

Homemade Comfits - Instructions by Dame Alys Katherine, OL

Various Spice Seeds
Gum Arabic
Sugar
Food Color

Red: Caraway Seed
White: Anise Seed
Green: Fennel Seed

A Note from the Cook

Greetings,

I hope that you enjoy the feast tonight. A couple notes about the menu and recipes: The menu is a reduction of a collection of menus from October in Bartolomeo Scappi's *Opera d'ell'arte de cuccinare*, (1570). There have been, of course, a few changes in recipes. Also, not all sources for recipes have been published in this pamphlet. To view more sources, and additional notes on the recipes, you can visit my website at www.greeneboke.com.

Also, I would like to acknowledge those who have aided me in the creation of this feast. First, Baroness Helewyse de Birkstad, OL has been an enourmous help from the beginning, helping with the planning of the menu, the translating of Italian, as well as preparing and donating menu items. Second, THLady Wulfwen Atte Belle for making and donating the candied orange peel. Thirdly, Master Edouard Halidai, for his help and use of serving wears.

Again, I hope you enjoy our dinner. If you have any questions or concerns please feel free to contact me.

Yours in Service,
Lady Avelyn Grene

Feast of Grand Tournament of the Unicorn XVI



April 12th, 2008

Maestra di Cucina:
Lady Avelyn Grene, CW

Menu

This menu is derived from a set of October menus from Bartolomeo Scappi's *Opera d'ell'arte de cucchinare*.

Beverages

Lemonade
Water

Course One - From the Sideboard

Biscotti - Recipe and Preparation by Baroness Helewyse de Birkstad, OL
Twisted Bread of Milk and Sugar
Sausage (served with mustard)
Olives
Grapes
Roman Macaroni
Salat of Apples and Onions

An Entrement

Course Two - From the Kitchen

Roasted Rice
Salat of Asparagus
Mushroom Tart
Shrimp
Beef Roast with Black Grape Sauce

Course Three - From the Sideboard

Wafers
Snowe
Marzipan Torte with Raspberry sauce garnish
Sugared Nuts - Walnuts - Recipe by Master Edouard Halidai
Asiago Cheese Slices
Candied Orange Peel - Recipe and Preparation by THLady Wulfwen Atte Belle
Homemade Comfits - Instructions by Dame Alys Katharine, OL
Rosewater Scented Toothpicks

Dessert entertainment performed by the Italian comedia troupe I Scandali

Candied Orange Peel by THLady Wulfwen Atte Belle

Peel of two medium oranges, cut into eight pieces each
1/2 - 1 cup honey
1/2 tsp. ground ginger

Remove all white pith from the peels with a sharp knife.

Soak the peels in water at least two days and up to nine days. Drain and change the water every day. Weigh the peels down with a plate, if necessary, to keep them submerged.

Drain the peels and pat dry with paper towels.

Check the peels; remove any white pith with a sharp knife or by scraping with a metal spoon.

Cut the peels into small pieces, approximately 1" long and 1/4" wide.

Pour enough sugar into a sheet pan to cover the pan with a thin layer. Set aside.

Boil the peels in enough honey to cover them until honey reaches the soft-ball stage, or 234F. To test for soft-ball stage, drop a bit of the honey into a mug of cold (not iced) water. If the honey holds its shape, it is ready.

Remove the peels from the honey with a slotted spoon. Let the excess honey drip off.

Lay the candied peel on the sugar-covered sheet pan in a single layer. Let cool completely.

Roll the candied peels in the sugar until they no longer clump together. Put the candied peels in a medium bowl.

Toss the candied peels with the powdered ginger. Use more ginger to taste, as desired.

Store and serve at room temperature.

Yield: approximately 1 cup.

Le Menagier de Paris (c 1393): To Make Candied Orange Peel, divide the peel of one orange into five quarters and scrape with a knife to remove the white part inside, then put them to soak in good sweet water for nine days, and change the water every day; then cook them in good water just till boiling, and when this happens, spread them on a cloth and let them get thoroughly dry, then put them in a pot with enough honey to cover them, and boil on a low fire and skim, and when you believe the honey is cooked, (to test if it is cooked, have some water in a bowl, and let drip into this one drop of the honey, and if it spreads, it is not cooked; and if the drop of honey holds together in the water without spreading out, it is cooked;) and then you must remove your orange peel, and make one layer with it, and sprinkle with ginger powder, then another layer, and sprinkle etc., and so on; and leave it a month or more, then eat.

Lay four wafers in bottom of a 9x9 pan, and sprinkle them with rosewater. Put marzipan over top of wafers.*** Spinkle sugar over top of the marzipan until you can see sugar covering the surface. Sprinkle rosewater over top of the sugar until the sugar disappears (a basting brush works well for this). Bake in oven at 350 for approximately 30 minutes, or ntil the surface begins to turn golden.

Source [The Neapolitan Recipe Collection, Terence Scully (trans.)]: Marizpan Torte. Get almonds, soak them a night, skin them so they are quite white, grind them thoroughly and add to them the same amount of sugar; to make this Torte better, use a pound of the one - that is, of almonds - and a pound of fine sugar, either more or less depending on the amount you want to make, and add to them an ounce of rosewater; mix it all together; get good wafers, made with sugar and rosewater, first soaked in rosewater, lay them on the bottom of a baking dish and put the mixture over them, spreading it carefully with a spoon, and make it low, adding sugar and rosewater on top; then cook it slowly. That is what a Marzipan Torte is like.

Raspberry Sauce

Raspberries
Sugar

Sugared Walnuts

1 pound walnuts, blanched and peeled
2 cups sugar
1 cup water
1 Tbsp. rose water
dash cinnamon

Mix sugar and water in a saucepan and bring to a gentle boil. Simmer until the syrup reaches 225°F, then add the rose water and set heat to low. Then put the almonds into a large pan over low heat. Add the syrup to the almonds a couple of tablespoons at a time, stirring them constantly and allowing them to dry out before adding more. As things progress then shaking the pan may work better than stirring it. When the almonds are completely coated sprinkle with cinnamon and allow to cool.

Mandeln vberzogen. [...] Von allerley Wurtzeln die ein wolgeschmackten geruch haben. Wenn du ein solches Confect wilt vberziehn mit Zucker so nim[m] ein sauber töepffern Becken das zwo Handhaben hat hengs in die höeh an ein Strick zu beyden Handhaben setz ein glut Kessel mit glüenden Kohlen darvnter thu das Confect in das Becken vnnd machs fein warm geusz schönen geläeuterten Zucker darzu vnd rüer es offt darmit bisz das Confect den Zucker an sich nimpt so wirt es schönen weisz vnd trucken. Also vberzeucht man allerley Korn mit Zucker vnd allerley Gewüertz so wirt es gut vnnd auch wolgeschmack.

Anise flavored Biscotti – Recipe by Baroness Helewyse de Birkstad, OL

5 eggs (organic free range, size large)
12 oz sugar (pure cane)
12 oz all-purpose flour (stoneground organic white)
2 teaspoons anise seed (Pimpinella anisum) ground finely
pinch salt

Method

The oven was preheated to 360°F and a 9 x 13” non-stick pan was greased with butter. Eggs were beaten and strained to remove membranes. Sugar, flour and anise seed was added to the mixture which was beaten with a wooden spoon for ten minutes. After this time no air had been incorporated into the batter, and it was transferred to a KitchenAid stand mixer and beat at medium speed for 5 minutes. The batter was then allowed to rest for thirty minutes. Following resting the biscotti batter was re-beaten for five minutes. This was then poured into the greased pan and leveled by gently tapping the pan on the counter. The biscotti were cooked for thirty-five minutes, until the batter came away from the side of the pan and the center was springy and dry to the touch.

The cake was turned onto a cutting board, the edges and bottom were then trimmed with a sharp knife. This trimming, while not requested in the original recipe was performed as the bottom and sides of the biscotti were very dark, almost black. As we are given instructions to stop the biscotti from browning in other recipes it was assumed that they should be as pale as possible. Thus the dark cooked edges were removed to improve aesthetic appearance. The cake was then cut down the middle, resulting in two 4.5” wide pieces, these pieces were then sliced thinly to yield the biscotti. Biscotti were arranged on baking sheets lined with cooking parchment and returned to the oven that had been reduced in temperature to 210°F. Every 15 minutes the biscotti were removed from the oven and turned over, the biscotti were cooked for 90 minutes. After which time the biscotti were moved to a rack, the oven was turned off and the biscotti were returned to the oven overnight to complete drying.

Twisted Breast of Milk and Sugar

2 tsp yeast
1/2 cup warm water (110 degrees F)
3 1/3 cups all purpose flour, sifted
1/2 cup sugar
1/2 cup milk
3 Tbsp Rosewater
1 Tbsp butter
3 egg yolks

Mix yeast and warm water, and let sit so that the yeast can react. The yeast should begin to foam.

Mix dry ingredients together.

In a small saucepan, heat milk, rosewater, butter, and egg yolks. Be careful not to let the eggs cook and become solid.

Mix yeast/water with dry ingredients. When thoroughly incorporated, mix in milk/egg mixture until a dough is formed.

Knead dough, then cover, and let rise about an hour, or until the dough has doubled in size.

Punch down the dough and form into the desired shape (one or two braided loaves, rolls, etc.). Again, cover and let double in size.

Bake bread at 350 for about 20 minutes. (If making rolls, you may need to adjust the time.)

Source [Di Messisbugo, Christoforo Libro Novo: Venice: 1557, Master Basilius Phocas, OL]: Bread of Milk and Sugar Each One Nine Ounces To first make fifty breads of milk and sugar of nine ounces each. Having made your yeast froth or yeast you will take thirty five pounds of the flower of wheat sifted, and a much less amount, so that it will be enough to have made the yeast, six pounds of good white sugar, and 75 egg yolks, three pounds of rose water, and six pounds of fresh milk, and six ounces of fresh butter, and you will mix your bread, you will note well that the water or the milk does not scorch, and you will make certain the egg yolks are to be warm, and you will scald them, putting in the hot water, and you will put suitable salt, and you will make the dough, so that it is not hard or tender, but more hard than you would have it firm, and you will knead it very well, and then you will make your bread, and you will leave it to rise well, and you will cook them with serious method so that they do not take too much fir, but that at your very good judgment and this bread is made more beautiful by making them round, that twist or in buns, then they can be made larger or smaller, whatever you will want: you will govern yourself to one according to the way it is proven.

Sausage

1 pound pork
1/8 cup minced fennel
1 tsp pepper
1/2 tsp salt
1/2 tsp cinnamon
1/4 tsp clove
1/4 tsp mace
1/4 tsp liquid smoke*
1/2 Tbsp water
Sausage casing or caul fat

Cut most of the fat off the pork and grind it (this can be done with a grinder attachment for a kitchenaid, or with a food processor if necessary). Mix fennel, spices, and liquid smoke into the pork, mixing everything as evenly as possible. Add water and mix to moisten slightly. **Fill sausage casing with pork, or wrap with caul fat to look like small sausages.

cooking (the implication here is that the sauce reduces and becomes syrupy) and when it is cooked conserve it in a glass or glazed pottery vessel.

Wafers – Recipe by Master Edouard Halidai

1/2 cup flour
1/3 cup cream
1 egg yolk
1 Tbsp. rose water
3 Tbsp. sugar
pinch cinnamon
pinch salt

Snowe

1 cup cream
1 egg
1 Tbsp. sugar
1 tsp. rose water

Separate egg, discarding yolk. Stir egg white in a large bowl. Add cream, sugar, and rose water. Whisk until mixture will not drip out of whisk. Strain to remove whey if necessary. Serve with wafers.

[Scappi; Opera dell'arte del cucinare, Louise Smithson (trans.)]: Neve di Late Vinc. What method do you use to make delicate honeyed milk?

Scal. Put the cream with rose water in a basin or other large vessel and beat it, & one turns it with a bundled wand as much as one can hold in your hand, and the shoots well spread, the which one lifts with the fork hand in hand, dependent on how one does it, put above well powdered sugar, and put it into the plates, continuing always to turn, until at the end it is all reduced to foam.

Marzipan Torte

Marzipan
-1/2 lb blanched almonds, ground*
-1/4 lb sugar**
-1 Tbsp Rosewater
-1 Tbsp water
Wafers
Sugar
Rosewater

Mix Ingredients for marzipan together. Marzipan should resemble a dough - you should be able to mold it a bit.

Mix ingredients for wafers together. Make wafers in a pizzel iron.

Clean (be sure to also remove the tail) and cook (thawed) shrimp in water. Strain the shrimp (saving the water for the next step) and put into a deep pan. (You can skip this step by purchasing cooked shrimp). Chop the shrimp very small (almost minced). Fry shrimp in butter.

When shrimp is nicely fried, add raisins and broth. Cook on low heat until raisins plump. Be sure not to let the broth completely evaporate, there should always be liquid in the pan. When the raisins have plumped, remove from heat and add egg yolks. Stir continuously until the yolks are completely incorporated, but do not let them cook on the pan. The heat from the shrimp will be enough to cook the yolks, and the pottage will thicken as it cools.

[Scappi; Opera dell'arte del cucinare, Louis Smithson (trans.)]: To make a dish of the flesh of the said shrimp, chapter 172, third book, Scappi. The Scappi are always better than the other two types of shrimp. And take from these the flesh after they are cooked in wine or water, and chop them finely with a knife, and after they are chopped fry them with oil or with butter, adding a little fish broth, and in Spring add gooseberries, in summer whole sour grapes, and in winter dried raisins. And when they are cooked for a quarter of an hour one thickens with egg yolks, in the same way one does for chopped meat dishes, and in a vigil day in place of eggs one can add ground almonds or bread crumbs. In this same way one can thicken all the above mentioned pottages.

Black Grape Sauce

1/2 pound black grapes
1/4 cup water
1/4 cup red wine
1 tsp sugar
1/4 tsp cinnamon
1/4 tsp clove
1/8 tsp nutmeg
1/8 tsp pepper
1/8 tsp ginger
1/4 cup water
1/4 cup red wine

Crush grapes (this can be done with a mortar and pestle, or by pulsing them a couple of times in a food processor). Put grapes, water, wine, and spices into a saucepot and simmer until the sauce reduces a bit. Serve with your choice of roast.

[Opera dell'arte del cucinare, Louise Smithson (trans.)]: To make sauce of black grapes Scappi Cap CCLXXIII folio 95, 2nd book Take black grapes, that are firm, those that are called "gropello", that is "cesenese", that have a red skin, break them and put to boil in a casserole on a low fire for an hour. After take the juice that they have made and strain through a sieve. And for every pound of juice take eight ounces of fine sugar and put it to reboil in a casserole, scum it well and to this add at the end a little salt and whole cinnamon and let it boil on a slow fire until it takes the

***Let rest in the refrigerator for about two days before cooking it. You can cook it in any manner you like. I like to grill them, if possible, or, if grilling is not possible, fry them in a little bit of oil or butter.

[Scappi; Opera dell'arte del cucinare, Louise Smithson (trans.)]: To make mortatelle (sausages) of lean meat of boar or domestic pig wrapped in casing. Cap CIII Take 10lbs of the above written meat without bones, skin and nerves, that which has both fat and lean. Beat with a knife on the table, and add eight ounces of cut salt, and six ounces of sweet dried fennel, four ounces of pepper coarsely ground, one ounce of cinnamon ground, half an ounce of ground cloves and mix everything together well with the hands. Add four ounces of water and mint and marjoram chopped with a little thyme. Leave to rest in a wooden or ceramic pot for four hours in a cold place. Take the casing of this pig well washed of skin and soaked in warm water, and make of this mixture the mortatelle with the caul in the way one makes "tomacelle". And during the winter let them rest two days in a dry place, then one cooks them on the grill or in a frying pan with liquid lard. One can also cook them on the spit between bay leaves, and the "mortatelle" may also be spitted along the length of sticks of rosemary. But in whatever way they are cooked, you want to serve them warm. Of the same mixture you can fill guts of pig, that first are cured in salt, and when they are full in winter you can let them sit for two days and then they must be boiled. Of the said meat lean, that has been well beaten, you can also make "cervellate" with the caul or the guts, take for every ten pounds of the said meat one and a half pounds of grated parmeggiano, and one and a half ounces of ground cinnamon, another ounce and a half of pepper ground, an eighth of saffron, half a beker of cold water and three ounces of salt, and as it is mixed everything together one makes the said "cervellate" with the caul or with the guts and one cooks in the above mentioned way. If one also wants to make "tomacelle" in the caul, add eight ounces of currants (dried grapes) and eight egg yolks, and the said "tomacelle" in winter are much better two days after being made. Of the mortatelle and other salami that one makes from the said meat I will not talk as it has never been my job/profession.

Good Sausages. Get lean pork or veal and fat and beat it well - and mind that there is no gristle in it; if there is ten pounds of meat, use half a pound of salt, two ounces of well cleaned fennel and two ounces of roughly ground pepper; mix everything together and let it stand for a day; then get very well cleaned intestines and stuff them with this mixture, and set the sausages in the dry to smoke.

Roman Macaroni

Pasta
-Eggs
-Flour
-Water
Broth, or water
Butter
Parmesan cheese

Cook pasta in broth with salt. If using water, add some butter to it. Drain, add butter and parmesan if desired, and serve.

Source [The Neapolitan Recipe Collection, Terence Scully (trans.)]: XVI Roman Macaroni. Out of fine flour make a dough that is a little larger than for lasagne, and wrap it around a stick, and cut the dough the width of a finger so that it stays like a ribbon; set it to cook in good broth or in some other liquid depending on the season; let the liquid boil first with a little salt before putting the macaroni in it; and if they are cooking in water, add a little fresh butter to it.

Source [The Neapolitan Recipe Collection, Terence Scully (trans.)]: 17 Vermicelli. Cook them in good fat broth for an hour, then set them out garnished with grated Parmesan cheese and mild spices; first make them yellow with saffron. You can make lasagne in the same way.

Salat of Apples and Onions

1 medium gala apple
1/2 medium sweet onion
1 Tbsp Olive Oil
1 tsp red wine vinegar
1/2 tsp black pepper

Peel and cut apple into small cubes. Dice onion into similar sized pieces. Mix apples and onions together. Mix oil, vinegar, and pepper and pour over apples and onions. Serve. *Please note that the quantities are estimates. You can vary the amounts based on personal taste.

Source [Archidipno overo dell'insalata e dell'vso di essa, Salvatore Massonio. Translated by Louise Smithson]: One makes a second salad of raw apples, peeled, and cut through the middle, and of onions, also cut into not too small pieces. If the apple is sour it has the major possibility of rousing hunger, if they are sweet they will make better company the sour of the onion. The salad one dresses also with the ordinary dressing, but with the addition of pepper, that makes the sauce more graceful.

Roasted Rice

1 cup uncooked rice
2 cups water
2 oz grated parmesan cheese
2 oz shredded mozzarella
2 oz sugar

Cook rice with water. Mix rice, sugar, and parmesan cheese and put into a baking dish (9x9). Cover rice with mozzarella cheese. Bake at 350 until mozzarella begins to brown (about 15-20 minutes).

Source [Opera dell'arte del cucinare, Louis Smithson (trans.)]: Rice roasted in the oven with cheese, sugar, and slices of mozzarella.

Salat of Asparagus

1 "bundle" asparagus (about a pound)
2 Tbsp Olive Oil
2 tsp red wine vinegar
1 tsp black pepper

Clean asparagus and cut into pieces about 1/2 to 1/3 original length. Cook asparagus as you like (roasting or steaming is usually the easiest). Mix oil, vinegar, and pepper and asparagus. Serve.

Source [Archidipno overo dell'insalata e dell'vso di essa, Salvatore Massonio. Translated by Louise Smithson]: In three ways have I seen asparagus eaten. First boiled then chopped into pieces and beaten with eggs, and made into omelets with oil or lard. Eaten in broth with fat broth, but dressed with cheese and eggs. And put to cook in water and leaves it in a space, but little boiling give it, and divide it with care from water (dry it well) and serve it as a salad dressed, either with the ordinary condiments (i.e. vinegar, oil and salt) or in the place of vinegar with sour orange juice or lemon juice and with pepper, and it will be more flavorful, and this is the ordinary way one eats the asparagus.

Mushroom Tart

1 lb mushrooms
4 oz Ricotta
3 eggs
3 egg yolks
1 tsp pepper
1 tsp ginger
1/2 tsp cloves
1/4 tsp mace
Butter or lard
Pie Shell

Cut mushrooms into pieces (slice and cut if they are large mushrooms). Fry mushrooms in butter. When cooked, drain oil, and put into a bowl. Add eggs, cheese and spices. Put into pie crust and bake at 350 for 45-50 minutes, or until golden brown (insert a knife or toothpick to ensure it has solidified all the way through).

Source [Libro di cucina/ Libro per cuoco, Louise Smithson (trans.)]: XCVIII - Tart of mushrooms good and most perfect. If you want to make tarts of fungi middling, take the mushrooms whole peeled and well washed, make morsels large and squeeze out all the water and take salted lard melted and strained and but to fry with the mushrooms and enough water that they don't burn (scorch) and when they are just cooked, pull them out in a basin and mix with them a quantity of cheese and of eggs and put this batter in a testo (covered pan) with a crust very thin that is very strong but must be thin and yellow and powder with spices and enough of mushrooms and little of eggs and make it cook wells.

Shrimp

1 lb shrimp
3 Tbsp butter
1/2 cup fish/shrimp broth*
2 oz golden raisins
2 egg yolks, beaten