

A Feast of Favourites
Menu
Presented by Joana de Bairos

Course One

Baked Mallard

Ingredients: Confit Duck breast, leek, verjuice, thyme, parsley, cloves, mace, pepper. Pastry, (df pastry available).

From *The Good Housewife's Jewel*

Mushroom pies

Ingredients: Mushrooms, cheese, butter, cinnamon, mace, ginger, cloves, pepper, pastry. (DF version available)

Developed from *Champignons en pasté*, Pleyn Delit

Spinach and cheese pie

Ingredients: Spinach, butter, grated cheese, parmesan, eggs, ginger, pepper, pastry

Based on *Torta Bolognese*, The Medieval Kitchen

Bread

(gf bread available)

Herbed butter

Ingredients: parsley, sage, rosemary and thyme, butter

Arcane recipe based on a popular ballad

Mutton pie cooked in a pot

Ingredients: lamb, pork fat, onion, white wine vinegar, ginger, pepper, nutmeg, salt

From The Medieval Kitchen

Course Two

Egurdouce

Ingredients: Lamb, olive oil, currants, onions, red wine, wine vinegar, sugar, ginger, cinnamon, pepper

From Pleyn Delit

Tarte out of Lente

Ingredients: swiss cheese, cream, egg, butter, pastry

From MS Pepys 1047

Buttered wortes

Ingredients: spinach, leek, butter, pepper (df free version with oil available)

Based on Pleyn Delit

Gilded Chicken in Hocchee

Ingredients: gilded chicken stuffed with grapes - chicken, stuffing: grapes, garlic, parsley, sage, thyme, wine vinegar, cinnamon, ginger, sugar. Gilding: eggs, flour, ginger, pepper, saffron, salt

Based on 2 recipes from Pleyn Delit

Lozenge

Ingredients: pasta, cheese, ginger, mace, cinnamon, pepper, parmesan. (GF pasta available)

Based on Pleyn Delit

Honey Carrots

Ingredients: Carrots, honey

- From MS Vigdis 12

Fried onions

Ingredients: Onions, olive oil, pepper, sweet wine, balsamic vinegar

From Santich, The Original Mediterranean Cuisine

Course 3

Pears in red wine

Ingredients: pears, cinnamon, red wine, ginger, saffron, sugar, cloves, nutmeg

Pleyn Delit

Angel food

Ingredients: ricotta, cream, honey, orange flower water

From Santich, The Original Mediterranean Cuisine

Cheese

Ingredients: (Brie and cheddar)

Fruit

Ingredients: Oranges, rose water, cinnamon, grapes

Wafer Crackers

(not gf)

Sambocade

Ingredients: pastry, cream cheese, sugar, egg white, elderflower cordial, rose water, saffron

Pleyn Delit

Tarte of Red Cherries

Ingredients: pastry, preserved cherries, dried rose petals, cream cheese, mascarpone, sugar, cinnamon, ginger, pepper, rose water

Epulario, The Italian Banquet

Shrewsbury cakes Ingredients: (butter, sugar, rose water, honey, flour, nutmeg, salt)

- From Sallets, Humbles and Shrewsbury Cakes, p. 64