

Please note:

Before preparing any of these recipes, please ensure that you have details of the ingredients and the corresponding allergy information for the recipes. Several of these recipes contain alcohol. Please do not use these directly in your sessions with children. An alternative to the alcohol could be grape juice in sweet dishes or water/stock in the case of savoury dishes.

Also some of these dishes contain meat. If you decide to cook a meat dish, please take extra care to ensure that it is stored, cooked and served at the correct temperature and following your risk assessment fully to avoid bacteria growth. The recipes suggested in the session plans do not contain meat.

Most of the recipes did not originally have any measurements at all, so those that have been given are all rather rough and based on experiment. Please do adapt seasonings and spices to taste. Most of the recipes are English and come from *The Forme of Cury*. Some are French, Catalan or Italian. Many like **Sawse Verde** or **Gingerbrede** would have been found across Europe. We have included both written and online resources at the end for you to do more research if you would like.

The first two recipes given are for **Powder Douce** (sweet spice mix) and **Powder Forte** (strong spice mix). These mixtures of spices are used in many of the other recipes. The taste of your own versions of these spice mixes will vary, dependent on the quantities of the spices you choose to use.

The remaining recipes are in alphabetical order. Our modern separation between savoury and sweet courses did not apply in the Middle Ages!

Powder Douce (sweet spice mix)

Ingredients

cinnamon, clove, ginger, nutmeg, sugar

Powder Forte (strong spice mix)

Ingredients

mace, ginger, pepper

(Traditionally: cubebs, cloves, mace, nutmeg, ginger, black pepper, grains of paradise, cinnamon, cassia)

Apple Fritters

Ingredients

Apple
Batter mixture – flour, milk, egg, pinch of salt.
Oil for frying

Method

Peel and cut apple into small pieces and dip in batter. Fry in oil. Serve sprinkled with sugar.

Apple Pasties

Ingredients

1 kg cooking apples
250 g fine white flour
115 g unsalted butter
Pinch saffron
1 egg and water
115 g raisins
115 g dried figs
75 g walnuts
1 tsp each of ginger, cinnamon and cloves
Butter and vegetable oil to fry
Sugar to sprinkle

Method

Bake a cooking apple until cooked through and set aside. Make a butter pastry coloured with saffron and chill. Take the flesh of the apple and mix with raisins, chopped dried figs and walnuts. Add ginger, cinnamon and cloves and mix well. Roll out the pastry and cut into circles about 6 cm in diameter. Put a tablespoon of the filling into each circle, moisten the edges and fold over to form turnovers. Seal and fry until golden. Drain and sprinkle with sugar.

Benes Yfryed (fried broad beans)

Ingredients

1 kg of fresh fava/broad beans shelled and boiled until tender (or use tinned/frozen)
2 onions
2 cloves of garlic
Olive oil

Method

Chop up parboiled onions (they could have been cooked a bit with the beans). Drain the beans and mix with the onion and garlic. Sauté, stirring for about 5 minutes.

Black Porray (fried cabbage and bacon)

Ingredients

Cabbage
Bacon

Method

Finely slice the cabbage and boil/steam in a small amount of water. Finely chop the bacon and fry until brown. Mix the two, including the bacon fat.

Blaunchyd Porray (creamed leeks)

Ingredients

300 g finely ground almonds
2 cups light cream or whole milk
2 bunches of leeks: washed, trimmed and sliced
1-2 slices of white bread: crusts removed and torn up
1 tsp salt

Method

Mix almonds with the cream or milk and allow to steep for at least an hour (can use shop-bought almond milk instead). Strain out the almonds and soak the bread in the liquid; blend until smooth. Bring mixture to the boil, and stir over a medium heat until very thick. Add salt and sliced leeks and simmer 5-10 minutes.

Crispels

Ingredients

Pastry dough
Olive oil
Honey

Method

Cut a circle out of a sheet of thin pastry. Fry the pastry until light brown. Brush with hot honey.

Cumin (savoury dish)

Ingredients

50 g ground almonds
6 tbsp corn flour or rice flour
1tbsp ground cumin
2tbsp sugar or honey
½ teaspoon salt
1 raw egg yolk
1 hard-boiled egg yolk
1 tbsp mixed spice

Method

Grind the almonds with $\frac{3}{4}$ pt of water and strain off the almond milk into a pan (or you can buy almond milk). Slake the corn/rice flour in a little cold water and stir it into the almond milk with the cumin. Simmer slowly for ten minutes, stirring continuously, before removing from the heat and beating in the raw egg yolk, sugar or honey, and salt, and pouring the mixture into a freshly-rinsed dish. When cold, slice into a dish and sprinkle with the crumbled hard-boiled yolk, the sugar and the spices

Ember Day Tart

Ingredients

4 tbsp butter, melted
1/2 tsp salt
pinch saffron
6 eggs
1/2 medium onion, coarsely chopped
225 g soft cheese, grated
60 g currants
1 tbsp sugar
1 tsp parsley
1 tsp sage
1 tsp hyssop
1 tsp powder douce

Method

Grind saffron with salt, mix with butter, and set aside. Place onions into boiling water and cook until just tender and drain. Beat eggs and combine with saffron-butter, onions, and remaining ingredients, pour into pastry shell, and bake at 350°F for one hour.

Pastry Shell for the Ember Day Tart (and other recipes with pastry)

Ingredients

225 g plain flour
150 g butter
2 tbsp milk

Method

Put the flour into a bowl. Rub the butter into the flour with your fingertips till it resembles bread crumbs. Gradually, add enough cold milk to make a firm dough. Roll out the pastry and line the tin. Bake in a pre-heated oven at 230°C (450°F) for 10 to 15 minutes or until golden brown.

Emeles (fried sweet cakes)

Ingredients

Almonds
Sugar
Breadcrumbs
Pinch of salt
Eggs
Butter/oil to fry

Method

Take almonds, sugar, white breadcrumbs and a pinch of salt and mix together with eggs to form a batter. Heat oil or butter in a pan and fry them. Turn until deep fried. Remove and sprinkle with dry sugar to serve.

Espàrrecs

Ingredients

Asparagus
Wholemeal flour
Wine vinegar
Olive oil
Salt and pepper

Method

Par-boil asparagus spears roll in flour (preferably wholemeal flour) and fry in olive oil. Sprinkle with wine vinegar, and add a pinch of salt and pepper.

Fresh fava (broad) beans with herbs

Ingredients

2 pints beef or chicken broth
1 kg fresh fava (broad) beans (or frozen/tinned)
200 g salt pork belly or pancetta
Handful of finely chopped parsley
Half a handful finely chopped mint
Salt

Method

Take the fresh fava beans (pre-boiled and skinned), add to diced salt pork/bacon/pancetta and simmer in beef or chicken stock until beans begin to break up. Add chopped parsley and mint. Add salt to taste.

Gehalbirte Ayer (stuffed eggs)

Ingredients

Hard boiled eggs
Parsley
Spices – ginger, cinnamon, nutmeg and sugar
Raw egg
Butter

Method

Slice the hard boiled eggs in half and remove the yolks. Mash the yolks with the spice and parsley and enough raw egg to soften the mixture. Spoon the mixture into the hollow in the hard boiled egg whites. Fry the eggs stuffed side down; until lightly brown; then turn and fry the other side.

Gingerbrede (gingerbread)

Ingredients

500 g honey
500 g bread crumbs
Cinnamon – up to 1 tbsp
Ground white pepper – up to ½ tsp
A pinch of saffron
A few drops of red food colouring

Method

Bring the honey to a boil. Add the spices and food colouring. Slowly beat in the bread crumbs. Add enough bread to achieve a thick, stiff, well-blended mass. Remove from the heat. Mould and decorate.

Grene Pesen

Ingredients

1.3 kg shelled fresh peas or about 600 g frozen peas
1 cup beef broth (or vegetable stock)
2 sprigs parsley
A few leaves of mint or ½ tsp dried mint
1 to 2 sage leaves and a bit of savory (or ⅛ to ¼ tsp each dried)
1 slice bread, crusts removed

Method

Take fresh peas and simmer in beef broth (or vegetable stock). Blend parsley, sage, savory and mint (or hyssop) with some bread, some of the broth and some of the peas, until smooth. Drain most of the broth from the peas; add the herb sauce to the peas, reheat and serve.

Herb fritters

Ingredients

Mixed herbs – chives, parsley, sorrel, sage etc.
Batter mixture – flour, milk, egg, pinch of salt.
Oil for frying

Method

Mix herbs with the batter mixture and fry in oil.

Leche Lardys (a kind of thick omelette)

Ingredients

4 eggs
½ pint milk
4 slices bacon
Salt
Saffron
Handful of herbs – parsley, savoury, sorrel.

Method

Steep the saffron in hot water. Grind the herbs finely and steep in hot water. Cover the bacon in cold water and bring to a boil, then drain and cut into small pieces. The bacon pieces can be fried for a few minutes. Beat the egg and milk together thoroughly and add the bacon. Separate into three portions and colour one part with the saffron and a second part with the herb juice. Cook each section slowly over low to medium heat, stirring constantly, until the milk is thickly curdled. When very thick, pour into a cloth and put in a colander to let the whey run out, layering the colours. Put a heavy weight on top, then wring out the cloth and press firmly together. Lay on a board and slice. Serve cold or fry to serve.

Limonia (chicken in lemon and almonds)

Ingredients

- 1 whole chicken
- 300 ml of almond milk
- ½ litre of meat broth
- 2 medium onions
- Juice of 1 lemon
- 1 teaspoon of strong spice mixture (pepper, long pepper, cloves, nutmeg or alternatively white pepper, cinnamon and ginger)

Method

Cut the onions into small pieces and fry until translucent in olive oil. Cut the chicken into bite-sized pieces and add to the onions. Add almond milk, meat broth and the spice mixture and simmer until the chicken is cooked. Thicken with ground almonds and add lemon juice to the sauce just before service. Season and serve.

Loseyns (medieval lasagne)

Ingredients

- 375 g flour
- 250 ml tepid water
- 1 ½ tsp salt
- 1 ½ tsp active dried yeast
- Spices – cardamom, nutmeg, cinnamon and black pepper
- Grated parmesan cheese

Method

Dissolve yeast in a little water and leave to proof for 10 minutes. Add flour. Dissolve salt in remaining water. Add salt water to flour and mix into a dough (adding more water if required). Knead for 10 minutes. Cover with a towel for 1 hour. Roll out dough and cut into desired shapes (preferably diamond shapes) around 1.5 mm in thickness. Add the cut pasta to rapidly boiling water. Stir to avoid sticking - the pasta will float when cooked, which should take 3-4 minutes. Place the first layer of pasta in a dish. Add a sprinkle of spices and cheese. Repeat until you have run out of pasta

Marchpane

Ingredients

300 g of fine caster sugar
600 g of ground almonds (blanched not roasted)
50 ml of rose water

Method

Preheat the oven to 150 °C. Work the ground almonds, sugar and rose-water together to make a stiff paste. Mould the marchpane into the desired shape. Bake for 15 minutes in a cool oven, (150°C) then turn off the oven, open the oven door and leave it in there for another 15 minutes. Repeat this process until the marchpane is firm and dry, but only lightly coloured.

Mouchelet (mutton stew)

Ingredients

½-1 kg of stewing mutton (can also be made with lamb)
2 medium onions, minced
1 tbsp of fresh parsley
1 tsp each fresh thyme, rosemary, savory (or ½ tsp if dried herbs)
¼ tsp each ground ginger, coriander
Salt to taste
½ litre of chicken broth
200 ml of verjuice (or a mixture of white wine and cider vinegar)
1 egg
Pinch of saffron

Method

Cut up the meat into pieces 2 inches square and put into a non-stick pot. Add onions, chopped herbs, salt and spices. Cover with the broth and simmer for 45 minutes, covered. Beat the egg with the verjuice. Pour a little of the hot sauce to this mixture, stirring, and then add it all to the contents of the hot pot. Stir over a low heat to thicken making sure it does not boil after the egg is added.

Navés aux Chateinges (turnips with chestnuts and sage)

Ingredients

Turnips
White wine
Sage
Chestnuts
Salt

Method

Peel and slice the turnips, and parboil in salted water. Drain and add to water, wine, chestnuts and the sage mixture. Simmer gently until all is tender.

Norwegian pasties

Ingredients

115 g cream cheese
100 g crab meat
Handful of currants
50 g pine nuts
Spices
Pastry – flour, egg, pinch of salt and water
Oil to fry

Method

Mix the cream cheese, crab meat, currants, pine nuts, and spices together. Make the pastry dough and roll out as thinly as possible. Make up parcels with the cream cheese mixture, sealing the edges with water, and fry in oil.

Nucato (spiced honey nut crunch)

Ingredients

Half a jar of honey
400 g walnuts, almonds or hazelnuts
Spices – ginger, pepper, cinnamon, cloves (½-1 tsp of each)
Half a lemon

Method

Bring honey to the boil slowly and skim off any impurities that rise to the surface. Coarsely chop and add almonds, walnuts or hazelnuts, plus some of the spices. Cook over a low heat, stirring constantly for 30 to 45 minutes. The mixture is done when the nuts begin to 'pop' but be careful not to let the nuts burn as they will be bitter. When the mixture is done, pour onto a pan lined with greaseproof paper, spread into an even layer with the cut surface of a halved lemon (its acid reacts with the mixture and makes it spreadable). Cut into slices and then cool completely before serving.

Orange Omelette

Ingredients

2 oranges
1 lemon
6 eggs
1 tbsp of sugar, salt to taste

Method

Juice two oranges and one lemon (to add sourness). Beat 6 eggs and add the juice, sugar and salt to taste. Fry in olive oil and serve.

Payn Ragoun

Ingredients

250 g of sugar
3 tbsp of honey
140 ml of water
40 g of pine nuts
¼ to ½ tsp of ginger

Method

Cook sugar, honey and water together stirring frequently over fairly low heat until the syrup reaches the 'soft-ball' stage. Cool it a little, then beat it until it begins to stiffen. Add pine nuts and ginger, stir together and pour out in a mound on waxed paper. When hardened, slice and serve.

Peas Porridge with Onions

Ingredients

Peas
Fresh herbs
Onions
Olive oil
Salt
Saffron
Powder Douce

Method

Boil the peas until very tender and puree. Place the peas in a large pan on very low heat. Parboil the fresh herbs in another pan and then chop and add to the puree. Boil the whole onions until tender, then add to the purée, along with a little olive oil, saffron, and salt to taste. Cook all ingredients together then serve with powder douce on top.

Pevre Gresse (a sauce to go with roast meats)

Ingredients

700 g grapes
Juice of 2 lemons
Pinch of salt
¼ tsp each of ground ginger and pepper
3 slices of bread made into breadcrumbs

Method

Crush the grapes in a mortar with the salt. Sieve, reserving the juice, and discard the pulp. Add the lemon juice (to add sourness), spices and breadcrumbs. When the bread has softened, blend or sieve.

Pipe farces

Ingredients

Cheese – Cheshire, Wensleydale
Batter mixture – flour, milk, egg, pinch of salt.
Oil for frying

Method

Cut cheese into small finger-length pieces and dip in batter. Fry in oil.

Pokerounce

Ingredients

Honey
Ginger and cinnamon
Galingal
1 whole loaf white bread
Pine nuts

Method

Cut the crust away from the bread. Slice into strips and toast. Heat honey with spices; once it has thickened, spread it onto the toast and sprinkle pine nuts on top.

Pommesmoille (apple pudding)

Ingredients

Apples, cookers or sharp eaters
Almond milk (or ground almonds and water)
Rice flour (or unbleached white flour)
Sugar
Cinnamon, ginger, nutmeg

Method

Peel, core and finely chop the apples. Mix with the almond milk, sugar and rice flour and heat until the apple is cooked and the mixture thickens. Serve sprinkled with the spices and a little more sugar.

Potage of Rice

Ingredients

Rice
Almond milk
White grape juice
Honey
Saffron

Method

Add rice and almond milk into a pan. Add a small amount of white grape juice, saffron and honey. Bring to the boil and then reduce the heat. Cook until the rice mixture thickens and until the rice is soft. Garnish as desired.

Potage of Roysons

Ingredients

225g raisins
⅓ litre almond milk (bought or made)
1 tbsp sugar
1 tsp mixture of galingal and ginger
4 tbsp rice flour (or unbleached white flour)
4-6 apples: peeled, cored, and sliced

Method

Boil the apples and raisins until they are soft then drain. Mash the fruit and place in a pan with almond milk, spices and sugar. Cook on a medium heat and add flour and continue to heat until thick.

Pottage (vegetable broth)

Ingredients

2 onions
4 cloves of garlic
50 g of lentils
Mixed vegetables: broad beans, peas, carrots, celery, pearl barley, etc.
Stock cubes, salt, pepper and mustard seed
Mixed fresh herbs e.g. chives, parsley, thyme
Water to boil

Method

Fry a couple of onions until soft, add a few cloves of garlic and continue frying. When the garlic is soft, fry off the pepper and mustard seed. Then add lentils, water and a couple of stock cubes. Bring to the boil. Chop up the vegetables and add to the pottage. Simmer until the vegetables are tender, then add the chopped herbs. Once tender serve.

Note

Lentils would not have been available in UK in medieval times as they are a southern European plant (similarly chickpeas). However, they are more convenient and easier to digest than broad (fava) beans in a soup like this. Medieval pottage would have been made with anything available including cereals and, if possible, meat (especially bacon).

Rapes in Potage (Turnips in Pottage)

Ingredients

500 g turnips/swede cut into cubes
Water
Vegetable stock
Salt
1 small onion, finely chopped
Powder douce
2-3 strands of Saffron

Method

Chop swede or turnip into cubes place in a pan, add a pinch of salt and cover with water. Bring to the boil and simmer for about 10 minutes to blanch. Drain the vegetables, discarding the water. Place the par-boiled vegetables in a fresh pan along with the chopped onion and add enough stock to cover the vegetables. Bring to the liquid to the boil, then simmer. Add the saffron. Continue to cook until mashed – make sure it doesn't stick to the pan. Add powder douce and mash the vegetables together.

Ravieles (a type of ravioli pasta)

Ingredients

Flour
Sugar
Cheese
Butter
Herbs – parsey, sage, shallots

Method

Take fine flour and sugar and make pasta dough; take good cheese and butter and cream them together; then take parsley, sage and shallots, chop them finely, and put them in the filing. Put the boiled ravieles on a bed of grated cheese and cover them with more grated cheese, and then reheat them.

Salat (medieval salad)

Ingredients

Lettuce	Dandelion leaves
Watercress	Rocket
Spinach	Leek rondles
Onion	Garlic minced
Parsley chopped	Sage
Rosemary	Thyme
Mint	Olive oil
Vinegar	Salt

Method

Chop all herbs and leaves and mix with onions, leeks and garlic.
Dress with oil, vinegar and salt.

Saugee

Ingredients

Eggs
Fresh sage
Wine vinegar
Salt and pepper

Method

Hard boil eggs and separate the yolks and whites. Blend the yolks with finely chopped sage, vinegar and the spices. Finely chop the egg whites, and add to the yolk mixture. Serve with cold pork or chicken.

Sawse Verde (green sauce for fish)

Ingredients

2 handfuls of mixed herbs: mint, parsley, thyme, rosemary, rocket
100 ml white wine or cider vinegar
Handful of wholemeal breadcrumbs
Pinch each of salt, ground white pepper and ginger

Method

Finely chop the herbs and mix with the vinegar and breadcrumbs to make a thick sauce.
Add seasonings to taste. Serve with poached, grilled or sautéed fish.

Spiced apple juice

Adapted from a recipe for 'hippocras' (spiced wine)

Ingredients

2 litres apple juice
3 cinnamon sticks
10 g fresh ginger
1 teaspoon each cardamom, cloves, mace, nutmeg
Optional: spikenard, white pepper, caraway seed, galingale, marjoram
(Alternatively, you can also use mulled wine sachets, 1 bag per litre)

Method

Put the apple juice in a large saucepan and heat gently, stirring until it simmers. Remove from the heat and stir in all the spices (if you use a mulled spice sachet you will need to boil for longer). Leave for at least 20 minutes then strain before filtering (or take out sachets). Allow to cool a little before serving.

Strawberye

Ingredients

100 g strawberries
¼ litre red grape juice
¼ litre almond milk (either bought or homemade)
2 tbsp corn flour
55 g currants
pinch saffron
⅛ tsp pepper
100 g sugar
½ tsp ginger
½ tsp cinnamon

Method

Clean and quarter the strawberries. Add strawberries to the red grape juice and simmer until soft. Force strawberries and grape juice a strainer to remove seeds and pulp. Add almond milk, currants, and spices, and return to low boil. Add in corn flour and stir until thick. Remove from heat. Place in individual bowls and decorate with pomegranate seed.

Syrosye (Cherry Pottage)

Ingredients

900 g cherries
350 ml grape juice
90 g sugar
4 tbsp butter
120 g breadcrumbs
A pinch of salt

Method

Wash the cherries and remove the stems and stones. Puree the cherries with ½ of the grape juice and sugar. Melt the butter in a saucepan and add the fruit puree, breadcrumbs, remaining grape juice, remaining sugar, and salt. Simmer, stirring often, until the puree is very thick. Pour into a serving bowl and refrigerate.

Tourteletes in Fryture

Ingredients

Figs
Saffron
Powder forte
Pastry dough
Oil
Honey

Method

Dice the figs and mix with saffron and the powder fort. Roll out the pastry dough and cut into medium-sized circles. Place a spoonful of the fig mixture onto the circle of dough; seal the edges. Fry the pie in hot oil until light brown. Once fried, brush the pie with honey.

Wardens in Syrup (pear pudding)

Ingredients

Hard pears – wardens, black Worcester or under-ripe conference
Red wine to cover pears
Sugar or honey
Spices – cinnamon, ginger, cloves
1 tablespoon red wine vinegar (optional)

Method

Make up a syrup with the red wine, sugar and spices, heat until the sugar is dissolved and add the peeled pears. Simmer until the pears are tender. Remove the pears and reduce the syrup until thick. Add the vinegar to balance the flavour of the syrup. Serve the pears coated in the syrup.

Watercress Poree

Ingredients

Watercress
Chard
Almond milk
Olive oil
Optional: butter or pork fat, meat stock or soft cheese.

Method

Clean, chop and boil the watercress and chard until tender. Drain and dry. Then either sauté in olive oil and simmer in almond milk (Lenten version when no dairy or animal fats were allowed) or sauté in butter or pork fat, and simmer in stock or cheese. Season and serve.

Recipe Sources

Written

M Black (ed.), *The Medieval Cookbook* (London, 1992)

P Brears, *Cooking and Dining in Medieval England* (Totnes, 2008)

G L Greco and C M Rose (eds), *The Good Wife's Guide: Le Ménagier de Paris, A Medieval Household Book* (Ithaca and London, 2009)

C B Hiatt and S Butler (eds.), *Curye on Inglysch: English Culinary Manuscripts of the Fourteenth Century (Including the Forme of Cury)* (London, 1985)

C B Hiatt and R Jones, 'Two Anglo-Norman Culinary Collections', *Speculum* 61 (1986), 859-82

C B Hiatt, B Hosington and S Butler (eds.), *Pleyn Delit: Medieval Cookery for Modern Cooks* (Toronto, 1996)

O Redon, F Saban and S Serventi (eds), *The Medieval Kitchen: Recipes from France and Italy* (Chicago, 2000)

J Santanach and R Vogelzang (eds), *The Book of Sent Soví: Medieval Recipes from Catalonia* (Woodbridge, 2008)

Online

Gode cookery: <http://www.godecookery.com/>

History Cook Book: <http://cookit.e2bn.org/historycookbook/>

S Pegge (ed.), *The Forme of Cury* (18th century version)
<http://www.gutenberg.org/ebooks/8102>

The Forme of Cury (medieval manuscript):
http://luna.manchester.ac.uk/luna/servlet/view/all/what/Cookery?sort=reference_number%2Cimage_sequence_number%2Cparent_work_title%2Cdate_created

T Austin, *Two fifteenth-century cookery-books: Harleian ms. 279 (ab. 1430), & Harl. ms. 4016 (ab. 1450), with extracts from Ashmole ms. 1429, Laud ms. 553 and Douce ms. 55* (London, 1964): <http://quod.lib.umich.edu/c/cme/cookbk>