

## A POCRAE OPA FISHDAP.

Take and see the and two or three Apples pared, & strain them through a strainer, & Flour of Rice therewith; then take that white Wine, & strain it withal; then look that it is not bound too much with the Flour of Rice, then give it a boil; then cast thereto Sandalwood & Saffron, & look it be marbled; then take Raisins of Corinth, & cast thereon, & Almonds shredded thereon enough; & mince Dates Small, & cast thereon, & a little Honey to make it sweet, or else Sugar; then cast thereto Naces & Cloves, Pepper, Cinnamon, Ginger, & other spicery enough; then take Pears, & see the them a little; then take them on the coals till they are tender; then small shred them round; & a little before thou serve it in, throw them on the pottage, & so serve them in almost flat, not Quite.

 For six: Fresh pears, stewed with almonds ground a quarter cup, and the spices, blended, and dates to finish and topped with slices of roast apple

## FAWOCPTW WJCTH WCPSTDP.

Take fair wheat, and bray it in a mortar, And fan away clean the dust, and wash it in fair water and let it boil till it breaks; then take away the water clean, and cast thereto sweet milk, and set it over the fire, And let boil till it is thick enough, And cast thereto a good quantity of separated raw yolks of eggs, and cast thereto Saffron, sugar, and salt; but let it boil no more then, but set it on few coals, lest the liquor wax cold. And then take fresh venison ... serve it forth with furmenty, And a little of the broth in the Dish all hot with the flesh

## BLACB SAUCE FOR CAPDPS KDASTED.

Take the Liver of capons, and roast it well; take anise, and grind parysgingere, and cinnamon, and a little crust of bread, and grind it well all together; mix it up with verjuice, and the grease of the capon, then boil it and serve forth.

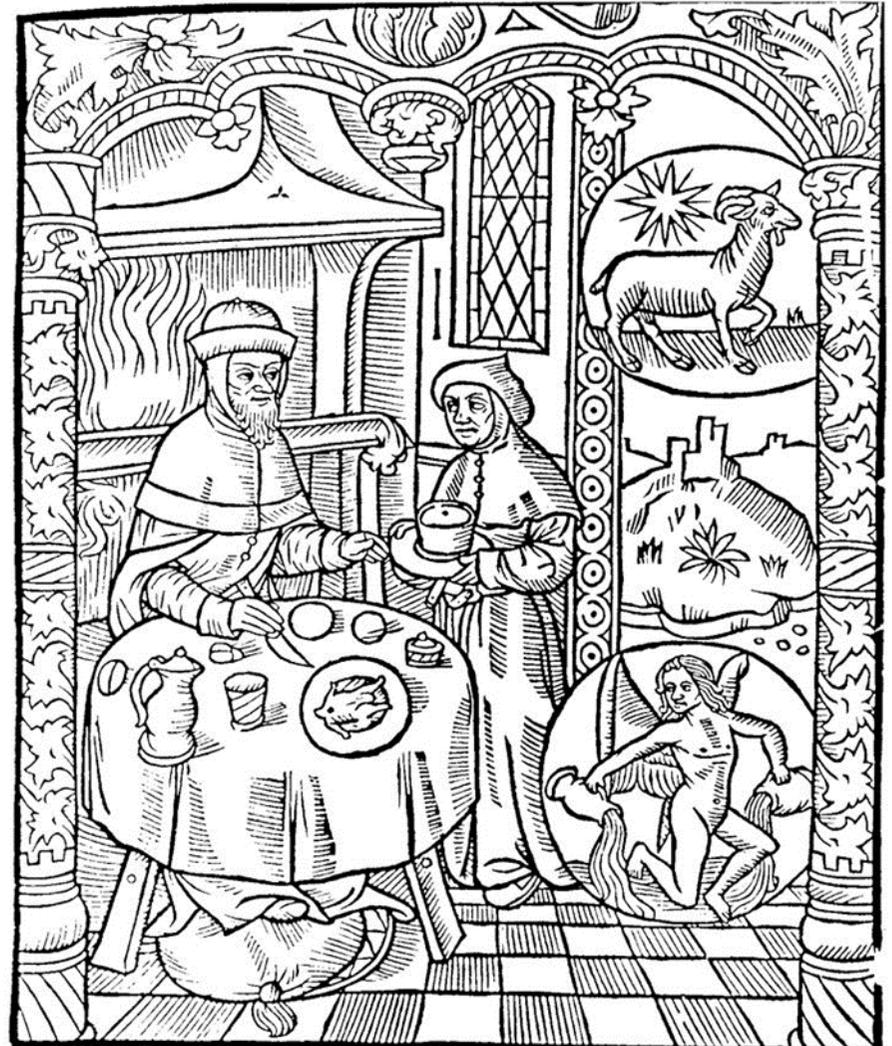
For six: Chicken livers diced a hundred and fifty grams, Spices; ginger cinnamon anise, Bread crumbs about a tablespoon, Verjuice or wine vinegar, Chicken grease, Water

Make it like a gravy, thickened with breadcrumb rather than flour. Optionally fresh herbs to match the stuffing (sage) is a good choice



James of Southron Gaard, Lady Pathilda de Williers, Tessa; Teachers and guilds: Lowrens Willyamson, Parimilian von Ponsterburg, Brian Di Caffa, Ellen of Wyteley, Sigrith Wigdisarbaater, Agnes Craye, Lowrens Willyamson, Adrienne Furet; Additional support from: Lady Þngbildr and Adrienne Furet.

# Pule in Southron Gaard



# A

banquet in the peak of winter to honor the reign of Ariston, and Lilavati, thirtieth King and Queen of Lochac and Steffan Glaube and Branwen verch Lewis ap Thomas, prince and princess of lochac. And in the far south of southron gaard in honor of Richard d'Al-lier and Ginevra di Serafino Visconti, sixth baronage of southron gaard, held on the 17th day of June AS LJ. This book being some ideas on cooking by Kotek Torzhokskoi, a cook in Lochac.



### For the Table

Bread,  
honey, butter, mustard  
Spiced sugar, salt, pepper  
Green sauce

### First

Fish  
Pottage for a fish day  
Pickled vegetable  
Roasted winter vegetable

### Second

Small birds stuffed with pork and  
roasted golden  
Black sauce for capons  
Mushroom pies  
Fruментy  
Long herbs of peas

### Third

Pule Coat  
Fried greens  
Pickled beans

### Lastly

Sweet pear pies with quince cream

Representing the Crown of Lochac: Richard, and Genevera, Baron and  
Baroness of Southron Gaard.  
Stewards: Maximilian von Monsterberg and Kotek Torzhokshoi; Cook:  
Kotek Torzhokshoi; Night Steward & Fire Warden: Gideon Passingberd;  
Kitchen Clean up: monitor Lilly; Hall steward: Jayne Woleyn; Set Up  
Lead: James of Southron Gaard; Coat: Mistress Kohesia le Sarjent as-  
sisted by Ulfar and Hilda; Logistics: Matt, James of Southron Gaard,

## Recipes selected from *Take A Thousand Eggs Or More* LADPO HERBS OF PEAS.

Take green peas, and wash them clean, And cast them in a pot, and boil them till they break; and then take them up from the fire, and put them in the broth in another vessel; And let them cool; And draw them through a Strainer into a fair pot. And then take onions in two or three pieces; And take whole herbs, and boil them in fair water; And then take them up, And lay them on the fair board, And cut them in three or in four pieces; And cast them and the onions into that pot with the drawn peas, and let them boil together ill they are all tender, And then take fair oil and fry, or else fresh broth of some manner fish, (if thou may, oil a quantity), And cast thereto saffron, and salt a quantity. And let them boil well together till they are enough; and stir them well evermore, And serve them forth.

More simply put: Peas boiled with onions and herbs and stock and topped with a spice mix

### GARBAGE.

Take fair garbage, chicken heads, feet, livers, And gizzards and wash them clean; cast them into a fair pot, And cast fresh broth of Beef, powder of Pepper, Cinna-  
mon, Cloves, Mares, Parsley and Sage minced small; then take bread, steep it in the same broth, Draw it through a strainer, cast thereto, And let boil enough; cast thereto powdered ginger, verjuice, salt, And a little Saffron, And serve it forth.

### MUSHROOM PASTY, AS LE MUSHROOM DE PARIS;

Mushrooms of one night be the best and they be little and red within and closed at the top; and they must be peeled and then washed in hot water and parboiled and if you wish to put them in a pasty add oil, cheese, and spice powder.



### MUSHROOM PIES AS PER BOTCH;

for a pie for six; fry a lot of mushrooms in butter, then add good spices: one part cinnamon ginger, sugar, and then a little of nutmeg, a tiny amount of cloves, and the usual salt and pepper. Set to cool. Grate parmesan, and when cool put into a pie shell and bake til ready. They do not need a lid, and are also can be fried in hot oil.

Kotek, Cecily de Montgomerly, Codric of Twynham; Inspiration and muse: Mistress Marienna Jensdatter, Mistress Kohesia Le Sarjent; Kitchen Crew: Melissa Wiffels, Mathanael d'Avranches, Constance Pakapais, Apollonia Wolpe, Cecily de Montgomerly, Codric of Twynham,