the extra moisture. Add the meat to the tahini mixture. Mash the roasted eggplant into the tahini mixture. Some people state that they can do this with a potato masher or a fork – my eggplants required a trip through the blender.

Cool to room temperature to serve.

SUPPLIES: baking sheet, parchment, mixing bowl, knife, cutting mat, masher/pastry cutter, spoon, bowl

Beef Vegetable soup for 125:



15 lbs beef, cut into cubes

2.5 c corn flour

2.5 T salt

5 t pepper

5 t dried thyme

5 bay leaves

10 cloves of garlic, minced

Water as per directions on bullion

1 lb celery

4.25 lbs carrots

2.5 lbs onions

1 lbs frozen peas

Build a cooking fire. Put dish detergent on the outside of the pot before placing in the fire.

Put salt and onions into the pot. Continue to stir until the onions become translucent and start to brown.

Add meat to the pot with garlic and pepper. Continue to cook until the meat cubes are cooked through.

Add other fresh vegetables. Cook until wilted

Add water to cover. Allow to simmer for up to 12 hrs.

Add bullion if flavor is not strong enough. Add corn flour if stew does not thicken.

Add peas approx. 30 mins before serving.

Supplies: cooking pot at least 5 gal, ladle, holding container, roaster, knife

Best Cameline Sauce



To make the best cameline sauce, take blanched almonds and grind them and sieve them, take dried currants and cinnamon and cloves and a little of the inside of the loaf, and grind all these together and mix with verjuice and it's made.

My Interpretation:

¼ cup ground blanched almonds ½ tsp. ground cloves

¼ cup dried currants 2 Tbsp. bread crumbs

1 tsp. ground cinnamon ¼ - ½ cup verjuice

Combine all dry ingredients into blender and grind them together. Add in verjuice until sauce is to desired consistency

X30

1 loaf of almond bread, crumbled and ground

1 c ground almonds

30 t cinnamon

3.5 c lemon juice

3.5 c apple cider vinegar

From <<http://www.medievalcuisine.com/site/medievalcuisine/Euriol/recipe-index/sawse-camelyne>

Baked Ham:



Roast ham over the fire, add honey as needed, carve and put into roaster

2 hams – 15-20 lbs

HAND PIES: 165 total:



Ham and Cheese – 20 – 1 lb of ham, 8 oz cheese (frozen shredded cheddar)

Chicken and Cheese – 30 – 2 lbs chicken, shredded and mixed with neufchatel cheese

Beef and Vegetables – 30 – 1.5 lbs beef, sliced carrots, diced celery, onions

Red Wine Roasted Mushrooms – 15 – 4 lbs mushrooms

Cheese and onion – 20 – 3 onions 2 lbs cheese (frozen shredded cheddar)

Garlic and cheese – 20 – 2 lbs ricotta cheese, garlic butter

Apple Cinnamon – 30 – 4 lbs apples, cinnamon, butter

Pie Crust – 2.5 c flour, 2 sticks of margarine, ice water as needed

1. Put ice water into something with a spout, like a measuring cup.
2. Cut butter sticks in half lengthwise and then into squares. Keep butter as cold as possible.
3. Measure flour into a mixing bowl.
4. Add butter or margarine and mix with a pastry cutter or your fingers until the butter is evenly distributed. It is good to still have some small lumps. Using a pastry cutter will extend the time you have to work with your dough before it gets too warm.
5. Pour ice water in, a tablespoon at a time, and continue mixing until the dough sticks together. The less time you can work with the dough, the better it will turn out.
6. Sprinkle flour over a pastry board or rolling surface. Sprinkle flour over top of dough or onto rolling pin. Roll out until it is about $\frac{1}{4}$ in thick throughout.
7. Cut circles into the dough. I used the backside of a pie maker to keep it consistent. You could use a bowl or you can just freehand them if you like.
8. Be careful to not overfill the pies. Use water to seal the seams shut before squeezing with the pie maker or pinching the crusts together. Score the tops of the pies or poke them with a fork to let the air out while baking. Egg wash the tops for color.
- 9.

