

According to the original recipe, this soup would have been thickened with bread crumbs. This texture is typically found to be unpleasant to the modern palate. For this reason alone I did not include it in the redaction.

Pancakes¹

Dry Ingredients:

1 cup wheat flour
½ cup spelt flour
2 heaping teaspoons baking powder
1 teaspoon sugar
a pinch of salt

Wet Ingredients:

1 1/3 cup whole milk
2 eggs
2 tablespoons melted butter

Put the wet and then the dry ingredients into a blender and blend for a few seconds.

Turn off the blender and scrape down the sides with a spatula. Blend for another couple of seconds, until everything is mixed together.

Scoop just short of ¼ cup of batter onto a hot griddle and cook until the edges of the pancake are dry and the top is covered in bubbles.

Flip the pancake for about 25 seconds and then take off of the griddle.

Pears in Wine

This is a recipe that I got from Katla Ulfeðinn, who served it at the Queen's Rapier Tournament earlier this month.

Ingredients:

8 oz. Poached pears in light syrup (canned pears)

A Feast to Celebrate the Upcoming French Victory over the English Upon the Field at Agincourt



Agincourt IV

24 October, 2009

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¹ This recipe is based on Nigella Lawson's pancake recipe.

Fifteen Dishes in Five Platters

Note: The designation (V) means that the dish is Vegetarian.

First Platter: Roasted turnips, seeded soup, white bread with butter

(V)**Roasted Turnips:** Julienne turnips roasted in oil
Seeded Soup: Onion and chicken soup.

Second Platter: Roast Hares, browned vegetables, frumenty

Roast Hares: Roasted rabbit with cameline sauce.
(V)**Browned vegetables:** Roasted root vegetables browned in oil.
(V)**Frumenty:** A wheat berry pudding made with milk, egg yolks, and ginger.

Third Platter: Thin pancakes, little sausages, leeks in oil

(V)**Thin pancakes:** Wheat pancakes
Little Sausages: Hand-made pork sausages.
(V)**Leeks in oil:** Leeks sautéed in oil.

Fourth Platter: Decorated rice for a fish day, stuffed pig, and pot herbs with vinegar

(V)**Decorated rice for a fish day:** Rice with saffron.
Stuffed Pig: Pork stuffed with cheese, chestnuts, and spices. Served with Yellow Pepper Sauce.
(V)**Pot Herbs with vinegar:** Boiled greens served with vinegar on the side.

Fifth Platter: Pears and sugared almonds, medlars, shelled nuts

(V)**Pears and sugared almonds:** Poached pears in wine garnished with sugared almonds
(V)**Medlars:** Seeded dates
(V)**Shelled nuts:** An assortment of nuts

Note that we say 'sur-fry' when it is in a pot, and 'fry' in an iron skillet.

Redaction (Jennifer Strobel):

6 cups chicken stock
2 cups onions, quartered and thinly sliced
4-5 lbs chicken, any parts will do, bone in
3 T olive oil
1 T salt
1 T powdered ginger
1 t powdered cloves
1 t ground long pepper (I used my mortar and pestle to grind it)

Take your chicken, rinse and dry it.

Cook your chicken on a grill or cook the pieces in a cast iron pan. The idea is to get some char and get the chicken cooked the whole way through. Using a grill is closer to the original recipe, however, if you don't want to deal with the grill, just use the cast iron pan. You can get some nice flavor that way as well.

I used no seasoning on the chicken.

When the chicken is cooked through, cut the chicken into an approximate 1/4" dice.

Put the olive oil into a pot on the stove.

When the oil is hot, add the onions.

Cook the onions until they are getting soft, then add the salt.

Continue cooking the onions until they are translucent and there is some liquid sweated out.

Add the chicken and mix thoroughly.

Add the ginger, cloves, and long pepper.

Mix again.

Add the chicken stock and bring to a boil.

Reduce the heat and then simmer for about 30 minutes to blend the flavors.

Recipes

This is a few of the recipes that I used. Unfortunately, I have still not mastered the art of cooking and writing things down as I do it. If there are any questions about the ingredients for the feast, please ask.

Seeded Soup

Original (Le Menagier de Paris, transcribed by Jérôme Pichon):

GRAVÉ OU SEYMÉ est potage d'iver. Pelez oignons et les cuisiez tous hachiés, puis les frisissez en un pot; or convient avoir vostre poullaille fendue sur le dos et hallée sur le grill au feu de charbon, ou se c'est veel, aussi; et qu'ils soient mis par morceaulx soit veel, ou par quartiers se c'est poullaille, et les mettez avec les oignons dedans le pot; puis avoir pain blanc harlé sur le grill et trempé au boullon d'autre char: et puis broyez gingembre, clou, graine et poivre long, deffaire de vertjus et de vin, sans couler, mettre d'une part: puis broyer le pain et couler par l'estamine et mettre au brouet, et tout couler ensemble et boullir; puis drécier.

Nota que l'en dit seurfrir pour ce que c'est en un pot, et se c'estoit en une paille de fer, l'en diroit frir.

Translation (Janet Hinson):

SEEDED SOUP is a winter soup. Peel onions and cook them all chopped up, then fry them in a pot; it is appropriate to have your poultry split through the back and browned on the grill over a coal fire, or if it is veal, the same; and whether it is veal cut in pieces or chicken cut in quarters, put it with the onions in the pot; then have white bread browned on the grill and moistened with some other meat stock: and then grind ginger, clove, grain and long pepper, mix with verjuice and wine, without sieving, and set aside: then grind the bread and put through the sieve and add to the soup, and strain it all together and boil; then serve.

This feast is based on the legendary story that the French, days before the battle of Agincourt, held a feast to celebrate their upcoming victory over the English. Sadly, I could not find proper documentation for the story; however, it is a wonderful premise upon which to develop an SCA feast. This is particularly so in this case as the sitting Royalty's personae are fourteenth century French and I have heard tell that His Majesty's persona was one of the casualties of the battle.

The French were not entirely out of line by having this feast; their army was tens of thousands strong, while the English Army, numbered in the thousands, and had been engaged in a battle at Harfleur. The English Army was also suffering from dysentery, which they had picked up in Harfleur. Additionally, the English Army's route to Agincourt had taken a significantly longer time than originally expected as the river near Abbyville had flooded and they were not able to take that as a direct route to the field at Agincourt. This extra time had significantly depleted the food supply of the English, who were on enemy soil and unable to supplement their rations.

The French Army was well supplied and somewhat rested as they hadn't been marching miles out of their way and had not been engaged in a recent battle. The French Army's supply line included the bounty of the French countryside and the assistance of the French people. They were also unaffected by dysentery, increasing their chances of winning. I was unable to find if the French were aware of this physical advantage, but considering that Harfleur had been lost to the English and the disease was ravaging the residents of that city, it is not out of the realm of reason to assume that the French would have had that intelligence. The French were clearly at an advantage over the English and if the Welsh Longbow had not tipped the scales in the manner in which it did, the French should have been victorious.

Both armies brought with them a number of servants to attend to them during campaign and those servants would have been

employed in the amassing of supplies and the preparation and service of the food. The presence of these servants would have left the soldiers free to focus on fighting, rather than in the acquisition of supplies.

During the autumn months, the countryside itself would have been in a state of harvest, increasing the availability of a variety of foods for the French Army. The countryside would also have a number of wild animals that could have been hunted for such a feast. The variety of animals that they would have had available to them include: deer, rabbits, and wild pig. There would have also been the availability of vegetables such as parsnips, carrots, and other autumn vegetables.

My focus for this feast is to provide a sampling of the bounty of the French countryside befitting the station of the attendees, a taste of the seasonal foods of Western Pennsylvania in October, and to celebrate the beautiful surrounding of the castle that the event will be held in.

I am relying greatly on James Prescott's translation of [*Le Viander de Taillevent*](#) and Janet Hinson's translation of [*Le Menagier de Paris*](#) for the recipes for this feast as well as information from the book *Medieval Hunting* by Richard Almond for information about hunting during that period of time. I specifically focused on the menus from *Le Managier de Paris* to derive the structure for the courses. *Le Managier* is particularly appropriate for this as it is a handbook of how a woman should cook and the menus are included to illustrate how such meals should be structured and what kinds of things should be served together.

There will be a preference shown towards seasonal foods of Western Pennsylvania for financial reasons. There will be nothing glaringly modern in the ingredients, but I will be adapting some recipes for what is in season, and therefore less expensive to purchase. For example: "Cress and Sorrel with Vinegar" will be modified to "Pot Herbs with Vinegar" as they

are both vegetables that would have been available in France during the Fourteenth Century (mustard greens would have been referred to as wortes or pot herbs) and approximate the flavors of cress and sorrel, which are available earlier in the year.

1 cup Bordeaux Wine
2 T Fresh ginger, grated

Drain the pears, reserving the syrup.
Mix the wine and syrup and warm in a saucepan.
Add the ginger.
When the wine mixture is warm, pour it over the pears.

Candied Almonds

This recipe is not one that I found through any period source. The process itself is simple and the ingredients are all traceable to the middle ages. The amount of sugar used, however, would be more likely to have happened in the sixteenth rather than the fourteenth century. Sugar was available to the French during the fourteenth century, however, the culinary use of sugar was not widespread until the fifteenth century². To be more correct for fourteenth century France, honey would have been used instead of sugar.

Ingredients:

3 c whole, unblanched, almonds
1 c white sugar
1 T ground nutmeg
1 ½ T ground cinnamon
1 t ground cloves
3 egg whites, lightly beaten

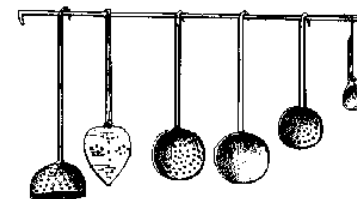
Preheat the oven to 300° Fahrenheit.
Mix together the sugar, nutmeg, cinnamon, and cloves in a one gallon baggie.
The almonds should first be put into the bowl with the egg whites and thoroughly coated.
Pour the coated almonds into the gallon baggie with the sugar and spices, seal the bag, and shake thoroughly to ensure that

² Scully, T. () The art of cookery in the middle ages. Boydell Press: Woodbridge, Suffolk, UK, Rochester, NY, USA. p52.

all of the almonds are coated.
Spread out the coated almonds onto a cookie sheet and put in the oven for 30 minutes.
Check the almonds, they should be mostly dry.
Be very careful while checking them at this point as the sugar has gotten very hot and will be sticky and lava-like.
They may need an additional 15 minutes to become completely dry.
Scrape into whatever container you're going to keep them in. I used a large, flat container and covered it loosely with aluminum foil for seven days.
For longer storage, I would recommend cooling the almonds either on parchment paper or on a rack and when they are completely cooled, transfer them to an airtight container.

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