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Traveler's Fare

Beef Stew

Beef
Flour
salt/pepper/garlic
olive oil
beef boullion
button mushrooms
onions
carrot
Rutabega (Swede)
pot Barley

Yellow Pea Soup (Vegetarian)

Yellow Split Peas
Leeks
Swede (Rutabaga)
Carrot
Dried Porcini Mushrooms

Lunch Menu

- Sausage & Apple Casserole
- Herbed Cheese Spread
- Bread
- Soup (to be determined)

Sausage & Apple Casserole

Original recipe serves 6 – scaled to feed 40-50 at lunch

<i>Ingredient</i>	<i>Original portion</i>	<i>Scaled portion</i>
Onion, chopped	1 small (1/4 cup)	2 cups
Vegetable Oil	1 Tbsp	As needed
Pork Sausage (soft/country – cut up)	450g/1 lb	8 lbs
Cooking Apple, chopped	1 to 1 ½ cups	8 apples – (8 to 12 cups)
Salt	½ tsp	4 tsp
Pepper	¼ tsp	2 tsp
Ground cinnamon	½ tsp	4 tsp
Ground cardamom	¼ tsp	4 tsp
White wine vinegar (sub cider vinegar)	2 Tbsp	1 cup
Flour	¼ cup (30 g)	2 cups
Butter	¼ cup (1/2 stick)	2 cups (4 sticks)
Milk	½ liter (2 cups)	16 cups
Bread, cubed	4-5 slices, (2 cups)	32 slices - 16 cups

Heat oven to 190C/375F/GM 5

Grease baking pan (casserole dish – suggested size 10 x 6 x 1 ½ inches) with butter and line with half the bread.

Brown the sausage in a large frying pan. Add the onion and sauté slightly until the onion is soft. Remove the pan from the heat and stir in the apple.

Put sausage/apple mixture over bread in the baking dish. Sprinkle seasonings and vinegar over sausage mixture.

In a saucepan on the stove melt butter and stir in the flour. Add the milk, stirring constantly until the milk is “bubbly”. (Basically, you’re making a standard “white sauce”, thickening the milk a bit with the butter and flour.) Spoon sauce over the sausage and apple.

Top the casserole with the rest of the bread.

Bake uncovered for 30 minutes. (Adjust cooking time if necessary for the larger portion. Look for it to be browned, and most of the liquid absorbed by the bread.)

Original Recipe from “Tastes of Anglo Saxon England” by Mary Savelli.

Herbed Cheese Spread

Amounts for this are approximate, as I don't really have an original recipe, or a scaled one. I will likely be using about 3-4 "balls" of cheese to make enough spread for lunch for 50.

For each ball of cheese you will need

2 liters milk (whole works best)

¼ cup vinegar

cheesecloth

Put milk in a large pan on the stove, on medium heat. Heat the milk to 190F, or until the milk is starting to look frothy, but not a full boil. Remove from heat and stir in the vinegar. You will see it start to separate almost immediately.

Let the milk set for 10 minutes or so, then strain through cheesecloth. When it is cool enough to handle, press as much liquid out as possible. Gather the corners of the cloth, twist and/or tie the cloth to compress the cheese, and let it strain and set for a few hours or days until ready to make the spread.

For the spread you will need:

At least one ball of cheese

Cream

salt

fresh herbs (I like chives, parsley, and thyme)

Crumble the ball of cheese into a bowl. Using an electric mixer (technically, you can do this by hand, but honestly it's easier with a mixer, and I get a better texture) blend in cream until it's the texture you want. Add salt and herbs to taste.

Coronet Feast Menu

First Remove

- Lettuce with boiled eggs and Spring onions
- Nut and Leek stew
- Chicken stewed in beer
- Bacon and mushrooms
- Baked Beets

Second Remove

- Honey-glazed root vegetables
- Boiled beef and leeks
- Scallops with spiced sausage meat
- Bacon barley
- Boiled Greens
- Roast Chickpeas (vegetarian alternative)

Dessert

- Mixed Fresh Berries with cream
- Oat cakes

Lettuce with Boiled Eggs and Spring Onion

Adapted to serve 60 (originally for 4)

<i>Ingredient</i>	<i>Original amount</i>	<i>Scaled for feast</i>
Loose-leaf Lettuce	2-4 "lettuces)	8 heads
Olive Oil		
Cider Vinegar		
Mustard (stone ground or powdered)		
Salt & pepper		
Spring Onions	5-6	12-18
Boiled Eggs (free-range or duck)	6	12

Gently wash and dry the lettuce. Tear (do not cut) into bite-sized pieces.

Hard-boil the eggs and peel them when they are cool enough to hold.

Whisk together oil and vinegar. The original recipe suggests a 5:1 ratio, but that doesn't seem right to me. Add a bit of mustard, salt & pepper to taste.

Finely chop the spring onions, roughly chop the eggs, and put them together in a bowl. Pour the dressing over the eggs and onions and toss to mix.

Put the lettuce in a bowl, pour the onion/egg/dressing mixture over the lettuce and gently toss to mix.

Original recipe found at <http://nvg.org.au/documents/other/anglosaxonrecipes.pdf>

Nut and Leek Stew

Adapted to serve 60 (originally for 15)

Ingredient	Original amount	Scaled for feast
Hazelnuts – chopped	150 g	250 g
Butter	110 g	200 g
Sorrel	1 handful	2 bunches
wild marjoram	½ bunch	1 bunch
Chopped leeks	1 kg	1.5 kg
Peas (shelled)	1 kg	1.5 kg
Mint	Large sprig	2 sprigs
Bulgur Wheat	500 g	1 kg
Water or vegetable broth		
salt		

Sauté nuts in butter. Add chopped herbs (other than mint) and leeks, cook until soft. Add peas, mint, salt, and enough water to cover. Simmer until peas are soft. Add wheat and cook until wheat is soft and liquid is absorbed. (Add liquid if necessary until the wheat cooks to soft.)

Original recipe found at <http://nvg.org.au/documents/other/anglosaxonrecipes.pdf>

Chicken stewed in Beer

Adapted up to serve around 60. (original recipe for 4)

Ingredient	Original amount	Scaled for feast
chicken	1	7
carrots	3-4	18
onions	3	18
turnips	1	6
salt	1 ½ tsp	3 Tbsp
pepper		
Thyme		
Butter (or olive oil)		
Dark Beer (Ale)	1 bottle	6 bottles (12 oz. each)

Chop the chicken into at least 8 pieces per chicken. Wash, peel, and cut vegetables into pieces.

Brown the chicken in a small amount of oil or butter. Season with salt and pepper and place in a pot. Add the vegetables, thyme, and beer. Simmer until vegetables are soft and chicken is cooked through.

The original recipe suggests frying the chicken for 5 minutes per side at the beginning, then simmering with the beer and vegetable for only about 15 minutes. I would suggest, instead, simply browning the chicken, then simmering it in the beer a bit longer until it is fully cooked, adding the vegetables for the last 15 minutes or so.

Original recipe found at <http://www.tjurslakter.nl/viking%20recepten.pdf>

Bacon with Mushrooms and garlic

To feed 60 -No amounts were given in the original recipe

1.5 kg Mushrooms

500 g Bacon (lardons)

Garlic

Oil to fry in – if you don't get enough fat from the bacon

The original recipe simply said to add all the ingredients in a pan and fry until they're done. I think a little more explanation is useful.

First – pick a variety of mushrooms. Using a base of cheap button mushrooms is easiest on the budget, but mix in some chestnut (brown), portabella, or wild mushrooms for some extra flavor. I'm planning on getting some dried wild mushrooms and reconstituting them to add to the dish. Clean and chop (or break) your mushrooms into pieces that are all roughly the same size. If you're using portabellas, you may want to remove the black gills before cooking.

Cut your bacon into pieces before starting, or buy end-cuts or lardons. Peel and chop or slice your garlic, also before starting to cook anything.

Put the bacon in a large frying pan on medium heat. Cooking at this lower heat will melt (render) the fat and give you enough fat that you may not need the oil. When the fat seems mostly melted and the bacon is browned, add the mushrooms and garlic. You can increase the heat if necessary, but stir the mushrooms well as they're frying.

Serve as soon as possible after cooking.

Mushrooms for Vegetarians

I'll probably be making 10-15 servings for those who don't eat meat/pork

500 g mushrooms (mixed and chopped, as above)

Garlic

Olive oil or butter

Fresh thyme/marjoram/chives

Melt butter or heat olive oil in a pan. Add the garlic and mushrooms. When they're mostly cooked, add the fresh herbs.

Baked Beets

for 60

12-15 beets

Wash beets, but don't trim or peel. Wrap individually in foil and bake for 3-4 hours at 325F. Beets are done when you can stick a knife in easily.

Unwrap, peel, and cut before serving. May be served with a bit of butter.

Honey Glazed Root Vegetables

Adapted to feed 60 – original recipe for four servings

Ingredient	Original amount	Scaled for feast
turnips	1	4
Carrots	2-3	5
Parsley root	Not included	3
parsnip	Not included	3
White cabbage	Quarter head	1 head
leeks	1	
butter		
Honey		
Salt		

Peel the root vegetables and cut into pieces. Boil in slightly salted water for a few minutes then drain them. (I will likely boil the purple carrots separately, as they may dye the other vegetables.)

Sauté the root vegetables together in butter until they are soft enough to serve. Add the cabbage and leeks toward the end.

When vegetables are cooked, add honey and stir gently to coat. Salt to taste.

Original recipe found at <http://www.tjurslakter.nl/viking%20recepten.pdf>

Boiled Beef with Leeks

adapted to feed 60 as part of feast (original recipe is for 2 people)

Ingredient	Original amount	Scaled for feast
Stewing steak, cut into chunks	1 lb	10 lbs
Red wine vinegar	2 Tbsp	20 Tbsp (about 1 1/4 cup)
Cooking oil	4 fl oz./100 ml	1 liter
salt		
Fresh dill, chopped	1 Tbsp	About 2/3 cup

Leeks, chopped	2	20
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Cut the steak into bite sized pieces, as you would for stew. (Smaller pieces will spread farther).

Put the meat into a pan with the oil and vinegar. Bring to a boil and simmer for a few minutes. Add salt to taste.)

Add the chopped leeks to the pan and cook until they're tender.

Stir in the dill just before serving.

Original recipe found at <http://www.tjurslakter.nl/viking%20recepten.pdf>

Scallops with spiced sausage meat

adapted to serve 60 at feast (original recipe for 4 servings)

Ingredient	Original amount	Scaled for feast
Sausage meat	250 g	3 lbs
scallops	12-16	3 lbs
Garlic cloves	2-3	12
Fennel seeds	1 tsp	1 1/2 Tbsp
Salt & pepper		

Mix garlic, fennel seeds, some salt and pepper into the sausage meat and let set for at least an hour. (If you have time, it's probably better to let it set overnight.)

Rinse the scallops and pat them dry. If you have large scallops, cut them in half horizontally, so they're not as thick.

Form the sausage meat into small meatballs. Heat the oil in a pan over medium heat, and fry the meatballs until they're cooked through. Remove from the oil, and keep them warm.

Turn the heat up on the oil, but don't get it hot enough to start smoking. Add the scallops to the pan, turning after about a minute. They should only take about two minutes to cook.

Remove the pan from the heat. Add the meatballs to the scallops and mix them well together. Serve hot.

Original recipe found at <http://www.tjurslakter.nl/viking%20recepten.pdf>

Bacon Barley

Adapted to feed 50-60 (original recipe for 10-15 people)

Ingredient	Original amount	Scaled for feast
barley	500 g (pearl barley)	2 lbs (pot barley)
Bacon (chopped, or lardons)	2-3 lbs	4 lbs
Onions, chopped	4	7-8
Olive oil or butter	75 g (butter)	
Black pepper		
Mixed herbs		
water		

Soak the barley in cool water overnight.

Fry the bacon lardons, first at a medium heat to render the fat, then a little higher if necessary to brown the bacon. When the bacon is mostly browned, add the onion and fry until it starts to soften. (add some olive oil if necessary to have enough oil to fry onion)

Add the barley, herbs, and pepper. Mix well then add water until barley is covered with about an inch of water. Cover and simmer for about 20 minutes. Uncover and check fluid level. Add water if necessary, and continue cooking (and adding fluid) until barley is tender (possibly another 30 minutes).

Original recipe found at <http://www.tjurslakter.nl/viking%20recepten.pdf>

Vegetarian Barley

expecting to prepare for 10 people – vegetarian/no pork

1 lb pot barley
4 onions (chopped)
250 g nuts (hazelnuts/walnuts) coarsely chopped
mixed root vegetables, chopped (optional)
olive oil
mixed herbs
pepper
Vegetable broth/water

Prepare as above, using olive oil to sauté the onion and nuts. Use vegetable broth instead of regular water to add extra flavor.

Boiled Greens

Don't quite have a recipe for this, as it will largely be done by what is available.

Take mixed greens – preferably chard, beet tops, nettles, dandelion, etc. and boil for about 5 minutes. Drain well and serve with a bit of butter.

Pea Chops

2 cups split peas (or marrowfat peas)
1 ½ cups water
2 boiled turnips
2 boiled carrots
1 Tbsp Chopped Onions
Oil
2/3 cup breadcrumbs (divided in half)
2/3 cup milk
2 eggs
Pepper
Sea salt

Cook peas until mushy
Grind or grate turnips and onions
Fry onion
Soak bread crumbs in milk. Combine all ingredients, adding water if necessary. Shape into round patties, sprinkle with dry breadcrumbs and fry in oil.

Roast Chickpeas (Chyches)

Preparing for approximately 5 people (?) Vegetarian substitute for meat dish

Again, I don't have an exact recipe for this, or exact proportions.

2-3 cans chickpeas
one or two heads of garlic
olive oil
cloves
salt
pepper
saffron
vegetable broth

Drain and rinse the chickpeas. Put them in a single layer on a baking pan and cook in a hot oven

(200C/400F) for about 45 minutes, turning occasionally so they are roasted all the way around.

Remove from the oven and put in a pan on the stove with the cloves of garlic. Cover with water or vegetable broth. Add a little olive oil, and the spices. Bring to a boil, reduce heat and simmer for about 15 minutes. Strain, and serve with a little of the broth.

Mixed Fresh Berries with Cream

Wild Strawberries

Blueberries

Blackberries/Raspberries

Take a selection of what you can find fresh. Mix together in a bowl, and serve with fresh cream.

Honey Oat Cakes

For 60 (original recipe for 10-15)

<i>Ingredient</i>	<i>Original amount</i>	<i>Scaled amount</i>
Whole Rolled Oats	350g (12 oz.)	48 oz.
Butter	225g (8 oz.)	2 lbs
Honey	225g (8 oz.)	2 lbs
salt		

48 oz. whole rolled oats

2 lbs butter

2 lbs honey

salt

Melt the butter in a large saucepan.

Add the honey, oats, and salt, stirring until they are well mixed.

Spoon the mixture on greased baking tray or swiss roll tin, pressing it down well.

Bake at 325F/170C for about 30 minutes, until golden brown.

Cool for a few minutes, then mark squares while the cakes are still warm. Serve cold.

Original recipe found at <http://www.tjurslakter.nl/viking%20recepten.pdf>

Note: after trying this recipe a few times trying to get it to work, I found that you need regular oatmeal, not the fancier or thicker rolled oats. I tried it with extra thick oats and the bars wouldn't stay together.