



# MEDIEVAL FOOD & COOKING

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FEAST!



# FOOD GROUPS & PROCUREMENT



- Cereals
- Fruits & Vegetables
- Dairy Products
- Meats
- Herbs & Spices
- Drinks

# FOOD PRESERVATION

- Salt Preservation
- Dry-salting: meats and fish were buried in salt
- Brine-curing: meats and fish were soaked in salt water
- Pickling: commonly used for preserving vegetables (carrots, cucumbers, etc.)



# PEASANT VS NOBLE DIET



- Meat options
- Basic daily meal
- Presentation
- Spices

# SEASONS

- Harvest Times
- Medicinal Recommendations
- Imaginative Cooking



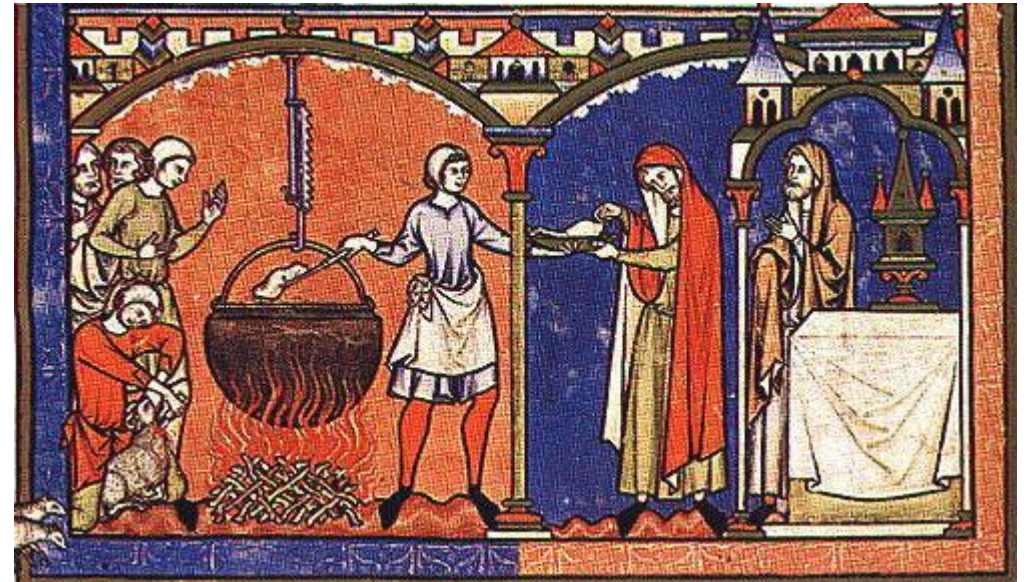
# FEASTING & FASTING



- Lean Days/Fish Days
- Restricted Diet
- Importance of Fish
- Meat Days
- Seasonal Dependence
- Religious Calendar

# MEDICINAL PURPOSES

- Certain herbs were used to cure specific ailments
- Colorants were especially used in order to help balance the Humors of the body
- Yellow was considered good for the humors, so spices, such as saffron were used to color the food yellow to help balance the humors



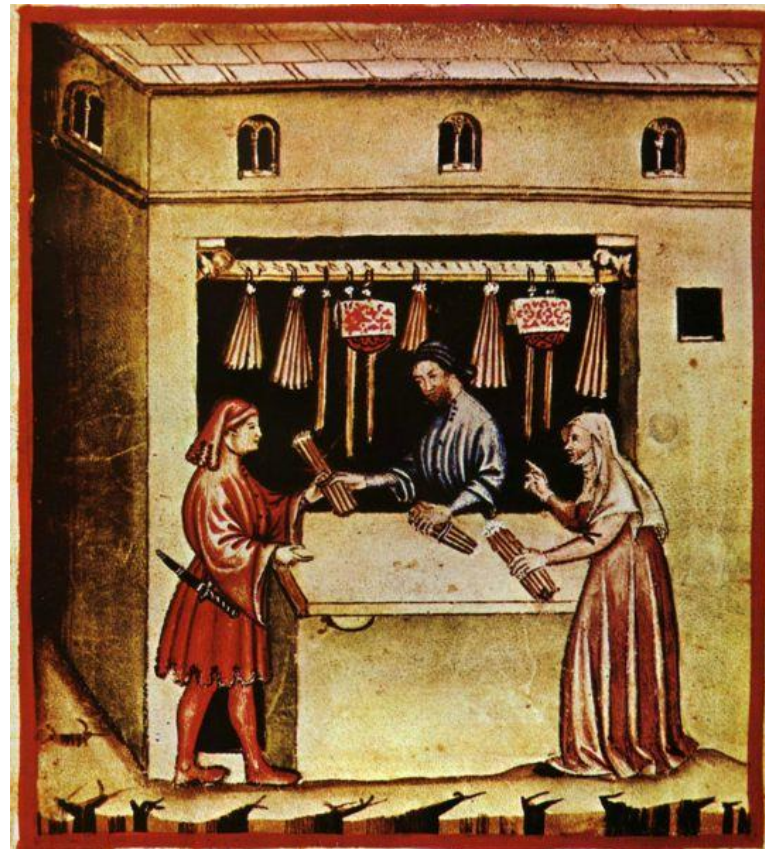


# APHRODISIACS



- Honey, chocolate, pomegranate, and ginger were common aphrodisiacs
- Honey "sweetens" the marriage
- Ginger improves blood circulation and makes one more willing
- Chocolate came about after the Spanish conquest of the new world
- Was eaten to enhance one's libido

# MEDIEVAL CRAFTING & COOKING



# MANCHET BREAD

- 1 kg unbleached white flour
  - 2 tsp salt
  - 500 ml water at just below 40°C
  - 30g fresh yeast, or its equivalent of prepared dried yeast
  - 2 tbsp sugar (for yeast activation)
- Dissolve the yeast in half the warm water.
  - Put the two types of flour and the salt into a bowl; make a well in the flour and add all the water and butter.
  - Knead for 10 minutes until smooth and elastic and then put into a greased bowl, covered with a cloth.
  - Let the dough rise for 1 to 1-1/2 hours, or until it has doubled in bulk.
  - Punch it down and shape it into rather flat, round loaves.
  - Put these onto a greased baking sheet, cover with a cloth, and leave to rise for 45 minutes (or until twice the size).
  - Bake at 375f for 35 to 40 minutes.

# ZANZARELLI SOUP

- 2 liters chicken stock (or vegetable stock for a vegetarian version)
- 8 eggs
- 200 g parmesan cheese
- 1 cup dry breadcrumbs
- saffron
- mixed spices (cinnamon, ginger, nutmeg, black pepper)
- Mix cheese, breadcrumbs and eggs, let sit for a while, then mix into a paste.
- Bring stock to the boil and mix in saffron, let steep for a few minutes off the fire.
- Return to the boil, add egg mixture and stir vigorously with a whisk and bring back to the boil for a moment until the liquid separates.
- The egg mixture will turn into a granular substance as it cooks (it's meant to do that).
- Serve with the spice mixture on the side.

# APPLE TART

- 2 lbs tart apples
  - 1/2 cup dried figs, chopped
  - 1/3 cup raisins
  - 1/2 cup brown sugar
  - 1/4 tsp each cinnamon, nutmeg, mace and salt
  - 1/8 tsp ground cloves
  - pinch saffron
  - pastry shell
- Peel and core apples and chop, add dried fruits.
  - Add all the fruits to pastry shell.
  - Mix sugar with spices and spread over fruits.
  - Cover and bake for 45 minutes at 375°, removing the cover towards the end of the cooking time.

# SPICY POMEGRANATE DRINK

- 1 1/2 cups water
- 1 cup sugar
- 1/2 teaspoon nutmeg
- 1/8 teaspoon ginger
- 1/2 teaspoon cinnamon
- 4 whole cloves
- 1/2 unblemished lemon
- 1 quart pomegranate juice
- Take the water, sugar and spices, and bring them to a boil and let simmer for 7 minutes
- Remove the Cloves
- Squeeze the lemon and keep the rind for garnish.
- Add the pomegranate juice and lemon juice to the spiced hot fluid and bring them to a slow boil, then simmer for 2 minutes.
- Serve either warm or cool with a garnish of lemon rind.

## WORKS CITED

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