

# Vest Yorvik Cookbook

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By Eleanor of Huntingdon, slightly edited for publication. ©Eleanor 2009, used on the Vest Yorvik website by permission.

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## Bread Pudding

From the Honourable Lady Aislinne

- 3 tbsp butter or margarine
- ½ c brown sugar
- ¼ tsp baking soda
- 2 c milk
- 2 eggs
- pinch of salt
- 2 c stale bread cubes (about ½-inch cubes)

Melt the butter in a pan. Add sugar; heat until well-blended. Dissolve soda in milk; add gradually to sugar mixture. Stir until well blended; set aside to cool.

Beat eggs lightly. Add salt and cooled milk-and-sugar mixture. Put bread cubes into greased baking dish; pour custard over. Bake in 350° F oven for about 45 minutes. Serves 6.

Note: I add two handfuls of raisins. First handful after ½ of the bread is in the dish and the rest on top.

## Pepper Sauce

I found this recipe (more or less) in a book entitled *Gouter à L'Histoire/A Taste of History*. I have the Canadian Parks Service and a grocery store to thank for the publication - the recipe itself is apparently based on one published in 1690. Almost any dark roast should suit it; I used roast beef in the feast, but the original recipe called

for "loin of game". However, the idea of a pepper sauce for a roast has been around since much earlier. *The Medieval Kitchen* has a recipe which calls for a roast of beef to be served with "boiled pepper" (although the authors of that book have chosen to translate this simply as "pepper boiled in water").

½ cup red wine vinegar  
 1 tsp. salt  
 1 green onion, chopped  
 zest of one quarter of an orange (coarsely chopped) \*  
 5 black peppercorns, coarsely ground

If you want to prepare this one in advance, chop everything the night before, and mix everything except the vinegar and black pepper. To serve, heat mixture and vinegar for 20 minutes over low heat, adding the ground pepper 5 minutes before the end of the cooking period. Pour the sauce on the platter and place the roast on top.

\*Note: You don't want the white pith - try taking the rind off with a good, sharp vegetable peeler, then chopping it. If you have one of the small Christmas oranges (you know the ones - what are they called? Mandarins?) try using a whole one of those.

## Pepper Stew

(I think I sense a theme!)

We tend to forget how much zip simple black pepper can lend food, especially when it's fresh. This recipe is one of Aislinne's, and was handed over in a fashion typical of old recipes - by word of mouth and improper recollection. It still tastes good.

pork, cut in 1-inch cubes  
 carrots, sliced no more than 1/3 inch thick  
 onions, quartered and separated  
 mushrooms, quartered  
 turnip/rutabaga (optional) in small cubes  
 garlic - plenty - chopped (don't use dried or ground)  
 flour  
 salt and black pepper  
 thyme  
 red wine  
 butter or olive oil

Dredge the meat in a mixture of flour, pepper and salt. Brown the meat in a mixture of butter and oil, a few cubes at a time. Set aside. Sauté onion and garlic until just soft. When all the meat has been cooked, de-glaze the pan with the wine. In a stew-pot, combine meat, vegetables and liquid from the pan. Add more black pepper and some thyme. Let cook, covered tightly, over low heat for several hours until the vegetables are done, stirring occasionally. If you need more liquid, add a bit of water, or more wine (sparingly - you will get water out of the vegetables, and unless you

want a watery stew, you shouldn't need too much.) If you think you need more black pepper, go ahead - add some! (Crock pots and turkey roasters work well for this one. Cook over low heat for 6 to 8 hours.)

### Pot Roast in Red Wine

6 lbs beef (two 3 lb. rump roasts)  
salt and pepper  
flour  
4 cloves of garlic, chopped  
2 - 4 tbsp olive oil  
 $\frac{1}{3}$  cup brandy  
2 - 3 bay leaves  
pinch dried thyme  
pinch dried marjoram  
2 large onions, sliced  
8 medium carrots, quartered lengthways  
2 cups dry red wine

Dredge the roast(s) in seasoned flour and brown on all sides in hot oil and garlic in a heavy skillet. Serve the cooking liquid in a separate bowl on its own; or bring it to a boil and add a bit of flour and stir to make a gravy. Serves 8

### Shepherd's Pie

From Baroness Christiana

1 lb ground shepherd (you can substitute the beast of your choice but then it shouldn't be called Shepherds Pie right ☺?)  
1 tsp oil  
1 small onion, chopped fine  
 $\frac{3}{4}$  oz flour  
5 fluid oz brown stock  
1 tsp chopped parsley  
1 pinch of marjoram  
salt and pepper to taste  
1 tsp Worcestershire sauce  
1 lb mashed potatoes  
 $\frac{1}{2}$  cup mixed vegetables (optional)

Once you have chased down, slaughtered and skinned the shepherd ☺ prepare as follows. Brown the meat and onions in oil. Stir in the flour and stock. Add the vegetables (remember vegetables are what real food eats), parsley, marjoram, and salt and pepper to taste. Blend in the Worcestershire sauce while standing on one foot and repeating the word Worcestershire sauce 10 times. Put the mixture in a casserole dish and spread the mashed potatoes over the top making pretty designs in the top. A

complete rendition of the Bayeux tapestry is a nice period touch. Bake in the oven at 350 degrees for 45 minutes until the top is a golden brown. Take a large spoon (remember forks are not common in period) and stuff yer face!

### Orange and Date Salad (Middle Eastern)

4 large oranges, peeled, sliced and pitted  
2 tbsp slivered almonds, toasted  
½ cup dates, pitted and chopped  
1 tbsp rosewater or orangeblossom water  
ground cinnamon  
fresh mint leaves (optional)

Arrange half of the orange slices on the serving platter. Sprinkle with half of the dates and almonds. Sprinkle with cinnamon. Repeat with remainder. Drizzle with the rosewater. Cover, and refrigerate at least 3 hours. Garnish with mint leaves just prior to serving.

Note: When Aislinne and I made this, we did not toast the almonds. I don't think we used anywhere near that many dates, either. - Eleanor

### Bibliography

Redon, Odile & Francoise Sabban & Silvano Serventi, translated by Edward Schneider. (1998), *The Medieval Kitchen - Recipes from France & Italy*. University of Chicago Press, Chicago, IL.

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