

Menu for Defending the Gate 2025

Since the event this year was themed around the Battle of Agincourt, we drew recipe inspiration from French and English sources of the 14th and early 15th century, especially *The Forme of Cury*, *Le Viandier de Taillevent*, and *Le Ménagier de Paris*.

First Course: Obtuse Angles

Chicken and Plum Pie

This recipe is actually from a 16th century English source, but was too delicious to pass up. *chicken thighs, butter, eggs, brown sugar, salt, mace, cloves, cinnamon, prunes, currants, pie shell*

Rockette Salat (V GF)

Salads of fresh spring greens and herbs would be common in March. Arugula was considered to be hot and inflame the passions, so was traditionally served mixed with cooler greens such as lettuce or mint. Eat this straight arugula salad at your own risk.

Arugula, olive oil, white wine vinegar, salt

Spargleshafts (V GF)

Asparagus arrows for the English longbowmen.

Asparagus, olive oil, lemon juice, white wine, black pepper

Lozyns (V)

We found several variations on pasta, butter, cheese & spice dishes. Egg noodles were chosen for their shape and taste.

egg noodles, vegetable broth, butter, Muenster cheese, fine spices (cardamom, cinnamon, mace, cloves, grains of paradise)

Fruментy (V)

Fruментy could be made with any grain and made sweet or savory. We chose to go sweet and use it as our dessert.

pearled barley, dried apple rings, currants, egg yolk, whole milk, brown sugar, fine spices (cinnamon, ginger, nutmeg, cloves)

Soup Intercourse

Winter Root Stew (V GF)

In March a lot of produce would not yet be available, but these hardy root vegetables make for a tasty early spring stew.

Carrots, parsnips, onions, sweet peas, rosemary, salt, coriander, granulated garlic, black pepper, olive oil

Manchet Bread (V)

Manchet bread was made with a finer ground and more sifted flour, producing a lighter smoother dough - the high class bread of the time. Stoneground flour was used to more closely mimic the flour available at the time (the mill in question has been operating since 1750).

wheat bread flour, sourdough starter, water, salt

Spreads: Rosemary honey butter, Butter

Second Course: French Kiss

Hedgehogs (lamb meatballs) (GF)

No needles, just little balls of delight.

lamb, onion, cumin, coriander, salt

Mostarda di Frutta (V GF)

This northern Italian sauce was clearly imported by our wealthy French hosts.

Apricots, Cherries, Crystallized ginger, Shallots, Dijon Mustard, White wine vinegar, Dry white wine, Butter, Sugar, mustard powder

Little Cabbages (V GF)

As regular cabbages, but for the doll's house. Most versions of this recipe aim to boil or pot-steam these fine fellows, but a hot griddle and a bit of water can make for a very fast and crispy snack.

brussels sprouts, olive oil, minced garlic in water, salt, herb blend (marjoram, basil, rosemary, thyme, oregano, savory, sage)

Champignons (V GF)

These little colonial knobs in the forest pull together the interesting flavors of the earth, and concentrate them, stretched toward the heavens in supplication. How wonderful that feta and garlic should then be merry met in the pan.

Mushrooms, olive oil, minced garlic, feta, salt

Sambocade (cheesecakes) (V GF)

The original recipe did call for a full size pie with a crust, but we thought these little bites would be just enough.

cream cheese, whole milk ricotta, elderflower, egg white, sugar, salt