

Welcome

to the Current Middle Ages

Picture a meadow ringed with bright pavilions, with pennons flying overhead. Noble lords and ladies watch the center of the meadow where knights in armor strive with sword and shield. Minstrels play lutes and harps, singing songs of love or battle. In the shadows of one tent, a King and Queen confer soberly with richly-dressed advisors. A historical romance? No, this is the Society for Creative Anachronism!



Unlike a Renaissance Faire, the SCA is participatory — no-one is simply a spectator. All participants play a part in creating the atmosphere by reenacting whatever aspects of the Middle Ages and Renaissance interest them the most. Participants develop a persona for themselves which includes costumes appropriate to the time period. We ask that all participants make an attempt at period costume while attending one of our activities.

The Society for Creative Anachronism (SCA) is an international, non-profit, volunteer educational organization. The SCA is devoted to the research and re-creation of pre-seventeenth century skills, arts, combat, culture, and employing knowledge of history to enrich the lives of participants through events, demonstrations, and other educational presentations and activities.

This is an unofficial publication for use at demonstrations by the Kingdom of Trimaris, of the Society for Creative Anachronism, SCA, Inc. Brought to you by The Cooks Guild.

We invite you to join us.

See more at www.trimaris.org

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Trimaris



Triclinium

We pritheec bringeth thy family and comest dine with us at our Triclinium (dining table), with many delicious items fr th' enjoyments of thee and thine.

Peeres in Confyt

6 Pears, halved and cored
2 cups sweet (not dry) Red wine
2 cups Mulberries or 2 tablespoons red sandalwood
1/4 tsp. Nutmeg
1/2 tsp. Ginger

Take Pears and core them. Take good red wine & mulberries or red sandalwood and simmer the pears in it. When the pears are soft, take them out and reduce the liquid until it is syrupy, adding sugar, spices and ginger. Return the pears to the syrup and let them steep. Serve it forth.

Take peeres and pare hem clene. take gode rede wyne & mulberes oþer saundes and seþ þe peeres þerin & whan þei both ysode, take hem up, make a syrpy of wyne greke. oþer vernage with blaunche powdour oþer white sugur and powdour gyngur & do the peres þerin. seþ it a lytel & messe it forth.

- S. Peǵge (ed.), *Forme of Cury*



Sauce Perceley

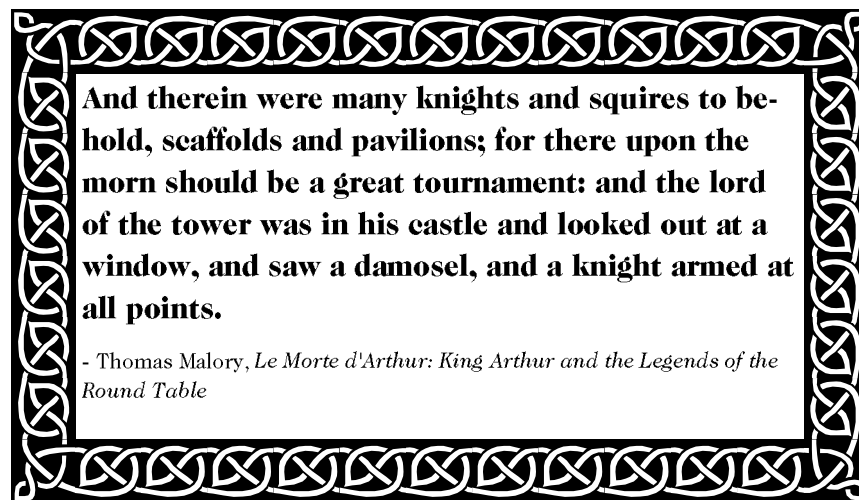
1 cup/bunch parsley leaves about 2/3 cup wine vinegar
5 teaspoons breadcrumbs Salt to taste

Take parsley, and grind it with vinegar and a little bread and salt, and strain it through a strainer, and serve it forth.

Using a mortar and pestle or blender, pulverize the parsley, salt and vinegar to form a paste. Add more vinegar as necessary. Add the breadcrumbs and continue to pulverize to mix everything together. If you used the mortar and pestle, push through a rigid, fine mesh strainer to ensure the sauce is smooth. Serve at room temperature. It goes well with any poultry or fish.

Take perceley, and grynde hit wiþ vynegre & a litel brede and salt, and strayne it þurgh a straynour, and serue it forþe.

Ashmole MS. 1439, *Sauces*, Recipe 14.



And anon we thank thee, and sayeth farewell and adieu, that thine visage beest seen onct more, f'rsooth 'pon anoth'r day.

The peasants' main food was a dark bread made out of rye grain. They ate a kind of stew called pottage made from the peas, beans and onions that they grew in their gardens. Their only sweet food was the berries, nuts and honey that they collected from the woods.

Peasants did not eat much meat. Many kept a pig or two but could not often afford to kill one. They could hunt rabbits or hares but might be punished for this by their lord.

"*Medieval Food: From Peasant Porridge to King's Mutton*" History on the Net
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Chicken in Mylke and Hony

1/2 roasted chicken	
Bunch of Parsley	2-4 ounces Honey
Sage	1/4 cup of Pine nuts
Hysop	2 1/2 cups cow's milk
Savory Herbs	

Put cow's milk in a pot. Add chopped (fresh) parsley, sage, hyssop, savory and other good herbs and simmer them. Take a half-roasted chicken, cut it into pieces and add to the pot with honey and pine nuts. Add salt and saffron and serve it forth.

Duoc ame Take gode cove mylke and do it in a pot. Take parsel, sawge, ysop, savray and other gode herbs. Hewe hem, and do hem in the mylke and seeth hem. Take capons half yrosted and smyte hem on peys and do thereto pines and hony clarified. Salt it and color it with saffron and serve it forth.

- Lorna J. Sass, *To the King's Taste*. A translation from *Forme of Cury*.

Armored Turnips

5 small turnips	2 tablespoons butter
8 oz. sharp cheddar cheese	1/2 tsp. cinnamon
1/4 c. grated parmesan	1/2 tsp. ginger
1/2 tsp nutmeg	Black pepper to taste

Boil the turnips for about 30 minutes. Slice thinly. Layer turnips, cheeses and spices in buttered 9x9 inch pan. Bake 30 minutes at 350 degrees.

Cut up turnips that have been either boiled or cooked under the ashes (baked). Likewise do the same with rich cheese, not too ripe. These should be smaller morsels than the turnips, though. In a pan greased with butter or liquamen (fish sauce), make a layer of cheese first, then a layer of turnips, and so on, all the while pouring in spice and some butter, from time to time. This dish is quickly cooked and should be eaten quickly, too.



Mushroom Pie

1 to 1 1/2 lbs. mushrooms	2 tbsp olive oil
(White button works well)	1 tsp. ginger
1/2 cup cheese of your choice	1 tsp black pepper
1 9" pie shell	Salt to taste

Slice mushrooms; sauté in olive oil or parboil. Drain well. Add olive oil, cheese and spices. Put into pie shell. Bake at 350 for 35-40 minutes.

Mushrooms of one night be the best and they be little and red within and closed at the top; and they must be peeled and then washed in hot water and parboiled and if you wish to put them in a pasty add oil, cheese and spice powder.

- Power, Eileen. *The Goodman of Paris (Le Ménagier de Paris)*. A Treatise on Moral and Domestic Economy by A Citizen of Paris (c. 1395). New York: Harcourt, Brace and Company, 1928.

Elderflower Fritters

Elderflowers
Wheat Flour
Eggs
Milk

Aged Cheese
Fresh Cheese
White Cane Sugar
Lard

To make elderflower fritters. Take good fresh cheese and a little quantity of good aged cheese. Pound them well and mix with a little superfine flour and a number of egg whites according to the quantity you want to prepare, then a little milk and sugar. Grind well everything together, draw out the paste from the mortar, and add enough elderflowers at your discretion. These flowers ought to be neither pounded nor broken, and the mix ought to be not too clear, this is to say liquid, so you can form with your hand fritters round or in any other shape you like. Deep fry in good lard or butter or good oil, and serve the fritters still hot.

Method

Grind the sugar. Pound well in the mortar the aged and fresh cheeses, then add flour, sugar, egg whites, and a little milk.



Separate the elderflowers from the stems and add to the cheese mix carefully, without ruining or squeezing the flowers. Shape the fritters, deep-fry them into hot lard, and serve immediately.

Per fare frictelle de fior de sambuco. Habi de bono caso fresco, et un poco di bon caso vecchio, et fa' che siano molto bene pesti et con essi metti un poco di fior di farina et di bianchi d'ova secundo la quantita che vole fare, item un pocho di lacte et del zuccharo; et macinate molto bene tutte queste cose insieme, cavatele del mortare, vi giognirai di fiori di sambuco abastanza secundo che pare a la tua dcretion; et li ditti fiori non vogliono essere ne pesti ne rotti, facendo la ditta compositione ne troppo chiara, cioe liquida, perche possi fare le frictelle tonde con mano overo in quale altra forma ti piace, mettendole a frigere in bono strutto o botiro, overo in bono olio; et calde calde le manda in taula.

Libro De Arte Coquinaria by Maestro Martino 15c Italy

Some pigeons, Davy, a couple of short-legged hens, a joint of mutton, and any pretty little tiny kickshaws.

- William Shakespears, *Henry IV Part 2: Act 5, Scene 1*