
Coronation Feast of Edmund and Kateryn

*October 1, 2005
March of Tirnewydd
Barony of the Middle Marches*



Presented by Mistress Gwyneth Banfhidhleir and her fellow cooks of the Midrealm

Credits:

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To my kitchen crew and Team Anubis, I appreciate your hard work and dedication.

Unless otherwise indicated, all recipes are by Mistress Gwyneth
Italian Recipe Translations by Mistress Helewyse

Contents

First Service from the Sideboard	1
<i>Rosemary Focaccia</i>	2
<i>Capon Sopramentati</i>	4
<i>Ham with Raisin Sauce</i>	5
<i>Other Items on the Table</i>	6
Intermezzo Primo	7
First Course from the Kitchen	9
<i>Beef in the German Style</i>	10
<i>Roasted Onions</i>	11
<i>Roasted Carrots</i>	12
<i>Turkish Rice with Milk</i>	13
<i>Biscotti della Francesca</i>	14
Intermezzo Secundo	15
Second Course from the Sideboard	17
<i>Torte Bolognese della Vittoria</i>	18
<i>Sauteed Mushrooms</i>	19
<i>Artemisia's Custard Pie</i>	20
<i>Other Items on the Table</i>	21
Sources	23

First Service from the Sideboard

- Rosemary Focaccia
 - Salad of Mixed Greens
 - Fig and Raisin Boursin cheese
 - Olives
 - Apples and Grapes of many kinds
 - Capon Sopramentati
 - Ham with Raisin Sauce
 - Diverse Jellies and Fruit Pastes
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Rosemary Focaccia

Serves 14

1 1/4 cups boiling water
3 tablespoons chopped fresh rosemary, divided
1 tablespoon honey
1 package dry yeast (about 2 1/4 teaspoons)
3 3/4 cups all-purpose flour, divided
1/4 cup olive oil, divided
1 teaspoon table salt
Olive oil)
1 teaspoon water
1 large egg yolk
1 teaspoon sea salt or kosher salt

1. Combine boiling water, 1 teaspoon rosemary, and honey in a large bowl; Cool to 100° to 110°F.
2. Sprinkle yeast over honey mixture; let stand 5 minutes.
3. Lightly spoon flour into dry measuring cups; level with a knife.
4. Add 3 1/4 cups flour, 2 tablespoons oil, and 1 teaspoon salt to honey mixture, stirring to form a soft dough.
5. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
6. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
7. Punch dough down.
8. Pat dough into a 14 x 12-inch rectangle on a baking sheet coated with cooking spray.
9. Cover and let rise 20 minutes or until doubled in size.
10. Preheat oven to 350°.
11. Uncover dough. Make indentations in top of dough using handle of a wooden spoon or your fingertips.

12. Combine 1 tablespoon oil, 1 teaspoon water, and egg yolk; brush over dough. Drizzle with remaining 1 tablespoon oil; sprinkle with remaining rosemary and sea salt.
13. Bake at 350° for 25 minutes or until lightly browned. Remove from pan; cool on a wire rack.

Notes:

The rosemary steeps in boiling water; be sure to let it cool to 100° to 110° before adding the yeast so your dough will rise correctly. Sea salt and kosher salt have larger crystals than regular salt, so either adds a nice crunch to the top of the bread. But be sure to use regular salt in the dough for best results. You don't need to use all of the egg and oil mixture on top of the dough; spread enough to coat the top, and discard any extra. Use remaining bread for sandwiches, or cut into 1/2-inch cubes and bake at 350° for 15 minutes (or until toasted) to make croutons for salads.

Source: Cooking Light Magazine, Kitchen Assistant 2004

Capon Sopramentati

To boil and prepare the capon "sopramentato"

Pluck the capon and wash it's interior, stuff or leave empty, put it to boil with broth of another meat, or with water with a piece of ham and ground pepper; and cook it thus, pour away the broth and let them drain, and then make several cuts through the legs and the body and the breast, and powder all but mostly in the cuts with a mixture made of sugar, pepper, cinnamon, cloves, nutmeg, powdered fennel and let them cool, and when you want to serve, serve them cold with lemon sliced above. One can also before one dusts them, sprinkle them with rose scented vinegar.

Serves 8

8 boneless skinless chicken breasts

1 lemon, sliced

Spice mix:

1 teaspoon sugar

1 teaspoon kosher salt

1 teaspoon pepper

1 teaspoon cinnamon

1/8 teaspoon powdered clove

1/8 teaspoon nutmeg

1/8 teaspoon powdered fennel

1. Slice chicken breasts in half. Place in bowl.
2. Mix spices together.
3. Sprinkle spice mix over the chicken breasts.
4. Preheat oven to 350° F.
5. Place chicken on baking sheet.
6. Cook for 30 minutes.
7. Remove from oven.
8. Garnish with lemon slices.

Note: this dish may be served hot or cold.

Ham with Raisin Sauce

Serves 8

2 pounds boneless ham, sliced 1/4" thick

Raisin sauce:

1/2 cup water

1 tablespoon sugar

1/4 cup orange juice

1/4 cup lemon juice

1 cup raisins

1/2 teaspoon cinnamon

Dash cloves

Ham can be served hot or cold.

For the Raisin Sauce:

1. Mix sugar and water and bring water to a boil. Cook 5 minutes or until clear.
2. Add cinnamon, cloves, orange juice, lemon juice, and raisins.
3. Remove from heat and let cool.
4. Pour sauce in a food processor and pulse for 30 seconds.
5. Serve sauce on the side.

Other Items on the Table

The following items are added to the menu based on their appearance in Opera: salad, fresh apples, grapes, olives, cheese, and candies. No recipes are given for these items.

Intermezzo Primo

Being a presentation of the autumn hunt and harvest in honor of their Majesties.

First Course from the Kitchen

- The Queen's Bread
 - Beef in the German Style
 - Roasted Onions
 - Roasted Carrots
 - Turkish Rice with Milk
 - Biscotti della Francesca
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Beef in the German Style

Take the loin from a fat animal and take the part of the muscle from the shoulder and the fat with it. And clean it from the nerves and skin and wash it with wine, vinegar and water and put it into a stewing pot with pepper, cinnamon, cloves, nutmeg and ginger. Add pieces of ham or pork jowl that aren't rancid. Pass the wash liquid through a sieve and add it to the pot along with some grape must. After it has rested for four hours in this marinade cover the pot and seal it with pastry and let it cook very slowly for two hours. And when it is nearly cooked add raisins and cherries and let it finish cooking. When it is cooked it should be served hot with the same sauce above. One can also cook with this whole onions that have first been roasted on the grill or parboiled in water. In the same way you can prepare the tip of the breast and the shoulder and the leg of the said animal after you have cut it in more pieces. With this dish in the winter one can also cook quail, pheasant and other wild birds.

Serves 8-10

3 pounds round bottom roast of beef

Marinade:

2 cups wine

Spice Mix:

1 teaspoon cracked peppercorns

1/2 teaspoon cinnamon

Dash cloves

Dash nutmeg

1/2 teaspoon powdered ginger

1/4 cup kosher salt

1. Marinate beef in wine for 4 hours.
2. Heat oven to 350° F.
3. Remove beef from marinade. Rub beef with spice mix.
4. Place on roasting rack and cook until internal temperature reaches 160 degrees (approximately 2 1/2 hours)
5. Remove from oven. Let rest 10 minutes before carving.

Roasted Onions

On the Seasoning of Onions - Platina

Cooked under ash and cinder. Cooled, cut up into bits and plated. Rolled in salt, oil, must, maybe pepper or cinnamon.

The onions may be either roasted on a grill or baked in an oven. For the Coronation feast, we used the grill, with hot embers.

Serves 8

1 large red onion
1 tablespoon olive oil
Dash kosher salt
Dash pepper

1. Peel papery layer of the onion.
2. Cut off bottom (root) section of the onion.
3. Slice the onion part of the way in eighths.
4. Drizzle with olive oil and sprinkle with salt and pepper.
5. Wrap onion in foil and place on the grill.
6. Grill for 20 minutes. Check for doneness at that time. Cook for 10 more minutes if necessary.

Roasted Carrots

Nutritional advice in Archidpino overo dell'insalata, Salvatore Massonio 1627 says this: That carrots eaten raw are very bad for you. However, if they are boiled they become much more nutritive. They should be served dressed with oil, vinegar and sapa.

This may be either roasted on a grill or baked in an oven. For the Coronation feast, we used a grill with hot embers.

Serves 8

1 pound carrots, peeled and sliced
1 tablespoon olive oil
Dash kosher salt
Dash pepper
Red wine vinegar

1. Place carrots in a bowl.
2. Mix carrots with olive oil, salt, and pepper.
3. Wrap carrots in foil.
4. Place foil packet on grill for 20 minutes. Check to see if done.
5. Serve with red wine vinegar.

Turkish Rice with Milk

To make a dish of rice with almond milk

Take rice from Lombard or Salerno, clean and wash with warm water, in order that it stays more white, and it cooks faster let it soak in warm water for an hour. Pour it out and let it dry in to the sun or in the heat of a fire a long way from the flame in order that it does not become red (toast), and put it on the fire in a pot of ceramic or copper with enough water that it is covered. And when it has absorbed all the water add to it almond milk with fine sugar many times (enough to cover?) and let it finish cooking in such a way that it remains firm. And when it is cooked serve with sugar and cinnamon above. One can also at the same time serve like a "ginestrata," having passed it through a sieve with more sugar and ground cinnamon and saffron, and recook it with a little rose water and madeira wine.

Serves 8

3 ounces risotto or medium grain rice

6 ounces almonds

1 ounce sugar, plus extra for dusting

1 teaspoon ground cinnamon.

1. Wash the rice in warm water.
2. Cover the rice with warm water in a bowl and leave to soak for one hour.
3. Drain the rice, lay it on a baking sheet and dry in a warm (200° F) oven for 30 minutes. Do not allow to scorch.
4. Place the rice in a heavy bottomed pan and add sufficient water to just cover the rice. Bring the rice to a boil, then reduce the heat and simmer until all the water has been absorbed.
5. Blanch and peel the almonds and grind in a food processor with 3 cups of boiling water.
6. Strain the resulting liquid, keeping the almond milk and discarding the grinds.
7. Once the rice has absorbed all the water, add the almond milk and sugar to the pan. Stir carefully and allow to simmer until the rice grains are tender but still whole (approximately 30 minutes).
8. Serve warm. Dust with extra sugar and cinnamon.

Recipe by: Helewyse de Birkestad

Biscotti della Francesca

1 pound all-purpose flour
1 pound granulated sugar
1 pound finely ground raw almonds
1/2 teaspoon salt
1 tablespoon cinnamon
1/2 teaspoon freshly ground cloves
1/2 teaspoon freshly ground black pepper
7 large eggs
1 teaspoon almond extract (optional)

1. Preheat oven to 350° F.
2. Grind almonds and spices together.
3. Stir in flour and sugar.
4. In a separate bowl, beat eggs until foamy
5. Add dry ingredients a little at a time and mix for 5 minutes on medium speed.
6. Grease a 9" x 13" pan with butter, spoon in biscotti mixture. Use a spatula dipped in water to spread the mixture evenly in the pan. (Hint: To keep the bottom from browning excessively, use an Airbake™ cookie sheet under the pan holding the biscotti.)
7. Bake for 45-50 minutes until edges start to brown slightly and pull away from the edge of the pan. The middle should also bounce back when pressed.
8. Remove from oven and turn heat down to 225° F.
9. Cool for 5-10 minutes and remove biscotti from pan.
10. Cut in half the long way and then cut in 1/2 inch slices. Use a serrated knife and wipe it off between slices.
11. Put the slices on cookie sheets and return to oven for 30-90 minutes (time depends upon the humidity).
12. Turn the slices every 10 to 15 minutes to thoroughly dry them out watch to make sure that they do not brown excessively.
13. Turn off the oven and leave biscotti in oven over night to further dry out.

Makes 25-30 - 4 1/2" x 2" x 1/2" slices.

Recipe by: Francesca de Onorati (Norma Storms)

Intermezzo Secundo

Being a presentation of the autumn harvest, representing the generous bounty of the kingdom.

Second Course from the Sideboard

- Torte Bolognese della Vittoria
- Sauteed Mushrooms
- Artemisia's Custard Pie
- Cheese
- Confetioni a beneplacito (sugar-coated fennel comfits)
- Stecchi in piatti con acqua rosa (scented toothpicks on plates)

Torte Bolognese della Vittoria

Cut the beet greens (swiss chard) finely, wash it and let it to drain by itself. And then mix it without grinding with grated Parmesan cheese and grated "struccoli," that is fresh cheese made that day, and pepper and cinnamon. Then have a sheet of copper greased with butter and with a sheet of pastry. Above this sheet put the mixture slowly, so that it comes to three good finger widths high, and above the mixture put knobs of butter and another sheet of tender pastry or soft pastry and cover it. Make it's rim (seal it) all around, sprinkle the pasta with a little water and brush with butter. This one does because the pastry will raise. Put it to cook in the oven or under a testo of terracotta. And when it is cooked the torte will come out very flat, about the height of half a finger, and serve hot with sugar on top. Also in the place of a copper sheet you can use one of ceramic or cook it in a tart pan.

This torte was named in honor of Torrie Hammond, aged 10, who helped me make the spinach filling.

Serves 8

1 pie crust - prebaked
4 ounces unsalted butter
9 ounces frozen spinach, thawed and drained
4 eggs, beaten
2 cups shredded cheese
1/4 teaspoon pepper
1/2 teaspoon cinnamon

1. Heat oven to 350° F.
2. Melt butter in large skillet over medium-low heat.
3. Add spinach. Saute about 5 minutes. Remove from heat. Add pepper and cinnamon and mix well.
4. In large bowl, combine eggs and cheese; mix well. Stir in spinach mixture.
5. Spoon evenly into prebaked crust.
6. Bake for 25 to 35 minutes or until filling is golden brown. Let stand 10 minutes.

Sauteed Mushrooms

8 servings

2 pound mushrooms

2 ounces olive oil

2 cloves garlic, minced

1 teaspoon lemon juice

1. Slice mushrooms as you see fit, either sliced or quartered.
2. Heat saucepan to a medium heat. Add olive oil and it heat up. Do not let the oil smoke.
3. Add garlic and saute for about 1 minute.
4. Add mushrooms to saucepan. Cook until desired doneness is reached.
5. Splash mushrooms with lemon juice and serve.

Artemisia's Custard Pie

To make 2 pies:

1 quart half & half
1 pint heavy cream
8-12 egg yolks
1 cup of sugar
2 9-inch pie crusts

1. Preheat oven to 350° F.
2. Heat the half & half and cream in a double boiler.
3. Combine the egg yolks and sugar in a bowl and mix until shiny.
4. Add a small amount of the heated cream to the egg yolks and sugar. Continue adding the heated cream in small amounts until the egg mixture is slightly warmed.
5. Add the egg mixture to the heated cream, stirring constantly.
6. Continue stirring the custard until slightly thick.
7. Blind bake the pie crusts for about 10 minutes.
8. Add the custard and bake in the oven until set, approximately 30 minutes, but this time may vary.

Recipe by: Artemisia Grimaldi

Other Items on the Table

The following items are added to the menu based on their appearance in Opera: cheese, scented toothpicks (stecchi) and candied fennel comfits (confettioni). No recipes are given for these items.

Sources

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