

To the helpers:

Most of these are going to be prepared in small amounts. Servings for 8 or less.

The exceptions are the rabbit pies and game hens and the hot crab, because 3 of us ate 8 servings of that....

The feast is based on the idea of foods locally sourced and available in a small coastal town. Many were grown by us or harvested. A cookbook will be available along with ingredient lists so that allergies can be accommodated. Some foods will be labeled gluten-free (but not many!) and some vegetarian.

Menu

Noon – Dayboard/First Course - (on tables, nibbles and such, will be renewed during the feast)

- Nuts
- Fruits
- Jams&jellies
- Butters (some flavored)
- Scalded milk cheese with garlic and rosemary
- Breads
- Garlic Cheese

1pm - Dayboard - Hot crab served with rye bread (if we can.... Seed rolls if not)

2pm – Dayboard – Potted Cheese with hot bread

3pm - Dayboard - Swimming Sausages with mustard

2nd course (first served)

- Root veg and lentil mash with laganum
- Beef/barley (or elk) stewp (scraped icebox soup) Don't go for this one if you have allergies! It has a variety of things in it! I can't be certain what all!
- Vegetarian soup (small quantity) Tell us if you need this heated up.
- Chicken soup (small quantity) Tell us if you need this heated up.

3rd course (main)

- Rabbit pie
- Game Hen with oranges (please let us know if you need it boned!)
- pickled eggs with beets & onion
- Variety pickles
- Cacik

4th course – Small servings of lentils, stewed greens, porridges “fill in the corners”

- Caboges
- Apicius Chicken Sauce
- Lentils with ham bits

- Buttered barley with caraway
- Bean porridge
- Sweet Rice
- Beet/onion sallet
- Honey carrots
- Sorrel or other herbs with raisins and chopped egg

5th course -

- Shrewsbury cakes
- Marchpane?
- Seedcake (Victorian Version)
- Maids of Honour
- Variety fruit

Condiments

- Roman Mustard
- Hot Wine Mustard
- Mustardleaf sauce

Recipes

Noon – Dayboard/First Course

Nuker Jam

- 1 cup berries, fresh or frozen (or grapes)
 - 1/8 cup sugar
 - 1 tablespoon pearl tapioca
 - Dash or nutmeg, cinnamon, cardamom, mint or whatever you like.
 - 4 cup pyrex measure (or larger)
 - Slotted spoon or stirring spoon.
1. Zap the berries for 1 minute. Stir. Repeat until berries begin to boil.
 2. Pull the berries out to where you can work.
 3. Mash them with the spoon, stirring between until you have plenty of juice and no more than ½ of the total whole berries.
 4. Sprinkle sugar evenly over the top.
 5. Sprinkle tapioca evenly over the sugar.
 6. Stir well! The sugar should dissolve into the juice and the tapioca will start to.
 7. Put back in and nuke for 1 minute. Stir. Repeat.
- Stir well again, put into small containers and refrigerate.

Note 1 - Your container needs to be tall enough that it won't boil over.

Note 2 - In step 3, you can mash berries with seeds, (like blackberries, grapes or salal) through a strainer, but you will lose some of the yummy skin bits and may (with salal) lose a lot of the flavor.

Note 3- I always put enough into a container for a meal or a couple of snacks, now, (½ cup containers, or Tupperware™ Midgets™ but when my kids were small they would consume all of one recipe in one sitting, so I was making it every morning!

Flavored Butters – Somewhat period, at least peri-oid...

- General Directions - Peel the paper off the cubes of 1 pound of butter, set in a mixing bowl (or food processor bowl), covered, and let stand at room temperature for an hour, at least.
- Add the flavoring ingredients to the butter and whip, mix or process until “smooth” (some butters, like nut butters, stay lumpy)
- Put into air-tight containers, let sit overnight and keep in the fridge for up to a month. Some need “standing time”
- Quantity can be halved.

Variations “*” means served at the feast.

- **Dill/Onion Butter**
- ¼ cup fresh lemon juice
2/3 cup fresh dill (or 1/3 cup dried)
¼ cup green onions, chopped
1 tbsp minced garlic (about 3 large cloves)
- **Garlic butter**
2 bulbs of garlic, peeled and chopped (you can use ¼ cup of pre-minced stuff from the produce department of the grocery store, instead)
Pinch of dill weed, ground caraway, or Italian seasoning (one of these, only!)
- **Spiced Honey butter** – Wonderful on pancakes
½ of honey
1 tbsp ground nutmeg
1 tsp cinnamon
1 tsp vanilla flavoring
- **Quick Italian butter** – Good on sandwiches or toast with dinner
Add 1 packet of 4 seasons Italian salad dressing mix. (Can use right away)
12 garlic cloves (larger) crushed

Bacon and Blue Cheese Butter Recipe

- 3 strip bacon, cut into 3 pieces
1/2 pound butter (1 stick), softened to room temperature
1/2 cup blue cheese, crumbled
- Cook bacon. Drain, pat dry and chop the bacon into very fine pieces. Add the bacon, blue cheese crumbles to the butter. Fridge overnight, at least.
- ...and the clarified butter used in some of the dishes was made by the method described at the end of the sources....

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Sources for butters Picked up from Stefan's *Florilegium* – Mostly honey butter seems to have been a medicine, in period, but there is some evidence for flavored butters earlier, not in recipe books, but descriptions. However the *Florilegium* has the following:

Hugh Plat's *"Delightes for Ladies"*, which is dated 1609 and is thus, according to the arbitrary cut-off date set by Corpora, just past our period of study. "Most Dainte Butter. This is done by mixing a few dropps of the extracted oyle of sage, cinamon, nutmegs, mace, etc. in the making vp of your butter: for oyle and butter will incorporate and agree verie kindely and naturally together.

Another Plat source, *"Jewel-house of Arte & Nature"*, dated 1594.

2. How to make sundry sorts of most dainty butter with the saide oils. In the month of May, it is very usuall with us to eat some of the smallest, and youngest sage leaves with butter in a morning, and I think the common use thereof doth sufficiently commende the same to be wholsome, in stead whereof all those which delighte in this heabe may cause a few droppes of the oile of sage to be well wrought, or tempered with the butter when it is new taken out of the cherne, until they find the same strong enough in taste to their owne liking; and this way I accoumpt much more wholsomer then the first, wherin you will finde a far more lively and penetrative tast then can be presently had out of the greene herbe. This laste Sommer I did entertaine divers of my friends with this kinde of butter amongst other country dishes, as also with cinnamon, mace, and clove butter (which are all made in one selfe same manner) and I knew not whether I did please them more with this new found dish, or offend them by denying the secret unto them, who thought it very strange to find the naturall taste of herbs, and spices coueied into butter without any apparent touch of color. But I hope I have at this time satisfied their longings. Ore, if by som means or other you may not give a tincture to your creme before you chearne it, either with roseleaves, cowslep leaves, violet or marigold leaves, &c. And thereby chaunge the color of your butter. And it may be that if you wash your butter thoroughly wel with rose water before you dish it, and work up some fine sugar in it, that the Country people will go neere to robbe all Cocknies of their breakfasts, unlesse the dairie be well looked unto. If you would keepe butter sweete, and fresh a long time to make sops, broth or cawdle, or to butter any kinde of fishe withall in a better sorte then I have seene in the best houses where I have come, then dissolve your butter in a clean galsed, or silver vessell & in a pan, or kettle of water with a slow and gentle fire, and powre the same so dissolved, into a bason that hath some faire Water therein, and when it is cold, take away the soote, not suffering any of the curds, or whey to remain in the bottome: and if you regarde not the charge thereof, you may either the first or the second time, dissolve your Butter in Rosewater as before, working them well together, and so Clarifie it, and this butter so clarified, wil bee as sweet in tast

Scalded Milk Cheese (garlic and rosemary) – *Recipe From Svava, written up by Anja - Servings vary, but about 1 quart (Her documentation was for a Norse/Icelandic source)*

- 1 gallon whole (4%) milk
- 1/4 to 1/2 cup vinegar
- 1 tbsp salt
- Cheesecloth
- Spices (see below in notes)

1. Pour 1 gallon of milk into a pot. Place over a low hot fire.
 2. Stir constantly to avoid scorching. Bring milk up to 185F.
 3. Add salt and/or dry spices or sugar. (see Notes 2 & 3 below)
 4. When milk reaches temperature, remove from heat. Stir in 1/4 cup of vinegar. Milk will begin to curdle immediately. If it does not, toss in another 1/4 cup.
 5. Continue stirring until curdling is complete.
 6. Place cheesecloth or muslin square or bag into strainer.
 7. Place strainer in bowl. Pour curds and whey into muslin.
 8. When cheese has drained add fresh spices. (see Note 4 below)
 9. Mix thoroughly with a spoon or fingers.
 10. Gently pull up edges of muslin into a bag and tie off at the top.
 11. For very firm cheese squeeze bag gently to express whey. Caution: overdoing this can make the cheese rubbery.
 12. The cheese is ready to hang up! The reserved whey can be used in soup, sauces or drunk as a beverage. (The sweet whey is an acquired taste!!!!)
 13. Suspend cheese from a string over a bowl to catch drips, (or over the sink!) Hang cheese for 1-2 hours for a soft cheese or 2-4 hours for a firmer cheese.
 14. Serve with bread, crackers, or eat with a spoon, or as a salad or breakfast cereal topping. I use this as a topping for kolačky.
- **Note** - Cheese will keep about a week, maybe two, much better on the 3rd day.
 - **Note 2** - For a sweet cheese, in step 3, add 2 cups of sugar and about 1/4 cup of a mixture of dry ground spices such as: cinnamon, clove, nutmeg, cardamom, vanilla. You can also add up to two cups of dried fruits, chopped small, mixed with chopped or whole nutmeats.
 - **Note 3** – For a savoury cheese, in step 3, add 1/4 cup of a mixture of dry herbs such as: minced onion or garlic, chives, Italian spice mix, marjoram, thyme, tarragon, savory, celery seed, caraway seed, dill seed or dill weed.
 - **Note 4** – For fresh spices, added in step 8, use about a 1/2 cup of finely chopped garden herbs.

Bread

Loren's basic bread loaf recipe for a 2 pound breadmaker

- 1 1/2 cups warm water
- 1/4 cup plain sugar
- 1 Tbsp salt (approx or less)
- 2 1/2 tspn yeast
- 1 Tbsp bacon fat (or less to taste)
- 4 Cups Unbleached cheap white flour

Mix it all together until it resembles bread dough, let it rise a couple times, somewhere warm, like in an oven at 125, until it looks like something that should be cooked, then scorch it at 350 degrees for about half an hour until it appears edible. Modify these directions as needed to make it work.

[Anja's translation: He uses a bread maker on dough cycle, so dump stuff into the bucket and turn the thing on. Check it after about 10 minutes (this depends on your breadmaker, during the 2nd mixing.....) to make sure the flour is all "in". When the cycle ends, shape it and let rise in a 125 oven for 15-30 minutes. Bake at 350 for 20-25 minutes.]

Variations

- Seed bread – Add 1/2 cup of "seeds", usually a mixture of millet, flax and sunflower for us, but your mileage may vary.
- Italian Seasoning Bread – Add one packet of 4 seasons Italian Salad Dressing mix, plus 1 TBSP minced garlic.
- Olive/Caper – Add 1 can of olives, drained, 1/2 that of capers – bread comes out flat.
- Sesame – Add 1/2 cup of sesame seeds. Brush with butter and sprinkle with seeds
- Rye/Caraway – Replace 2 cups of the white flour with rye and add 1 1/2TBSP caraway seed. This dough usually takes additional water. Check after the first "rumpus" of the bread maker (on mine, after 10 minutes)

Garlic Cheese - (non-researched) Hlutwige's method

1. Take a bulb of garlic, peel and mince.
2. Unwrap a two pound block of cheese and split longways.
3. Find either aluminum foil or airtight container big enough to hold cheese.
4. Smear 1/3 of the garlic on the bottom of the container.
5. Add cheese.
6. Put 1/3 of the garlic between the two pieces.
7. Put the rest on top.
8. Close up and let stand for a week in the fridge.
9. Give the cheese 1/4 turn and re-wrap. Let stand for another week before use.
10. Keep air-tight, like any cheese. If you do this a few weeks early, scrape off the garlic and wrap tightly in foil or plastic wrap, then in a Ziploc or other air-tight container.

Hot Crab (found at one point in an Italian cookbook from the 1500's, but now I can't find it, to source.... Same as my mother's recipe for crab imperial....) 1 recipe for 12

- 1 Tablespoon Bread Crumbs
- 1 raw egg
- 1 hardboiled egg
- 1 Pound crabmeat or small shrimp
- 1 cup cream
- TBSP sour cream
- 1 teaspoon dry mustard
- Salt/Pepper (Old Bay Seasoning) (subbed horseradish)
- Clove garlic
- ¼ Onion
- 2 TBSP flour
- 5TBSP clarified butter
- Preheat oven to 450 degrees.

1. Chop onion, mince garlic
2. Melt butter and add flour, onion, garlic, salt, pepper and mustard over medium heat.
3. Heat and stir until smooth and bubbly.
4. Slowly add half and half and bring to boil.
5. To mash the egg: smush, chop, pound, stomp, whatever works. I usually take an egg slicer and cut it one way, turn it and cut it the other.
6. Mix crabmeat, mashed egg and raw egg together.
7. Fold sauce into crabmeat and pour into 8" x 8" baking dish.
8. Scatter breadcrumbs over.
9. Bake for 15-20 minutes or until lightly browned.
10. Serve with a small spoon and chunks of heavy bread (rye/pumpernickel is great with this). Can be served in a bread bowl hot in the oven.

Potted Cheddar with Bacon and Shallots with hot bread (20 servings)

Ingredients

- 8 ounces bacon
- 2 medium shallots, sliced paper thin (or one an ½ an onion)
- 12 ounces sharp cheddar cheese
- 1 cup heavy cream
- 2 tablespoons dry sherry or burgundy

Instructions

1. Fry up your bacon.
2. Drain on paper towels and then toss into food processor.
3. Slice the shallots (and onion) thinly.
4. Sauté until transparent and browning. Drain grease away through colander and set aside. (reserve for frying eggs. Yum!)
5. Grate cheese.
6. Toss into food processor and pulse until well-blended.
7. Add the cream, reserved shallot/onion, and wine to the food processor and turn on low until they form a smooth, spreadable paste.
8. Spoon the cheese spread into a jar or into ramekins, and either serve right away or store, carefully covered, in the fridge for up to a month. Bring the potted cheddar to room temperature before serving. (Let stand for an hour)

Swimming Sausages with mustard

- 1 pound sausages (made as “fingers”) makes ? pieces (We did these awhile back and froze ‘em.)
 - 1 fifth Burgundy
 - Tsp whole cloves and mace, mixed
 - Bundle of fresh herbs (fennel and rosemary are what I used)
1. Put everything into a pot and simmer, letting the herb bundle float. Pour in only enough wine to float the sausages. You can also put this in a foil pan to bake at 350F)
 2. When it’s all hot and the sausages cooked, pick out the herbs, set the broth and sausages into a “keeping dish” to stay warm.
 3. Serve with wine mustard on the side (recipe below). The hot horseradish stuff was awesome with this...
 - 4.

195. To boil Sausages. Queen-like closet

Take two pounds of Sausages, and boil them with a quart of Claret Wine and a bundle of sweet herbs, and whole Cloves and Mace; then put in a little Butter, when they are enough, serve them in with this Liquor and some Mustard in Sawcers.

Root veg and lentil mash with lagana - Lentil and Root Veg Mash (should serve about 8)

Ingredients

- 3 Parsnip
- 3 Carrot
- 1 1/2 cups Split Red Lentils
- 1 tbsp Coriander Seeds
- 1 tbsp [Rue](#)
- 2 tsp Cumin Seeds
- 1 tsp horseradish
- 1/4 cup Red Wine Vinegar
- 1/2 cup Honey
- 2 Tbsp Colatura di Alici (fakes the caroenum and liquamen)
- 3 tbsp Extra Virgin Olive Oil

Method

1. Peel all your vegetables.
2. Grind all the herbs and spices.
3. Put your lentils in the crockpot with the vegetables.
4. Add the vinegar, honey and Colatura di Alici and set to cook overnight.
5. Mix the lentils and root vegetables together with the tbsp of olive oil. Heat in the pan for a little while longer until the liquids have mostly evaporated. Serve and enjoy!

Laganum - (Makes 3) (don't try to double, just repeat)

Ingredients

- 1/2 cup Spelt Flour (+ extra for dusting)
- Water

Method

1. Prepare a work surface by sprinkling over some flour.
2. Put about 1/2 a cup of flour into a bowl, and add just enough water to form a dough. Use a pastry blender if you have one to mix and "stomp" the dough.
3. Divide the ball of dough into pieces (3?) about the size of a child's fist. Roll these one at a time until they are flat, disc-shaped, and uniformly thin. Stack on baker's parchment and repeat until you have enough.
4. Add a drop of oil to a frying pan, and when it is hot enough, set a laganum in. As it cooks, it will start to puff-up in places as pockets of air are formed. When dark spots start to form on the underside, flip it

over. Each side should take about a minute to cook. If needs be, press down on the top side to speed things up.

5. Set aside to drain on paper towels and keep warm in a casserole in a warm oven.

Original recipe quoted Apicius - Boil the lentils in a clean pan with some salt. In the mortar, crush some pepper, cumin, coriander seed, rue, and fleabane. Add vinegar, honey, liquamen, & defrutum. Mix this with the lentils. Cook and mash parsnips, and add to the lentils. When it is cooked, add some extra virgin olive oil and serve appropriately." - Apicius, 5.2.1

My copy of the same recipe which doesn't sound at all the same! - [201] ANOTHER GRUEL - ALITER TISANAM [1] - SOAK CHICK-PEAS, LENTILS AND PEAS, CRUSH BARLEY AND COOK WITH THE LEGUMES, WHEN WELL COOKED ADD PLENTY OF OIL. NOW CUT GREENS, LEEKS, CORIANDER, DILL, FENNEL, BEETS, MALLOWS, CABBAGE STRUNKS, ALL SOFT AND GREEN AND VERY FINELY CUT, AND PUT IN A POT. THE CABBAGE COOK [separately; also] CRUSH FENNEL SEED, PLENTY OF IT, ORIGANY, SILPHIUM, AND LOVAGE, AND WHEN GROUND, ADD BROTH TO TASTE, POUR THIS OVER THE PORRIDGE, STIR, AND USE SOME FINELY CHOPPED CABBAGE STEMS TO SPRINKLE ON TOP.

Beef/Barley Soup for the horde (with elk meat) – Anja’s method (*Baba soup*) –
Makes 2 gallons, plus (theoretically this is what we made... but there’s also cabbage, pork, bacon, lima beans and other things.....)

- pot roast (several pounds...maybe 5)
 - water to cover
 - a little salt
 - 2 bay leaf
 - 1 tbsp kimmel/caraway
 - 4-5 turnips
 - 2 rutabaga
 - 5 parsnip
 - pound of baby spinach
 - a dozen carrots
 - most of a bunch of celery
 - 2 onions
 - 6 cloves garlic.
 - 2-3 cups barley
 - Extra water
 - salt/pepper to taste
 - 3 large onions
 - handful of garlic cloves
1. Day 1 - Slow cook a pot roast (several pounds...maybe 5) in enough water to cover and a little salt plus 2 bay leaf 1 tbsp kimmel/caraway. Pull out and cool in fridge overnight, cut off fat (cut up small if mixed with meat), de-grease broth. Freeze meat in 37 cup box.
 2. Day 2 – Take broth and heat in large pot. Dice/chop and add: 4-5 turnips, 2 rutabaga, 5 parsnip, pound of baby spinach, a dozen carrots, most of a bunch of celery, 2 onions and 6 cloves garlic. When cooked tender, strain veg from broth and put veg in box. Put 2-3 cups barley into slow cooker, pour enough broth over to fill and cook on low overnight. Fridge the rest of the broth.
 3. Day 3 – Add barley to freezer box. Pour in reserved broth. Freeze for up to 6 months
 4. Morning before feast. - Put box from freezer into fridge.
 5. Day of feast (early) – Try the “block”. If it has thawed enough to slide out, get into large pot, cover and set aside. If it hasn’t thawed, run hot water into a stopped sink over/around the box and let stand for 10 minutes, then upend over pot. That should do it, but can be repeated if need be. Add about 1 cup of water, and put over low heat. It will take a while to thaw completely. When you have several inches of broth in the pot as it thaws, you may turn

the heat up to medium/low. Once you have a pot full of broth, taste and add salt/pepper as needed. Add 3 large onions, sliced large, and a handful of garlic cloves and leave on medium low until serving time adjusting heat until it simmers, and finishes thawing, then turning back to low.

The actual soup served used ?, elk meat, turnips, rutabaga, parsnip, carrot, celery, onions, garlic and barley and was only ½ a gallon.

Vegetarian soup (small quantity) (don't know which, yet....)

Chicken soup (small quantity) (don't know which, yet....)

3rd course (main)

Anja's Rabbit Pie Recipe (Mr. McGregor's Pie)

Filling Ingredients

- 3 pound rabbit (adjust ingredients accordingly, for a smaller or larger rabbit)
- 3 large onions – halved, then sliced crossways
- 24 oz coined carrots
- ½ pound of bacon.
- Handful salt
- 2 chicken bouillon cubes or a chicken ramen packet.
- 2 ½ cups of water
- ¼ cup good cider vinegar (or dry red wine)

Filling Directions

1. Put all this in a pot (or crock-pot) in order from the bottom up. Bring to a light boil, then drop to a simmer and stir occasionally for an hour or two (crockpot, leave for 4 hours) until the meat begins to come off the bones. This isn't quite enough liquid to cover the rabbit. That's ok, don't add more! That's part of the reason for the order of the ingredients, and the liquid will cook out of the solids to make more broth. The veggies keep the rabbit from drying out.
2. Pull the meat and strain off the broth (I poured through a colander with the meat in a ceramic bowl and the broth going into a large pyrex cup.) Let cool until you can handle it and de-bone (watch the little spine bones!) Mix the boned meat and the rest of the solids back together to make the filling.

Pie Ingredients

- Two frozen deep-dish pie shells (8 inch) plus two refrigerated rolled-up pie crusts OR
- Make enough pie crust (butter or suet crust) for two pies in 9" pie dishes.
- 1 stick butter (1/2 cup)
- About a cup of flour in a sifter or shaker

Pie Directions

1. Lay out two pie shells (I used standard frozen deep dish pie shells that are about 8" and they were over-full, better would be 9" shells) and two refrigerated crusts. Divide the solids between the two shells. Sprinkle well with freshly ground nutmeg and set aside.
2. Melt butter in a heavy-bottom pan and sift flour into it until it begins to thicken. Cook slowly, stirring constantly until it begins to brown. Turn the

heat off and then begin pouring the stock into it, still stirring constantly until you have “enough” gravy (about two cups)

3. Pour ½ into each shell, then put on the tops, crimp the sides and pierce the tops liberally.
4. Bake at 375F until the tops are golden-brown (which took two hours for our pies, but can vary with the ovens).

Note – My pies had little leftover liquid to ooze out, YMMV! Put a pan under the pies to catch drippings or they will be well-flavored with smoke.

BTW - I'm told that as chicken has a similar texture to rabbit that this can be done with chicken or gamebird by pretty much the same method. I would change the nutmeg flavoring to dill, however. Also, being me, I would use chicken thighs or quarters rather than a whole bird.

Note 2 – Pies can be made up ahead and fridged or frozen!

Game Hen with oranges 24 feast servings (1/4 bird)

- Stick Butter
 - 6 whole oranges
 - salt
 - 2 cups of orange juice
 - Drizzles of honey
 -
1. Slice onions into wheels.
 2. Slice butter into tablespoon pats.
 3. Wash hens, (use wing tips, giblets and necks for other purposes)
 4. Salt the body cavity of each hen.
 5. Put the ends of each orange and one pat of butter into a hen and tie legs.
 6. Set tightly together in roaster, breast side down.
 7. Drizzle with honey.
 8. Pour orange juice over and add water so that there's at least an ½ inch of in the pan.
 9. Turn the roaster to 350.
 10. After an hour's cooking flip the birds breast side up and baste well.
 11. Place the orange wheels on top of the chickens, tacking in place with toothpicks if they look like they're going to wander.
 12. Baste after another ½ hour and then every 15 minutes, checking for doneness. They should take not much over 2 hours to be done.

Pickled eggs with beets & onion for 50 (feast servings, ½ egg per)

- Pickle broth (below)
- 2 Dozen Fresh eggs
- 4 white or yellow medium onions
- 2 Dozen cloves garlic
- 2 Cans pickled beets
- Caraway seed or fresh fennel (one or the other!)

1. Slice onions and sliver or press garlic.
2. Add to pickle broth and simmer until cooked.
3. Strain solids. Reserve liquid. Let stand until cool. (overnight in fridge)
4. Hard-boil eggs, shell and cool overnight.
5. Use two single quart containers and put a dozen eggs in each one.
6. Sprinkle well with caraway or chopped fresh fennel
7. Put ½ the onion/garlic solids in each
8. Put 1 can of pickled beets with juice over the top of each.
9. Add enough pickle broth to cover and let stand at least overnight.

Note – If you like it hot add a touch of creamed horseradish to each container. 1/8 teaspoon each. Don't add more unless it's still "too tame" 24 hours later!

Variety pickles

- Asparagus with onion/garlic plus caraway
- Beans (multiple canned/cooked with garlic/onion) celery seed
- Carrots? Jicama? Turnip?

Cat's Fridge Pickle (modern & modified) Used on all but the Funges

- 1 1/2 cup water
- 1 1/4 cup white vinegar
- 1/2 cup sugar
- scant 1/4 cup salt (maybe closer to 1/8, depends on taste)
- dill weed, celery seed, onion (sliced), garlic cloves (whole)

1. Bring all to a boil. Cool in fridge. This makes the pickling broth.
2. Fill container with veggies. (For the feast each type of vegetable was set up separately, but with the same "pickling broth")
3. Pour cooled vinegar solution over veggies.
4. Store in frig, ready to eat next day, keeps several weeks

(We'll pick a version before the feast)

Funges pikld - makes 8 servings (SCA recipe from '70's)

- 1 red onion, thinly sliced
- 1 cup red wine vinegar
- 1 cup water
- 3 tablespoon brown sugar
- 3 tablespoon Dijon mustard
- 1 ½ tbsp. salt
- 24 oz ounce) cans whole mushrooms, drained

Directions - Bring onion, vinegar, oil, sugar, and Dijon mustard to a boil in a saucepan. Add mushrooms and simmer until liquid is slightly reduced, 5 to 6 minutes. Transfer mixture to a covered container and chill. Drain before serving.

Pikld Funges

Original recipe makes 8 servings

- 1 onion, thinly sliced
- 1/3 cup red wine vinegar
- 1/3 cup vegetable oil
- 1 tablespoon brown sugar
- 1 teaspoon Dijon mustard
- 2 (12 ounce) cans whole mushrooms, drained

Directions - Bring onion, vinegar, oil, sugar, and Dijon mustard to a boil in a saucepan. Add mushrooms and simmer until liquid is slightly reduced, 5 to 6 minutes. Transfer mixture to a covered container and chill. Drain before serving.

Cacik - (Turkish, period?)

- 5 cucumbers
- Pint greek yogurt
- Dab sour cream
- Fresh dill
- Salt

1. Slice cukes.
2. Chop dill
3. Mix with the rest of the ingredients.
4. Salt to taste.
5. Let stand at least an hour and drain excess liquid before serving.

4th course – Small servings of lentils, stewed greens, porridges “fill in the corners”

Caboges - Interpreted Recipe – Anja’s version - 8 servings as a main dish

- 1 head green cabbage
- 3 large onions
- 6 cup de-greased marrow bone broth (recipe follows)
- Marrow saved from making stock
- 1 Cup grated bread
- Salt to taste (needs way more than you’d think)
- Pinch of saffron
- Large oval crockpot

1. Chop cabbage and onions and dump into crockpot.
2. Heat your broth with the saffron until heated and colored to your desire.
3. Taste broth and add salt. You want it to be salty!
4. Add the breadcrumbs a tablespoon at a time. Allow the crumbs to dissolve into the broth before adding the next bit. The broth will thicken into gravy.
5. Pour over cabbage and turn crockpot on.
6. Let cook on low for 12 hours or so.
7. Taste and add salt if needed.
8. Scatter the reserved marrow on the top of the vegetables and put on keep warm for at least an hour and up to 6. (If you’re short of time, nuke the marrow for 1 minute before adding) Stir before serving.

Beef Broth from Marrow Bones – This is a staple of a good kitchen and I much doubt that it has changed much in 2000 years.... I didn’t quite follow her recipes, cooking the bones without the veg until putting the whole into a crockpot overnight. (full-length recipe at <http://thecookinggeek.com/beef-stock/>) Please note: she does *not* suggest any salt! I added some.

Ingredients

- 5 Long Beef Marrow Bones (or equivalent) at fridge temperature
- 3 large Carrots
- 5 Stalks of Celery
- 1 baseball sized Onion
- Water

Method:

1. Roast bone in a casserole dish at 400F for an hour, or until the bones are nicely browned.
2. Strain off the fat (good tallow!)

3. Roughly chop veg and place them, along with the browned bones, into a large crock pot. Add enough water to cover everything well. Turn the heat to high until it boils (2 hours? Depends on the crock).
4. Turn to Low for for 12 to 24 hours. Add water as necessary.
5. Taste and add “enough” salt.
6. Gently pick the marrow bones out and shake the marrow into a dish, then strain the stock. The remaining veg are tasty as they are.
7. Put in fridge overnight to allow the tallow to rise to the top.
8. Skim off the tallow.
9. Broth keeps for 3 days or so, or you can freeze it.

Caboges – The recipe below has been retrieved from [“Two fifteenth-century cookery-books. Harleian ms. 279 \(ab. 1430\), & Harl. ms. 4016 \(ab. 1450\), with extracts from Ashmole ms. 1429, Laud ms. 553, & Douce ms. 55” Thomas Austin](#) (from the blog “Give it Forth”, by Yonnie

Travis <http://giveitforth.blogspot.com/2015/12/harleian-ms-279-caboges-1430-braised.html> (muhgawd, what an *awesome* resource!!!)

.iiij. Caboges.—Take fayre caboges, an cutte hem, an pike hem clene and clene washe hem, an parboyle hem in fayre water, an panne presse hem on a fayre bord; an pan choppe hem, and caste hem in a faire pot with goode freysshe broth, an wyth mery-bonys, and let it boyle: panne grate fayre brede and caste per-to, an caste per-to Safron an salt; or ellys take gode grwel y-mad of freys flesshe, y-draw porw a straynour, and caste per-to. An whan pou seruyst yt inne, knocke owt þe marw of þe bonys, an ley þe marwe .ij. gobettys or .iiij. in a dysshe, as þe semyth best, & serue forth.

Apicius Chicken Sauce (need to finish write-up)

Flat chicken thighs, minus dinner (about 10)

Stewed with salt and dill seed. Strained and meat set aside to cool.

Broth (returned to pot) got leeks added (2) , dill, tbsp horseradish, celery seed

Chicken was boned/skinned/chopped and put back.

Stirred in ½ cup rice flour.

Added “raisin wine” (White with raisins soaking) before serving.

*Apicius II.III [56] - ANOTHER AMULATUM - AMULATUM ALITER (another
gravy for entrees)*

*DISJOINT A CHICKEN AND BONE IT. PLACE THE PIECES IN A STEW PAN
WITH LEEKS, DILL AND SALT [water or stock] WHEN WELL DONE ADD
PEPPER AND CELERY SEED, THICKEN WITH RICE [1] ADD STOCK, A
DASH OF RAISIN WINE OR MUST, STIR WELL, SERVE WITH THE ENTRÉES.*

Lentils with ham bits

- 1 lb lentils, rinsed and picked over
 - 6 cups water
 - Tablespoon caraway seed
 - 1 cup ham rind
 - 1 whole medium onion
 - Salt to taste (I added a palmful)
-
1. Put rinsed lentils into small crockpot with water.
 2. Peel onion, take off root and tip and put in with lentils.
 3. Add caraway.
 4. Finely chop ham rind and add
 5. Cover and start on high. 4:30.
 6. Turned to low at 6:30. Done at 7pm.

Buttered barley with caraway

Write up! Package direction, butter and caraway.

Broad Bean pottage (10-12 servings)

- 1/2 pound smoked hog jowl
- 5 cups water (cooked down to 4)
- 1/2 pound fava beans
- 1 medium onion
- Salt

1. Two nights before put the 5 cups of water into a pot and start it boiling.
2. Cut up the hog jowl, discarding the skin.
3. Add to pot and bring to a full boil, turning it down to simmer (covered) after about an 1/2 hour. (On the stove this will need about 3 hours, I transferred to a crockpot overnight, 8 hours)
4. In the morning, pour the broth through a strainer and set the meat aside in the fridge.
5. If needed, add enough water to bring the broth up to 4 cups.
6. Set in the fridge covered to cool.
7. In the evening, pull the grease off the top and discard.
8. Put the broth into a crockpot and start on low.
9. Put the beans, covered with water, into a pot on the stove and bring to a boil.
10. Cover and turn down to a slow simmer for about 1 1/2 hours.
11. Strain and add to broth in crockpot.
12. Taste broth and add salt as necessary.
13. Roughly chop onion and add to pot.
14. Throw the reserved meat on top.
15. Let cook overnight, at least (ours went for 12 hours!)
16. Serve hot. Refrigerate leftovers

Bean Pottage – *Made up from period descriptions*

- Pound of carrots, peeled, sliced
 - 2 cups mixed beans
 - 1 cup dried peas/lentils
 - (or use a bag of 15 bean soup mix)
 - Bay leaf
 - Celery salt
 - 1 gallon water
 - 1 large onion
 - 5 cloves garlic
 - 1 cup rice/barley
 - More water
 - Salt
-
1. Overnight in a 6 quart crockpot ingredients through the water.
 2. Check in the morning and stir. How thick is it? Depending on how thick you like it (soup to sliceable pottage) add up to 1 1/2 cup of mixed rice & barley.
 3. 3 hours before serving, add one chopped onion and minced garlic.
 4. Stir and check for desired thickness, you can add up to 1 quart water.
 5. Salt to taste.
 6. Will “hold” in crockpot for 3-6 hours. Beyond that it tends to “mush”.

Sweet Rice (combined two recipes with Babicka's) 8 servings

- Spray oil or melted butter
- 4 cups cooked brown and/or wild rice (or any cooked rice) Measure AFTER cooking!
- 1 cup brown or raw sugar (don't use white)
- 1 tbsp ground nutmeg
- 1tsp ground cinnamon
- 1/8 tsp ground cardamom
- 3 eggs
- 2 tbsp cream
- 1 ½ cups chopped dried fruit (raisins and craisins and dates)
- 1 cup chopped nuts

1. Preheat oven to 350F
2. Butter your casserole (I used a steam pan with a lid)
3. Measure everything as you go, into a large bowl, except for the last sprinkle of sugar.
4. Mix well after adding the cream.
5. Mix again after adding the nuts and dump into casserole.
6. Cover and bake for 1 hour, 15 minutes.
7. Bake for another 15 minutes, then turn the heat off in the oven.
8. You can let this sit for up to another hour.

179. *To make Rice Puddings in Skins.* (Queen-like Closet)

Take two quarts of Milk and put therein as it is yet cold, two good handfuls of Rice clean picked and washed, set it over a slow fire and stir it often, but gently; when you perceive it to swell, let it boil apace till it be tender and very thick, then take it from the fire, and when it is cold, put in six Eggs well beaten, some Rosewater and Sugar, beaten Spice and a little Salt, preserved Barberries and Dates minced small, some Marrow and Citron Pill; mingle them well together and fill your Skins, and boil them.

270. *To make a Rice pudding to bake.* (Queen-like Closet)

Take three Pints of Milk or more, and put therein a quarter of a Pound of Rice, clean washed and picked, then set them over the fire, and let them warm together, and often stir them with a wooden Spoon, because that will not scrape too hard at the bottom, to make it burn, then let it boil till it be very thick, then take it off and let it cool, then put in a little Salt, some beaten Spice, some Raisins and Currans, and some Marrow, or Beef Suet shred very small, then butter your Pan, and so bake it, but not too much.

Pick over the rice, wash it very well in hot water, dry it near the fire, and cook it in simmering cow's milk. Crush some saffron (for reddening it), steep it in your milk, and add stock from the pot.

Beet, Leek and Onion salad

- 5 Fresh Large Beets
- 1 large or two small leeks
- 1 large onion
- Coriander
- Cumin
- Raisin Wine (faked by soaking raisins in white wine)
- Oil& Vinegar dressing

1. Boil beets until skins come off easily (beets will *not* be done!)
2. Cool, skin and slice.
3. Slice leeks up into the green part (not all the green, about ½)
4. Peel and slice onion.
5. Toss with salt, coriander and cumin. (alternative below)
6. Put into a baking dish.
7. Pour raisin wine over and bake until beets are tender.
8. Let cool and serve cold with oil and vinegar dressing. (Can add the coriander and cumin to the dressing for a lighter flavor.)

Note – You could also just boil the stuff together as in the original, but that's not quite as practical for a feast....

From Wolley - 143. _To make good cold Sallads of several things. Take either Coleflowers, or Carrots, or Parsneps, or Turneps after they are well boiled, and serve them in with Oil, Vinegar and Pepper, also the Roots of red Beets boiled tender are very good in the same manner.

From Apicius - TO MAKE A DISH OF BEETS THAT WILL APPEAL TO YOUR TASTE SLICE the beets with LEEKS AND CRUSH CORIANDER AND CUMIN; ADD RAISIN WINE, BOIL ALL DOWN TO PERFECTION: BIND IT, SERVE the beets SEPARATE FROM THE BROTH, WITH OIL AND VINEGAR.

Honey Carrots – Recipe makes 4-6 regular servings, 8-12 small feast servings, triple for steam pan....

- 12 oz. Bagged frozen carrots
- Handful Craisins™
- Tsp nutmeg
- Tsp ginger
- ¼ cup cider vinegar
- 2 pats butter
- Drizzle of honey

1. Preheat oven to 350F
2. Put carrots and Craisins into baking dish and mix together.
3. Sprinkle spices and salt over, drizzle with honey and add the pats of butter.
4. Cover and bake for 1 hour. (Great feast dish, pre-prep in steam pan)

Sorrel or other herbs with raisins and chopped egg

- Garden Sorrel (I stripped the patch, dunno quantity, a handful?)
- Pat or two of Butter.
- 1 hard-boiled egg
- ¼ cup raisins.
- 1 TBSP wine vinegar
- tsp brown sugar

1. Steam sorrel in the nuker, drain and put in a warming dish.
2. Put butter on top and set aside.
3. Chop up egg and mix with raisins. Toss on top of sorrel.
4. Mix vinegar and sugar in a nuker-safe measuring cup until sugar melts. Zap in nuker if sugar isn't melting, 15 seconds at a time, stirring between.
5. Pour sauce over dish. Serve hot.

Wolley 142. _To make a Sorrel Sallad - Take a quantity of French Sorrel picked clean and washed, boil it with water and a little Salt, and when it is enough, drain it and butter it, and put in a little Vinegar and Sugar into it, then garnish it with hard Eggs and Raisins.

5ht Course sweets

Shrewsbury Cakes (version 2015) – Source: Queen-like Closet #77 - Makes a dozen cakes (

- 5 1/3 cups flour
- 2/3 pound butter
- 1 egg plus 1 yolk or a large duck egg
- 1 cups granulated sugar
- 1/4 tsp ground cinnamon
- 1/4 cup rose sugar
- Up to 1/2 cup water

1. Preheat oven to 350F.
2. Melt butter
3. Beat together butter, sugar, cinnamon and rose sugar in mixer on medium.
4. Add egg
5. Turn to low and slowly add the flour, going to hand mixing when the mixer lags down.
6. Add up to 1/2 cup of water, a tablespoon at a time as needed to keep from crumbling. The dough should be about the consistency of pie dough.
7. Put in fridge for up to a week.
8. Shape into “thin round cakes”.
9. Bake at 350F for 10-15 minutes, then turn off the oven. .Look for browning on the edges)

Take four pounds of Flower (16 cups), two pounds of Butter, one pound and an half (3 5/8 cups) of fine Sugar, four Eggs, a little beaten Cinamon, a little Rosewater, make a hole in the Flower, and put the Eggs into it when they are beaten, then mix the Butter, Sugar, Cinnamon, and Rosewater together, and then mix them with the Eggs and Flower, then make them into thin round Cakes, and put them into an Oven after the Houshold Bread is drawn; this quantity will make three dozen of Cakes.

Mini Marzipans Recipe

This is loosely based on several medieval marzipan recipes, most of which call for rose water. While this would be wonderful in the rose-petal-garnished version, I wanted to make something basic to start. Feel free to add your favorite flavorings!

Ingredients:

1 1/2 cups dried ground almonds, from making [almond milk](#), or almond meal

1/4 cup fine sugar

1/4 cup honey

~1 Tbs. almond milk or rose water

1 cup confectioner's sugar

~1 Tbs. almond milk

various garnishes: candied flowers, dried fruit, sprinkles, etc.

food coloring (optional)

Combine the ground almonds and sugar in a bowl, then stir in the honey. Add a single drop of food coloring, then the almond milk very gradually to avoid too wet a mixture to handle. When the whole mixture has come together and is not too wet or sticky to handle (it'll still be a bit sticky), pinch off a piece a little smaller than a walnut or Tablespoon, and form into your desired shape. Tapping or rolling on a clean countertop can help make neater shapes with clean edges. Set each little finished cake on a cooling rack set over a baking sheet.

Make the icing: pour the confectioner's sugar into a separate bowl. Add your desired food coloring to match the almond filling. Very slowly mix in almond milk until you have a thick icing that can just be drizzled, but isn't runny. Use a pastry brush, spoon, or your fingers to smooth the icing onto each almond cake. Set the iced cakes back onto the cooling rack to let the excess icing drip off. Garnish as you like, and allow to sit for at least 30 minutes to set. Can be stored for several days in the fridge.

Eulalia's basic marzipan recipe

One part by weight blanched slivered almonds

One part by weight sugar

Rose water

Grind the almonds and sugar together in a food processor until the almonds are very fine. Add rose water a spoonful at a time, grinding continuously, until the marzipan forms a paste. Continue grinding until it is a smooth and uniform as possible.

Take two Pounds of Jordan Almonds, blanch and beat them in a Mortar with Rosewater, then take one Pound and half of Sugar finely searced, when the Almonds are beaten to a fine Paste with the Sugar, then, take it out of the Mortar, and mould it with searced Sugar, and let it stand one hour to cool, then roll it as thin as you would do for a Tart, and cut it round by the Plate, then set an edge about it, and pinch it, then set it on a bottom of Wafers, and bake it a little, then Ice it with Rosewater and Sugar, and the White of an Egg beaten together, and put it into the Oven again, and when you see the Ice rise white and high, take it out, and set up a long piece of Marchpane first baked in the middle of the Marchpane, stick it with several sorts of Comfits, then lay on Leaf-gold with a Feather and the White of an Egg beaten.

Filbert Marzipan (Anja's version)

- 1 part by weight filberts, whole or crunched
 - 1 part by weight confectioner's sugar
 - Rosewater or homemade vanilla extract
1. Measure out equal amounts of the nuts and sugar.
 2. Grind nuts in the food processor until fine. Scrape down and process for another minute.
 3. Add sugar and process until mixed. Scrape down and process for another minute.
 4. Add liquid (rosewater or home-made vanilla extract) a dribble at a time until a ball of it starts rolling around the processor. Scrape down and process just a little more, to get it all incorporated, then press down into an airtight box.

Maids of Honor

Ingredients (full batch):

- 8 sheet pre-made [puff pastry](#)
- 4 cup curd cheese, broken up (one recipe)
- 2 cup mixed dried fruit, raisins/currants and candied peel, chopped (add while cheese is being made, to soften)
- 1 cup [soft brown sugar](#)
- 8 large [eggs](#), beaten
- 8 tablespoons single cream
- 4 tablespoon [orange flower water](#) or 1 tablespoon [rose water](#)
- 1 ¼ ground almonds or filberts
- [icing sugar](#), for sifting

(short batch)

- 1 sheet pre-made puff pastry
- 1/2 cup curd cheese, broken up (one recipe)
- 1/4 cup mixed dried fruit, raisins/currants and candied peel, chopped (add while cheese is being made, to soften)
- 1/8 cup soft brown sugar
- 1 large egg, beaten
- 1 tablespoons single cream
- 1 tablespoon rose sugar
- 1/4 cup ground almonds or filberts
- icing sugar, for sifting

(Tart shell)

- 1 batch pre-made mini-tart shells (put in a mini-muffin pan)
- 3/4 cup curd cheese, broken up, already includes fruit
- 1 tablespoon soft brown sugar
- 1 large egg, beaten
- 1 tablespoon cream
- 1 tablespoon rose syrup (jar on counter)
- 1/4 cup ground almonds or filberts (can leave out)
- icing sugar, for sifting

Directions:

1 Pre-heat oven to 220C/450F/gas7 and lightly grease a 12 hole bun or muffin tin.

2 Roll out the pastry and stamp out 12 fluted rounds - try to make sure that they are at least 1/4" bigger than needed, as the puff pastry shrinks during baking.

3 Line the bun tray with the pastry rounds and chill them whilst making the filling.

- 4 Place the curd cheese or cottage cheese into a large mixing bowl and add the beaten eggs, cream, sugar, orange flower water or rose water and almonds.
- 5 Mix well and then add the mixed dried fruit, mixing again well.
- 6 Spoon the filling into the pastry cases and bake the tarts for 15-20 minutes or until well-risen, golden brown & firm to the touch.
- 7 Allow them to cool a little and then carefully remove them and place them on a wire rack to cool completely.
- 8 Arrange them on an attractive cake platter and sprinkle with icing sugar to serve.

Seed Cake (Chris-Rachael Oseland, <http://kitchenoverlord.com/2014/12/19/how-to-eat-like-a-hobbit-step-3-elvenses/>)

- 4 eggs
- $\frac{3}{4}$ c / 180 g butter
- 1 c / 200 g sugar
- 2 c / 250 g flour
- 3 tsp baking powder
- 1 tsp salt
- $\frac{1}{4}$ c / 30 g almond meal/flour
- 1 $\frac{1}{2}$ tbsp caraway seeds
- $\frac{1}{4}$ cup / 60 ml whole milk
- 2 $\frac{1}{2}$ c / 320 g powdered sugar
- $\frac{1}{2}$ cup / 120 ml cold water
- 1 tsp almond extract

1. Cream the eggs, butter, and sugar.
2. In another bowl, whisk together the flour, baking powder and salt.
3. Once they're well blended, add the almond meal and all important caraway seeds.
4. Mix the dry ingredients into your bowl of butter.
5. Splash in the milk. Now give it all a good beating so everything is well blended. You should achieve something the thickness of brownie batter.
6. Scoop your batter into a well greased 2 pound cake pan. Shake the pan to help settle the batter before baking.
7. Bake at 350F / 180 C for 50-55 minutes, or until it is both golden brown on top and a toothpick inserted in the center comes out clean.
8. Let the cake rest in the pan for 20 minutes before removing it.

MustardLeaf Sauce by [Jekka McVicar](#) - Serve with fish, cooked meats, cheese and salads. Stir in hard-boiled eggs or bread crumbs soaked in vinegar, to add different textures

Ingredients

- 2 1/2 cups mixed mustard greens (red or yellow), washed and roughly chopped
 - 1 clove garlic, crushed
 - 2-3 tbsp white wine vinegar or herb vinegar
 - 1/3 cup olive oil
 - Salt and freshly ground black pepper
1. Put the mustard leaves and garlic into a food processor and blend with 2 tsp vinegar.
 2. With the processor still running, add the olive oil in a slow stream,
 3. season to taste. add the remaining vinegar if required, then egg or breadcrumbs if desired.

Ancient Roman Mustard from <http://honest-food.net/wild-game/sauces-for-wild-game/ancient-roman-mustard/> - Makes about 2 cups (adapted by Anja and re-written)

- 1 cup black or brown mustard seeds
- 1/2 cup almonds, chopped
- 1/2 cup pine nuts, chopped
- 1 cup cold water
- 1/2 cup red wine vinegar
- 2-3 teaspoons salt

1. Grind the whole mustard seeds for a few seconds in a coffee grinder.
2. Add the chopped nuts and grind into a paste in a food processor, sprinkling with the salt.
3. Add cold water. Mix well and let stand for 10 minutes.
4. Pour in the vinegar and process.
5. Pour into a glass jar and store in the fridge. Wait at least 24 hours before using. Mustard made this way will last several months in the fridge.

Columella, De Re Rustica XII 57. - *Carefully cleanse and sieve mustard seed, then wash it well in cold water. Leave it in the water for two hours. Take it out, squeeze it in the hands, place it in a new or well-cleaned mortar, and grind it with pestles. Then collect the whole mass in the middle of the mortar and squeeze with the flat of the hand. Then scarify, place a few hot coals on it and pour on water mixed with nitre, to leach away all its bitterness and pallor. Lift up the mortar at once for all the liquid to drain away. Add the pine kernels as fresh as possible and almonds, grind finely, adding sharp white wine vinegar, then strain. You will find this an excellent sauce for your dinner parties, and also attractive in appearance: if well-made it will be very brightly colored.*

Homemade Hot Wine Mustard

- 1/2 C dry mustard
- 1/4 C honey
- 1/4 C balsamic vinegar
- ¼ cup red wine
- 1 T olive oil
- 1 t salt
- 1/2 t ginger
- ½ tsp cinnamon
- 1/2 t garlic powder
- 1/2 t horseradish

Place all ingredients in a small saucepan. Cook over medium heat, stirring constantly until mixture thickens (this only takes a few minutes). Store in an airtight container in the fridge for up to a few months. It's a marvelous purple color! ...and great as a sauce on bread.

Mustard Sources

The Closet Opened (sir Kenelme Digbie, KT) 1669 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 subtle powder, and serse 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 (root) of ginger scraped and bruised, and stir it often with a Horseradish root cleansed, which let always lie in the pot till it hath lost its vertue, 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 have 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.

My Lady Holmsby make her quick fine mustard thus: Choose true mustard seed; dry it in an oven, after the bread is out. Beat and searce it to a most subtle powder. Mingle Sherry-Sack with it (stirring a long time very well, so much as to have it of a fit consistency for mustard) Then put a good quantity of fine sugar to it, as five or six spoonfuls, or more, to a pint of mustard. Stir and incorporate well together. This will keep good a long time. Some do like to put to it a little (but a little) of very sharp wine vinegar.

John Evelyn A discourse of Sallets, 1699:

Take the mustard seed, and grind one and a half pints of it with honey, and Spanish oil, and make it into a liquid with vinegar.....

To make mustard for the pot, slice some horse-radish, and lay it to soak in vinegar, squeezing it well, and add a lump of sugar and an onion chopt. Use vinegar from this mixture to mix the mustard.

From The Viandier of Taillevent (13th century), translated by Terence Scully [Cameline Mustard Sauce]:

Take mustard, red wine, cinnamon powder and enough sugar, and let everything steep together. It should be thick like cinnamon. It is good for any roast. Credit: The Viandier of Taillevent, edited by Terence Scully. (Ottawa: University of Ottawa Press, 1988)