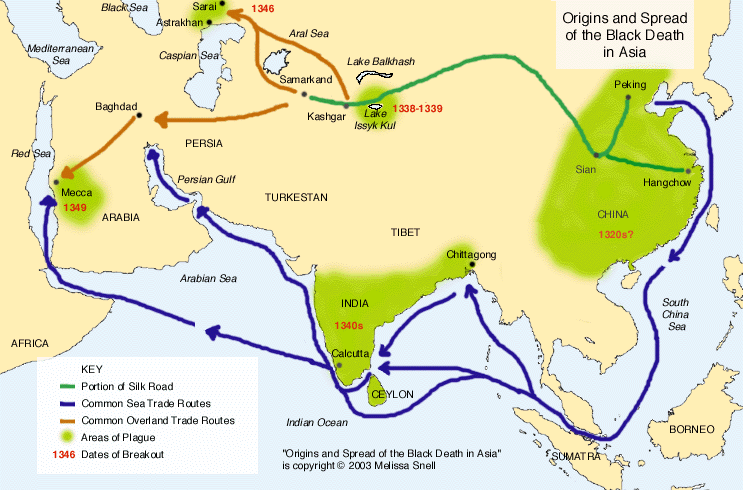
# Feast for Yule 2017 – following the black death

**First course – beginnings in the Far East, China and India**

 First course is:

*Boiled dumplings with beef and mushroom filling*

*Samosa mung and chickpea stuffed fried dough*

*Relish –ginger mint chutney*

***Tamarind Drink***

*Boiled dumplings with beef and mushroom filling   
Gluten free option – stuffed steamed eggplant   
Vegetarian option – steamed seasoned eggplant with sauce*

Original recipe (Buell, Anderson and Perry 2010) original and redaction provided by Bojei Timur

*Pleurotus ostreatus* (mushroom) Pao-tzu   
Some make them from crab spawn. This is also possible. Wisteria Pao-tzu is entirely the same. Mutton, sheep's fat. sheep's tail, onions, prepared mandarin orange peel, sprouting ginger. (Cut up each finely.) Pleurotus ostreatus (Mushrooms) Scald in boiling water. When cooked, clean and cut up finely. To ingredients, add spices, salt, sauce and make stuffing. (Use) white flour to make a thin skin. Steam."

Modern recipe   
225 grams mushrooms, 1 TB butter or so, 250 grams ground lamb (beef substituted for this feast), 4 grams dried orange peel (grind in food processor), 7 grams ginger (finely grated), 1/2 tsp salt, 3/4 tsp 5 spice, 2 TB soy sauce, 35 + potsticker skins  
Make stuffing, stuff potstickers, steam.   
Note – as prepared for this feast beef has been substituted for lamb in order to not have lamb in both courses. These are prepared as beef and mushroom potstickers.   
Gluten free version – will be prepared as for eggplant manta (given below) but with the same beef and mushroom stuffing as the dumpling.   
Vegetarian version – eggplant will be seasoned with ginger and 5 spice, steamed and served with the same garlic yogurt sauce as the gluten free version.

Original   
Eggplant Manta  
Mutton, sheep's fat, sheep's tail, onions, prepared mandarin orange peel (cut up each finely) "tender" eggplant (remove the pith)". Combine ingredients with meats into a stuffing. But put it inside the eggplant (skin) and steam, Add garlic, cream (or yogurt etc.), finely ground basil. Eat."

*Samosa – stuffed fried dough* (Titley 2005) *Gluten free version will consist of gluten free pita stuffed with the same chick pea stuffing*

Original recipes  
A recipe for samosas (f2b) Mix together well-cooked mince with the same amount of minced onion and chopped dried ginger, a quarter of those, and half a tūlcha [a measure] of ground garlic and having ground three tūlchas of saffron in rosewater, mix it with the mince together with aubergine pulp. Stuff the samosas and fry (them) in ghee. Whether made from thin course flour bread or from fine flour bread or from uncooked dough, any of the three (can be used) for cooking samosas, they are delicious.  
Another recipe (f.55b) is for the method for split pulse, put mung and chickpeas together and cook them. Make the pulse soft with potherbs and flavors, then sandwich this filling between two sections of bread made from double wheat flour Add fennel, cook it and put the filling into that bread and either fry it in ghee or cook it over a thorn fire and eat the bread with the ghee which has been used to cook the pulse   
Another recipe (f71.a), for chickpeas flavor with asafetida and cook it. Add chickpea pulse. Add cumin, fenugreek, asafetida, salt, turmeric, pepper, lime juice and garlic.

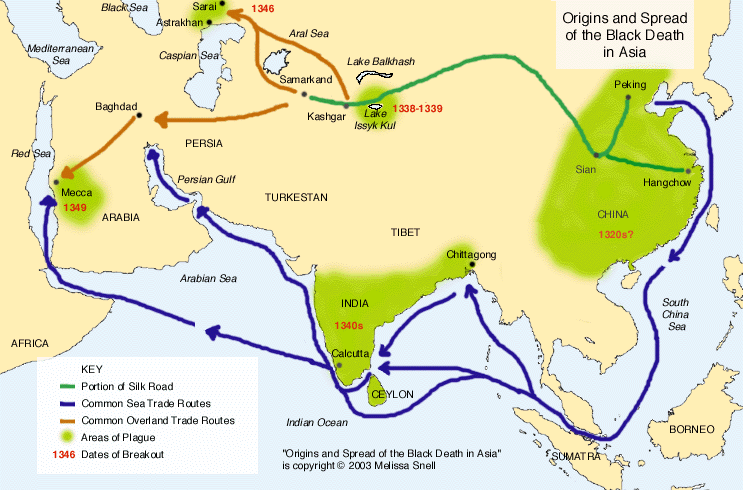
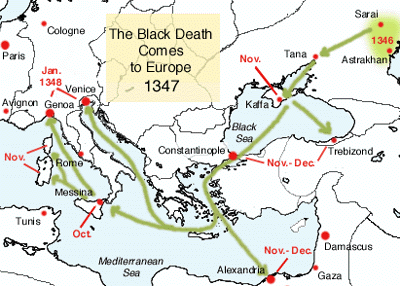
Modern recipe  
Chickpea filling  
2 cups soaked and pre-cooked chickpeas and mung beans  
Garlic 2 cloves, Methi leaves 1 bunch  
Toast and grind together 4 teaspoons cumin, ½ teaspoon fenugreek, ½ teaspoon fennel seed ¼ teaspoon black pepper, add pinch asafetida, ½ teaspoon turmeric.   
Soak mung beans and chickpeas and cook until tender. In ghee fry spices add chopped methi and fry until just wilted,add pulse and mash coarsely.  
Samosa  
Make a firm but elastic dough of 2 cups of flour, 4 tablespoon of oil and 1 teaspoon of salt with 5-6 tablespoons of water. Knead until smooth and elastic. Divide dough into 12 and roll into balls. Rest for 20 minutes. Roll dough into circles, cut in half, make a cone, stuff and seal. Brush with oil and bake at 350 for 30 minutes OR fry.

*Relish –ginger mint chutney*Based on a modern recipe that accompanies samosa.(Amit 2017)   
Ingredients – 1 cup mint leaves washed and dried, 2 tablespoons lime juice, ½ inch fresh ginger grated, ¼ teaspoon black pepper, salt to taste. Grind all together until a smooth paste is achieved, taste and adjust seasonings as wished, thin with water if necessary.

***Tamarind* Drink**Original recipe (Maṅgarasa, et al. 2012) - Mix one measure of crystal sugar with twice the amount of water and stir. Soak tamarind in water and extract thick juice. Boil the tamarind juice and cool. Mix it with the sweet water and add fresh ginger. Stir in buttermilk and strain through a clean cloth to yield a pungent cool drink.

Modern recipe – no buttermilk to make this acceptable for people with milk allergies.  
Tamarind ginger syrup   
8 oz dried tamarind pods  
2 pints water  
2 cup sugar  
1 oz ginger grated  
Bring 1 pint of water to the boil and pour over the tamarind pods, allow too soak. When cool break up the pods and remove the seeds and skins, mash the pulp carefully to extract as much as possible. Strain through a sieve to remove the fibers. Meanwhile bring the remaining water to a boil with the grated ginger and allow to cool and strain. Mix the two liquids together, add sugar and bring to a boil. Dilute with fresh water for service.

**Main course – travelling through the Middle East and Byzantine Empire**

**Second course**

*Roast lamb stuffed with leek and garlic V*

*Jazr – Carrots*

*Rice of three colors*

*Mahmudiyye* –chicken stewed with apricots and almonds

*Lemon and barley water*

*Roast lamb stuffed with leek and garlic (Dalby 2010) V  
Allium free option (lamb with no leek or garlic) will be available.*

Original description - Liutprand of Cremona described a dish he was served by the Emperor of Byzantium in Constantinople, “one of his most delicate dishes, a fat kid of which he had himself partaken – proudly stuffed with garlic, onion and leeks, swimming in fish sauce.”

Modern recipe   
Lamb leg  
Garlic & Leeks  
Olive oil  
Salt, Pepper, ground cumin.  
Slice and rinse the leeks well, chop the garlic and sauté the vegetables in olive oil over low heat until tender and cool. Butterfly the lamb leg, season with salt and pepper and cumin. Roll up the lamb roast and tie with twine. If serving at home vacuum seal and sous vide at 130 (for medium rare) 140 (for medium) and cook for 2 to 6 hours. Prior to service, remove from bag, dry and sear in hot cast iron. If cooking for a feast sear first to brown the meat then cook all the roasts in a cooler like a giant bath tub of delicious.

*Jazr – Carrots (Waines. 1989) from* (al-Fassi, Front Hallway 2013)

Original recipe - Cut the carrots into pieces without peeling them. Select the middle bits and cut each piece in half and cook in salted water. Dry the pieces off and fry in a pan with fresh oil. Then pour over it boiling vinegar with crushed garlic and caraway. One can then either leave the carrot pieces without frying (or else place them after frying) as decoration on a platter.

Modern recipe  
Carrots  
Red wine vinegar  
Caraway seeds  
Sesame oil  
Parboil carrots in salted water, drain, dry and toss with sesame oil and spread onto a large sheet pan. Roast (fry) in oven at 400 F for 20 minutes. Heat 1 tsp of caraway seeds with 1/2 cup vinegar and leave to infuse while the carrots roast. Just before service toss the carrots with the seasoned vinegar.   
(Garlic was omitted so as not to overwhelm the course with garlic seasoned items)

*Rice of three colors (al-Fassi, Ottoman-style rice of three colors 2011)*

Original recipe – no recipe, but descriptions of colored rice appears in travelogues of the area and time.

Modern recipe   
Jasmine rice  
Saffron – yellow rice  
Pomegranate molasses – red rice  
Pureed spinach – green rice  
Pink and green rice - jasmine rice in vegetable broth, when cooked toss with melted butter (4 oz stick per 2 cups raw rice). For green rice cook and puree a box of frozen spinach and add to rice. For pink rice toss rice with pomegranate molasses. For yellow rice add saffron threads to cooking water for rice.

*Mahmudiyye* –chicken stewed with apricots and almonds (al-Fassi, Mâhmûdiyye 2011) V  
*Small nut free portion will be available.*

Original recipe   
Preparation of mâhmûdiyye. Cut a fat hen in small pieces and put it to cook and then add as well a small amount of almonds, apricots, and white razaki grapes to the same broth. Then brown vermicellis in fresh butter, until they are golden, pour these next into the cold chicken broth, then drain it as if it were for pilaf.

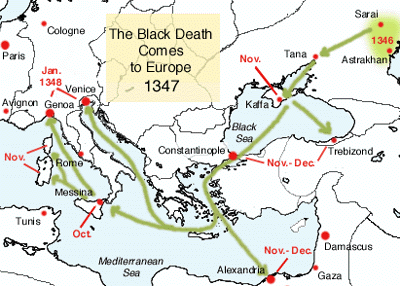
Modern recipe  
Chicken thighs  
Chicken broth  
Slivered almonds  
Dried apricots sliced  
Green grapes sliced in half  
Salt and pepper  
Season and brown the chicken thighs in a skillet and arrange in a single layer in a roasting pan or other foil pan. Cover and braise at 300 until nearly cooked. Add grapes, apricots and nuts, and finish cooking the chicken (maximum 10 minutes before service). Serve with most of the broth removed along with the nuts, apricots and grapes.

*To drink Lemon and barley water G*

Original recipe – no original recipe, descriptions of barley and lemon drinks in writings of Byzantium.

Modern recipe   
6 Lemons  
8 oz barley  
2 cups sugar  
Zest the lemons and place lemon zest and barley into a pan with at least four pints of water, bring to a boil and simmer for 30 minutes. Allow to cool and strain into a clean vessel, add the sugar and heat to dissolve. Juice the lemons and add the juice to the drink. Dilute to taste.

Additional resources and ideas taken from Dar Anahita (al-Fassi 2013)

**Final course – the ports of Italy**

Apple and quince pie

Wafers

Snow

Marzipan subtlety N

Spiced “wine”

*Apple and quince pie (Scappi 1570)  
Gluten free version= stewed sweetened fruit (no crust)*  
Original recipes (translated by me):   
To make a tart of quince and Caravelle pears. Chapter 124, 6th book.   
Take a quantity of quince and the same quantity of pears and without peeling them, only cleaning them carefully with a clean white cloth, grate them on the cheese grater. Put them to cook with butter in a wide pan on a low heat, turn them several times. Grind them and for each 12oz of the grated mixture add 4oz of marzipan paste, 3oz of candied citron, 1 oz candied orange peel, 3 oz sugar, 3 oz confits of pine nuts, 1 oz of fine mostaccioli (a type of biscotti) and three fresh eggs. Paste everything together. Have ready a tart pan with a sheet of pastry lining it. Said pastry made of fine wheat flour, egg yolks, sugar, salt, rose water and butter. Above the sheet put the stuffing with pieces of butter above and cover with another sheet of pastry made in a lattice. Put it to cook in the oven or under a cover on the coals, make an icing of sugar and rose water and serve as you wish.

To make a tart of apples “appie” and Florentine pears without cheese. Chapter 125 sixth book.   
Take the said pears and apples without cheese, peel them of their skins and remove the core, cut them in thin slices. Put them to cook in fresh butter, and if you wish to grind/paste this mixture it is up to you, however, I find that they are more delicious left in the intact slices. Have ready a tart pan with a single layer of pastry inside, powdered with sugar and finely ground “mostaccioli” (a type of biscotti) and make a layer of the pears and apples, and thus powder (with sugar and “mostaccioli”) more times until you have filled the tart plan. Cover with a sheet of pastry that has not been cut and with another that has been cut to please. Put it to cook in the oven or under a lid. Make the icing with sugar and rose water. But if you want to grind the apples and pears in a mortar one grinds with them two ounces of “mostaccioli” and for every pound of this stuffing four egg yolks and serve it as you wish. In this way one can make every sort of pear and apple and put in a little cinnamon when you powder it and knobs of butter.

Modern recipe  
1 lb peeled sliced quince, 1 lb peeled sliced apples sautéed in butter.   
Sugar, ground lady finger cookies.   
Pie dough made 16 oz all purpose flour, 8 oz butter, 1 oz sugar, 1 egg yolk and water to bind.   
Line you pie plate add cookie crumbs and a layer of the fruit mixture. Repeat until the pie is full. Cover with a decorated crust. Cook at 425 for 10 minutes then reduce heat to 350 until pie is cooked. Frost in the final 10 minutes of cooking by brushing with rose water and sprinkling with sugar

*Wafers G* (Myers 2009)Original recipe  
Source [The English Housewife, Michael R. Best (ed.)]: To make Wafers  
To make the best Wafers, take the finest wheat-flowers you can get, and mix it with Cream, the yelks of Eggs, Rose-water, Sugar, and Cinamon, till it be a little thicker than Pancake-batter, and then warming your Wafter Irons on a charcoal-fire, anoint them first with sweet Butter, and than lay on your batter, and press it, and bake it white or brown at your pleasure.  
Modern recipe  
Ingredients: 1/2 cup flour, 1/3 cup cream, 1 egg yolk, 1 Tbsp. rose water, 3 Tbsp. sugar, pinch cinnamon, pinch salt   
Method: Mix ingredients together well. Spoon out into a wafer (or pizzelle) maker and cook to desired doneness. The wafers will keep for weeks in a sealed, airtight container.

*Snow L* (Gallo 1575)Original Translated recipe -To make the honeyed milk.   
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.

Modern recipe  
Beat heavy whipping cream with sugar and orange flower water until light and airy. Serve in bowls. (I prefer the taste of rose water)

*Marzipan subtlety* N  
Ingredients: Almonds, Sugar, Black sesame seeds

To drink spiced “wine”  
Original recipe, cooked wine Anonimo Veneziano (Birkestad 2005)  
To make cooked wine (or wine must), take red wine, the finest that you have, and good honey.  Put them to boil together with a quantity of cinnamon buds, and boil until it is reduced by a third.  And for every four beakers of wine you will need a beaker full of honey.  
Recipe – take a box of red wine (1 gallon) boil until reduced to 2 pints this removes the alcohol and allows it to be served at a feast. Simmer with cinnamon sticks the last 15 minutes of cooking. Add 1 pint of honey. Dilute with water for service.

**Common allergens – key to menu**

If you are vegetarian, you may eat all dishes but the two meat dishes, there is currently no main course protein alternative. Overall the menu was designed to allow for a wide variety of common food allergies while allowing the eater to enjoy most things. Substitutions have been noted for dishes where an alternative (nut free, vegetarian, gluten free, allium free) version is available. Where no substitutions are available, this has been noted by the following codes:

Not vegetarian – V  
Not gluten free no alternative available – G  
Contains milk and no alternative available – L   
Contains nuts and no alternative available - N

If this menu cannot accommodate your particular allergies we invite you to bring your own food and sit off board in the designated off board tables.

# References

al-Fassi, Anahita al-Qurtubiyya bint 'abd al-Karim al-hakim. 2013. "Front Hallway." *Dar Anahita.* Sept 20. Accessed Oct 31, 2017. http://home.earthlink.net/~lilinah/directory.html.

—. 2011. "Mâhmûdiyye." *Dar Anahita.* Sept 5. Accessed Oct 31, 2017. http://home.earthlink.net/~al-tabbakhah/2007\_Feasts/Fall%20Investiture%20Feast/Second\_Course.html#mahmud.

—. 2011. "Ottoman-style rice of three colors." *Dar Anahita.* Sept 5. Accessed Oct 31, 2017. http://home.earthlink.net/~al-tabbakhah/2008\_Feasts/FallCoronet-Sigifrith\_n\_Kamiilah.html#rice.

Amit, Dassana. 2017. "Mint coriander chutney recipe." *Veg recipes of Indian .* Accessed November 12, 2017. http://www.vegrecipesofindia.com/mint-coriander-chutney-recipe/.

Birkestad, Helewyse de. 2005. "Translation of Libro di cucina." *Medieval Cookery.* March. Accessed November 12, 2017. http://helewyse.medievalcookery.com/libro.html#CXX.

Buell, Paul D, E N Anderson, and Charles Perry. 2010. *A soup for the Qan : Chinese dietary medicine of the Mongol era as seen in Hu Szu-Hui's Yin-shan cheng-yao.* Leiden: Brill.

Dalby, Andrew. 2010. *Tastes of Byzantium: The Cuisine of a Legendary Empire.* London, New York: I. B. Tauris.

Gallo, A. 1575. *Le Vinti giornate dell'agricoltvra et de'piaceri della villa.* Venetia: Camillo & Rutilio Borgominieri.

Maṅgarasa, Es En Kr̥ṣṇajōyis, Madhukar Konantambigi, N P Bhat, and Nerupama Y Modwel. 2012. *Culinary traditions of medieval Karnataka : the Soopa shastra of Mangarasa III.* Delhi: Intangible Cultural Heritage Division, Indian National Trust for Art and Culture Heritage and B.R. Pub. Corp.

Myers, Daniel. 2009. *Wafers.* April 17. Accessed November 7, 2017. http://medievalcookery.com/recipes/wafers.html.

Scappi, Bartolomeo. 1570. *Opera de Bartolomeo Scappi, cvoco secreto di Papa Pio V. : diversa in 6 libri ; conil discurso funerale che fu fatto nelle esequie di papa Paulo III. ; conle fig. che fanno bisogno nella cucina.* Veneto: Tramezzino.

Titley, Norah M. 2005. *The Niʻmatnāma manuscript of the sultans of Mandu : the Sultan's book of delights.* London ; New York: RoutledgeCurzon.

Waines., David. 1989. *In a Caliph's Kitchen.* Lonon: Riad El-Rayyes Books Ltd.