

What to Bring to the Potluck if You Don't Cook

Item	Some Source Information
Herb Butters – choose one – parsley, basil, chive	Plat, Sir Hugh, <i>Jewel-house of Arte & Nature</i> , 1594
Spice Butters – choose one or more - cinnamon, nutmeg, clove, ginger	http://www.godecookery.com/begrec/begrec.htm
Honey Butter (or honey and cinnamon)	http://www.godecookery.com/begrec/begrec.htm
Bread - oval or round or fancy braid, “country” or “peasant” style, white, whole wheat, sour dough, or rye	Scully, Terence. <i>The Art of Cookery in the Middle Ages</i> . Woodbridge: The Boydell Press, 1995. Bread and Butter in the Medieval Household http://web.onetel.net.uk/~booksearch/walpurgis/bread.htm
Stuffed Bread or Foccaccia	Grant, Mark, <i>Roman Cookery</i> . London:Serif. 1999. ISBN 1 897959 39 7.
Dried Fruit – figs, dates, raisins or candied fruit (orange peel)	<i>Le Menagerie De Paris</i> 1393 http://www.daviddfriedman.com/Medieval/Cookbooks/Menagier/Menagier.html#OTHER%20ODDS%
Sausage – ie. Kielbasa, bratwurst	Apicius, Book II, Chapter IV Plat, Sir Hugh, <i>Delightes for Ladies, etc.</i> Humfrey Lownes, London, 1609. <i>Le Menagerie De Paris</i> 1393 http://www.daviddfriedman.com/Medieval/Cookbooks/Menagier/Menagier.html#OTHER%20ODDS%
Apple Pie – tart if possible – original flavored with anise or black pepper	Hieatt, Constance B. <i>The Middle English Culinary Recipes in MS Harley 5401: An Edition and Commentary</i> . <i>Medium Ævum</i> vol. 65, no. 1 (1996): 54-71.
Salad – mixed greens with scallions and fresh herbs and flowers or mixed greens with dried fruits and nuts – light vinaigrette dressing	Hieatt, Constance B. and Sharon Butler. <i>Curye on Inglisch: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)</i> . London: For the Early English Text Society by the Oxford University Press, 1985.
Pickled mushrooms, artichokes, pickles, olives	<i>The Complete Receipt Book of Ladie Elynor Fetiplace</i> , 1604
Pate – country style – chicken & pork	Hieatt, Constance B. and Sharon Butler. <i>Curye on Inglisch: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)</i> . London: For the Early English Text Society by the Oxford University Press, 1985.
Roasted Meats – chicken, lamb, beef	Brears, Peters. <i>All the King's Cooks</i> . London: Souvenir Press.. 1999
Meat Pies – both full pies or hand pies	Brears, Peters. <i>All the King's Cooks</i> . London: Souvenir Press.. 1999 <i>Traveling Dysshes (2nd Edition): Or, Foods for Wars, Peace, and Potlucks</i> , by Siobhan Medhbh O’Roarke and Cordelia Toser, Elfhill Press 2002

Shortbread	http://www.godecookery.com/begrec/begrec.htm
Panforte	May be allegorical or a gingerbread or fruit bread derivation – “said” to date to 13 th C. Italy
Lebkuchen	A honey cake or pepper cake “said” to date to 13 th C. Germany

If you can or are willing to cook a little - here are links and books with some simple recipes:

Baked Pears	http://www.godecookery.com/goderec/grec54.htm
Poached Salmon	http://www.godecookery.com/goderec/grec56.htm
Asparagus	http://www.godecookery.com/goderec/grec83.html
Cooked Greens	http://www.godecookery.com/goderec/grec38.htm
Brie Tart	http://www.godecookery.com/mtrans/mtrans40.htm
Salat (Salad)	http://www.cs.cmu.edu/~mjw/recipes/ethnic/historical/med-european-coll.html#5
Chicken with Fennel	http://www.press.uchicago.edu/Misc/Chicago/706842.html <i>The Medieval Kitchen: Recipes from France and Italy</i> by Odile Redon, Françoise Sabban, & Silvano Serventi © 1998, ISBN: 0-226-70685-0
Ember Day Tart (Onion)	http://www.contrib.andrew.cmu.edu/usr/grm/wwaway-feast.html
Pomegranate Chicken	http://www.liripipe.com/mcg/ (this is by the Madrone Culinary Guild) or http://www.bayrose.org/recipes/index.html
Strawberry, Pear and Apple Tart	http://www.contrib.andrew.cmu.edu/usr/grm/wwaway-feast.html
Sausage Hedgehogs (Meatballs)	<i>Traveling Dysshes (2nd Edition): Or, Foods for Wars, Peace, and Potlucks</i> , by Siobhan Medhbh O’Roarke and Cordelia Toser, Elfhill Press 2002. – pages 100-101
Honey Cake	http://www.godecookery.com/begrec/begrec.htm (or look in the Jewish foods section for a mix)

Good **Basic** Recipe Sources:

Gode Cookery for Beginners – easy recipes in the medieval style but not always authentic

<http://www.godecookery.com/begrec/begrec.htm>

Kingdom of Atlantia Food Links

<http://moas.atlantia.sca.org/wsnlinks/index.php?action=displaycat&catid=63>

Medieval and Renaissance Food Homepage <http://www.pbm.com/~lindahl/food.html>

An SCA friendly merchant with historical cookbooks: <http://www.Poisonpenpress.com>

Food Timeline <http://www.foodtimeline.org/foodfaq3.html>

When you are ready to take the next steps: How to Cook Medieval

<http://www.godecookery.com/how2cook/how2cook.htm>

My Website with some easy recipes: <http://www.bayrose.org/recipes/index.html>

Compiled originally for the Pitchfork War AS XL by Sabrina de la Bere