

Original text:Pickles of artichocks (La Varenne 203)

Cut of the choak, and what is too hard about them (that is called arichocks in bottoms), steep them in fresh water for to whiten them, drain and dry them; after this put them into a pot with Salt, pepper, viniger melted butter clove and some bay leaf. Cover them well, and keep until you have use for them and then unsalt them in lukewarm water; after they are unsalted, seeth them with butter or some peece of lard, or some fat. After they are sod, serve them with white sauce or garnished

Pickles of red beets (La Varenne 203)

Wash them very clean and seeth them. When they are sod, peel them, and put them in a pot with salt, pepper, and vinegar, for to use them when you will.

Pickles of cowcombers (La Varenne 203)

Take them very small, whiten them in fresh water, and stick them with cloves. Then put them in a pot with salt, pepper, vinegar and a bay leafe. Cover them so close that no air may get in, and serve them in salat.

Translation:

Pickles of artichokes: Clean and trim the artichoke, soak them in hot water (could be done in cold as well), drain and dry them; after this put them into a pot with salt, pepper, vinegar, melted butter, cloves and bay leaf. Cover them well, and keep until you have use for them. When you have use for them desalt them. After they are unsalted, soak them with butter or some piece of lard, or some fat. After they are done, serve them with white sauce or garnished

Pickles of red beet: Wash them very clean and soak them in hot water (could also be done in cold). When they are cooked, peel them, and put them in a pot with salt, pepper, and vinegar, to be used when you need them.

Pickles of cucumbers: Pick them small, soak them in fresh water (either hot or cold) and stick them with cloves. Then put them in a pot with salt, pepper, vinegar and a bay leaf. Cover them so that no air may get in, and serve them in salad.

First redaction:Pickles of artichokes

Canned/frozen artichokes, marinated in salt, doz. bay leaves, ½ doz. cloves, salt, pepper and vinegar. One week or so in brine checking every other day. To serve, rinse and pour melted butter on top. Can be served with white sauce or a garnish.

Pickles of red beets

Can of small whole beets in water. Marinade in salt, pepper, bay and vinegar. One week or so in brine checking every other day. To serve, drain and plate.

Pickles of cucumbers

Hothouse cucumbers sliced thin. Marinade in salt, clove, sugar and vinegar. One week or so in brine checking every other day. To serve, drain and plate.

I have grouped all the pickled dishes together as they use very similar processes. I used canned artichokes and beets to make things simpler. Small chokes in the amounts needed would be very hard to find and not cost effective for a feast. Small beets may be easier to find but preparation would be time consuming for 100 plus people.

Using canned vegetables also reduces the time in the brine because they are canned in salt water with no added flavors. Small cucumbers of the size needed are not available commercially. I could find as kosher dills or gherkins (as pre-made pickles), however I don't think the pre-made pickle would have the right flavor. Slicing a large cucumber is an acceptable substitution in my opinion.

I tried all the pickles with a variety of vinegars to see which tasted better. The vinegars that were tested were red wine, distilled, rice, white wine and cider. Some were much better than others; the distilled was quickly out of the running as it over powered all of the vegetables, and was the least likely to have been used in period.

Final redaction:

Pickles of cucumbers

Canned artichokes, marinated in salt, doz. bay leafs, six cloves, salt, pepper and cider vinegar to cover. Soak for one or two days in brine. To serve, rinse and pour melted butter on top.

Pickles of cucumbers

Hothouse cucumbers sliced thin then marinated in salt, cloves, sugar, cider vinegar and water to cover. One - two days in the brine. To serve, drain and plate.

Pickles of red beets

Can of small whole beets in water. Marinade in salt, pepper, bay leaf and red wine vinegar to cover. Soak for one or two days. To serve, drain and plate.

Original text:*Ramequins of onions & garlick (La Varenne 91)*

Take your onions, and stamp them in a mortar, with salt and much pepper. You may put to it some Anchovies well melted with a little butter, your onions being upon the bread fried in oil or butter. Pass the fire-shovell red hot over it and serve.

The Ramequin of Garlick:

Is done the same way

Translation:*Ramequins of Onions:*

Mince shallots with salt and pepper and a small amount of anchovy cooked in butter. Put the mixture in a mortar and stamp it. Then spread on bread and heat till crispy on one side.

Ramequins of Garlic:

Mince fresh garlic with salt and pepper then a small amount of butter. Put mixture in a mortar and stamp. Then spread the mixture on bread and heat till crispy on one side.

First redaction:*Ramequins of Onions*

Mince shallots with salt and pepper then a small amount of anchovy oil. Put the mixture in a mortar and make mush. Then spread on a crispy baguette.

Ramequins of Garlic

Mince fresh garlic with salt and pepper then a small amount of anchovy oil. Put mixture in a mortar and make mush. Then spread on crispy baguette.

Some alterations to preparation had to take place due to site constraints. Instead of toasting the bread after the spread was put on I will be toasting it before hand. I have added oil to the mixes so they are easier to spread. Toasting the bread a slight bit adds another depth of flavor to the dish.

Adding a full anchovy to the onion mix enhances its creaminess, complementing the crispness of the toast points. I did not add the anchovy or its oil to the garlic version as it this mush was fiery hot to the taste; even without the anchovy it had a very strong flavor. The use of pre-cut garlic diminished the overpowering garlic flavor and heat; this is what I will use for the feast.

Final redaction:*Toast points of Onions*

Mince shallots with salt and pepper. Then add a small amount of anchovy and its oil plus some olive oil. Put mixture in food processor and make mush. Then spread on baguette, pre-toasted on one side over the barbeque.

Toast points of Garlic

Mince garlic with salt and pepper. Put mixture in mortar and make mush; add olive oil. Spread on the baguette, which has been toasted on one side over the barbeque.

Original text:Eggs farced (*La Varenne 163*)

Take sorrel, alone if you will, or with other herbs, wash and swing them, then mince them very small, and put them between two dishes with fresh butter, or pass them in a pan. After they are passed, stove and season them. After your farce is sod, take some hard eggs, cut them into halves, across or in length, and take out the yolks, and mince them with your farce: and after all is well mixed, stove them over fire, and put to it little nutmeg, and serve garnished with the whites of your eggs, which you may brown in the pan with brown butter.

Translation:Stuffed Eggs:

Take sorrel, alone if you will, or with other herbs, wash and dry them, then mince them very small, sauté them with fresh butter, then season them. After the stuffing is cooked add the hard boiled egg (which have been cut in half) yolks to it after it is well mixed cook/heat it, add some nutmeg and serve garnish with the egg whites, which you may brown in the pan with brown butter.

First redaction:Eggs farced

Herbs: thyme, saffron, salt, pepper, chives, sorrel

Stuffing: Put all spices in a mortar and crush. Chop the herbs finely. Mix together, add butter, then add in the cooked egg yolks. Mix in a heated pan. Put the stuffing into egg whites. Garnish with nutmeg and serve.

I chose not to fry the whites in butter because they got overly chewy. The term “farced” is to stuff, therefore my mind leapt to “deviled eggs”. By re-cooking the yolk mixture I ended up with a gritty mix that I did not like so I omitted the re-cooking and added some extra liquid to make a smoother mix; all this to accommodate modern sensibilities. I had a difficult time finding sorrel so as a replacement I chose to put in thyme and chives with a touch of saffron to add unique flavor.

Final redaction:Eggs farced

Herbs; thyme, saffron, salt, pepper, chives

Stuffing: Put all spices in mortar and crush. Finely chop the chives. Mix together with butter then add in the cooked egg yolks, mix. Slowly add ½ & ½ to get a creamy texture. Put the stuffing into egg whites, garnish with nutmeg and serve.

Original text:Potage of raspberries (La Varenne 133)

Allay some eggs with some raspberries, and strain all together. Boil some milk well seasoned with salt, and when it boils, powre your implements into it and stir it well. Take it up, garnish it with raspberries, and serve.

Translation:

Soup of raspberries: Mix some eggs with some raspberries, and strain all together. Boil some milk and season it with salt. When it boils, pour the egg and raspberry mix into it and stir it well. Remove from heat, garnish it with raspberries, and serve.

First redaction:Potage of raspberries

One or two eggs, 2 cups raspberries, 1/8 tps salt, 1 cup ½ & ½,

Blend egg and berries very well then add hot milk. Mix again, strain. Garnish the mixture with raspberries then serve.

The first time I tried this recipe I forgot to do one thing, strain the mix. My first try was full of little seeds from the raspberries. This redaction was Very bitter. I added sugar to the next to make it more palatable to the modern tastes.

Second redaction:Potage of raspberries

Two egg yolks, 2 cups raspberries, 1/8 tps Salt, 2 Tbs. sugar, 1 cup 1/2& 1/2, blend egg and berries very well then add hot milk, mix again, strain, then heat over a double boiler. Final texture should be more like a custard. Garnish it with raspberries then serve.

Still not right, ends up like yogurt gone wrong, kind of like rennet, but still bitter to taste.

Final redaction:Potage of raspberries

One whole egg, 2 cups raspberries, 1/8 tps Salt, 3 Tbs. sugar, 2 cups 1/2& 1/2, blend egg and berries very well then add hot milk and mix strain, heat some more till thickened to cover back of spoon. Garnish it with raspberries then serve.

Very good as a palette cleanser for the first course.

Original text:Roast chicken with orange-cinnamon sauce (#16, *Plantina*)¹

Roast Chicken: You will roast a chicken after it has been well plucked, cleaned and washed: and after roasting it, put it into a dish before it cools off and pour over it either orange juice or verjuice with rosewater, sugar and well ground cinnamon and serve it to your guests. Bucinus is fond of this because likes to eat sour and sweet things together, to check his bile, by which he is often disturbed. And this is fattening.

Final redaction:Roast chicken with orange-cinnamon sauce

Dry rub: Salt, pepper: Sauce: 1 cup O.J., 1 tsp sugar, 1 tsp. rose water, 1 tsp cinnamon.
Roast chicken add sauce then serve

Although this would have been an entire chicken cooked by rotisserie I have chosen to use chicken pieces cooked via BBQ so serving would be simpler. I find that in a feast of a hundred not every one knows how or wants to carve a chicken. When served, the sauce should be on the chicken and on the side so dinners may have more if they wish.



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This is one of the recipes that is not from the *The French Cook*. It was added for its simplicity, matching the rest of the meal. The recipe comes from Italy and *Plantina*; as we know, the French used many of *Plantina*'s recipes.

Original text:

Langouste with white sauce (La Varenne 154)

It is done the same way as the lobster, serve it dry with parsley.

“lobster with white sauce” After it is sod, take out the bones and cut the flesh into peeces, which you shall fry with butter, minced parsley and drop of verjuice; which being done, take three or four yolks of eggs, with little of nutmeg, and put them in a pan. Serve forthwith, and garnish with the feet of your lobster.

Translation:

Langouste with white sauce: ²

After it is cooked/ boiled remove all meat from shell. Cut it up and fry it in butter. Add to this parsley verjuice and some egg yolks. Put in pan and serve with claws as garnish.

First redaction:

Langouste with white sauce

Sauté shrimp. Chop, add sauce & parsley then serve.

Sauce: 2 egg yolks, 1 cup clarified butter, lemon juice, nutmeg, pinch salt

For reasons of cost, shrimp were used instead of langoustes. ³

Final redaction:

Shrimp with white sauce

Sauté shrimp, add sauce & parsley then serve.

Sauce: 2 egg yolks, 1 cup clarified butter, lemon juice, nutmeg, pinch salt

² This recipe does not have a very good explanation of “White Sauce” but La Varenne does have other recipes with white sauce in them. The best one to see how the sauce was made is “Sparagus with white sauce”

“Sparagus with white sauce” (La Varenne 183): As they come from the garden, scrape them and cut them equally: seeth them with water and salt. Take them out, as little sod as you can, it is the better, and set them a draining. Then make a sauce with Fresh butter, the yolk of an egg, salt, nutmeg and a small drop of vinegar when all is well stirred together and the sauce allayed, serve your sparagus.

³ American Heritage Dictionary

Langouste definition: Large edible crustaceans, having a spiny carapace but lacking the large pincers of a true lobster. Can also be known as sea crawfish, spiny lobster, rock lobster, crawfish, and crayfish; warm-water lobsters without claws; those from Australia and South Africa usually marketed as frozen tails; caught also in Florida and California

Original text:

Salat of Lemon (*La Varenne 88*)

Take Lemons, what quantity you will, peel them, and cut them into very thin slices. Put them with sugar, orange & pomegranate flowers then serve neatly.

A salad of lemons, while it may have appealed to the medieval tastes, would go over poorly at a modern feast. I thought that adding an additional citrus fruit, more palatable to modern tastes would improve the dish, yet not deter from the ideal of the recipe of a citrus salad. However, while I have found a few references to salads of various fruits, I was unable to find one that included oranges. Despite this, I have chosen to add oranges to the lemon salad.

Final redaction:

Salad of Lemons and Oranges

Peel and slice oranges and lemons, plate and sprinkle with sugar. Garnish with fresh flowers.



Original text:

Lentils (*La Varenne 221*)

After they are well sod, pass them in the pan with fresh butter, salt pepper, little of fine herbs and chibols. When they are well fried, serve them. You may serve them like pease broth. ⁴If you find them hard to be passed (or strained) stamp them in a mortar. They may also be served with salat oile passed in the pan

Translation:

Lentils After they are well cooked, saute with fresh butter, salt, pepper, little of fine herbs and chibols. When they are well fried, serve them. You may serve them like “peas broth”. If you find them hard after you have sautéed them (or strained) stamp them in a mortar. They may also be served with salad oil sautéed in the pan

I believe the statement “You may serve them like pease broth” means that you may serve them like a potage with peas broth added to them; a more liquid-like consistency to the dish. A potage can be a soup, stew or gruel.

Final redaction:

Lentils

Par boil lentils, toss with herbs, green onion, salt & pepper. Sauté mixture & serve with salad oil.

I have chosen to use the black lentils due to their availability and cost and their substitutability for the French green lentil.⁵

⁴ Pease broth (*La Varenne 209*): *For to make pease broth clear, and that it be good, steep your pease from one day to the next, after you have cleansed them well: then seeth them with river or fountine water lukewarm. When they are almost enough, take out your pease and use it for what you will. You will find the broth of herbs in the potages for lean days.*

⁵ The Cook's Theasaurus
Lentil description: *French green lentils = Puy lentils = lentilles du Puy = lentilles vertes du Puy These choice lentils were originally grown in the volcanic soils of Puy in France, but now they're also grown in North America and Italy. They're especially good in salads since they remain firm after cooking and have a rich flavor. They cook a bit slower than other lentils. Substitutes: beluga lentils OR brown lentils (These don't hold their shape as well as French green lentils.) OR masoor*

Original text:

Red carrots Fried with brown butter & onion (La Varenne 228)

Final redaction:

Red carrots fried with brown butter & onion

Brown butter: clarify butter add shallots and brown some.

Par boil carrots then sauté with brown butter and serve

The name of the dish is all I have to go on, but it sounds pretty self explanatory. I believe *La Varenne* thought the same thing.



Original text:*Cream of pistaches* (La Varenne 85)

Take one handfull of Pistaches stamped, and a quart of milk, boil it with a implemet of metal, which you shall mix with it. When it is almost sod, allay six yolks of eggs with our Pistaches, and a little butter very new, put it all in a pan with store of sugar and little salt. If you will, you may put in it Musk or Amber also, with much sugar but very little Musk. Beat all well together, and serve garnished with flowers.

Translation:

Cream of pistaches Take a hand full of pistachios and crush them into paste. Add a quart of milk, boil it in a pot and stir well. When it is almost done, mix in six egg yolks and some butter, season it with salt and sugar. You may also add Musk or Amber⁶ (these would have been in a powder form). Add lots of sugar but not much Musk. Serve garnished with flowers.

I would like to try one day to add musk to this dish and see how it changes it.

First redaction:*Cream of pistachios*

One cup half & half, 1/4 cup pistachios, 1 eggs, 1 tsp. butter, 1 Tbs. sugar, pinch salt.

This redaction was acceptable but not rich enough. Also how do we serve this, as a liquid or a custard?

Second redaction:*Cream of pistachios*

Two cups half & half, 1/4 cup pistachios, 2 eggs, 2 tsp. butter, 3 Tbs. sugar, pinch salt.

This redaction was acceptable also but too liquidly. Still the question of serving.

Third redaction:*Cream of pistachios*

Two cups half & half, 1/4 cup pistachios, 4 eggs, 2 tsp. butter, 3 Tbs. sugar, pinch salt.

Third time is the charm, not a custard, not a liquid, has almost the consistency of a mousse.

⁶ Excerpt from *Musk An Essay* by Stephen Fowler

Look at the reality of musk. Not limited to strong perfumes of questionable taste, musk is in fact the basic ingredient of practically all perfumes, from the most expensive and refined French florals to the sleaziest reek of high school hoochies. Everything in your medicine cabinet contains musk: soaps, shampoos, powders, cosmetics, bath oils, even your toothpaste. It is an ingredient in household cleansers, laundry detergents, insect repellents, and almost every other commercial product that requires fragrance - including food. Does the label say "artificially flavored?" Musk is added to fruit flavors, vanilla, chocolates, licorice, hard candy, chewing gum...

Original text:Suckling pig farced (#14, *Plantina*)

Roast Piglet: Slit the throat of a suckling pig and scrape all the bristles from the skin. Then slit it the length of the spine and take out what is in the belly. Finely chop the little liver with lard, garlic, and aromatic herbs, grated cheese, beaten eggs, pepper and saffron mix well the above. And put all into the piglet which is turned inside out and close it so the stuffing does not come out. It can be cooked on the spit or over the grill with slow fire so that is all equally good to eat. While it is cooking it is often sprinkled with vinegar pepper saffron mixed together with sage or sprigs of rosemary or bay

Final Redaction:Suckling pig farced / Roasted pork with cheese stuffing

Stuffing: one small clove garlic, minced very well, saffron, pepper, thyme, rosemary and a smidge of sage, one egg. Mix all together then add 1 lb. grated cheese (gruyere). Make a hole in the pork loin, insert a generous amount of filling. Season the outside with saffron, thyme, pepper and salt ground in mortar. Bake at 400-convection 35 min. approximately.

I wish I could have gotten suckling pigs but yet again it was cost prohibitive. I have also omitted the liver because I could not find any pig liver and substituting calf liver was not a very good experiment. I have found that pig liver is much sweeter and fattier then its beef counterpart.

This is the other recipe that from Italy and *Platina*.



Original text:

Sparagus with cream (La Varenne 183)

Cut them into three, and when you have whitened them, fry them alike well seasoned. After they are fried, put your cream in, and stove them with it. If the sauce is too thin, put some yolks of eggs in it for to thicken it, and serve

Translation:

Sparagus with cream Cut them into three. Steep in water either hot or cold till white or plump or both. Then sauté them, well seasoned. After they are sautéed, put cream in, and cook them with it. If the sauce is too thin, put some yolks of eggs in it to thicken it. Serve.

Final redaction:

Asparagus with cream

Cut asparagus into thirds, steam then sauté them with salt & thyme add 1/2 & 1/2 let them cook down.



Original text:Mushrooms after the Olivier (La Varenne 96)

After they are well cleansed, cut them in to quarters, and wash them in several waters to take off the earth. After they are well cleansed, put them between two dishes with an onion and some salt, then set tem on the chaufing dish, that they may cast their water; press them between two plates. Take very fresh butter, with parsley and chibol, and fry them, then stove them, and after they are well sob, you may put them some cream or white meat, and serve.

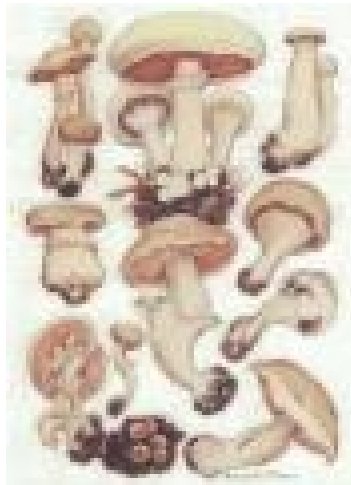
Translation:

Mushrooms after the Olivier After they are well cleaned, cut them into quarters, and wash them in several times in water to take off the dirt. Put them in a pan with some onion and some salt, then set them on low heat. That they may cast their water; press them between two plates. Take very fresh butter, with parsley and chibol, and sauté all ingredients together. After they are well cooked, you may add some cream or white meat⁷, and serve.

Final redaction:Mushrooms after the Olivier

Cut mushroom in fourths. Sauté with shallot, salt & butter. Render all liquid. Garnish with parsley then serve

I have left the mushroom dish at its bare minimum, no sauce, to create contrast between it and the asparagus dish with the cream sauce. I have used champignons in this dish as they are the most common variant today.



⁷ “White meat” (La Varenne 88) : Take the thickest of your Gelee (type of gelatin), make it lukewarm with Almonds well stamped. Strain them together through a napkin, and mix a drop of milk with it if it is not white enough. After it is cold, serve and garnish with other colour.

Original text:Eggs with bread (*La Varenne 164*)

Take bread, crum it, and pass it through a straining pan, if you will. Melt some butter; after it is melted, put it with your bread and some sugar. Then choose some very new layd eggs, as many as you have occasion for, and beat them well with your bread, sugar, butter, salt and little milk. For to seeth them, melt a peece of butter very hot, put your implements into it, and seeth it. For to give them a colour, pass the fire-shovell red hot over them, and serve your eggs sugared. You may make them ready in a dish or in a tourte pan.

Translation:

Eggs with bread Take breadcrumbs, and make sure they are all about the same size. Melt some butter; after it is melted, put it with your bread and some sugar. Then choose some fresh eggs, as many as you can spare. Beat them well and add them to your bread, sugar, and butter. Add salt and little milk. To cook them, melt some butter in a pan, put your ingredients into it, and cook it. To give them a color, heat from the top. Serve your eggs sugared. You may make them ready in a dish or in a torte pan.

Final redactionEggs with bread

4 cups bread crumbs (hand crumbled day old bread), 6 eggs, 2.5 cups 1/2 & 1/2, 3 Tbs. brown sugar, 2 Tbs. Butter. Extra sprinkle of sugar on top after baking. Mix all wet ingredients together, add bread crumbs. Butter the baking dish. Add mix to baking dish. Bake for 35 minuets at 375. Need to re-warm on site. When it is time to serve plate and sprinkle with sugar.

If I had a description of the consistency of this dish or had the ratio of eggs to bread, it would have made the redaction so much easier. Without it I will never know if what I made is even close to what was done. I tried this recipe about 10 different ways, my consistency varied from an omelet to coagulated oatmeal. After a few failures I decided to pattern this on a modern bread pudding. Commercially available breadcrumbs have too fine a consistency, which made the pudding too dense, making that redaction inedible.

Storvik Novice & Unbelted Tourney

Documentation for a feast: By Lady Tirzah MacCudden

Held in Storvik July 8,2006

In the SCA we have so much to choose from when it comes to culinary delights, the year or culture by religion or country, so why not be diverse? Every time I prepare a feast I try to create something I have not done before. The feast for Storvik Novice Tourney will feature France in the years before 1648. I have used the cook book by Francois Pierre aka. La Varenne "The French cook" translated into English by I.D.G. in 1653. I have also included two recipes from Platina's "De Honesta Voluptate".

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