

## Menu Winter Feast 2018 – (\* means served)

### Day

**On the table full time** - Breads/butters/jams – Varieties rotate through as baskets/containers empty.

- Noon - Garlic cheese\*, salted tvarog\* and pickled and potted cheese.
- 1pm - Hot crab\* and bread\*
- 2pm –Fried cheese\*, & fried sauerkraut\* with black bread and pickled mushrooms
- 3pm – Caviar with caraway rye and hard-boiled\* and pickled eggs\*.
- 4pm – Pickled Herring\* and pickled sausage\*

### 4:30pm Hall re-set

#### 5pm - 1<sup>st</sup> course

- Borscht for the horde (both “hard” and “soft”)\*
- Bread/Cheese Soup - Chlebova Polevka\*
- Onion/Cabbage/Leek Pottage\*
- Lentil pottage\*
- Breads\*
- Sauces offered for dipping – Spenat\*, Lentil\*, Mushroom\*, Dill, beef/Wine\* (from roast)

5:30pm - **Main course** - Beef cooked in wine with onions/mushrooms\*  
Caraway barley with onions, Beet, Leek and Onion salad \*

5:45pm - **Main course** - Chicken Stew as a subtlety with the pheasant pelt and “made” head  
Baked fowl (Game Hen)



6pm - **Main course** - Caraway pork roast\* with brined apples, Bread  
Dumplings with gravy\*

6:15pm- **Main course** - Baked salmon\* with honey carrots, saffron rice

6:30 – **Main course** – Holoubky\* w/egg dumplings\* in beef broth

**Sweets, afters** - 6:45pm

- Babovka\*
- Kolacky\*
- Brandied cherries
- Shrewsbury cakes\*
- Rohlicki
- Zabi Hyby

**Drinkables**

- Hydromel
- Mint water
- hot mint tea\*
- Hot chai\*
- Cherry Tea\*
- Hot coffee (sigh)\*



This feast is set up like a “traditional” holiday party from Čechia, where food is available all day long in small amounts and even the main meal is in “tasting” amounts rather than a full plate.

Documenting foods from Poland, Bohemia and farther east is rather difficult. Leaving aside the problem of language barriers, there are few cookbooks available until the 1600’s or so. The Domostroi, a manual of household management from 15<sup>th</sup> century Russia is one of the few. Maria Dembinska has written a book on Medieval Polish cookery, that is another good resource. Other than those, most of these dishes are mentioned, possibly described, in letters and other papers.

Quite often a dish is named for which no recipe or ingredient description exists other than the “traditional” version, some of which are only 50 years old! Many of these recipes use completely modern ingredients such as tomatoes, baking powder, and so on.

One other issue is that some words have changed in the intervening centuries, such as the description of a feast from the 13<sup>th</sup> century that included (in translation) a “cake sprinkled with designs of cocoa powder”. ...Uh....no.... I finally figured out, with a lot of help from students of the Czech language, that the “cake” was probably one of the yeast-raised doughs like Babovka, and the “cocoa powder” was most likely cinnamon, or another ground spice, that can be used to make a hot drink. ....wow...

All that being said, these foods are good guesses. None of these have ingredients that we are certain were unavailable, although some would have been hideously expensive. All of these could have been cooked in the ovens, stoves and fireplaces available. While we used modern crockpots, ovens, bread-makers, cookie sheets and frying pans, there are period equivalents for those, too.

We did include (by request) a few dishes that are \*not\* from the Slavic Lands, specifically the “hot crab” (Italy 1500’s) and Shrewsbury Cakes (English, 1500’s) The Schiz recipe used for the fried cheese is from Italy and is more recent.

One last consideration... modern beets and carrots do not resemble, probably don’t taste like, the ones that were available in the late Middle Ages and the Renaissance. We chose to ignore this, as most moderns, even foodies, can’t tell the difference, and the more period ones were unavailable at least in quantities for a feast.

Dobrou chut’! (Happy eating!)



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## Meat/Main

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**Beef in wine** – Measurements for this are not exact because it depends on the size of your crockpot and roast. If possible, the crockpot should be of a size that the roast nearly fills it.

- Angus beef 1.5-2 Lbs.
  - Burgundy (enough to cover, depending on proportions of roast to pot could be from 2-6 cups. )
  - Mushrooms (raw or dried), about a double handful.
  - Salt about 1 Tbsp
  - Caraway about 1 Tbsp
  - Crockpot
1. Put thawed beef roast into crockpot.
  2. Pour burgundy over to cover.
  3. Chop mushrooms and add.
  4. Add salt & caraway.
  5. Put on high to start, but turn to regular/low after an hour.
  6. Check a couple of times during the cooking process to make sure beef is still covered. Add water if necessary.
  7. Flip at around 4 hours.
  8. Cook 6-8 hours until center temp reaches at least 145F.
  9. Let stand for 10 minutes before cutting.
  10. Strain broth and serve "bits" and mushrooms on the side, but with the meat.
  11. Reserve broth for gravy.

Note – Roast can be cooked on high for 4-5 hours, but this sometimes leaves a tough outer surface.

**Beef/Wine Gravy (see sauces)**



**Chicken Vegetable Stew** – Having a “no-bones” person in the family, this is cooked in two stages unless you want to use the less-flavorful chicken breast meat only and begin at step 8.

- Large crockpot
- 1 whole cut-up chicken (or 4 frozen boneless skinless chicken breast)
- Water
- Salt
- Dill
- Bunch of baby spinach
- 5 large carrots
- ½ bunch celery
- 2 parsnips
- 2 turnips
- 1 medium onion
- 2 Tbsp chopped garlic (about 6-8 cloves)
- Brussel sprouts. leaves and stem, optional
- Miscellaneous leaves, trimmings and herbs.

**For doing the whole chicken:**

1. Place chicken pieces in the crockpot and cover with water.
2. Lightly sprinkle with salt.
3. Thickly sprinkle with dill.
4. Turn crockpot on high for 1 hour and cook for 4 hours or turn to regular/low for 7 hours.
5. Check for internal temperature. It should have reached 165F. If not keep cooking until it does.
6. Strain broth from meat. Put meat into fridge and return broth to crockpot if you will continue cooking immediately, and continue with step 8, else refrigerate both separately.
7. Degrease broth if refrigerated, discard grease and put broth into crockpot.
8. Turn to high and warm while preparing vegetables.
9. Peel and coin parsnips and add.
10. Peel and dice turnips and add.
11. Roll and chop spinach leaves, chopping stems separately, and add.
12. Peel and ¼ onion and add.
13. Add garlic.
14. Separate chicken meat from bones, chopping and adding as you go.
15. Add water if necessary.
16. Cook 2 hours on high, 4 hours on low, or until turnip and parsnip are soft.

**If using frozen chicken breast:** Thaw and put into crockpot at step 8 with plenty of water, salt and dill and continue, leaving out step 14, but cooking until chicken reaches 165 and veg are soft.



**Czech Game Hen** (from Baba's rule) • One hen for 8 people (feast)

- Butter
  - Garlic (peel)
  - Onion (Peel and Quarter)
  - Caraway
  - Salt
  - Water
1. Wash hens and set giblets boiling in a pot. Set giblets aside when done for dressing.
  2. Put 2 whole garlics, 1 onion quarter and ¼ stick butter in each hen.
  3. Sprinkle with caraway seed and salt.
  4. Put an ½ inch of water (or broth if it's done) in the roaster.
  5. Bake at 350 for about 30 minutes per pound, covered.
  6. Before serving, sprinkle with more caraway and set under the broiler for a couple of minutes.

**Caraway pork roast** - Caraway pork roast is just that, a pork roast (get the best you can afford!) sprinkled with salt and caraway. If you like the taste, add 2 Tbsp sauerkraut juice or balsamic vinegar.

- 1 peeled and quartered onion
  - 2 1/2 pound boneless butt
  - 1/4 cup caraway
  - 1/2 cup water
  - Salt
1. Sprinkle well with salt
  2. Crockpot on high
  3. Flip at 2 hours.
  4. Perfect at 6 hours.

**Baked salmon**

- 3 pound salmon fillets, already boned and skinned
  - 2 cup white wine (not a sweet, use something like Chardonnay) or a sour juice like sauerkraut, wine vinegar or something similar.
  - Dill (to taste)
  - Salt (to taste) and pepper (if you like it)
  - "grease" can be butter, lard, leftover bacon grease, whatever. (Probably lard in period)
  - Grease the bottom of your pan.
1. Lay salmon out, separating pieces as much as possible.
  2. Pour wine over.
  3. Sprinkle lightly with salt, thickly with dill.
  4. Cover
  5. Bake at 350 until internal temp is 145F (time depends on how thick your pieces are.)
  6. Lift with a thin, flat spatula to prevent breakage.



**Holubky** - inspired by <https://www.thespruce.com/polish-stuffed-cabbage-recipe-golabki-1136771>

- 18 leaves of one whole head cabbage (about 4 pounds)
  - 1 large onion (chopped)
  - ½ stick butter 1 pound ground beef
  - 1 pound ground pork
  - 1 pound ground beef
  - 2 cups barley
  - 1 teaspoon garlic (finely chopped)
  - 1 teaspoon salt
  - 1/2 teaspoon horseradish
  - 1 cup beef stock
  - Garnish: sour cream (optional)
1. Sauté the chopped onion in butter in a large skillet until tender, and let it cool.
  2. Mix cooled onions with beef, pork, barley, garlic, salt, and horseradish until well combined. Don't overmix or the meat will become tough.
  3. Plunge leaves into boiling salted water. You will need 18 leaves. (save the rest of the head for other uses.)
  4. When leaves are cool enough to handle, use a paring knife to cut away the thick center stem making two small sections.
  5. Place a couple of Tbsp of filling on each cabbage leaf. Start on the widest side. Flip the right side of the leaf to the middle, then flip the left side. Flip the bottom of the leaf and you will have something that looks like an envelope. Roll away from you to encase the meat and make a neat little roll.
  6. (Freeze at this point, if desired. )
  7. Heat oven to 350 F. Place the cabbage rolls in the casserole dish or Dutch oven, seasoning each layer with salt.
  8. Pour beef stock over rolls, cover, and place in heated oven. Bake for 1 hour or until cabbage is tender and meat is cooked.
  9. (Freeze at this point, if desired. )
  10. Serve with pan juices and an optional drizzle of sour cream, or mix the pan juices with sour cream and ladle it over the cabbage rolls.

Cabbage rolls freeze well before or after cooking and can be made in a slow cooker (see your manufacturer's instructions).



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**Pekanky, Egg Dumplings** – Makes about 55 (4 are one standard serving) contains no pecans!

- 5 eggs
  - 2 cups semolina flour (plus about ½ cup)
  - Salt to taste
  - Regular flour for pastry board and hands
1. Mix to a stiff dough.
  2. Flour a pastry board and sprinkle with semolina.
  3. Using a teaspoon, drop between 8 and a dozen pecan sized globs onto board.
  4. Flour your hands and clap over the board.
  5. Roll each glob around on the board until it isn't sticky, then shape into a "pecan" between your hands. Drop onto a cookie sheet "floured" with semolina.
  6. Sprinkle with salt and freeze.
  7. Once frozen (about an hour) roll off into a Ziploc and add about ¼ cup semolina. Shake, then drop into freezer.
  8. To cook: Drop into boiling broth (at least 4 inches of broth in the pot)
  9. Boil 3-5 minutes until done. If any don't "rise" within a few minutes, use a spoon to get them unstuck from the bottom of the pot.
  10. Serve warm, maybe with a little broth in the bottom of the bowl. These were yum...and gnocchi-ish texture.

Note – Yes, teaspoons are the right measure. They need to be small!

Note 2 – If you run out of semolina you can use regular flour. Be careful not to overwork them!



**Pekanky, version 2-** Has anyone else ever heard of dumplings called "pekanky"? That's what my Baba called them. They're an egg-and-semolina, small thing, and because they were the size of pecans, she might have "Czechisized" the name! - Makes 16, 2 servings

You need:

- 1 AA Large egg
- 1/2 cup semolina
- 1/8-1/4 tsp salt
- regular flour for rolling
- Small metal bowl
- Fork & small knife
- Pastry board

Method:

1. Crack the egg into a small bowl, add salt and beat with a fork until mixed.
2. Add semolina and mix until it holds together. Don't overwork it.
3. Press down gently with fork into a single lump and let stand for about 1 minute, then dump out onto floured board.
4. Roll into a worm and cut into 8 pieces.
5. Flour your hands and roll each piece between your hands to the shape and 1/2 the size of a pecan.
6. Cook in boiling broth until done, usually less than 5 minutes. Stir at one minute and then at 3 minutes to prevent sticking.
7. Serve with cream of mushroom soup with a little of the broth added to make it into a sauce.

**Tips....**

- Do this one by hand.
- Do one recipe at a time. It's actually faster and you get a more even product.
- If you want a lot of these, set up a floured box to put them in. You can set them in the fridge for later or put the box into the freezer for another day. These are small enough that the cooking time doesn't change that much!



**Bread Dumplings – Houskový knedlík** - Makes: 3 dumplings (each approximately 3.5" x 8", 8 servings per) Prep: 20 min Knead: 5 min Rise: 2 hrs Hands On: 3 min Second Rise: 10 min Cook: 1 hr 5 min Total: 3 hrs 43 min

- 1 1/2 cup milk
  - 1 tsp sugar
  - 1 tsp yeast
  - 3 2/3 cup of wondra flour (you need to buy at least two Wondra flour containers if you purchased the 13.5 oz size container) or similar coarse flour
  - 1 tsp salt
  - 1 egg
  - 2 cups cubed dried bread
1. Warm milk, in nuker.
  2. Add sugar, yeast.
  3. Proof in bowl for 10 minutes.
  4. Add flour, salt, egg and start bread-maker on dough cycle.
  5. Must not be sticky (add flour to compensate)
  6. Add bread cubes after the first “rumpus” of the bread maker.
  7. Flour board.
  8. Dump dough.
  9. Cut into 3 pieces.
  10. Form into dumplings.
  11. Cover with towel and let rise 10 minutes
  12. Boil water w/pinch salt
  13. Add 1 dumpling, cover. Bring back to boil, then turn down to just boiling.
  14. 10 minutes, flip, 10 minutes on 2nd
  15. Lay on board, 2nd side up, poke to release steam.
  16. Either slice with serrated knife or with string.
  17. Repeat.

**...and freeze by this method** - <http://www.czechcookbook.com/how-to-preserve-and-steam-dumplings-jak-zamrazit-a-naparit-knedle/>



**Plain Barley or Rice, Czech style** - Going by a reference in s *menu of the late 1400's* and my Baba's method. (reference translates as "*rice baked of caraway, of onion*".) 20 servings or so...

#### Ingredients

- 3 cups plain rice (I use a blend of white, brown and wild, about a cup per)
- 6 cups of chicken/vegetable stock,
- 1 tablespoon caraway

#### Method

- 2 onions
1. Chop onions.
  2. Mix in steam pan and bake at 375F for an hour.
  3. Check for doneness and water content.
  4. Add broth if necessary.
  5. Dot with butter before serving.

or for 6-7 servings 1 cup rice, 2 cups broth, 1 large onion and 1 tsp caraway.

**Saffron Rice** (12 reg servings, 24 feast) Yield:4 to 6 servings

#### Ingredients

- Two containers of saffron (1/2 a bottle)
- 1 cup water
- 1pound butter
- 3 cup diced onion
- 4 cup long-grain, white rice
- 12 cups chicken stock
- Salt to taste (I just lightly sprinkle evenly.)

#### Method

1. Heat 1 cup of water to boiling.
2. Stir in saffron.
3. Let stand for an ½ hour to "bloom".
4. Cook onions in butter.
5. Turn off heat and stir in rice.
6. Stir in saffron.
7. Stir in chicken stock.
8. Turn into buttered baking pan with lid.
9. Spread out into an even layer. (Can be frozen at this point.).
10. Sprinkle with salt.
11. Bake in 350 oven for 1 hour until rice is tender. (Check at 45 minutes to be sure it's not burning.) (Freeze to use as a panic dish.



## Beet, Leek and Onion salad

- 5 Fresh Large Beets
  - 1 large or two small leeks
  - 1 large onion
  - Coriander
  - Cumin
  - Raisin Wine (faked by soaking raisins in white wine)
  - Oil& Vinegar dressing
1. Boil beets until skins come off easily (beets will \*not\* be done!)
  2. Cool, skin and slice.
  3. Slice leeks up into the green part (not all the green, about ½)
  4. Peel and slice onion.
  5. Toss with salt, coriander and cumin. (alternative below)
  6. Put into a baking dish.
  7. Pour raisin wine over and bake until beets are tender.
  8. Let cool and serve cold with oil and vinegar dressing. (Can add the coriander and cumin to the dressing for a lighter flavor.)

Note – You could also just boil the stuff together as in the original, but that's not quite as practical for a feast.... Although that's what finally got done, but they were nuked!

*From Wolley - 143. \_To make good cold Sallads of several things. Take either Coleflowers, or Carrots, or Parsneps, or Turneps after they are well boiled, and serve them in with Oil, Vinegar and Pepper, also the Roots of red Beets boiled tender are very good in the same manner.*

*From Apicius - TO MAKE A DISH OF BEETS THAT WILL APPEAL TO YOUR TASTE SLICE the beets with LEEKS AND CRUSH CORIANDER AND CUMIN; ADD RAISIN WINE, BOIL ALL DOWN TO PERFECTION: BIND IT, SERVE the beets SEPARATE FROM THE BROTH, WITH OIL AND VINEGAR.*



**Russian Brined Apples** - Valeria - Beets 'n Bones blog -  
<http://www.beetsandbones.com/russian-brined-apples/>

- **Prep time** - 30 mins
- **Total time** - 30 mins plus 5-9 weeks
- Serves:10-12 apples

### Ingredients

- Enough apples to fill one gallon mason jar (I get 10-12 apples, small to medium) - late harvest yellow (never red!) firm varieties are traditionally used in Russia, the only ones to fit that description that I can find in Chicago are golden delicious. What I have on these pictures are local farmers market apples that look a lot like what's used in Russia.
- Handful of mint leaves
- Filtered water (about 8 cups)
- 2 tablespoons whole rye flour
- 2 tablespoons **sprouted rye flour** (optional, but recommended) **how to sprout**
- ½ tablespoon salt
- ½ cup honey
- 1-2 tablespoons of sourdough starter, preferably rye (**how to make rye starter**)

### Instructions

1. Wash apples and mint, and place them in a gallon mason jar with mint closer to the bottom. Try to wedge the apples so that they stay below the shoulder of the jar. Mine are wedged so they can't move at all.
2. Pour water into the jar to measure how much you need, then pour it into a sauce pan.
3. Add rye flour and sprouted rye flour, whisk well. Add salt.
4. Bring to slow boil whisking frequently; remove from heat. Cool.
5. Add honey and stir to dissolve. This is **brine**.
6. Add rye sourdough starter to the brine, whisk until dissolved and frothy. Pour the brine over the apples so that there are a couple of inches of liquid above the apples.
7. Cover tightly. Leave at room temperature for 5-6 days. You will notice fermentation activity the next day.
8. Twice a day (or more often, if able) remove white froth that forms on top of the brine with a spoon. If you notice the water level going down, you can add more water (boiled and cooled). It happens because apples absorb water, and some do more than others.
9. Transfer to refrigerator; and allow to ferment 30-60 more days. The apples get better with longer storage. Keep in refrigerator up to a year.

**Notes** - You want to monitor the water level closely. Apples need to stay submerged in brine all the time, otherwise they will get brown and mushy.

Apples will absorb water (some more than others) so you will need to add more to keep the apples covered.

Please make sure to not use red apples - you will not want to eat them, just take my word for it!



**Honey/Ginger Carrots** – (described, only, but likely) These were probably boiled in a pot, but a crock next to the fire or in the oven is also highly likely.

#### Ingredients

- Water
- 2 pounds carrots (fresh or frozen, “coined” for a feast)
- Honey
- Ground ginger (you can use fresh in other recipes, but not by this method....)
- Nutmeg
- Crockpot
- Grinder for nutmeg

#### Method

1. Put 2 inch of water in crockpot.
2. Add carrots. (Frozen need to be pre-thawed)
3. Sprinkle with ginger.
4. Stir.
5. Sprinkle again and stir.
6. Drizzle with honey, more or less to taste.
7. Grind nutmeg over the carrots.
8. Cook on low at least 4 hours, until carrots are tender. (Frozen 3 hours) Stirring at least once and to make sure the water level doesn’t go too low and let the carrots burn.

**Baba's Sweet and Sour Cabbage** – Old Czech recipe, referred to in menus/descriptions as far back as the 1300’s. Servings: 6-12 – If purchased (Vlasic) heat with added caraway and horseradish.

- The soft parts of a small head of cabbage, chopped (use the other parts in soup)
  - 1 onion, cut up
  - Water to cover
  - 1/2 cup cider vinegar
  - 1.4 cup balsamic vinegar
  - 1/2 cup sugar
  - 1 teaspoon salt
  - Horseradish to taste
  - caraway seed, to taste
1. Add the water, vinegar, sugar, salt and caraway.
  2. Bring the liquid to a boil
  3. Put cabbage in.
  4. Simmer for 1/2 hour.
  5. Stir in horseradish (start with 1/4 tsp)



**Sauces offered for dipping** – All of these are named or described in period literature, but no recipes exist that I could find. It must be said, though, that these are simple variations to think up!

**Spinach Sauce** – Špenát - By [czechcookbook](http://www.czechcookbook.com/spinach-sauce-recipe-spenat/) – <http://www.czechcookbook.com/spinach-sauce-recipe-spenat/>

- Serves: 6
- Prep: 10 min.
- Cook: 15 min.
- Total: 25 min.

### **Ingredients:**

- 12 oz fresh spinach leaves
- 1 cup water first faze (for shredding spinach)
- 1/4 cup butter
- 1/3 cup flour
- 2 cups water second phase
- 5 gloves garlic
- 1 3/4 tsp salt
- 1/2 cup whipping cream
- 1 egg

### **Method**

- Shred spinach with water in food processor.
- Press garlic and set aside.
- Make roux of butter and flour.
- Add water and keep stirring.
- Add spinach.
- Stir well.
- Add salt.
- Add garlic.
- Bring to a boil.
- Lower heat.
- Whisk egg and add, stirring well.
- Bring back to boil to make sure egg is all cooked.
- Add cream and stir well.
- Bring back to a simmer and then you're done!



Sauces offered for dipping – **Lentil** - Čočka na kyselo - <http://www.czechcookbook.com/lentil-sauce-recipe-cocka-na-kyselo/> By [czechcookbook](#)

- Serves: 4
- Prep: 5 min.
- Cook: 40 min.
- Total: 45 min.

Ingredients:

- 1 cup lentils
- 6 cups water
- 1 1/2 tsp salt
- 1/4 of a big onion or 1/2 medium size onion
- 1/4 cup oil
- 1/4 cup flour
- 3/4 Tbsp vinegar

Method

1. Cook lentils, water, salt to boil.
2. Lower heat but let boil for 1/2 hour.
3. Slice/chop onion
4. Fry onion in oil. Stir once they color. 7-10 minutes
5. Add flour and stir really well for thickening.
6. Add to lentil pot.
7. Stir well.
8. Add water, if necessary.
9. Add vinegar and stir well.

Note – On the 2<sup>nd</sup> day it will be very thick. You can add more water to thin.

**Mustard Sauce** – Hořčičná omáčka -

Ingredients:

- 1/4 cup wine mustard
- 1 Tbsp water
- 1/8tsp prepared horseradish (opt.)

Method

1. Using a microwave-safe container, stir ingredients together.
2. Zap at 1 minute intervals until heated through.
3. If not thin enough for your purposes, you may add more water.



Sauces offered for dipping – **Dill** - Koprová omáčka - <http://www.czechcookbook.com/dill-sauce-koprova-omacka/>

**Dill Sauce** –By [czechcookbook](http://www.czechcookbook.com)

- Serves: 4
- Prep: 5 min.
- Cook: 25 min.
- Total: 30 min.

**Ingredients:**

- 1/4 cup butter
- 1/3 cup flour
- 4 1/2 cups milk
- 1 tsp salt
- 1 tsp sugar
- 1/3 cup fresh chopped dill (without stems)
- 1 tsp vinegar
- Serve with 8 hardboiled eggs or beef (side) or
- Serve with dumplings or potatoes (side)

**Method:**

1. Use a thick-bottomed pot.
2. Make a roux of the butter and flour.
3. Add milk and stir well and warm.
4. Add salt and sugar.
5. Cook 10 minutes to thicken.
6. Add dill and keep stirring for about minute or two.
7. Cool to under 110F, then add vinegar, slowly and stirring well.

Note - Make at least one day ahead. 2nd day is better, but may need to add milk when warming.

Serve with dumplings and/or hard boiled eggs.



Sauces offered for dipping – **Beef/Wine Gravy** (from roast) A “self” gravy

- ½ stick of butter (4 Tbsp)
  - About one cup of rice flour or Wondra flour in a shaker
  - Broth from the beef
  - Heavy medium to large frying pan
  - Whisk
1. Melt butter in pan.
  2. Shake flour into pan a bit at a time and whisk briskly until you have a paste.
  3. Immediately begin adding broth, ½ cup at a time, whisking quickly to prevent lumps.
  4. Add water/broth as needed to regulate thickness of the gravy.

Sauces offered for dipping – **Creamy mushroom sauce**, Smetanove Omacce -

<http://www.czechcookbook.com/beef-with-creamy-mushroom-sauce-hovezi-na-houbach-ve-smetanove-omacce/>

- Serves: 4-5
- Prep: 20 min.
- Cook: 1hr. 40 min.
- Total: 2hrs.

### Ingredients

- 1 small onion
- 2 Tbsp oil/butter
- 3 oz. mushrooms 4 big mushroom cap
- 1 tsp salt
- 1/2 tsp caraway seeds
- 4 cups beef broth
- 1 cup whipping cream
- 3 Tbsp all purpose flour
- Large frypan w/lid
- Whisk

### Directions

1. Chop onion
2. Chop mushrooms
3. Brown in butter
4. Add 4 cups Beef broth
5. Cook until tender
6. Whisk cream and flour together.
7. Add to broth, whisking briskly
8. Cook 4 min.



**Mushroom Catsup (plus bonus “mushroom spice”)** - This is a product of the 18th century, not period, at least as far as the name. The methods all make sense for a period sauce, though, so we decided to try it after watching yet another Townsend's video ([https://www.youtube.com/watch?v=29u\\_FejNuks](https://www.youtube.com/watch?v=29u_FejNuks) ). Start in the evening because this needs to sit overnight, and then the dehydrating takes a while. Makes about 1 ½ cups of catsup and 1 pint of dried mushrooms. Takes about 36 hours for the catsup and another 12 for the “spice”.

## Ingredients

- two pounds of mushrooms,
- two Tbsp of salt
- several bay leaves (depend on size)
- Small Crockpot
- 1 shallot
- 1 Tbsp horseradish sauce, or
- 1 tsp prepared horseradish, ¼ tsp cloves, ¼ tsp allspice, ½ tsp lemon peel, All to taste (suggested amounts, iow)
- 1/4 cup of cider vinegar
- Cloth at least 18 inches square (best is muslin or old percale, cheesecloth wastes too many little pieces and lets too much through.)
- Small bowl (2 cups or so)

## Directions

1. Chop mushrooms,
2. Add salt and bay leaves
3. Let sit overnight with the crockpot turned off! Volume should reduce by about 1/3 by morning, after having been mostly full.
4. The next morning stir it well.
5. Chop shallot and add.
6. Add spices.
7. Stir
8. Add 1/4 cup of cider vinegar.
9. Cook on high for 1 1/2 hours.
10. Pour into a cloth.
11. Hang to drip into bowl until cool.
12. Squeeze hard, until the “waste” appears mostly dry.
13. Refrigerate the “catsup”.
14. Dehydrate the “waste” and save to use in soups, stews or as “spice” in other dishes. This was fantastic on another beef roast.



## **Appetizers**

- Hot crab - pg. 25
- Hot crab non-dairy - 3-4 servings - pg. 26
- Fried cheese and fried sauerkraut - pg. 26 (see cheese for schiz)
- pickled mushrooms (see pickles)
- Caviar - purchased
- hard-boiled eggs – White, Gold (boiled with onion), Red (beet), blue (red cabbage)
- Pickled Herring - purchased
- Pickled sausage - Utopenci (see pickles)
- Nakladny Hermelin – Pickled cheese – (see cheese)

### **3pm – Hot crab**

**Hot Crab** (found at one point in an Italian cookbook from the 1500's, but now I can't find it, to source.... Same as my mother's recipe for crab imperial....) 1 recipe for 12

### **Ingredients**

- 1 hardboiled egg
- 1 Pound crabmeat or small shrimp
- 1 raw egg
- Clove garlic
- ¼ Onion
- 5TBSP clarified butter
- 2 TBSP flour
- Salt/Pepper (Old Bay Seasoning) (subbed horseradish)
- 1 teaspoon dry mustard
- 1 cup cream
- TBSP sour cream
- 1 Tablespoon Bread Crumbs

### **Directions**

1. Preheat oven to 450 degrees.
2. To mash the egg: smush, chop, pound, stomp, whatever works. I usually take an egg slicer and cut it one way, turn it and cut it the other.
3. Mix crabmeat, mashed egg and raw egg together and set aside.
4. Chop onion, mince garlic.
5. Melt butter in a large pan and add flour, onion, garlic, salt, pepper and mustard over medium heat.
6. Heat and stir until smooth and bubbly.
7. Slowly add cream and sour cream and bring to boil.
8. Fold sauce into crabmeat and pour into 8" x 8" baking dish.
9. Scatter breadcrumbs over.
10. Bake for 15-20 minutes or until lightly browned.
11. Serve with a small spoon and chunks of heavy bread (rye/pumpernickel is great with this). Can be served in a bread bowl hot in the oven.



## **Hot Crab – non-dairy - 3-4 servings**

### **Ingredients**

- 2TBSP clarified butter
- 1 TBSP flour
- 1 tbsp chopped onion,
- Dab of minced garlic
- Dash Salt/Pepper (Old Bay Seasoning)
- Dash 1 teaspoon dry mustard
- 7/8 cup dry white wine
- 1/4 Pound crabmeat
- 1/2 hardboiled egg, mashed
- 1 raw egg
- 1 tsp Bread Crumbs

### **Directions**

1. Preheat oven to 450 degrees.
2. Melt butter and add flour, salt, pepper and mustard over medium heat.
3. Heat and stir until smooth and bubbly.
4. Slowly add wine and bring to boil.
5. Mix crabmeat, mashed egg and raw egg together.
6. Fold sauce into crabmeat and pour into 8" x 8" baking dish.
7. Scatter breadcrumbs over.
8. Bake for 15-20 minutes or until lightly browned.
9. Serve with a small spoon and chunks of heavy bread (rye/pumpernickel is great with this).

### **Fried cheese, & fried sauerkraut with black bread and pickled mushrooms**

**Fried cheese and fried sauerkraut** - 1 recipe of Schiz and 1/2 cup sauerkraut of pickled cabbage, ½ cup mushrooms serve 6 for a snack, 12 for a feast.

1. Melt 1 stick of butter in the frying pan over medium heat.
2. Add slices of schiz to butter until pan is full. Salt lightly. (Mushroom can slices can take 6, soup can is 3)
3. Let fry on medium heat, sliding a thin spatula under each slice and moving them to keep them from sticking. When slightly browned flip and cook some more.
4. When browned on both sides remove to a warm plate and repeat until all is fried.
5. You may find that you need to add butter on the 3rd go-round.
6. Rinse your sauerkraut in cool water and let drain. (Or use cabbage pickle)
7. When the cheese is all done add ½ cup of sauerkraut to the butter in the pan. If there's only a thin skin of butter, add another ½ stick.
8. Fry until hot, remove to plate (I usually put the cheese slices around the outside and pile the kraut in the middle)
9. Repeat until it's all hot.
10. Serve with pickled mushrooms in a small bowl in the center of the kraut.



## Soups

- Borscht for the horde (both “hard” and “soft”) Baba’s Borshcht - Ethnic Recipe – Czech/Slavic - pg.28
- Borscht - Soup – hot or cold – *Traditional Slavic* - pg.28
- Bread/Cheese Soup - Chlebova Polevka - pg.29
- Oat pottage with Cabbage, Leek and Onion- - pg.30
- Lentil pottage - pg.31
- Baba’s Chicken Soup - pg.31

**Baba’s Borshcht** (usually spelled borsht) - Ethnic Recipe – Czech/Slavic- 12 servings (25 for feast) Fits a large crockpot, to serve more make multiples and pour into a freezer box. Nuke to heat in smaller quantities.

- A couple or 3 pieces of chicken (it doesn’t matter what type, even a leftover carcass will do!) Speed recipe requires this to be pre-cooked.
  - 4 cups water (plus)
  - Salt
  - 4 large beets or 6 medium
  - 1 small onion (opt.)
  - Small head red cabbage
  - 1 medium onion
  - 1 tsp. Caraway seed
  - ½ cup of good vinegar (I prefer white tarragon vinegar or red wine vinegar)
  - Dill, dry (1tbsp.) or fresh (2 tbsp.)
  - Salt, pepper, etc.
  - 2 cups of cooked barley (for hearty soup) (see “Cooked Barley”)  
2 large soup pots, stirring and measuring things, cutting board and large chopping knife, parer, small knife, (may require small bowls and/or food processor)
1. Put your chicken pieces in a large soup pot, cover with water and bring to a boil.
  2. Salt.
  3. Reduce heat and let simmer until chicken is cooked through (1/4 hour for leftover meats, 1 hour for pieces).
  4. While the chicken is cooking, peel and cut up your beets & other vegetables, the smaller the better. Grating them in through a food processor speeds up cooking immensely, but is not necessary.
  5. When chicken is done, strain broth (usually into another pot).
  6. Put 6 cups of broth (add water if necessary) in pot.
  7. Add vegetables & caraway and bring to a boil.
  8. Reduce heat and simmer until the largest piece is cooked through (1/2 hour to 45 minutes)
  9. While the vegetables are cooking, shred the chicken meat, finely chop and discard skin and bones.

When the vegetables are done you have two options: “soft” soup or hearty.



For “soft” soup - run the vegetables in a food processor until finely chopped, return to broth

- Repeat this step with the chicken.
- Add vinegar & dry dill (do not use fresh) Stir well.
- Heat through and serve with a dollop of sour cream.

For hearty soup - Add vinegar & dill (preferably fresh) to broth

- Put back chicken and vegetables.
- Add barley. Stir well.
- Heat through and serve with sour cream, and dark rye bread with butter.

Note – “Soft” soup is a direct translation from what my grandmother called this in Czech. I had to re-work many terms that were direct translations. “Hard” soup has been changed to “hearty”. “finely chop” was always “grate” to Babicka. Simmer is what she called “Not boil”.

**Borscht** - Soup – hot or cold – *Traditional Slavic* - Serves 8-12 - Borscht is a soup or stew, made of beets, usually in a meat base, served hot or cold with sour cream and caraway. This is the recipe that I used, tripled

- ¼ head cabbage
- 7 to 8 c. Beef broth
- 4 to 5 med. Beets
- Small boiling onion chopped fine.
- 1 cup cooked shredded beef or pork
- 1/2 c. dry white wine (alcohol cooks out) or cider vinegar
- Salt
- Freshly ground pepper (not used for feast)
- Tablespoon caraway.
- Optional 1 to 2 cups cooked barley (1/8 to 1/4 cup dry with 1 cup water)
- You may need extra spice if you add the barley

### Steps

1. Chop the cabbage. Trim and peel the beets & dice 1/2 inch.
2. Bring the broth to a rolling boil.
3. Cook the beets in boiling broth for about 20 minutes.
4. Add cabbage.
5. Continue cooking at a simmer until tender.
6. Add meat and onion (and opt. barley) and simmer for 5 more minutes.
7. Add the wine.
8. There should be enough liquid to cover the solids, if not add a little more water. You may need to re-heat to drinking temperature (about 180 degrees).
9. Salt and pepper to taste.
10. Serve with a dollop of sour cream sprinkled with caraway (lightly!!!!)



## **Cheese Rye Bread Soup – Chlebova Polevka - Makes 20 feast servings**

### **Ingredients**

- 4 cups chicken broth
- 1 egg yolk
- 2 ½ cups rye bread grated to crumbs and dried over a couple of days, at least
- Small shallot
- Thyme (3 springs)
- Oregano (5 sprigs)
- Basil (1 sprig)
- ½ pound aged cheddar cheese

### **Method**

1. Starting from cold broth, put in soup pot.
2. Whisk in “strainings” (small bits) from what settled when you made the broth.
3. Whisk in egg yolk.
4. Heat to boiling, whisking occasionally.
5. Once it boils, turn to medium and simmer until shallots are no longer crunchy.
6. Add bread crumbs and stirring at least once each minute, let cook until bread is softened and mostly broken up.
7. Divide grated cheese into 4 batches, and add to soup 1 batch at a time, making sure each is stirred and melted before adding the next.
8. Serve immediately or this will “hold” in a crockpot on low for quite some time.
9. Refrigerate leftovers and use within a day or two. Reheat in the microwave.



## **Oat pottage with Cabbage, Leek and Onion**

- 2 large leeks (all but the toughest part)
- 1 large red onions
- ½ head green cabbage
- 1 tsp coriander
- Dried mushrooms
- Quart of beef broth (had beef, salt, caraway, mushroom and onion) from previously frozen broth
- 2 cups coarse oat flour
- salt

1. Chop leeks, onions, cabbage to "deli slaw" size (1/4 inch slices, tops)
2. Dump into crockpot.
3. Thaw broth and pour over.
4. Cook in crockpot on high for 1 hour.
5. Sprinkle with oat flour, coriander and mushrooms.
6. Stir well and turn to low.
7. Cook 2-4 hours.
8. Taste test and add salt if necessary.
9. Pottage is done when vegetables are tender and the oats have turned creamy.
10. Serve hot.

...and good "adds" to this to make it a main dish are either cooked crumbled bacon or chopped ham.



## **Lentil Pottage with ham bits (this is a “panic dish”)**

- 1 lb lentils, rinsed and picked over
- 6 cups water (add more when finished if you want it “soupy”).
- Tablespoon caraway seed
- 1 cup ham rind
- 1 whole medium onion
- Salt to taste (I added a palmful)

### **Method**

1. Put rinsed lentils into small crockpot with water.
2. Peel onion, take off root and tip and put in with lentils.
3. Add caraway.
4. Finely chop ham rind and add.
5. Cover and start on high for 2 hours.
6. Turn to low and cook for another ½ to 1 hour.
7. Will hold for up to 4 hours on warm, singes after an hour on low.
- For **pre-prep**, box up and refrigerate (1 week) or freeze (3 months!)
- This can be re-heated in a pyrex cup in the microwave or in a baking dish in the oven, wherever you have more room! Serve hot.
- For a **Panic Dish** freeze in 2 cup amounts (4 regular servings, 8 for a feast) and heat as necessary. Yes, you can start from the dish being frozen to heat this.

## **Baba’s Chicken Soup - Makes 8-10 feast servings**

### **Ingredients**

- 2 cloves elephant garlic or 6 regular
- 2 boneless, skinless chicken breast
- 1 heaping soup spoon salt.
- 1 pound frozen mix veg
- Tsp dill
- Shake of celery seed
- Water to cover & “float”
- 1 cup cooked rice (brown or wild rice has anti-oxidants!)
- large standard pot, chopping knife & board, measuring equipment, garlic press, stirring spoon.

### **Method**

1. Peel garlic, run through press and toss into pot.
2. Chop chicken.
3. Add chicken, salt, vegetables & spices.
4. Add water.
5. On 7 bring to a boil, stirring every few minutes.
6. Reduce heat to 3 and cover.
7. Simmer for 20-30 minutes until chicken pieces are done.
8. Add veg and rice and bring to a simmer until the veg are cooked through. .
9. Store in individual servings.



## Baked, Breads

- Loren's basic bread loaf recipe for a 2 pound breadmaker- pg,32
- Variations: Seed bread, Italian Seasoning, Olive/Caper, Sesame, Rye/Caraway, Barley, Oat, Pea - pg,31
- Black Bread rolls – pg. 33
- Barley Rolls – pg. 33
- Flatbread/Blini – pg. 33
- Black Bread - <http://www.thefreshloaf.com/node/45733/latvian-black-bread-old-family-recipe>
- Placek –<http://www.czechcookbook.com/how-to-use-leftover-breading-placek/>– ppg. 33

### Loren's basic bread loaf recipe for a 2 pound breadmaker

- 1 1/2 cups warm water
- 1/4 cup plain sugar
- 1 Tbsp salt (approx or less)
- 2 1/2 tspn yeast
- 1 Tbsp bacon fat (or less to taste)
- 4 Cups Unbleached cheap white flour

Mix it all together until it resembles bread dough, let it rise a couple times, somewhere warm, like in an oven at 125, until it looks like something that should be cooked, then scorch it at 350 degrees for about half an hour until it appears edible. Modify these directions as needed to make it work.

[Anja's translation: He uses a bread maker on dough cycle, so dump stuff into the bucket and turn the thing on. Check it after about 10 minutes (this depends on your breadmaker, during the 2<sup>nd</sup> mixing.....) to make sure the flour is all "in". When the cycle ends, shape it and let rise in a 125 oven for 15-30 minutes. Bake at 350 for 20-25 minutes. ]

### Variations

- Rye/Caraway – (Also Barley, Oat bread, Pea bread) - Replace 2 cups of the white flour with rye and add 1 1/2TBSP caraway seed. This dough usually takes additional water. Check after the first "rumpus" of the bread maker (on mine, after 10 minutes)
- Seed bread – Add ½ cup of "seeds", usually a mixture of millet, flax and sunflower for us, but your mileage may vary.
- Italian Seasoning Bread – Add one packet of 4 seasons Italian Salad Dressing mix, plus 1 TBSP minced garlic.
- Olive/Caper – Add 1 can of olives, drained, ½ that of capers – bread comes out flat.
- Sesame – Add ½ cup of sesame seeds. Brush with butter and sprinkle with seeds



**Note** - Both of the rolls and the optional versions of the flatbread can be done in a breadmaker, if the yeast/water/sugar is allowed to proof for 10 minutes before starting. Extra rising time may be required.

**Black bread rolls** – Same as the Caraway Rye, but all the wheat is replaced with dark rye flour. This recipe does not rise very well, but it makes fantastic rolls!

**Barley bread rolls** – Regular bread recipe, but with all the flour replaced with barley flour.

### **Flatbread/Blini**

- 2 cups warm water
  - 1 T. yeast
  - ½ T. salt
  - enough whole wheat flour to make a stiff dough
- Optional: Replace some or all of the wheat flour with other flours, ground flax seed, pea flour, bean flour, ground nuts, or seeds (sesame, poppy, fennel, etc.).
1. Cover with damp towel and allow to rise in warm place for two hours or more
  2. Place a cast-iron skillet over high heat
  3. Roll two-to-four-inch diameter balls of dough into very thin rounds.
  4. Plop rounds onto hot skillet, cook on one side until bubbles form on surface; flip over and cook another minute or so.
  5. Alternatively, bake on a cookie sheet or pizza pan at 450° until surface bubbles and browns slightly.
  6. Cool on wire rack.

Black Bread - <http://www.thefreshloaf.com/node/45733/latvian-black-bread-old-family-recipe>

Placek (not used) – <http://www.czechcookbook.com/how-to-use-leftover-breading-placek/>



## Baked, Sweets

- Kolački - Kolač dough for the bread Machine – Anja's version based on Babička's kolački. - pg. 34
- Annenka Babovka (Poppyseed Ring) . - pg. 35
- Fillings for kolač a babovka. - pg. 36 (povidla, tvarog, mak, cherry)
- Rohlicky, Aunt Louise's – pg 38
- Rohlicky, Babicka's – pg 39
- Zaby Huby, Frog Mouth Cookies – pg. 40
- Brandied cherries – pg. 41
- Rummy Cherries – Pg. 42
- Shrewsbury Cakes – pg 42

**Kolač dough for the bread Machine** – Anja's version based on Babička's kolački.

- ¼ cup butter
- 1 cup milk
- ½ cup sugar
- 1 tsp salt
- ¼ cups warm water
- 2 pkg active dry yeast (total of 5 tsp)
- 2 eggs (lightly beaten)
- 5 cups sifted flour (measure after sifting!)

Put into bread maker and use dough cycle.

To make kolački...Divide into 16 pieces to make large kolač or 32 pieces for kolački. Place on a buttered cookie sheet, punch centers down with a spoon and fill with mak, tavrog/smirkase, povidla, apricot filling, or any kind of jam. Let rise 10 minutes and then bake at 350.

To make bread bunnies - Cut finished dough into 4 pieces. Roll each into an oval. Dip raisins in egg and add for eyes (often will not stay!) or push in whole cloves. Snip with scissors to define ears and legs if desired. Bake at 350 until done.

Dough can be shaped in other ways and various dried fruits and nuts added to make vanočka and other seasonal breads.



### **Annenka Babovka (Poppyseed Ring)**

- 1/4 cup milk
- 1 (.25 ounce) package active dry yeast
- 1 tsp white sugar

In a glass mixing cup nuke milk in 15 second bursts until warm. Add yeast and sugar, stir until mixed, then pour into breadmaker bowl. Let stand 15 minutes.

- 1 cup milk
- 1/2 cup butter
- 1 teaspoon salt
- 1/2 cup white sugar

Again, zap in the nuker, this time in 1 minute increments until the butter is melted. Stir well, then add to breadmaker bowl.

- 2 eggs, messed up (don't need to beat, just get 'em mixed...)

Add to breadmaker bowl, then one at a time add the next set of ingredients

- 1 teaspoon vanilla extract
- 1 pinch ground mace (two hard shakes from tin)
- 1 pinch ground ginger (1 hard shake from spice jar)
- 4 cups all-purpose flour

1. Set breadmaker to dough cycle and let 'er rip. Check after the first "rumpus" to make sure the flour is incorporated into the dough, and after the 2<sup>nd</sup> to make sure the dough isn't too wet. (You can add up to 2 tablespoons of flour if it is.)
2. When the dough cycle is finished, cover the bowl and put in the fridge to cool, or if you need to do another batch, place dough in a large lightly buttered bowl and cover. Allow to thoroughly cool, at least 2 hours.

To form the cakes:

- 42 ounces (?) poppyseed filling, tvarog, apricot filling, etc. (1 can filling makes 3)
  - 2 tablespoons butter, melted
1. Butter and flour your mini-bundt pans.
  2. Turn dough out onto a lightly floured surface and divide in 6.
  3. Roll out on floured board like a jellyroll, large and oblong, about 6 x 12 inches.
  4. Spread filling over each piece of dough, then roll up each piece (along the long side) and pinch the ends together (the short ends) to form a circle.
  5. Press rings down to flatten.
  6. Brush or drizzle melted butter on top of the rings, cover and let rise in a warm place for 1 1/2 hours, or until doubled in size. (Mine only rose 1/3... in 4 hours...)



7. Then preheat oven to 350F.
8. Pour a thin line of honey on the top of the ring, then pour more butter over. Add crushed nuts, if you wish.
9. Bake at 350 degrees F for an hour or until the top is starting to get \*really\* brown. Check at 50 minutes.
10. Run a knife around both outside and around the center column and tip out onto a plate. Sides should be a gold/orange color, obviously cooked.
11. Let cool and store air-tight.

Note: You can purchase poppyseed filling and apricot filling. 2 cups of fluffed up Tvarog should be mixed with 1/2 cups of brown sugar (or if your cheese is dry, 1/2 cup honey) and a handful of golden raisins with whatever spices you prefer (I used lots of nutmeg and a little cardamom, plus candied ginger). Other traditional fillings are mak (poppyseed), cherry (sour pie cherry) and tvarog mixed with dried cherries that have been plumped in rum or brandy.

### **Fillings for Kolacki a Babovki**

**Povidla** – Prune filling – Need 3 batches – 1<sup>st</sup> 1/5, 2<sup>nd</sup> by 1/15, 3<sup>rd</sup> by 2/5

- 1 pound of pitted prunes
- Water
- 1 Tbsp sugar
- 1 Tbsp butter
- 1 tsp cinnamon
- 1/4 tsp mace

#### **Method**

1. Put prunes in crockpot.
2. Cover with water (don't float them, just cover)
3. Turn onto low and cook 4 hours.
4. Add spices and butter and stir well.
5. Check for doneness. Prunes are done when they mash with a fork when set on a plate. If not done, cook another hour and try again. Repeat until soft.

Note – This same method works for sour cherry filling and apricot filling (which is OoP as far as I can tell.)



### **Tvarog filling** – Cheese filling - Mix well

- 1 batch tvarog (elsewhere in book)
- 1/2 cup light honey
- 1 tsp lemon zest
- Pinch mace
- 1 tsp nutmeg

Mix well and let stand overnight, but no longer than 48 hours (with no salt it can sour on you)

### **Mak** – Poppyseed filling

- 2 Tbsp butter
  - 1 cup milk
  - 2 ½ cups poppyseed
  - 1 ¼ cups sugar
  - 2 tsp vanilla extract
1. Grind poppyseed and re-measure to be sure you have enough.
  2. Give the butter a chance to melt and the milk to warm, then add the rest except for the vanilla and cook until it thickens up.

Add vanilla, stir well and put by to cool.

### **Cherry Filling for Babovka and Kolacky**

- 5 cans sour pie cherries, drained (reserve juice for cherry tea)
  - 1 cup sugar
  - 2 Tbsp tapioca
  - 1 stick butter
1. Microwave, 2 minutes on high. Stir.
  2. Microwave, 2 minutes on high. Stir, let rest for 5 minutes.
  3. Repeat 2, until tapioca and sugar are melted. (usually 2-3 repeats)
  4. Fridge at least overnight.

Makes 2 24 oz boxes of filling, plus some extra.



**Rohlicky, Aunt Louise's** - This recipe makes good “worm” cookies that stand up to being banged around. Ends can be dipped in chocolate and sprinkles . for fun. A good kid cookie!

### **Ingredients**

- 1/2 pound unsalted butter, softened
- 1/2 cup sugar
- 2 cups sifted all-purpose flour
- 1-1/4 cups ground unblanched almonds
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- Confectioners' sugar

### **To shape and bake**

1. Cut dough into 4 equal chunks.
2. Make a “worm” of each section and then cut into 8 parts. Shape the ends of each and form into crescents.
3. Arrange the crescents at least 1/2 inch apart on the baking sheet.
4. Repeat with other 3 chunks of dough.
5. Bake in oven for 15 - 20 minutes, remove and leave to cool for 5 minutes, then transfer them to a cake rack.
6. Dust with confectioners' sugar. (...possibly with ground hazelnuts mixed in....)



**Rohlicky, Babicka's** - This is a much more delicate textured cookie, that needs to be set on waxed paper rounds in a tin to stay intact.

### Ingredients

- 1/2cup butter
  - 1/2cup powdered sugar
  - 1cup flour
  - 1cup almonds, finely ground
  - 1 1/2teaspoons vanilla extract
  - 1/2teaspoon salt
  - 1cup powdered sugar, for dusting
  - 1teaspoon almond extract
1. Cream the butter and sugar together with electric mixer at medium speed until light and fluffy. Beat in the flour 1/2 cup at a time,
  2. Add the almonds, vanilla extract and salt.
  3. Continue to beat until the mixture becomes a slightly stiff dough.
  4. Shape the dough into a ball, wrap it in wax paper and refrigerate it for about an hour.
  5. Preheat the oven to 350 degree.
  6. Prep two 1/4 sheet or 1 1/2 sheet baking pan with baking parchment and set out cooling racks.

### To shape and bake

1. Cut dough into 4 equal parts and roll each into a ball. Keep in fridge, covered.
2. One ball at a time, roll out to 1/8 inch circle on a board "floured" with powdered sugar.
3. Using a tiny glass, cut one circle right at an edge and remove.
4. Following the edge, cut crescents, by putting the glass partly over dough and partly over the previous hole.
5. Remove to sheet pan 1/4 inch apart.
6. When you have a full pan, put into pre-heated oven and watch carefully. These should "tan", not "brown". You will probably burn some at first, or at least overbake, but you will have a time tick (every oven, even each hour takes a different time!)
7. Remove with flat, thin spatula to more parchment to cool.
8. Repeat rolling/cutting/baking/cooling until you run out of dough.
9. Crescents can be arranged in round tins in the same kind of pattern in which they were cut. Cut a circle of parchment or waxed paper to fit the tin. Make a layer of cookies. Sprinkle with powdered sugar, repeat.



**Frog's Mouth Cookies – Žabí huby** – By [czechcookbook](http://www.czechcookbook.com/zabi-huby-frogs-mouths/) On December 14, 2017 -  
<http://www.czechcookbook.com/zabi-huby-frogs-mouths/>

- Makes: about 55
- Prep: 20 min.
- Hands on plus baking: 1 hr. 20 min.
- Bake: 340F for 18 min.
- Sugar coating: 10 min.
- Total: 1 hr. 50 min.

## Ingredients

- 2 cups all-purpose flour (plus more for pastry board)
- 1/4 cup powdered sugar
- 1 egg
- 2 Tbsp white vinegar
- 1 stick and 6 Tbsp unsalted butter
- **Filling:**
- 1 1/2 cups hazelnuts
- 1 1/4 cup powdered sugar
- 2 egg whites (total 2.6 oz)
- Coating: Powdered sugar

## Method

1. Soften butter
2. Using mixer mix flour and sugar.
3. Add egg and vinegar and butter and mix (start slowly or you'll be breathing sugar)
4. Make into a ball.
5. Grind nuts.
6. Add sugar & mix
7. Add egg white. Mix until combined.
8. Prep sheet pan with parchment
9. Preheat oven to 340.
10. Flour board & rolling pin and roll out 1/4 of dough ball like pie dough.
11. Use dumpling maker.
12. Cut circle. Put into folder. Fill 1 tsp and close. Do not overfill.
13. Lay out on parchment. Repeat until pan is full.
14. Bake at 340 for 18 minutes.
15. Cool, sprinkle with powdered sugar.



## **Brandied Sour Cherries - Recipe adapted from Crepes of Wrath**

- 1 1/2 pounds of sour cherries, pitted
- 3/4 cup granulated sugar
- 3/4 cup water
- juice of one lemon
- 4 cardamom pods
- 2 whole cloves
- 2 whole allspice
- 1 cinnamon stick
- 1 cup brandy
- 1 quart jar with lid

### **Method**

1. Clean cherries, remove stems and pits. Set aside in a large bowl.
2. In a saucepan, whisk together the sugar, water, lemon juice, cardamom pods, cloves, allspice, cinnamon stick and brandy.
3. Bring to a boil and then simmer until the sugar completely dissolves.
4. Place a strainer over your bowl with the cherries and pour the liquid into the strainer and over the cherries to remove spices.
5. Stir to combine the liquid and cherries.
6. Let cherries and liquid cool to room temperature.
7. While the cherries cool, sterilize your jars.
8. Bring a large pot of water to a boil, one that is large enough to fit your jar.
9. Carefully add the jars with their lids, using long tongs if necessary.
10. Boil for 10 minutes and carefully remove with long tongs and place on a clean kitchen towel to dry and cool.
11. Use a slotted spoon to transfer the cherries to the sterilized jar and fill the jar with enough of the liquid to cover the cherries, leaving the lip area of the jar free of liquid.
12. Add the lid to the jar and secure tightly.
13. Transfer to the fridge and don't touch them for 6 weeks for best flavor. They will keep well in the fridge for up to 1 year.



## Rummy Cherries (Ours)

- Canned sour cherries (we had to special order)
- Sugar
- Rum (we used regular Monarch)
- Nutmeg

## Steps

1. Fill 1 cup container with cherries. Do not squish. Reserve the juice and the rest of the can of cherries for fillings.
2. Pour about 2 Tbsp sugar over the cherries.
3. Grind ¼ nutmeg onto the cherries
4. Add rum right to the top, washing the sugar down into the jar.
5. Let sit in fridge, at least 1 week.

## Shrewsbury Cakes – Source: Queen-like Closet #77 - Makes a dozen cakes

- 5 1/3 cups flour
- 2/3 pound butter
- 1 egg plus 1 yolk or a large duck egg
- 1 1/4 cups granulated sugar
- ¼ tsp ground cinnamon
- 1 tablespoons rosewater
- Up to ½ cup water( only add if dough is too crumbly to shape)

## Method

1. Preheat oven to 350F.
2. Beat together butter, sugar, cinnamon and rosewater.
3. Add egg
4. Slowly add flour.
5. If dough is crumbly after all the flour is in, add a little water and then a little more, up to ½ a cup to make it shapeable.
6. Shape into “thin round cakes”, by flouring a pastry board and rolling out quite thin 1/8 or so, then “cut out” with a small bowl.
7. Bake at 350F for 10-15 minutes, then turn off the oven and let stand for about an hour. Watch while the oven is on and for about 5 minutes after to make sure that the cakes aren’t browning too much.

*Take four pounds of Flower (16 cups), two pounds of Butter, one pound and an half (3 5/8 cups) of fine Sugar, four Eggs, a little beaten Cinamon, a little Rosewater, make a hole in the Flower, and put the Eggs into it when they are beaten, then mix the Butter, Sugar, Cinnamon, and Rosewater together, and then mix them with the Eggs and Flower, then make them into thin round Cakes, and put them into an Oven after the Houshold Bread is drawn; this quantity will make three dozen of Cakes.*



## **Cheese – ppg. 43-47**

- Anja's Tvarog – pg.43 (Appetizers & Babovka)
- Kminovy tvarog – pg. 43
- Garlic Cheese – pg.44
- Naklady Hermelin – pg 44
- Potted Cheddar – pg.46
- Schiz – – pg.47

**Anja's Tvarog** – This is not quite the period method, but it works.

- ½ gallon jar
  - 1 ½ cups cultured buttermilk
  - 4 1/2 cups milk
  - ½ cup cream
  - ¼ cup salt (or less, to taste) See note.
1. Shake together well and set in a warm place for 24-48 hours (we use an incandescent bulb and a box)
  2. When it begins to separate and feels thick (like sour cream) pour out into a large cookpot.
  3. Slowly bring up to 120F and cook for 20-40 minutes, stirring well.
  4. Strain through 4 layers of cheesecloth and hang to drip out at least 2 hours.
  5. The set the cheesecloth and contents into a strainer over a bowl and put in the fridge for 8-12 hours.
  6. Tip out into a small box, break up and salt, then smoosh back together and let stand for at least 24 hours before using.

Note – If you use no salt the cheese must be used within 24 hours. With the salt, it keeps for a week, at least. Unsalted tvarog is what is used in the Tvarohový Babovka.

## **Kmínový Tvarog**

- 1 recipe tvarog
  - Shaker of salt
  - Container of caraway seed
  - Several ½-cup gladware boxes or a couple of straight-sided pint jars
1. Once your tvarog has finished draining (overnight) spoon by the TBSP-full into ½ cup size gladware.
  2. Add a few shakes of Salt and a pinch of caraway and press down with a spoon.
  3. Repeat until you have a full container, put the lid on and the repeat until your tvarog is all used up.
  4. Alternatively, you can mix it all in a large bowl (having done the spoon/spice routine) and then pack it into jars.
  5. Refrigerate immediately. This should be allowed to sit at least overnight, preferably for 48 hours, and then used by the end of the week.



## **Garlic Cheese - (non-researched) Hlutwige's method**

### **Ingredients**

- Minced garlic about 3 Tbsp
- Minced roasted garlic about 2 Tbsp.
- Prepared horseradish ½ tsp plus a little of the liquid
- 2 pound block cheddar
- Tupperware box that will just hold the cheese.

### **Method**

1. Unwrap a two pound block of cheese and split longways.
2. Smear 1/3 of the garlic on the bottom of the container
3. Pour a little liquid from the horseradish in
4. Add ½ the cheese.
5. Put 1/3 of the garlic between the two pieces plus ½ tsp horseradish,
6. Put other piece on top.
7. Close up and let stand for a week in the fridge.
8. Give the cheese ¼ turn and re-wrap. Let stand for another week before use.
9. Keep air-tight, like any cheese. If you do this a few weeks early, scrape off the garlic and wrap tightly in foil or plastic wrap, then in a Ziploc or other air-tight container.

## **Our version Naklady Hermelin**

### **Ingredients**

- Tupperware cold cuts box
- 2 pound round brie
- 2 onions
- 4 heaping soup spoons of garlic
- 5 dollops horseradish
- 4 bayleaf
- 1 Tbsp mixed oregano and basil
- oil (mix of olive and peanut)

### **Directions**

1. Slice cheese in the middle.
2. Slice onion.
3. Cover bottom of box with one onion, bayleaves and garlic and ½ the oregano/basil mix
4. Put garlic in between.
5. Repeat the bottom on the top
6. Pour in oil so every ingredient is submerged.
7. Put on cover and put in fridge for 3-5 days.



**Nakladany Hermelin – Pickled Cheese** - Nakladany Hermelin or Pickled cheese is popular pub snack that comes with beer. It's prepared from Hermelin cheese (literally means "ermine") a Czech version of Camembert cheese. As always there are many different recipes and ingredients. Let's try a basic homemade pickled cheese. Pickled cheese is served with bread and cold beer. Nakladany hermelin can stay in your fridge for several weeks. (from <http://www.czechcuisine.net/nakladany-hermelin-pickled-cheese/> )

### **Ingredients**

- big mason jar
- 6-8 pieces of Camembert like cheese
- 3-4 onions
- 8 cloves of garlic
- peppercorns
- allspice
- bayleaf
- hot peppers (goat horns peppers)
- 1 teaspoon of paprika or chilli
- salt
- oil (sunflower oil)

### **Directions**

1. Slice each cheese in the middle. Slice onion.
2. Cover each cheese slice with paprika (or chilli), minced garlic and salt. Put the slices back together.
3. Put in jar some onion, bayleaf, few peppercorns and allspice, then 2-3 cheeses and hot pepper. Again onion and repeat layers until the jar is filled up.
4. Pour oil in the jar so every ingredient is submerged.
5. Close jar and put in fridge for 3-5 days.
6. Pickled cheese is served with bread and cold beer. Nakladany hermelin can stay in your fridge for several weeks.



## **Potted Cheddar with Bacon and Shallots**

- Cook Time: 30 minutes
- Total Time: 30 minutes
- Yield: about 1 pint

### **Ingredients**

- 2 tablespoons butter
- 8 ounces bacon
- 2 medium shallots, sliced paper thin
- 12 ounces sharp cheddar cheese shredded
- 1 cup heavy cream
- 2 tablespoons dry or cream sherry or even dark beer (have done it with all of these)

### **Method**

1. Melt butter in a pan and fry bacon over medium-high heat until cooked through and crispy.
2. Remove the bacon from the pan, and set the strips on a rack to cool slightly and de-grease.
3. Decrease the heat to medium-low.
4. Toss the shallots into the hot fat, and sauté them until deeply fragrant and browned, about 15 minutes.
5. Combine bacon and cheddar in a food processor and pulse until well-blended.
6. Add the shallots and pulse until mixed, then the cream, then sherry to the bacon and cheddar, and continue to process them together until they form a smooth, spreadable paste.
7. Spoon the cheese spread into a jar or into ramekins, and either serve right away or store, carefully covered, in the fridge for up to a month. Remember to bring the potted cheddar to room temperature before serving, and spread over crackers or bread as an appetizer or starter.



**Schiz** – Now this cheese is Italian, but it has the characteristics and flavor of a cheese that my Baba used to get from a German butcher. We’ve been molding it to get the right size/shape to cut for frying and flavoring it with caraway. This recipe is edited to “steps”. Full recipe here: <http://wp.me/p8ngGY-l9> (Our cooking instructions follow the cheese recipe, which is made 3-4 days ahead.) Pickled Mushrooms and Pickled Cabbage (used instead of sauerkraut) found in the pickles section.

### Ingredients

- 1 gallon of milk (not ultra-pasteurized)
- 1/2 tablet veg rennet
- (optional) Calcium chloride for pasteurized cold stored milk

### Tools

- Good thermometer.
- Large pot
- Ladle
- Knife or cake spatula to cut the curds
- A basket mold or any other good draining mold. (We use tin cans.)

### Steps

1. Heat milk (with caraway) slowly to 96° F (35° C), then take it off the heat source.
2. Add 1/2 tablet rennet.
3. Stir for one minute, then stop it moving
4. Let set for 30 minutes.
5. Cut the curd about 1-2 cm between cuts,.
6. Return to the heat and cook 20-30 minutes on low. Monitor the temperature so that it doesn't go above 120°.
7. Remove the whey with a ladle to about an inch above the surface of the curds.
8. Transfer the curds to the mold and allow the whey to drain.
9. Refrigerate.



## Pickles – ppg. 48-56

- Pickled Herring (purchased)
- Pickled Cheese – Nakladny Hermelin – (See Cheese)
- Pickled Nuts - pg. 48
- Gallon Recipe for Pickling broth – pg. 49
- Variety pickles – pg. 49
  - Asparagus with onion/garlic plus caraway
  - Beans (multiple canned/cooked with garlic/onion) celery seed
  - Carrots
  - French Bean (green)
  - Multi veg pickle
- Cat's Fridge Pickle (modern & modified) – pg. 50
- Pickled eggs with beets (canned) & onion for 50 (feast servings, ½ egg per) – pg. 50
- Pickled eggs with beets & onion for 50 (Fresh Beets) – pg. 51
- Pickled Onions - pg. 52
- 288. *\_To pickle French Beans.\_ Source: Queen'like Closet* - pg. 52
- 41. *\_To pickle Cucumbers.\_ Source: Queen'like Closet* - pg. 52
- Pickled Cabbage - pg. 53
- Pickled mushrooms (Anja) - pg. 53
- Pickled Mushrooms - Mar11by Mistress Leoba of Lecelade (Wine Pickle) - pg. 54
- Pickled Mushrooms in Wine - pg. 55
- Pickled sausage – Utopenci - pg. 56

**Pickled nuts** – Anja has done candied nuts for decades, but hasn't found pickled ones, anywhere, despite remembering eating them as a kid. The only recipes online were for green walnuts, so she decided to experiment.

- 2 cup apple cider vinegar
  - ¼ cup salt
  - 2 cup white sugar
  - 2 cups whole walnuts
  - ½ cup whole pecans
  - Cardamom, cinnamon, chopped nutmeg, whole allspice (no, I didn't measure)
1. Boil, then turn to simmer.
  2. Add pecans. Cook 5 Skim off into jar. Fill with broth.
  3. Add walnuts. Cook 10. Skim off into jar. Fill with broth.



**Gallon Recipe for Pickling broth** – This does not make quite a full gallon and amounts are not exact (not for someone who is OCD, anyway). You can boil some more vinegar to top it up or just leave it.

#### Ingredients

- 2 garlic bulbs
- 2 lg onion
- 6 cup water
- 5 cup cider vinegar
- 2 cup sugar
- ½-1 cup salt (depends on taste)
- 1/3 cup dill (may be changed for other spices/herbs)
- 1/3 cup celery seed (may be changed for other spices/herbs)
- 1/3 cup caraway seed (may be changed for other spices/herbs)

#### Method

1. Peel, stem and root the onions.
2. Cut in ½, then slice across the grain.
3. Put into the gallon container. (You can feed ½ ring at a time.)
4. Peel the garlies. Put in the pot.
5. Add the ingredients to the pot.
6. Bring to a boil.
7. Stir well.
8. Pour into gallon container.
9. Repeat with other ½ of ingredients.
10. Cool in fridge.
11. Store in frig, ready to eat next day, keeps several weeks.

#### Variety pickles – made with above broth

- Asparagus with onion/garlic plus caraway
- Beans (multiple canned/cooked with garlic/onion) celery seed
- Carrots
- Eggs
- French Bean (green)
- Onions
- Multi veg pickle

Wash & prep vegetable. Put into container. Pour broth over. Fridge 2 days before eating.



### **Cat's Fridge Pickle (modern & modified)**

- 1 1/2 cup water
  - 1 1/4 cup white vinegar
  - 1/2 cup sugar
  - scant 1/4 cup salt (maybe closer to 1/8, depends on taste)
  - dill weed, celery seed, onion (sliced), garlic cloves (whole)
1. Bring all to a boil. Cool in fridge. This makes the pickling broth.
  2. Fill container with veggies.
  3. Pour cooled vinegar solution over veggies.
  4. Store in frig, ready to eat next day, keeps several weeks

### **Pickled eggs with beets & onion for 50** (feast servings, 1/2 egg per) Canned Beet Method

#### Ingredients

- Pickle broth (Cat's Fridge Pickle)
- 2 Dozen Fresh eggs
- 4 white or yellow medium onions
- 2 Dozen cloves garlic
- 2 Cans pickled beets
- Caraway seed or fresh fennel (one or the other!)
- 2 or 3 quart jars.

#### Method

1. Slice onions and sliver or press garlic.
2. Add to pickle broth with the sugar and simmer until cooked, stirring until the sugar dissolves.
3. Strain solids. Reserve liquid. Let stand until cool. (overnight in fridge)
4. Hard-boil eggs, shell and cool overnight.
5. Use two single quart containers and put a dozen eggs in each one. (YMMV, that's why you should have 3 jars.
6. Sprinkle well with caraway or chopped fresh fennel
7. Put 1/2 the onion/garlic solids in each
8. Tuck the beets into the jars.
9. Add enough of the pickle broth to cover and let stand overnight. Taste the broth and add more spices to taste. Keep in the fridge.
10. Shake each day for 3 days, then eat. These should be eaten within two weeks.

Note – If you like it hot add a touch of prepared horseradish to each container. 1/8 teaspoon each. Don't add more unless it's still "too tame" 24 hours later!



## **Pickled eggs with beets & onion for 50** (feast servings, ½ egg per) Fresh Beet Method

### Ingredients

- Pickle broth (Cat's Fridge Pickle)
- 2 Dozen Fresh eggs
- 4 white or yellow medium onions
- 2 Dozen cloves garlic
- 6 medium beets
- Caraway seed or fresh fennel (one or the other!)
- ½ cup sugar
- 2 or 3 quart jars.

### Method

11. Slice onions and sliver or press garlic.
12. Add to pickle broth with the sugar and simmer until cooked, stirring until the sugar dissolves.
13. Strain solids. Reserve liquid. Let stand until cool. (overnight in fridge)
14. Hard-boil eggs, shell and cool overnight.
15. At the same time roast the beets and let cool overnight. (Scrub and top beets, bake at 350 until soft.)
16. Use two single quart containers and put a dozen eggs in each one. (YMMV, that's why you should have 3 jars.
17. Sprinkle well with caraway or chopped fresh fennel
18. Put ½ the onion/garlic solids in each
19. Slip the skins off the beets and slice them.
20. Tuck the beets into the jars.
21. Add enough of the pickle broth to cover and let stand overnight. Taste the broth and add more spices to taste. Keep in the fridge.
22. Shake each day for 3 days, then eat. These should be eaten within two weeks.

Note – If you like it hot add a touch of creamed horseradish to each container. 1/8 teaspoon each. Don't add more unless it's still "too tame" 24 hours later!



## Pickled onions 1/6/18

### Ingredients

- Pearl Onions 8 oz plus 2 lb boiling onions
- 5 cups cider vinger one cup balsamic
- Sat 1/2 cup
- 2 teaspoons prepared horseradish
- 2 Tbsp ground clove
- 1.5 inch sliced fresh ginger
- 1 Tbsp wholeallspice
- 4 bayleaf
- Water

### Method

1. Peel onions
2. Put the bayleaf in your jar ( 1 in small jar 3 in large)
3. Divide horseradish between jars
4. Add ginger
5. Add onions
6. Heat Malt vinegar with the salt, allspice clove
7. Pour over onions.
8. Add boiling water to top off.

### **288. *\_To pickle French Beans.\_* Source: *Queen'like Closet***

*Take them before they be too old, and boil them tender, then put them into a pickle made with Vinegar and Salt, and so keep them; it is a very good and pleasant Sallad. (added onion/garlic/celery seed)*

### **41. *\_To pickle Cucumbers.\_* Source: *Queen'like Closet***

*Take the least you can get, and lay a layer of Cucumbers, and then a layer of beaten Spices, Dill, and Bay Leaves, and so do till you have filled your Pot, and let the Spices, Dill, and Bay Leaves cover them, then fill up your Pot with the best Wine Vinegar, and a little Salt, and so keep them.*

*Sliced Turneps also very thin, in some Vinegar, Pepper and a little Salt, do make a very good Sallad, but they will keep but six Weeks.*



### **Pickled Cabbage**

- medium head of cabbage (or 2 pkg deli slaw mix)
  - 2 onion
  - 4 Ball jars
  - 8 cups vinegar
  - 4 cups water
  - 1 cup salt
  - 1 ½ cup sugar
  - Caraway, Black Mustard Seed, Celery seed, Allspice, Clove (jars), Ginger (jars)
1. Shred Cabbage.
  2. Put about a 1" layer into your jar and pound on it to pack it down.
  3. Add a thin slice of onion.
  4. Repeat until that jar is full, then do the rest.
  5. Add 5 whole cloves, 2 whole allspice and a good slice of ginger to the top of each jar.
  6. Put the vinegar and the rest into a large pot and bring to a boil.
  7. Pour over the cabbage and lay the lid on loosely.
  8. Let sit for half an hour.
  9. Bang the jars on the table to get the bubbles out and then fill right to the brim with the broth, so that when the lids were screwed down they run over a touch. You're trying to exclude as much air as possible.
  10. Again, lay the lids on loosely and when cool, screw them down, then put the pickles in the fridge.
  11. Wait at least 3 days before serving.

### **Pickled mushrooms (Anja)**

- 3 cups apple cider vinegar
  - 1 ½ cups water
  - ¾ cup brown sugar
  - 1/8 - ¼ cup salt
  - 2 Tbsp mustard seed
  - 1 Tbsp caraway seed
  - 1 medium onion
  - ½ pound of fresh sliced mushrooms
1. Start the vinegar, water, sugar and salt in a pot on the stove and bring to a boil, stirring to make sure the sugar dissolves and doesn't stick.
  2. While that's going grind the mustard and then add the caraway and grind some more.
  3. Add to the pot
  4. Slice the onion and add that.
  5. Add the mushrooms.
  6. When it comes back to a boil, turn to low, cover and let simmer until the mushrooms and onions look cooked, 20 minutes to ½ an hour.
  7. Put hot into a canning jar and screw the lid down.
  8. Loosen the lid every half hour until it's only warm to the touch, no longer hot, then refrigerate. When cold, tighten the ring down.



**Pickled Mushrooms - Mar11by Mistress Leoba of Lecelade** (This recipe turned out sour and not to most of the taste-testers' liking, so we tried it with red wine, instead)

### **TO PICKLE MUSHROOMS**

Take your Buttons, clean ym with a sponge & put ym in cold water as you clean ym, then put ym dry in a stewpan & shake a handfull of salt over ym, yn stew ym in their own liquor till they are a little tender; then strain ym from ye liquor & put ym upon a cloath to dry till they are quite cold. Make your pickle before you do your Mushrooms, yt it may be quite cold before you put ym in. The pickle must be made with White-Wine, White-Pepper, quarter'd Nutmeg, a Blade of Mace, & a Race of ginger.

Take your Buttons, clean then with a sponge and put them in cold water as you clean them, then put them dry in a stewpan and shake a handful of salt over them, then stew them in their own liquor till they are a little tender; then strain them from the liquor and put them upon a cloth to dry until they are quite cold. Make your pickle before you do your mushrooms, so it may be quite cold before you put them in. The pickle must be made with white wine, white pepper, quartered nutmeg, a blade of mace, and a race of ginger.

Contrary to popular belief, there were some vegetables that were extremely popular in Elizabethan times. One dish that was becoming more popular was the Sallat, which like modern salads were composed of leaves, vegetables such as cucumbers and mushrooms, nuts and dried fruits. They were arranged to look beautiful on a plate, but of course there were times of year when popular sallat foods simply weren't available. This is where pickling recipes like this one would have come in – in the autumn when mushrooms were plentiful, they would have been gathered and pickled en-masse to be available all year round.

### **Ingredients**

- 1.5kg mushrooms
- 1 tsp white pepper corns
- white wine
- 1/4 of a whole nutmeg
- approx. 1/2 cup of salt
- 1/2 tsp mace
- 1 piece dried ginger

### **Method**

1. In a mortar and pestle, roughly crush the pepper corns and mace. Using a grater, grate the ginger and the nutmeg (grate a whole nutmeg until you have used a quarter of it).
2. Put the spices and the wine in a pot and bring to the boil. Reduce to a simmer and cook for about 10 minutes, then leave to cool completely.
3. Wash the mushrooms and remove the stalks.
4. Put the mushrooms in a heavy bottomed pan, then throw the salt over them. Heat the mushrooms well and cook, stirring frequently, until the mushrooms have coloured and shrunk considerably. A lot of liquid will leach out of them.
5. Strain the mushrooms, and put on a towel so they can dry and cool.
6. When both the mushrooms and pickling wine are completely cool, put the mushrooms into a sterilised jar and pour over the pickling liquid. If there is any spice residue, pack this on top. Ensure the mushrooms are completely covered by the liquid.



7. Keep the jar of mushrooms in a cool, dark place and leave to steep – the longer they steep the better.

## Notes

- Lady Fettiplace would not have had access to fresh ginger, and if you can find whole dried ginger it's a revelation. I found some in an Indian grocers and it smells incredible.
- Mace and nutmeg come from the same plant, *Myristica fragrans*. Nutmeg is the seed in the middle of the fruit, and mace is a lacy membrane that surrounds this seed. Even though they come from the same plant, they have quite different tastes, and you can't really substitute extra nutmeg for mace.
- You will lose a lot of volume from the mushrooms as you are stewing them in the salt. We lost over 600g of weight – at the end of the process, we had 830g of mushrooms after starting out with 1.5kg.

**Further Reading** - to buy direct from The Book Depository. **Spurling, Hilary (2011).** [Elinor Fettiplace's Receipt Book](http://www.bookdepository.com/Elinor-Fettiplaces-Receipt-Book-Hilary-Spurling/9780571247332?ref=grid-view?a_aid=leobalecelade). – [http://www.bookdepository.com/Elinor-Fettiplaces-Receipt-Book-Hilary-Spurling/9780571247332?ref=grid-view?a\\_aid=leobalecelade](http://www.bookdepository.com/Elinor-Fettiplaces-Receipt-Book-Hilary-Spurling/9780571247332?ref=grid-view?a_aid=leobalecelade)

## Our version

### Ingredients

- ½ tsp prepared horseradish
- 3 cups burgundy (may need more)
- 1/4 of a whole nutmeg
- approx. 1/2 cup of salt
- 1/2 tsp ground mace
- 2 slices fresh ginger
- 3.5 lb whole mushrooms

### Method

1. Put everything but the mushrooms & salt into a pot and bring to a boil. Reduce to a simmer and cook for about 10 minutes.
2. Strain and keep pickle broth and residue separately. Refrigerate.
3. Wash the mushrooms and remove the stalks. (Use the stalks in stew or something. )
4. Put the mushrooms in a heavy bottomed pan, then throw the salt over them.
5. Let stand overnight.
6. Heat the mushrooms well and cook, stirring frequently, until the mushrooms have coloured and shrunk considerably. A lot of liquid will leach out of them. Strain the mushrooms, and put on a towel so they can dry and cool.
7. Put the spice residue in the bottom of a canning jar, then add the mushrooms.
8. Pour the pickle broth over the mushrooms. Ensure the mushrooms are completely covered by the liquid. You may need to add some of the wine.
9. Put the jar of mushrooms in the fridge and leave to steep and keep refrigerated.



**Pickled sausage – Utopenci** - <http://www.czechcookbook.com/pickled-sausage-recipe-utopenci/>

- By [czechcookbook](#) On June 19, 2014

- Total time: 40 min.
- Resting in the fridge:
- With hot liquid 3 days.
- With cold liquid 7 – 14 days.
- Holds for 60 days if constantly refrigerated (after that, dump it!)

**Ingredients:**

- 3 cups water
- 1 cup white vinegar
- ½ cup balsamic vinegar
- 1/2 tsp sugar
- 1/2 tsp salt
- 1/2 tsp whole peppercorns
- 1/2 tsp whole all spice
- 4 bay leaves
- 2 polish klbasa (13 oz each)
- 2 Tbsp prepared horseradish (not creamed....)
- 1 onion
- mustard of your choice
- 2 quart size wide mouth mason jars

**Method:**

1. Cook pickle broth with spices. (1<sup>st</sup> 6 ingredients)
2. Keep broth warm while you prep the rest.
3. Cut each sausage in 1 inch pieces.
4. Peel if needed.
5. Split, part-way through.
6. Put mustard in the split.
7. Slice onion.
8. Put a piece in each spit bit.
9. Put 1 Tbsp of horseradish in each jar.
10. Put onion slice in the bottom of the jar.
11. 2 prepped sausage pieces, then more onion.
12. Repeat.
13. Repeat.
14. Top with onion.
15. Tuck bay leaves down the sides.
16. Repeat with 2<sup>nd</sup> jar.
17. Pour hot broth on top, splitting between jars.
18. Put on lids, let stand ½ hour.
19. Bang out bubbles and top off, if needed.
20. Tighten down rings and let cool completely.
21. Fridge
22. Peak flavor is 5 days to 2 weeks.



## Condiments – ppg.57-61

- Butter - Flavored Butters – Somewhat period, at least peri-oid... - pg.57
- Variations – pg. 58
- *Sources for butters Picked up from Stefan's Florilegium* - pg. 59
- *Hugh Plat's "Delights for Ladies" Another Plat source, "Jewel-house of Arte & Nature", dated 1594.* - pg. 59
- Nuker Jam – Totally not period, but tasty.... - Pg. 60
- Homemade Hot Wine Mustard - Pg. 60
- *Mustard Sources* - Pg. 61
  - *The Closet Opened (sir Kenelme Digbie, KT) 1669 To Make Mustard*
  - *John Evelyn A discourse of Sallets, 1699:*
  - *From The Viandier of Taillevent (13th century), translated by Terence Scully [Cameline Mustard Sauce]:*

### Flavored Butters – Somewhat period, at least peri-oid...

1. General Directions - Peel the paper off the cubes of 1 pound of butter, set in a mixing bowl (or food processor bowl), covered, and let stand at room temperature for an hour, at least.
2. Add the flavoring ingredients to the butter and whip, mix or process until “smooth” (some butters, like nut butters, stay lumpy)
3. Put into air-tight containers, let sit overnight and keep in the fridge for up to a month. Some need “standing time”
4. Quantity can be halved.

### Variations

#### Dill/Onion Butter

2/3 cup fresh dill (or 1/3 cup dried)  
¼ cup onions, chopped  
1 clove garlic

#### Garlic butter

2 bulbs of garlic, peeled and chopped (you can use ¼ cup of pre-minced stuff from the produce department of the grocery store, instead)  
Pinch of dill weed, ground caraway, or Italian seasoning (one of these, only!)

**Herb/Onion butter** – ¼ cup of mixed, dried, crushed herbs (sage, basil, thyme, oregano), plus ½ an onion

**Honey butter** – great on morning toast  
½ cup of honey

**Hugh Plat's "Delights for Ladies" butter** – Add 1 tsp food grade essential oil of sage, cinnamon, nutmegs, mace, rosemary or whatever suits. Make a test batch because some oils are stronger, some weaker.



**Spiced Honey butter** – Wonderful on pancakes

½ of honey  
1 tbsp ground nutmeg  
1 tsp cinnamon  
1 tsp vanilla flavoring

**Hugh Plat's "Jewel-house of Arte & Nature" butters**

**Spring Sage, etc. butter** - In May/June when the sage bushes have very tender new leaves, add about ¼ cup of finely chopped very young fresh sage leaves and eat that day (else it sometimes molds....) Else add 1 tsp food grade essential oil of sage EO (as above) or cinnamon, mace, or cloves.

**Sweet Rose butter** - Add 1 TBSP of rose water, plus ¼ cup of sugar.

**Colored butter** – Can be made with regular paste coloring, or by adding ¼ cup dried, finely ground roseleaves, cowslip leaves, violet or marigold leaves.

**Clarified butter** – Is made by putting your butter into an equal amount of water and heating until the butter melts. Stir it well and let it cool and harden. Break the surface part out and repeat with that, either discarding the rest or using it in chowders, rice, etc.

**Rum butter** – Good on raisin bread or English muffins

2 tbsp of real dark rum or rum flavoring  
1 tbsp raw sugar

**Maple butter** – use this instead of butter and syrup, less messy to serve

½ cup of real maple syrup, or  
½ cup of real maple sugar or  
½ cup of karo syrup and 2 tbsp maple flavoring

**Quick Italian butter** – Good on sandwiches or toast with dinner

Add 1 packet of 4 seasons Italian salad dressing mix. (Can use right away)

**Italian butter**

12 garlic cloves (larger) crushed  
1 packet of 4 seasons Italian salad dressing mix

**Fresh Dill butter** – A good sandwich spread

½ cup of fresh chopped dill (don't use stems)

**Fresh Sage butter** – This is strong, but good on rolls when you're having soup or salad

¼ of fresh chopped sage leaves

**Mint butter** – This is unusual, but goes well with fruit or chocolate chip pancakes or try it on orange tea bread.

½ cup of fresh chopped mint

**Hazelnut, almond or pecan butter** – Real “butter”, like peanut butter, would be just the “buttered” nuts, but this is tasty and good on toast or pancakes.

½ cup of finely chopped nuts  
1 tbsp or raw sugar



## Bacon and Blue Cheese Butter Recipe

3 strip bacon, cut into 3 pieces  
1/2 pound butter (1 stick), softened to room temperature  
1/2 cup blue cheese, crumbled

Cook bacon. Drain, pat dry and chop the bacon into very fine pieces. Add the bacon, blue cheese crumbles to the butter. Fridge overnight, at least.

## Sources for butters

Picked up from Stefan's Florilegium – Mostly honey butter seems to have been a medicine, in period, but there is some evidence for flavored butters earlier, not in recipe books, but descriptions. However the Florilegium has the following:

*Hugh Plat's "Delightes for Ladies", which is dated 1609 and is thus, according to the arbitrary cut-off date set by Corpora, just past our period of study. "Most Dainte Butter. This is done by mixing a few dropps of the extracted oyle of sage, cinamon, nutmegs, mace, etc. in the making vp of your butter: for oyle and butter will incorporate and agree verie kindly and naturally together.*

*Another Plat source, "Jewel-house of Arte & Nature", dated 1594.*

*2. How to make sundry sorts of most dainty butter with the saide oils. In the month of May, it is very usuall with us to eat some of the smallest, and youngest sage leaves with butter in a morning, and I think the common use thereof doth sufficiently commende the same to be wholesome, in stead whereof all those which delighte in this heabe may cause a few droppes of the oile of sage to be well wrought, or tempered with the butter when it is new taken out of the cherne, until they find the same strong enough in taste to their owne liking; and this way I accoumt much more wholsomer then the first, wherin you will finde a far more lively and penetrative tast then can be presently had out of the greene herbe. This laste Sommer I did entertaine divers of my friends with this kinde of butter amongst other country dishes, as also with cinnamon, mace, and clove butter (which are all made in one selfe same manner) and I knew not whether I did please them more with this new found dish, or offend them by denying the secret unto them, who thought it very strange to find the naturall taste of herbs, and spices coueied into butter without any apparent touch of color. But I hope I have at this time satisfied their longings. Ore, if by som means or other you may not give a tincture to your creme before you chearne it, either with roseleaves, cowslep leaves, violet or marigold leaves, &c. And thereby chaunge the color of your butter. And it may be that if you wash your butter thoroughly wel with rose water before you dish it, and work up some fine sugar in it, that the Country people will go neere to robbe all Cocknies of their breakfasts, unlesse the dairie be well looked unto. If you would keepe butter sweete, and fresh a long time to make sops, broth or cawdle, or to butter any kinde of fishe withall in a better sorte then I have seene in the best houses where I have come, then dissolve your butter in a clean galsed, or silver vessell & in a pan, or kettle of water with a slow and gentle fire, and powre the same so dissolved, into a bason that hath some faire Water therein, and when it is cold, take away the soote, not suffering any of the curds, or whey to remain in the bottome: and if you regarde not the charge thereof, you may either the first or the second time, dissolve your Butter in Rosewater as before, working them well together, and so Clarifie it, and this butter so clarified, wil bee as sweet in tast*



**Nuker Jam** – Totally not period, but tasty....

- 1 cup berries, fresh or frozen (or grapes)
  - 1/8 cup sugar
  - 1 tablespoon pearl tapioca
  - Dash of nutmeg, cinnamon, cardamom, mint or whatever you like.
  - 4 cup pyrex measure (or larger)
  - Slotted spoon or stirring spoon.
1. Zap the berries for 1 minute. Stir. Repeat until berries begin to boil.
  2. Pull the berries out to where you can work.
  3. Mash them with the spoon, stirring between until you have plenty of juice and no more than ½ of the total whole berries.
  4. Sprinkle sugar evenly over the top.
  5. Sprinkle tapioca evenly over the sugar.
  6. Stir well! The sugar should dissolve into the juice and the tapioca will start to.
  7. Put back in and nuke for 1 minute. Stir. Repeat.
  8. Stir well again, put into small containers and refrigerate.

Note 1 - Your container needs to be tall enough that it won't boil over.

Note 2 - In step 3, you can mash berries with seeds, (like blackberries, grapes or salal) through a strainer, but you will lose some of the yummy skin bits and may (with salal) lose a lot of the flavor.

Note 3- I always put enough into a container for a meal or a couple of snacks, now, (½ cup containers, or Tupperware™ Midgets™ but when my kids were small they would consume all of one recipe in one sitting, so I was making it every morning!

### **Homemade Hot Wine Mustard**

- 1/2 C dry mustard
- 1/4 C honey
- 1/4 C balsamic vinegar
- ¼ cup red wine
- 1 T olive oil
- 1 t salt
- 1/2 t ginger
- ½ tsp cinnamon
- 1/2 t garlic powder
- 1/2 t horseradish

Place all ingredients in a small saucepan. Cook over medium heat, stirring constantly until mixture thickens (this only takes a few minutes). Store in an airtight container in the fridge for up to a few months. It's a marvelous purple color! ...and great as a sauce on bread.



## **Mustard Sources**

### ***The Closet Opened (sir Kenelme Digbie, KT) 1669 To Make Mustard***

*The best way of making mustard is this: Take of the best mustard seed (which is black) for example a quart. Dry it gently in an oven, and beat it to subtle powder, and serse it. Then mingle well strong wine-vinegar with it, so much that it be pretty liquid, for it will dry with keeping. Put to this a little pepper, beaten small (white is the best) at discretion as about a good pugil and put a good spoonful of sugar to it (which is not to make it taste sweet, but rather, quick, and to help the fermentation) Lay a good onion in the bottom, quartered if you will, and a race (root) of ginger scraped and bruised, and stir it often with a Horseradish root cleansed, which let always lie in the pot till it hath lost its vertue, then take a new one. This will keep long, and grow better for a while. It is not good till after a month, that it have fermented a while. Some think it will be the quicker if the seed be ground with fair water, instead of vinegar, putting store of onions in it.*

*My Lady Holmsby make her quick fine mustard thus: Choose true mustard seed; dry it in an oven, after the bread is out. Beat and searce it to a most subtle powder. Mingle Sherry-Sack with it (stirring a long time very well, so much as to have it of a fit consistency for mustard) Then put a good quantity of fine sugar to it, as five or six spoonfuls, or more, to a pint of mustard. Stir and incorporate well together. This will keep good a long time. Some do like to put to it a little (but a little) of very sharp wine vinegar.*

### ***John Evelyn A discourse of Sallets, 1699:***

*Take the mustard seed, and grind one and a half pints of it with honey, and Spanish oil, and make it into a liquid with vinegar.....*

*To make mustard for the pot, slice some horse-radish, and lay it to soak in vinegar, squeezing it well, and add a lump of sugar and an onion chopt. Use vinegar from this mixture to mix the mustard.*

### ***From The Viandier of Taillevent (13th century), translated by Terence Scully [Carmeline Mustard Sauce]:***

*Take mustard, red wine, cinnamon powder and enough sugar, and let everything steep together. It should be thick like cinnamon. It is good for any roast. Credit: The Viandier of Taillevent, edited by Terence Scully. (Ottawa: University of Ottawa Press, 1988)*



**Drinkables** – Because of insurance, only non-alcoholic beverages will be served, but the others are included. - **Ppg. 62-56**

- Czeminga by the gallon (Dembinska) – pg. 62
- Mint water or hot mint tea – pg. 62
- Třešňový chai (cherry tea) – pg. 62
- Chai – Can't be documented – pg. 63
- Basic Sbiten recipe - Russian – pg. 63

**Alcoholic – pg. 57**

- Angelina's Easy Bread Kvas Recipe by Natasha of [NatashasKitchen.com](http://NatashasKitchen.com), pg .57

**Czeminga by the gallon (Dembinska)**

- 3 quarts water
  - 1/ 2 cup fennel seed
  - 2 tsp ground cassia (1 tsp ground cinnamon)
  - 1 quart honey
1. Boil water
  2. Pour over seeds. Cover. Let stand until cool.
  3. Mix honey with liquid and serve.
  4. Can be stored in the fridge.

Pg. 163 – Food and Drink in Medieval Poland: Rediscovering a Cuisine of the Past by [Maria Dembinska](#) (Author), [William Woys Weaver](#) (Editor), [Magdalena Thomas](#)(Translator) Hardcover: 256 pages, Publisher: University of Pennsylvania Press (July 23, 1999), ISBN-10: 0812232240, ISBN-13: 978-0812232240

**Mint water or hot mint tea** – Either use the iced tea maker to do mint water or a thermal pitcher ditto (1 cup loose mint leaves, or ¼ cup crumbled

**Třešňový chai (cherry tea)**

- 32 Oz cherry juice
- ¼ cup sugar
- 2 shakes ground cardamom
- 2 shakes ground clove
- 4 shakes ground nutmeg
- 6 whole allspice
- 3 slice fresh ginger ½ x ¼ inch
- Black Tea

Mix everything but the tea well and divide into 3 pint jars. Let stand at least 3 days. You may brew a cup of black tea and add 1 Tbsp of the base to a cup, or one jar to a party perk with the requisite amount of tea.



### **Chai** – Can't be documented

- Black Tea
- Cinnamon sticks
- Whole Cloves
- Zest of one orange
- Sugar or honey to taste

Make a batch of strong black tea. Take the other ingredients and either float them in the tea or tie up in a bag and submerge in the tea. Leave to heat for at least 1 hour.

### **Basic Sbiten recipe - Russian**

- 3 qrt water
- 1 cup honey
- 12 oz pomegranate molasses
- mix of spices - cinnamon, malt, cloves, mint

Bring the water to a boil in a pot. Melt honey and then add all other ingredients. Keep simmering for half an hour. Serve hot or keep in a fridge. Very good remedy for sore throat.



## Angelina's Easy Bread Kvas Recipe by Natasha of [NatashasKitchen.com](http://NatashasKitchen.com)

- **Prep time:** 14 hours
- **Total time:** 14 hours
- **Cost To Make:** \$4
- **Serving:** 20-24

### Ingredients

- 2.5 gallons or 10 qt of water
- 1 lb or 9 slices of classic black, dark or rye bread
- 1 handful of raisins
- 1.8 lb (4 cups) of sugar
- 1.5 tablespoons of active dry yeast
- 3 large plastic soda bottles

### Instructions

#### DAY 1: (best if prepared in the evening)

1. Fill giant stock pot with 2.5 gallons of water (or divide it into two large pots) and bring to a boil.
2. While waiting, toast the bread slices twice on the darkest toaster setting. Darker bread makes darker kvass. Toast bread either outside or in your garage or your house will get smokey.
3. When water starts to boil, remove the pot from heat. Add a handful of raisins and toasted bread to the pot, cover with the lid and let it stay overnight or at least 8 hours.

#### DAY 2:

1. Carefully remove toasted bread and discard it.
2. In a medium bowl, mix together 4 cups of sugar and 1.5 Tbsp of yeast, add them to kvas mixture and stir.
3. Cover with plastic wrap or lid and leave the mixture on the counter for another 6 hours, stirring every couple hours.
4. Discard floating raisins by scooping them up with a large spoon. Using strainer or cheese cloth, pour kvass into bottles, loosely cover with lid and refrigerate overnight. The following day once the bottles are completely chilled, you can tighten the lid.

#### DAY 3: enjoy

#### Notes

P.S. According to my readers, it's best to store kvass in plastic soda bottles since they are designed to hold pressurized drinks.



## Notes on sources

I had a number of sources for recipes.

The first and most important was the cookery taught me by my Czech grandmother. **Babička** may have been the world's best cook! Her methods are used all through these recipes and several are re-creations (since I have only a few of her actual recipes) of dishes that she cooked. I didn't keep the obviously modern ones, but used many of hers as the basis for dishes that were created for the feast or ones that I cook on a regular basis. Note that \*none\* of these recipes are hers, but one, but what she taught me of how to cook, the methods, is the most important source.

The “**Domostroi**”, (The Domostroi: Rules for Russian Households in the Time of Ivan the Terrible by Carolyn Johnston Pouncy (Editor) , Cornell Univ Pr (October 1, 1995), ISBN-10: 0801424100, ISBN-13: 978-0801424106) may have been my most important source, after Babička. I went through it to find out which foods actually existed in Russia in the late Middle Ages. Our page on that is here: <https://wp.me/p8ngGY-vs>

The book that I refer to as “**Dembinska**” in the notes below is Food and Drink in Medieval Poland: Rediscovering a Cuisine of the Past by [Maria Dembinska](#) (Author), [William Woys Weaver](#) (Editor), [Magdalena Thomas](#) (Translator) Hardcover: 256 pages, Publisher: University of Pennsylvania Press (July 23, 1999), ISBN-10: 0812232240, ISBN-13: 978-0812232240 I didn't use a whole lot of her actual recipes, but riffed on them combined with Babička's to create some of the “mentioned” ones. I'm trusting that she did her homework. ☺ Our page is here: <https://wp.me/p8ngGY-Sm>

I learned a lot from **Hannah Wolley's**, The Queen-like Closet. Granted it's from the late 1600's, but many of the recipes show what was being done much earlier than that. <https://archive.org/details/thequeenlikeclos14377gut>

**Townsend** and Sons puts out a series of videos on YouTube that are a great resource for pre-modern cooking, even if they're 18<sup>th</sup> century, rather than period. <https://www.youtube.com/user/jastownsendandson> He has a kitchen that a prosperous Slav might have had in late period, that closely resembles one from a Slovak house from 1890! I got a good look at what and wasn't possible with tools from that era and earlier.

Christina from <http://www.czechcookbook.com/> was another good resource for modern Czech recipes. She is cited, at least as the inspiration, in many of the recipes. She has a series of videos up that walk you through, step-by-step how to make a number of these.

The **Czechoslovak Cookbook** gave me some insights into traditional recipes, but most importantly I found out the names for some of the dishes. The Czechoslovak Cookbook: Czechoslovakia's best-selling cookbook adapted for American kitchens, Joza Brizova, (Crown Classic Cookbook Series), Clarkson Potter; Revised edition (April 13, 1965), ISBN-10: 0517505479, ISBN-13: 978-0517505472



There were a ton of other places that I found hints and glimpses of what might have been done in period. Unfortunately, I can't cite a number of them that I researched many years ago, as I lost a lot of notes in a fire. That's the case with the "cocoa powder" recipe that I talked about, earlier. Many of the sources were from the now-defunct Czechoslovak Museum in Chicago.

**Stefan's Florilegium** - <http://www.florilegium.org/>

**The Closet Opened** (sir Kenelme Digbie, KT) 1669 especially for the Mustard recipe  
<https://www.gutenberg.org/files/16441/16441-h/16441-h.htm>

John Evelyn **A discourse of Sallets**, 1699: <http://www.gutenberg.org/ebooks/15517>

From **The Viandier of Taillevent** (13th century), translated by Terence Scully -  
<http://www.gutenberg.org/ebooks/26567>

Hugh Plat's "**Delightes for Ladies**" & "Jewel-house of Arte & Nature", dated 1594. - pg. 59

[Leoba's Historical Food](https://leobalecelad.wordpress.com/author/leobalecelad/) - Adventures in Historical Cooking and SCA Arts and Sciences -  
<https://leobalecelad.wordpress.com/author/leobalecelad/>

...and, of course, Google is your friend. ☺

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**Beef cooked in wine with onions/mushrooms – pg.9** - This was a made-up recipe from several mentions and descriptions in letters and other writings. Mushrooms are all over in Slavic cookery and beef cooked in wine shows up all over Europe in the 1400-1600's.

**Chicken Stew – pg.10** - Another made-up recipe using ingredients that are common to the area.

**Czech Game Hen (from Baba's rule) - pg.11** – Game hen is probably the closest available meat to the game birds and chickens that are mentioned in the Domostroi. Even though this is a recipe from the early 1900's, there is nothing unusual about it, no strange ingredients or cooking method. ...and it's very Czech.

**Caraway pork roast - pg.11** – Another "traditional" recipe, simple enough to be period and without modern ingredients. Caraway and pork are a standard "goes together" for Slavic cookery.

**Baked salmon - pg.11**– Another "traditional" recipe, simple enough to be period and without modern ingredients. Caraway and pork are a standard "goes together" for Slavic cookery.

**Holoubky – Cabbage Rolls - pg.12** – A re-construction of a period dish. Cabbage rolls go a long way back, showing up in the Byzantine Empire, but even the "traditional" Czech/Polish/Lithuanian recipes all call for tomato sauce. There is a description of a village meal



including cabbage rolls from the early 1500's. The beef broth & mushroom/sauce is something that shows up (also in descriptions) from the same time frame, so this seemed plausible.

**Pekanky, Egg dumplings** – pg. 13 – Another “traditional” dish that is described in period writings as “coarse flour mixed with egg and boiled as lumps”.

**Bread Dumplings with gravy** – pg. 15 – In places where people didn't have ovens easily available, dumplings were the answer. This is essentially a bread recipe that is boiled in water. Recipes exist from 1700 on, and earlier descriptions date back to the 1200's.

**Caraway barley with onions** – pg. 16 – From a description in a menu from the 1300's

**Saffron rice** – pg. 16 - ditto

**Beet, Leek and Onion salad** – pg. 17 – A plausibly period dish.

**Brined apples** – pg. 18 – Traditional Russian, but fermented “pickles” of this type are all over the Slavic areas from 1300 on and probably before.

**Honey carrots** – pg. 19 – “Sweet carrots” show up in descriptions in the late middle ages. Ginger, nutmeg and honey make more sense in a medieval dish than sugars or molasses.

**Sweet Sour Cabbage** – Is a “traditional” dish. In period it may have been a fermented cabbage treated with a sweet sauce of some kind. This recipe dates to the late 1700's and there are mentions back into period of cabbage cooked in a sweet & sour sauce.

**Spinach sauce - Špenát** – pg.20 – Mentioned in period, modern method, but plausible.

**Lentil sauce – Čočka na kyselo** - pg.21 – The recipe is modern, but pretty much this is lentil soup, just a little thinner, which is mentioned all through period.

**Mustard sauce (see condiments) - Hořčičná omáčka**- pg.21 – Mentions only but used on beef a lot. The drippings from such a roast are the probably “sauce”, although thinned mustard is used as a sauce in western Europe in late period.

**Dill sauce – Koprová omáčka** - pg.22 - Mentioned in period, modern method, but plausible.

**Beef/Wine sauce** (from roast) - pg.23 – A “drippings” gravy. Very period.

**Creamy mushroom - Smetanove Omacce** - pg.23 – Traditional, but possible.

**Mushroom catsup** – pg. 24 – The recipe under this name is from Townsend, but is plausibly period, though not as “catsup”.

**Hot crab** - pg. 25 – I was leafing through a friend's cookbook of Italian recipes from the 1500's when I exclaimed, “That Mom's Crab Imperial”! Having cooked the recipe for her a bajillion



times, I recognized it immediately. It was the same but for pepper having been subbed for the Old Bay Seasoning that Mom used. That being said, which friend and which cookbook is a mystery to me, now....

**Hot crab non-dairy** - 3-4 servings - pg. 26 – Created from the previous recipe.

**Fried cheese and fried sauerkraut** - pg. 26 – This was a dish that my grandfather loved. While he was alive, Babička made it regularly, but the same year that he died, the German butcher shop where she got the cheese for it closed. It was a non-melty cheese, unlike the various grocery store cheeses that she tried, and then I've tried over the years. I never found a cheese where this worked until some experiments that the House did with cheese-making over the last few years, but Schiz works beautifully with it. I also had to experiment a bit, because the sauerkraut that Babička used was less sour than even the standard Vlasic that you can buy at the grocery. We found that the pickled cabbage that I've been making worked very well and had the right flavor. Is it period? Maybe... probably.... but I can't prove it....but it tasted wonderful and it just different enough for a Slavic flair.

**Caviar** – purchased – All over the Domostroi.

**Colored hard-boiled eggs** – White, Gold (boiled with onion), Red (beet), blue (red cabbage), green (spinach and parsley, or natural duck eggs) People in the Slavic lands have colored eggs for at least a millennium. All they had to color things with up until recently were the natural food colors. Gold eggs go back at least 700 years, red eggs even farther, actually dating to the late Greek empire.

**Pickled Herring** – purchased – Common in the Slavic lands, herring pickled in wine was a staple in Poland during the Hapsburg era, and all over.

**Pickled sausage - Utopenci** (see pickles) – This is unusual to see in the US. I have no clue whether it's period, although it's possible, but it's certainly tasty and very Czech!

**Soft Borscht** - Traditional

**Hard (hearty) Borscht** – This recipe fits the period mentions better.

**Bread/Cheese Soup - Chlebova Polevka** - pg.29 – This recipe came from a Townsend's video, but Bread and Cheese soups show up both in the Domostroi and Dembinska.

**Oat pottage with Cabbage, Leek and Onion-** - pg.30 – Inspired by Dembinska, mentions all through late period.

**Lentil pottage** - pg.31 – My own recipe, but shows up with a variation in Dembinska and is mentioned all through period.

**Baba's Chicken Soup** - pg.31 - My own recipe, but shows up with a variation in Dembinska and is mentioned all through period



**Loren's basic bread loaf** recipe for a 2 pound breadmaker- pg,32 – Plain white bread. We make the dough in the breadmaker (as opposed to handing it over to the kitchen staff) shape and bake, pretty standard....

**Variations:** Seed bread, Italian Seasoning, Olive/Caper, Sesame, Rye/Caraway, Barley, Oat, Pea - pg,31 – All of these show up in descriptions, although the Italian seasoning is a flying guess at what they were talking about.

**Black Bread rolls** – pg. 33 – Nothing more Russian than black bread, although in period it was pretty much straight rye flour rather than the modern molasses and coffee recipes.

**Black Bread** - <http://www.thefreshloaf.com/node/45733/latvian-black-bread-old-family-recipe>

**Barley Rolls** – pg. 33 - Barley bread was a staple in the Baltic states, Poland and Hungary in period.

**Flatbread/Blini** – pg. 33 – Every culture has flatbread. This is pretty standard.

**Placek** –<http://www.czechcookbook.com/how-to-use-leftover-breading-placek/>– ppg. 33 – This is another “no clue” recipe, but it does use things up, which is certainly a period tactic!

**Kolački** - Kolač dough for the bread Machine – Anja's version based on Babička's kolački. - pg. 34 – These are mentioned over and over from the 1300's on. What they originally were is a little harder to guess, although some folks think these actually evolved from a filled dumpling rather than a baked dough.

**Annenka Babovka** (Poppyseed Ring) . - pg. 35 – Babovka seemed to have originally meant a fruit-stuffed bread dough. It evolved to the “rings” somewhere in the 18<sup>th</sup> century, from the sound of it. When it made the transition from fruit-in-the-dough, to rolled-out dough rolled around a filling seems to have been 1500-1600, but no one is sure.

**Fillings for kolač a babovka.** - pg. 36 (povidla, tvarog, mak, cherry) Modern recipes, but plausibly period ingredients and they're all mentioned.

**Rohlicky**, Aunt Louise's – pg 38 A modern version of this cookie

**Rohlicky**, Babicka's – pg 39 This is possibly a period recipe. The problem is that the name of the cookie is also used for bread rolls, what we would call “crescent rolls”, so when did the cookie get going? There are cookies with an almond/flour base described in the 1500's, though, so I figure this one qualifies.

**Zaby Huby**, Frog Mouth Cookies – pg. 40 – Modern, but very Czech and a lot of fun!

**Brandied cherries** – pg. 41 – These show up almost as soon as distilled liquors. Other than dried and in cherry wine, these are the most common way of preserving this fruit.



**Rummy Cherries** – Pg. 42 – A modern....cheaper.... way of doing this. Makes a great garnish.

**Shrewsbury Cakes** – pg 42 – Late period. Recipe from Hannah Wolley (OoP)

**Anja's Tvarog** – pg.43 (Appetizers & Babovka)

**Kminovy tvarog** – pg. 43 – A created recipe, but one that could easily have been done, and probably was.

**Garlic Cheese** – pg.44 – A modern recipe/method for something that's mentioned in period.

**Naklady Hermelin (Pickled Cheese)** – pg 44 This is unusual to see in the US. I have no clue whether it's period, although it's possible, but it's certainly tasty and very Czech!

**Potted Cheddar** – pg.46 – Probably modern, although the ingredients/method were used.

**Schiz** – – pg.47 – An Italian cheese. Apparently this has been made by this method, although not under this name, since the time of the Roman Empire. It is very different from standard grocery store cheese, and resembles a lot of home cheeses.

**Pickles** – May be the most common way of storing vegetables that won't be eaten any time soon in period. Fermented pickles, like sauerkraut, are the most common, but storing foods in vinegars, wines & distilled liquors shows up, occasionally.

**Pickled Nuts** - pg. 48 – These are mentioned over and over in menus. Were they actually pickled? I haven't a clue, but this is similar to a snack that I ate as a child that some of my relatives made.

**Gallon Recipe for Pickling broth** – pg. 49 – Similar to other vinegar-based recipes from period.

**Cat's Fridge Pickle** (modern & modified) – Ditto

**Pickled Asparagus with onion/garlic plus caraway** - Mentioned

**Pickled Beans** (multiple canned/cooked with garlic/onion) celery seed- Mentioned

**Pickled Carrots** - Mentioned

**Pickled French Bean** (green) mentioned and the recipe is similar to one in the Queen-like Closet

**Pickled Multi veg pickle** – Of all the pickles out there, this was probably the most common in period.

**Pickled eggs with beets & onion** for 50 (feast servings, ½ egg per) – pg. 50 – Created from period mentions



**Pickled Onions** - - Mentioned

**Pickled Cabbage** - - Mentioned, a staple

**Pickled mushrooms** (Anja) - - Mentioned

**Pickled Mushrooms** - [Mar11](#) by [Mistress Leoba of Lecelade](#) (Wine Pickle) - pg. 54- - Mentioned

**Pickled Mushrooms in Wine** - Mentioned

**Pickled sausage** – Utopenci - pg. 56

**Butter** - Flavored Butters – Somewhat period, at least peri-oid

**Nuker Jam** – Totally not period, but tasty.... - Pg. 60 – Fruit jams, at least, were done....

**Homemade Hot Wine Mustard** - Pg. 60 – Modern recipe, but plausibly period.

**Czeminga by the gallon** (Dembinska) – pg. 62

**Mint water or hot mint tea** – pg. 62 – Definite mentions of various herbal infusions, mint being easy.

**Třešňový chai** (cherry tea) – pg. 62 – Mentions in late period

**Chai** – Can't be documented – pg. 63

**Basic Sbitten recipe** - Russian – pg. 63 – The recipe is modern, but the drink name goes back to the 1400's.

**Angelina's Easy Bread Kvas** Recipe by Natasha of NatashasKitchen.com, pg .57 – Recipe is modern, but mentioned all through period and in the Domostroi.

**Beer** – Pivo, Czechvar, Budvar – No recipe - – All through period

**Mead** – No recipe – All through period

**Slivovice** – Plum Brandy – No recipe – Mentioned in late period

**Becherovka** (totally out-of-period herbal liqueur that is based on period recipes) – No recipe