

The Coronation of Timothy and Gabrielle

Fall, AS 48



A European
Feast by the
Guild of St.
Lawrence,

Shire of
Abhainn
Ciach Ghlais



The recipes for this feast were chosen by members of the St. Lawrence (cook's) guild in July, August and September of 2013. Individuals who chose, adapted, redacted and test-cooked the recipe are noted after each recipe. As coordinators of the feast, I would like to thank everyone who generously donated their time and efforts over the last 3 months to cook these dishes, the countless ones we tried (and now have in our collective back pockets for future feasts) and to taste the fruits of our labors. Please feel free to contact us if you would like further information on anything in this recipe collection.

Gille MacDhnuill

Starters

Bread & Butter,
Eggplant pancakes,
Roman ~~peacock duck~~ chicken sliders,
Ein condimentlin (pickled vegetables),
Ravioli the Lombardian way

1st course

Roast pig
w/
garlic sauce and mustard,
Genovese tart,
Sweet Potatoes with Rose Syrup

Entrée

Hypocras Jelly
Fish Pies

2nd course:

Meat tile,
Mushrooms of the first night,
Roman cabbage (broccoli),
Savory toasted cheese

A sweets sideboard with tarts, custards, flans, fresh and preserved fruits.

Starters

Eggplant Isfīriyâ

[eggplant pancakes]

Cook peeled eggplants in water and salt until done. Take out of the water and grate them to bits in a dish, with grated bread crumbs, eggs, pepper, coriander, cinnamon, some murri naqî' and oil.

Beat all until combined, then fry [the batter into] thin breads [crepes or pancakes], following the instructions for making isfīriyya

Simple Isfīriyâ

Break however many eggs you like into a big plate and add some sourdough, dissolved with a commensurate number of eggs, and also pepper, coriander, saffron, cumin, and cinnamon. Beat it all together, then put it in a frying pan with oil over a moderate fire and make thin cakes out of it, as before.

Get sweet eggplant and boil it with water and salt until it becomes well cooked and is dissolved or falling apart. You should drain the water, crush and stir the eggplant in a dish with crumbs of grated bread, eggs beaten with oil, dried coriander and cinnamon; beat it until it becomes equal. Afterwards fry cakes made with this batter in a frying pan with oil until they are "gilded." Make a sauce of vinegar, oil, almorî and mashed garlic; give all this a shaking and pour it over the fried eggplant.

3 medium white eggplants

3 eggs

1 cup bread crumbs

1 heaping tsp. ground coriander

Olive oil for frying

Cook the eggplant unpeeled until soft, stir the eggplant, eggs, breadcrumbs and coriander together until well blended. Drop from a tablespoon into a medium hot pan with olive oil. Makes ½ dollar sized cakes (or a little larger). Fry until firm and golden on both sides.

Sauce

1 cup whole-milk plain yogurt

2 Tbsp crushed garlic

Salt to taste

Redaction by Rhenna de An t'Eilean Dubh from the Anonymous Andalusian Cookbook of the 13th century

Ein condimentlin (A condiment)

48. *Mal kümel und enis mit pfeffer und mit ezzige und mit honige. und mach ez gel mit saffran. und tu dar zu senf. in disem condimente maht du sulze persilien, bern und clein cumpost oder rüeben, waz du wilt.*

Flavor caraway seeds and anise with pepper and with vinegar and with honey. And make it gold with saffron. And add thereto mustard. In this condiment you may make *sulze* (pickled or marinated) parsley, and small preserved fruit and vegetables, or beets, which(ever) you want.

Ingredients:

2 cups red wine vinegar

1/3 cup honey

1 Tbsp. caraway seeds

1 Tbsp anise seeds

2 tsp. ground black pepper

1/4 tsp saffron (optional)

1 tsp mustard seeds

1 Tbsp prepared mustard

Matchsticks of carrot, turnip and parsnip

Directions:

Mix vinegar, honey, and spices and mustard. Bring to a boil, and add the cut and peeled vegetables. Cook for 5 to 7 minutes, or until the veggies just lose their crunch, but are not soft. Cool and refrigerate 2 days before serving.

Redacted by Gille MacDhnuill from Daz bûch von gûter spise

Roman Sliders (Faux Faux Peacock)

Grind chopped meat with the center of fine white bread that has been soaked in wine. Grind together pepper, garum and pitted myrtle berries if desired. Form small patties, putting in pine nuts and pepper. Wrap in omentum and cook slowly in caroenum. (Giacosa, pp. 90)

The ground meat patties of peacock have first place, if they are fried so that they remain tender... (Apicius, 54/Giacosa, pp. 90).

6 boneless/skinless chicken breasts

Crumb from ½ loaf of white Italian bread, grated

Scant ½ cup red wine

½ tsp. white pepper

1 Tbsp. Thai fish sauce
¼ cup dried cranberries
¼ cup pine nuts
Wine for cooking (375 ml or so)

Grind the chicken thighs, mix with all the other ingredients except the wine for cooking. Form the ground meat into patties about 2" across, and wrap each one with ½ slice of bacon. Saute until the bacon is colored on each side, then add the wine to the pan and simmer until the patties are cooked through. No peacock available, so we used chicken thighs.

Redaction by Gille MacDhnuill and Bronwyn MacFhionghuin from A Taste of Ancient Rome

Ravioli the Lombardian way

2.33. Om ravioli op de Lombardische manier [te maken]

Neem bieten[groen] en peterselie en hak het heel fijn. Als het gehakt is, duw dan het vocht eruit en knijp het tussen je handen drie keer (lett: knepen). Neem dan 3 eieren en een handjevol harvijs (?) kaas en kneed dat samen in een schotel. Maak 12 pasteitjes daarvan, wentel ze in bloem en doe ze dan in kokende bouillon. Laat ze een aardig tijdje koken, leg ze dan in een schotel en doe er van het zelfde vocht over waar ze in gekookt zijn. Werp er wat goede specerijen over en doe er dan wat boter in als de pasteitjes uit de ketel koken (?) of wat vleesnat.

2.33. [To make] ravioli the Lombardian way

Take beet [greens] and parsley and chop it very finely. When it is chopped, push out the juice and squeeze it between your hands three times (litt: three wrings). Then take 3 eggs and a handful of harvijs (?) cheese and knead this together in a dish. Make 12 ravioli with it, and coat them with flour and put them in boiling broth. Let it boil for a good while, then put them on a dish and add some of the same liquid to it that they were boiled in. Throw some good spices over it and add some butter when the ravioli boil from the kettle (?) or some stock.

Ingredients:

~ 8oz havarti
~ 8oz gouda
1 bunch chard
1 bunch parsley

3 eggs
flour to coat
oil to fry
stock

Redaction by Cirian Ó Tighearnaigh from Een nieuw zuidnederlands kookboek uit de vijftiende eeuw, volume 2, recipe 33

The First Course

Roasted Swine

We cooked a pig over coals for 12 hours or so.

White garlic sauce

Take carefully skinned almonds and pound them, and when they are pounded halfway, add as much garlic as you like, and pound them very well together, adding a little cool water to prevent them from becoming oily. Then take crumb of white bread and soften it in lean meat or fish broth depending on the calendar; this garlic sauce can be served and adapted at will for meat days and days of abstinence.

½ cup almonds, blanched and skinned
½ head of garlic – about 8 cloves, skinned
¼ cup bread crumbs
Lean meat, fish or vegetable stock

Grind the almonds well in a food processor, and add the garlic cloves. If you're willing to stretch the definition of "white" sauce, you can roast the garlic first. Add the bread crumbs as well, and adjust the thickness of the sauce by adding stock slowly as you process the mixture.

Redacted by Gille MacDhnuill from Maestro Martino, Libro de Arte Coquinaria

To make Mustard

The best way of making Mustard is this: Take of the best Mustard-seed (which is black) for example, a quart. Dry it gently in an Oven, and beat it to a subtle powder, and searse it. Then mingle well strong Wine-vinegar with it, so much that it be pretty liquid, for it will dry with keeping. Put to this a little Pepper beaten small (white is the best) at discretion, as about a good pugil, and put a good spoonful of Sugar to it (which is not to make it taste sweet, but rather quick, and to help the fermentation) lay a good Onion in the bottom, quartered if you will, and a race of Ginger scraped and bruised; and

stir it often with an Horseradish root cleansed, which let always lie in the pot till it have lost its virtue, then take a new one. This will keep long, and grow better for a while. It is not good till after a month, that it hath fermented a while. Some think it will be the quicker, if the seed be ground with fair water, instead of Vinegar, putting store of Onions in it.

¼ cup black mustard seed
Red wine vinegar
½ tsp. ground white pepper
1 tsp. demerara or turbinado sugar
1 small onion, diced
Grated fresh ginger
1 Tbsp. prepared horseradish

Grind or crush the mustard seeds until almost all the seeds are pulverized. I used both a mortar and pestle and an electric spice grinder to leave a little texture. Add the white pepper and sugar and moisten the mixture with the vinegar. Mix in the onion, fresh ginger and horseradish, and let the mixture age, refrigerated, for several days before using. Additional vinegar may be needed before service, as the mustard continues to absorb liquid as the mixture ages. For more information on period mustards see <http://www.greydragon.org/library/Mustard.pdf>

Redacted by Gille MacDhnuill from Digby, pp162-163.

Genovese Tart

To make Genovese tart. Take eighteen ounces of chard or spinach, three ounces of grated cheese, two and one half ounces of olive oil and the fresh cheese from six ounces of curdled milk. And blanch the herbs and chop them small and stir it all together and make a good covered tart with it.

Genovese Tart (one pie)
1 double-crust pie crust recipe of your choosing.
18 ounces of fresh spinach, stemmed and chopped
Small bunch of fresh marjoram, chopped
Large sprig rosemary, chopped
Fresh thyme
2 ounces grated Pecorino Parmesan
2 ½ ounces of olive oil
6 ounces cream cheese

Preheat oven to 425°F. Blanch the spinach and all the herbs in a large saucepan of boiling water. Be careful not to overcook – 3 minutes should

suffice. Drain and cool. Combine the blanched spinach mixture with the cheeses and oil. Line a pie pan with the bottom crust and add the spinach/cheese mixture. Cut a vent hole in the center of the top crust of the pie, cover the filling and seal the edges. If you have a little of the Pecorino cheese left over, sprinkle over the top crust before baking 30-35 minutes.

Redacted by Byrghida Zajaczowa a from Das Kuchbuch der Sabina Welserin, V Armstorn(trans).

Sweet Potatoes

Boile your roots in faire water until they bee somewhat tender then pill of the skinne, then make your syrupe, weying to every pound of roots a pound of sugar and a quarter of a pint of faire water, & as much of rose water, & the juice of three or fowre oranges, then boile the syrupe, & boile them till they bee throughlie soaked in the syrupe, before you take it from the fire, put in a little musk and amber greece.

3 & 1/2 lbs. sweet potatoes
1c sugar
1/2c water
1/4c orange juice
1/4c rosewater
1/8c fresh rose petals
scant 1/4 tsp double strength vanilla

Bake sweet potatoes till tender. Peel. Slice.
Mix sugar & water over low heat until liquified. Add orange juice, rosewater & petals. Stir til heated. Pour over sliced sweet potaoes. Garnish with fresh rose floewr if available. (if using dried rose petals, add with sugar)
Serves 10-12

Redacted by Bronwyn MacFhionghuin from Elinor Fettiplace 's Receipt Book: Elizabethan Country House Cooking, 1604

Entrée (Between Courses)

Fish Pie – (Medieval Apple Pie during Lent)

To make formed fish during lent (and also calf ears)

Crush in a mortar five or six apples, peeled and cored. Add sugar, ginger and cinnamon, and add some pound almonds or toasted gingerbread with some saffron. Bake this in oil. Or make a big fish: bake this in the oven, painted and with some holes in it.

Ingredients:

Dough (makes enough for two fish):

3 ½ cups all purpose flour

2 eggs

½ tsp salt

12 tbsp water, divided (this measurement will vary)

½ cup fat

Filling:

3 apples, peeled and cored

6 tbsp sugar

1 tsp ginger

½ tsp cinnamon

½ tsp saffron

2 slices white bread, lightly toasted and crumbled (Dutch version is made with rye flour, honey and spices)

Directions:

Dough:

Measure the flour, cut in the eggs and add salt. Dissolve the fat in the water and bring to a boil. Pour this mixture on the flour mixture and work it well. When the dough is kneaded, make a round ball and draw it well on the sides with the fingers or a rolling pin.

Let it chill.

Remove the dough about ½ hour before you want to roll it out.

Filling:

Put apples and spices in a blender with some of the bread crumbs, reserving some of the bread crumbs for us directly on top of the dough to absorb the moisture of the filling.

Assembly:

Preheat oven to 350 degrees.

Divide the dough and roll out; use a stencil to cut the shapes.

Place the bottom dough on a baking sheet (or dish) lined with parchment paper. Sprinkle some bread crumbs on top of the bottom dough.

Spread the filling on the dough, leaving space around the outer edge.

Place the top dough over the filling and press the edges of the forms together.

Form the fins, gills, scales, etc., to give the fake fish a realistic appearance.

Place in the middle of the oven and bake 45 to 60 minutes.

Notes:

This can be served hot or cooled to room temperature.

Redaction by Elizabetta Tempesta from Sabrina Welserin and Nyeuwen coock boeck (New cook book)

A Real Fish Pie (for completion sake, not served at the feast)

This is a good food of a salmon

Take a salmon. Scrape off the scales. Split it and cut it into pieces. Cut parsley (and) sage. Take ground ginger, pepper, anise. Salt to mass. Make a dough (possibly freshly made as opposed to sourdough) also the size of the piece (of salmon). And throw the herb on the piece. And surround it with the dough. Stamp it in a form if you can. Thus you may make pike (and) trout. And bake individually in a dough. However, if it is a meat day, then you may make hens, partridge, pigeon and pheasant. If you have the forms, and bake them in fat or boil in the forms. Take from the breasts of the hens or other good meat. So will the art be the better and do not oversalt. (Translation by Alia Atlas)

2/3 lb. Salmon

2 tbsp (or 1/8 cup) fresh parsley

1 tbsp fresh sage

1/2 tsp ginger

1/8 tsp pepper

1/4 tsp anise seed, ground

1/16 tsp salt

1 egg

If needed, clean salmon by removing any skin. Salt it, cut it into small pieces and set aside.

Clean, dry and chop parsley and sage. Combine with ginger pepper and anise seed in a bowl. Add salmon and coat with the herbs and spices. Put coated salmon pieces in zip lock bags and store in refrigerator until needed.

Prepare dough*. Use templates to cut out dough pieces for body, fins, etc. Put bottom dough on parchment paper and place salmon pieces on top. Add top dough on top of salmon pieces and seal. Add additional pieces to create fins, eye mouth and decorate dough to look like a fish. Beat the egg and use to glaze the dough. Place on a cookie sheet, leaving the parchment paper under the salmon to help transfer to and from the baking tray.

Bake in an oven preheated to 375 degrees for approximately 30-35 minutes or until salmon has reached 160 degrees.

Remove from oven and serve hot.

Serves 6.

Ein Buch von gutter spise recipe 19

Jely Hipocras

To make Jely.

Take Calves feete and fley them, and faire washe them, and set them on to seethe in faire licour, and faire scum them, and when they be tender sod, faire straine out the licour, and see your licour be verye cleere, and put your licour into a pot, if there be a pottle of it, put a pottle of claret wine unto it, and two pound Sugar, a quartern of sinamon, half a quartern of ginger, an ounce of Nutmegs, an ounce of grains, some long Pepper, a fewe Cloves whole, a few Coliander sads, a little salt, Isonglasse being faire washed and laid in water a day before, Turnsole being aired be the fier and dusted, and when they be wel sod, let it run through a bag, and put two whites of Eggs in the bag.

Redaction:

unflavored gelatin

red wine

water

sugar

cinnamon sticks

ginger

long pepper

nutmeg

grains of paradise
coriander

Redaction, preparation and presentation by Bronwyn MacFhionghuin from A Book of Cookrye, Very Necessary For All Such As Delight Therin.

The Second Course

Savoury Tosted or Melted Cheese

Cut pieces of quick, fat, rich, well tasted cheese, (as the best of Brye, Cheshire, &c. or sharp thick Cream-Cheese) into a dish of thick beaten melted Butter, that hath served for Sparages or the like, or pease, or other boiled Sallet, or ragout of meat, or gravy of Mutton: and, if you will, Chop some of the Asparages among it, or slices of Gambon of Bacon, or fresh-collops, or Onions, or Sibboulets, or Anchovis, and set all this to melt upon a Chafing-dish of Coals, and stir all well together, to Incorporate them; and when all is of an equal consistence, strew some gross White-Pepper on it, and eat it with tosts or crusts of White-bread. You may scorch it at the top with a hot Fire-Shovel.

8oz brie (I leave off the end rind. Trim very close to remove the really hard end)

8oz cream cheese

1 stick butter

Place all 3 ingredients in a non stick pan over low to medium heat. Stir continuously until all ingredients are incorporated into a smooth sauce. Add white pepper to taste.

Redaction by Bronwyn MacFhionghuin from Digby

For Roman Cabbage (Broccoli)

Toss cabbage which you have torn with your friends boiling water. When it is semicooked and its own water thrown away, transfer into another pan and wrap with well-pounded lard. Also put in as much rich broth as necessary. Let boil a little, for it does not require much cooking.

This food is harmful to stomach and head, as I said about cabbage. This is why my friend Tacitus, although he is Roman, rejected the stalk as a dangerous thing.

This recipe can be interpreted as either what we refer to as cabbage, or it could be Romanesco broccoli, a relative of the cauliflower. We decided to go

with familiar Brassica oleracea (green broccoli). We steamed it with broth, and added a little vegetable shortening. Try it with savory toasted cheese for a real treat.

Recipe from Platina (Book VII, #69)

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.

Item, put them between two dishes on the coals and then add a little salt, cheese and spice powder.

They be found at the end of May and June

1 lbs. mushrooms

1 tsp. olive oil

spice power:

1 tsp. Cinnamon

1 tsp. Ginger

1 tsp. Nutmeg

1/8 tsp. powdered cloves

1/8 tsp. ground grains of paradise

We chose to just cook the mushrooms and omit the pie crust. Try them with the savory toasted cheese on top.

Redacted by Odkatla and Gille MacDhnuill from The Goodman Of Paris, p. 269

Tuille de char (Meat Tiles) (Chicken in Tile sauce).

Take cooked freshwater crayfish (also means lobsters:trans.), and remove the meat from the tails: and the surplus, that is to say the shells and body, grind for a very long time; and after that, have unpeeled almonds, and let them be cleaned and washed in hot water like peas, and with their skins let them be ground up with what I have said, and with this grind bread crumbs browned on the grill. Now you must have, cooked in water, in wine and in salt, capons, chicks and hens cut raw into quarters, or veal cut into pieces, and with the liquid from this cooking you must moisten and mix that which you have ground up, then put through the sieve: then ginger, cinnamon, clove and long pepper moistened with verjuice without vinegar, then boil it all together. Now your meat must be cooked in pig fat in pieces or quarters, and

arrange your meat in the bowls and put the broth over it, and on the broth, in each bowl, four or five lobster (or crayfish) tails and sugar sprinkled over them.

1 lb shrimp
3/4 cup almonds with the skins
1/c cup panko bread crumbs
3 lb chicken pieces (I used breasts or tenders)
1 c white wine and 3 c chicken stock (optional)
1 tsp ginger
1 tsp cinnamon
1/4 tsp clove
1/2 tsp long pepper
lime juice
lard for frying.

Broil or grill the shrimp. Peel and set the meat aside. Take the shells and grind along with the almonds and breadcrumbs. Meanwhile boil the chicken in water w/ wine and stock if using only breasts. Drain, reserving liquid and set aside. Combine shell almond mixture with cooking liquid and blend thoroughly. Add spices and lime juice to taste. I find the chicken stock is salty enough but salt can also be added too. Strain. Liquid will be quite thick so add water if needed. Brown chicken in lard and when pieces are GBD pour sauce over and garnish with reserved shrimp. I prefer the dish w/o sugar, but some Jaggary might make a good compliment.

Redacted by Thorstein Christiansen Ronnow Note: This was translated from the French edition of Jerome Pichon published in 1846 by Janet Hinson.

<http://www.daviddfriedman.com/Medieval/Cookbooks/Menagier/Menagier.html>

Dessert board

Fried flans

2.26. Gebakken vlaaien

Gemaakt van deeg [en] gevuld met zachte kaas, fijngestampt met eidooiers. Vul ze en kook ze in vet. Neem dan genoeg suiker en wentel het gebak daar in. Dat zijn gekookte vlaaien.

2.26. Fried flans

Made of dough [and] stuffed with soft cheese ground with yolks of eggs. Stuff them and boil them in fat. Then take enough sugar and roll the pastry through it. These are fried flans.

~8oz havarti

~8oz brie

egg yolks

dough (about half a standard pie dough recipe so ~1 1/2 c flour, 10 T. butter, etc)

oil to fry

Redaction by Cirian Ó Tighearnaigh from Wel ende edelike spijse (Good and Noble Food)

Darioles

Take Wyne, and freyssche brothe & Clowes, & Maces, & Marwe, poudere Gyngere, Safroun, & lat al boyle to-gederys, & Crème (if it be clowty, draw it thorw a straynoure,) & yolks of Eyroun, & melle hem to-gederys, & pore th lycoure that the marwe was soothe in, ther-to; then make fayre cofyns, & put the marwe ther-in, & mence Datis, & Strawberys in tyme of yere, & sette the cofyns in the ovene, & lat hem hard a lytelle, & take hem out, & put the lycoure ther-to, & lat bake; & serue forth.

1 cup of white wine,

¼ tsp. ground cloves,

¼ tsp. ground mace

1 tsp ground ginger

pinch saffron

4 egg yolks+1 whole egg

2 cups cream

½ cup of pitted dates

Single pie crust

Add the spices to the wine, and let it boil until reduced by ½. Take the eggs and cream and whip together. Add the reduced wine after it cools. Dice up the dates. Blind-bake a pie shell for 15 min at 350F, remove from the oven, and add the dates and the custard mix, and return to the oven, Bake for 50+ minutes, or until the custard is set. No, I didn't use any marrow.

Redacted by Gille MacDhnuill from Two Fifteenth-Century Cookery-Books , P. 53, recipe .xxvi

To make apple cake

Om appelkoek te maken

Neem geraspt witbrood, fijngesneden appels en eieren, en meng deze samen met wat suiker, gember en kaneelpoeder. Kleur ze met een beetje saffraan.

Take grated white bread, braeied apples and eggs, and mix these with some sugar, ginger and cinnamon powder. Colour them with a little saffron.

Used:

1 loaf of day-old italian bread from weis.

8-10 apples granny smith & gala

4-5 eggs

1/2 - 3/4 c sugar

2t cinnamon

1t ginger

1 T safflower (didn't seem to do much)

Redaction by Cirian Ó Tighearnaigh from Gent KANTL 15, volume 1

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Grateful help provided for the feast:

Janos Meszaros

Bryn ni MacRose

Gwendolyn Blackthorne MacGriogair

Oddkatla Jonsdottir



The Martyrdom of Saint Lawrence, 1571

Cornelis Cort (Flemish, ca. 1533–1578), after Titian (Tiziano Vecellio)
(Italian, Venetian, ca. 1488–1576)

Engraving <http://www.metmuseum.org/toah/works-of-art/49.97.537>