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FRENCH RECIPES



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Chicken Cominée

INGREDIENTS:

- 1 chicken
- 1 cup of chicken or vegetable broth
- 2 egg yolks
- 1/2 tsp. ginger
- 1/4 tsp. cumin



PREPARATION:

1. Put pieces of chicken meat in water and a little wine to cook, then fry in fat
2. take a little bread, moisten in your stock
3. take ginger and cumin, mixed with verjuice, grind and sift and put all together with meat or chicken stock
4. add colour with saffron or eggs or egg-yolks strained and poured from above into the soup after it has been removed from the fire.



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Gingerbread recipe

INGREDIENTS:

- 5 tablespoons of liquid honey
- 100 g of melted butter
- 250 g of flour
- 3 eggs
- 1 packet of yeast
- 20 cl of semi-skimmed milk
- 3 teaspoons of cinnamon
- 2 teaspoons of ginger
- 5 teaspoons of almond powder
- 1 teaspoon of ground cardamom
- 6 cloves cut in half



PREPARATION:

1. Mix the eggs, the flour and the melted butter.
2. Add the yeast, the milk and the honey.
3. After mixing, add the spices (cinnamon, ginger, cardamom, cloves) and the almond powder. Mix all the ingredients together until you have a uniform paste.
4. Put into baking paper into a baking tray and pour the mixture into it.



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5. Bake at 180°, gas mark 6, for 50 minutes.
6. After baking has finished, spike the cake to ensure that it is properly cooked throughout. Remove from the tray when cold.



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Kiq Ha Farz

INGREDIENTS (6 servings):

- 2 large eggs
- 1/4 cup (125 ml) whole milk
- 4 tablespoons (60 gr) melted butter (salted or unsalted)
- 1 3/4 cups (250 gr) buckwheat flour
- 1 tablespoon sugar
- 1 teaspoon coarse sea salt



PREPARATION:

1. Mix together the eggs, milk, and butter in a large bowl.
2. Gradually add the flour, sugar and salt, stirring until smooth.
3. Drop the mixture into the farz bag, a sack made of unbleached muslin specifically for this purpose. It is best to tie it closed, leaving room for it to expand by about one-third.



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4. If you don't have a sack, place the mixture in the centre of a clean, damp piece of cotton cloth about 2-foot square (60 cm). Gather the corners of the cloth and secure them tightly with kitchen string, leaving room for the mixture to expand by one-third.
5. Simmer the farz in simmering broth for about 2 hours.
6. Drain the sack in the colander very well for 15 minutes. Then take the sack and roll it on the countertop, pressing it firmly back-and-forth, until you can feel it's broken into little tiny bits inside.
7. Open the sack and pour the *kig ha farz* onto a platter or serving dish. Serve hot with boiled meats, vegetables, or simply a pat of salted butter.



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ROAST GUINEA-FOWL with PEPPER

INGREDIENTS:

- 1 small guinea fowl (less than 1 kg)
- 1 tablespoon of olive oil
- 30 ml of white wine
- 150 ml of liquid cream
- 1 ladle of pepper soup
- 1 sprig of rosemary
- salt and pepper



PREPARATION (Cooking time: 50 min):

1. Preheat the oven to 180°F
2. Season the inside of the guinea fowl with salt and pepper. Insert the sprig of rosemary into the guinea fowl
3. Grease lightly the top of the guinea-fowl and cover in aluminium foil.
4. Put the guinea-fowl in a tray part-filled with water, and cook for 50 minutes.



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5. Prepare the pepper sauce whilst the quinea-fowl is cooking.
6. Peel the echalote et chop finely. Simmer in a frying pan with some margarine. Deglaze with the white wine, add crème fraîche and coarsely crushed green peppers. Leave this sauce to simmer for a short while.
7. When removed from the oven, cut the quinea-fowl into segments and cover with the sauce.



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Pork Rissoles

INGREDIENTS:

- 1 lb. ground pork
- 4 eggs, hard boiled, finely chopped
- 1/2 lb. cheese, grated (optional)
- 2 tsp. powder fine
- pinch salt



PREPARATION:

1. Take a pork thigh, and remove all the fat so that none is left
2. then put the lean meat in a pot with plenty of salt:
3. when it is almost cooked, take it out
4. take hard-cooked eggs, and chop the whites and yolks
5. chop up your meat very small
6. then mix eggs and meat together, and sprinkle powdered spices on it,
7. then put in pastry and fry in its own grease.

PORK RISSOLES are a speciality for St. Remy's Day (October 1st).



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Rigue-Manger

INGREDIENTS:

- 1 apple
- 2 to 3 eggs
- 1 Tbsp. butter
- 1/4 tsp. powder fine⁺
(See instructions below)
- pinch saffron, ground



PREPARATION:

1. Take two apples as big as two eggs or a little more and peel them, and take out the seeds, then chop in small pieces,
2. parboil in an iron skillet,
3. pour off the water, and let the rigue-manger dry:
4. add butter for frying, and while frying and stirring, drip in two eggs;
5. when it is all cooked, throw on powdered spices, and saffron, and eat with bread during September.



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*Powder Fine

INGREDIENTS:

- 3 Tbsp. ginger
- 2 Tbsp. sugar
- 1 1/2 Tbsp. cinnamon
- 1 tsp. cloves
- 1 tsp. grains of paradise

FINE POWDER of spices. Take an ounce and a drachma of white ginger, a quarter-ounce of hand-picked cinnamon, half a quarter-ounce each of grains and cloves, and a quarter-ounce of rock sugar, and grind to powder.



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Terrine of Wild Boar

INGREDIENTS (10 servings):

- 1 kg wild boar meat
- 300g smoked lardon
- 2 slices of white bread
- 30 cl red wine
- 1 egg
- 1 onion spices with cloves
- 1 clove of garlic
- 1 bouquet garni
- salt, pepper



Preparation time: 15min

Cooking time : 1 hour

Leave to set for 2 days

Preparation:

1. To begin the recipe for Terrine of Wild Boar, marinate the diced wild boar meat with red wine, the onion sliced in half and peeled, the garlic peeled, the bouquet garni and the white bread cut into small



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squares. The more the meat is marinated, the better the taste.

2. Think about preparing for the next stages of the preparation and cooking by preheating the oven at Gas Mark 6 (180°C).
3. Chop up the marinated mixture and add to the lardons.
4. Add a whole egg, and mix well.
5. Pour the mixture in a terrine and cook in a bain-marie in the oven for a good hour.
6. Check the progress of the cooking using the point of a knife and leave for a further 10 minutes if the mixture is not cooked sufficiently. The knife should enter and come back out of the terrine dry.
7. Leave the terrine to stand for 24 hours in a cool place before serving cold with green salad and rustic bread.



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Garum sauce

The Romans were producing a dressing called garum, from fermented fish intestines.

The recipe has many variations depending on the type of fish.

This sauce was so beloved by the Romans that was praised by poets. The flavor was subtle.

The original sauce was made according to researchers from mackerel.

According to a Middle Ages recipe, the Romans used one part of salt for every eight fish parts and the add of aromatic herbs was optional.

The mixture should be left in the hot sun for two to six months.



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Milky mash

Pulp made from trachana water with egg yolks, butter and cheese crumbs. The mixture was rolled into sheets of dough and baked in the oven.

Myttoton

Chopped garlic cloves, mixed with oil and black olive paste.

Boiled fish "white soup"

Boiled big fish like bream, lagria or Hano in soup of water, enough oil, dill and leek. In the end, they added salt.



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Hen Monthyleftti

Chicken left for a few hours in wine or vinegar with spices (pepper, cloves, cinnamon, and nutmeg).

After choked with bread crumbs, almonds and other condiments.

They often added raisins, pine nuts and chopped mushrooms.

Simmer chicken in wine or baked in the oven inside a tightly sealed clay pot, after the well rubbed with butter.

Sfougato

Rub an onion and sauté in the pan. Add spices and end eggs. 10

Rabbit cooked in wine or vinegar

The Byzantines loved to cook rabbit in red wine or vinegar with the addition of pepper, cloves and valerian. To enhance the flavour, they added a little pork fat in the process. They used to serve it with the „myttoton“, a kind of dressing which consisted of chopped garlic cloves, mixed with oil and paste of black olives.



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Chicken with orange sauce medieval and dates A recipe from the 16th century, derived from a cookbook of the municipal library of Ferrara – Italy, from 1594!

INGREDIENTS:

- 2 chicken breasts split in half, boneless and skinless
- 1/2 cup chicken broth
- 2 oranges, peeled and sliced
- 4 prunes without their pit
- 4 dates without their pit
- 1/2 kts. Cloves
- 1 kts. Whole black pepper
- 1/2 kts. Grated nutmeg
- 2 k.soupas white sugar
- 1 k.soupas rosewater
- 3/4 cup. White wine



Preparation:

1. Place a wide pot with the broth over high heat.
2. Add the oranges, plums, the dates and the cloves and let them boil until they break a little fruit, about 7-10 minutes.



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3. Stir in broth pepper, nutmeg, sugar, rose water and wine.
4. Reduce heat and simmer for about ten minutes. - Drain
And you hold it sideways.
5. Brown the chicken in wide pan until golden brown on both sides
6. Add the sauce and continue kept spinning and by spreading the chicken until cooked through, about 20-25 minutes.

Serve with rice or mashed potatoes.



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ITALIAN RECIPES



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The "Biancomangiare"

The "Biancomangiare" was one of the favorite dishes of Frederick II. The basic ingredients of this particular dish were milk and almonds. The Biancomangiare could be prepared with meat or fish, or even with simple semolina cooked in milk, with pepper and saffron, the so-called "simula appula", the Apulian semolina. The meat used was the chicken breast, finely frayed and cooked in milk with rice flour and chopped almonds. Rice grains were also used at the place of flour. It is, however, a re-elaboration of an Arab dish.

INGREDIENTS:

- Chicken breast
- Rice
- Milk
- Sugar
- Almonds
- Bacon



PREPARATION

1. Boil the chicken breasts, cut them in strips as thin as possible.



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2. Then wash the rice, dry it, and make it flour.
3. Pass this flour through a sieve and mix it with goat milk, sheep's milk or almond one.
4. Put to boil in a nice pot and when it begins to boil add the strips with white sugar and bacon.
5. Let it boil very slow ; this dish should be thick like rice.
6. Just before serving, sprinkle with powdered sugar and dress with blanched almonds



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Colva

Colva is a very old dessert prepared in Bitonto and other areas of Apulia, on the day of the commemoration of the dead people, November the 2nd.

Its origin is rural, it is made with natural ingredients grown in the fields: wheat, almonds, pomegranates, grapes, all flavored with vin cotto (cooked in grape must). The word Colva comes from the Greek word "Kolluba", literally "money" or "coins" because the wheat, the main ingredient, was once also used as a currency trading.

Colva dates back to greek-Orthodox tradition and Byzantine invasions; it commemorates the victory of the Christians against the Emperor Julian the Apostate, who contaminated the food sold in public squares.

Therefore Christians did not buy the contaminated food and only ate boiled homemade wheat.

Colva is also a symbolic food: wine and wheat represent rebirth, almonds are the bare bones, pomegranate representing blood is a symbol of fertility, walnuts are a symbol of life and death.

It is called the desserts of the dead people and it was prepared because living persons could celebrate altogether.

Tradition says that the spirits come back to visit their loved family people and to eat after a long journey.



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INGREDIENTS

- 500g of boiled wheat
- 150g walnuts,
- 150 g almonds
- 1 bunch of white grapes,
- 1 pomegranate
- grape must
- dark chocolate

PREPARATION

1. The preparation of colva is simple: mix together the cooked grain, the grains of pomegranate, almonds, walnuts, the raisins without core and grape must.
2. In the modern recipe it is possible to add small pieces of dark chocolate.



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Mashed beans

This is an ancient recipe of our territory: during the Middle Ages, the dish was prepared both for the peasant and the aristocratic tables. It was prepared at the court of Frederick II and it was written in a famous cookbook of the XIV century, the "Liber de coquina". In the "broken beans" prepared in the Middle Ages, olive oil was used as a seasoning by farmers, while honey was used in aristocratic circles.

INGREDIENTS

- 800 gr. of peeled dried beans
- 4 tablespoons of honey
- A whole onion
- 6 tablespoons of extra virgin olive oil
- Water
- A few leaves of parsley



PREPARATION



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1. Let the beans in cold water all the night or at least ten hours before preparing the dish; put the beans in a crock pot, cover completely with water and add the parsley and cook with medium heat for about two hours.
2. After, reduce the beans in a mash, with the help of a wooden spoon. In a separate pan prepare fried oil and finely chopped onion, at the end join the honey.
3. Serve the mashed beans with the melange of honey and onion accompanied with wild boiled herbs.



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SCAPECE

It is a preparation coming from the Arabic tradition, which now belongs to the Apulian cuisine in southern Italy. Fried vegetables (eggplant, carrots, etc) and bluefish are the basic ingredients of this recipe.

"Scapece" seems to have been one of the favorite dishes of the Emperor Frederick II,

it was prepared with fish of Lake Lesina. In a document dated March 1240, for the general Colloquium held in Foggia in order to reorganize the laws of his empire, he ordered: "We order that the chef of our cuisine Berardo, will receive the best fish from Lesina so that he can prepare for us the "aschipescia" and jelly very fast for us, according to our order."

Here is the historical recipe:



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Scapece of Frederick II

INGREDIENTS

- Anchovies
- Eggplants
- Olive oil
- Mint water
- Vinegar
- Garlic
- Pepper

PREPARATION

1. Clean the anchovies and slice the eggplants for their length. Fry little by little everything in plenty of olive oil. Let them drain then put the anchovies, the eggplants, the mint leaves and pepper in a bowl.
2. Boil water and vinegar with two garlic cloves, after a few minutes pour this liquid into the bowl, accompanied by tablespoons of frying oil.
3. Allow to flavor the scapece for one day at least before serving.



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The Apulian focaccia

The focaccia is a very ancient preparation of a thin and baked bread dough in the oven, which answers to some practical needs: to have a piece of bread to use as a plate, as a container or as finger protection from juicy and hot foods.

The name comes from the Latin focus, "cooked on the fire". Its origins seem to date back to the Phoenicians and the Carthaginians, but also in Rome it was well known (the "placenta" cited by Cato)

The history of the Apulian Focaccia is millenary and linked to the great importance of the production of high quality wheat.

It seems to be born in Altamura or in Laterza, as a variant of the famous local traditional bread.

The most widespread recipe of focaccia belongs to the eighteenth century with the

use of boiled potatoes in the mixture (to give softness) and of cut tomatoes.

Before that time, tomatoes and potatoes were not known in Europe.



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INGREDIENTS

- 200 g flour 00
- 400 grams of semolina flour
- 500 g of water
- Yeast
- A tablespoon of salt
- 4 tablespoons extra virgin olive oil



● PREPARATION

- Sift flour into a bowl, combine the yeast, water and salt then knead with your hands at least five minutes.
- The dough should be very soft. Put it in a greased round shape baking pan adapting it with your hands.
- After cover the pan with a towel, let rise for two hours.
- Bake at 200 ° C for about 30 minutes.



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The „cutturidd“

The cutturidd, or pignata, is a dish coming from the old pastoral tradition of the population living in ALTA MURGIA and in the city of Altamura.

The "cutturidd" is an aromatic and sweet-smelling sheep stew, cooked by the shepherds in the past for a long time (up to 10 hours when the sheep was adult) with wild herbs for seasoning of pastures: wild fennel, wild onions and the typical mushrooms of Alta Murgia called "Cardoncelli".

The pot, well closed, was layed down directly on the coals.

The pignata, or cutturidd, was prepared when the cattle died for accidental causes or died in childbirth.

This occasion became a collective celebration, because the meat was eaten only on solemn occasions, so a few times a year.

The pot was closed with a disc of dough made by mixing water and flour, to prevent vapor and aromas come out outside during cooking.



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INGREDIENTS (For 4 servings):

- 1 kilo and a half lamb chop
- Onion
- Celery
- Rosemary
- Laurel
- Red pepper
- Salt and oil.
- Today it is possible to add the tomatoes unknown in the middle ages.



PREPARATION

1. Take the lamb and after making sure that it is properly cut and clean, put it in a deep crock pan, add celery and onion, fresh herbs, such as rosemary and laurel, salt, oil and pepper.
2. Then add water to cover everything, close with lid and cook on low heat for about an hour and a half.



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LATVIAN RECIPES



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Apple Cake (Ābolu kūka)

INGREDIENTS

- 175 ml butter
- salt 1/4 teaspoon
- flour 500 ml
- apples 10
- egg 1
- granulated sugar 125mg
- sour cream 125mg
- powdered sugar



PREPARATION

1. Peel and thinly slice apples. Sprinkle the granulated sugar on top, cover, and keep overnight in a cool place. The following day, using a pastry cutter, cut the butter into the flour until the dough is crumbly. Add the egg, sour cream, and salt. Chill the dough for one hour.
2. Then thinly roll out the dough and place on a 15" x 11" (38 cm x 28 cm) baking sheet. Lay the apples in tight rows on top. Bake at 200 ° C for 10 minutes and 160



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° C) for another 40 minutes. Allow to cool for 10 - 15 minutes. Sprinkle powdered sugar on top.



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Traditional bread soup

INGREDIENTS

- 1 kg of bread
- 200g raisins
- 200 g sugar
- 1 teaspoon cinnamon
- 200 g whipped cream
- 300 g apples
- 100 g of cranberry



PREPARATION

1. In the oven fried bread rusks pour with the boiling water and allow to swell them. Fromage the mass through a sieve, add raisins, sugar, cinnamon, cut apples into small pieces, crush cranberries and add them, too.
2. Boil it all together for 10 minutes.
3. Cool and pour into dessert plates.
4. Before serving put two spoons of whipped cream on the top of the sweet breadsoup.



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Caramelized apples

INGREDIENTS

- 6 apples
- 3 tbsp. white sugar
- 1 tbsp. cinnamon
- 2 tbsp. unsalted butter



PREPARATION

1. To start, peel the apples and then cut each apple into quarters. Slice each quarter into 4 pieces.
2. Next, melt the butter over medium-high heat. Once the butter has almost melted, add the brown sugar, followed by the apples. Cook and toss the apples a few times until they are nicely caramelized on all sides.

Note: You can also add a pinch of cinnamon, if desired.



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Cheese (Jāņu siers)

This cheese is traditionally prepared for eating on the most important of all Latvian festivals: Jāņi. However, it can be made and eaten at any time. It goes great with rye bread, and would feel right at home as part of a cold buffet (i.e. a Latvian smorgasbord.)

INGREDIENTS:

- Dry cottage cheese or ricotta, 2 kg
- Oil, 30 – 45 ml
- Milk, 10 l
- Yellow food colouring, 5 ml (optional)
- Lemon juice, 5 – 10 ml (maybe unnecessary)
- Cheesecloth
- Butter, 160 mg
- Eggs
- Caraway seeds, 15 ml
- Salt, 15 ml



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PREPARATION:

1. Drain off any liquid in the cottage cheese. Put it through a Cuisinart or blender to make sure it is finely ground. Use a large Dutch oven or stock pot. Put oil in pot, add milk (and yellow food colouring, if desired). Heat to boiling. Then add cottage cheese and keep stirring.
2. If milk mixture doesn't curdle within about 5 minutes, add the lemon juice. When curdled, strain off all liquid. Place cheese mass in cheese cloth (gauze) and wring out any remaining moisture.
3. Melt the butter in the pot, put in the cheese mass and heat until hot. Meanwhile beat eggs together with salt and caraway sees. Gradually add beaten egg mixture to heated cheese mass.
4. Mix well and keep on stirring until it all balls up and becomes a bit stretchy. Remove from heat and pack into a number of small round-bottomed bowls. (Alternately, shape into small cheese wheels, and wrap in cheese cloth.) Cover, and keep cool.



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Cheese snacks

INGREDIENTS:

- 1 kg not very sour, dry cottage cheese
- 1 cup sour cream
- A little bit of cumin seeds
- Salt



PREPARATION:

1. Mash cottage cheese with sour cream.
2. Add a little bit of cumin and salt.
3. From the mass roll elongated cheeses.
4. The cheeses are placed on the wooden surface, cover and leave them to dry.
5. Ready-made cheeses are stored in a cool place.



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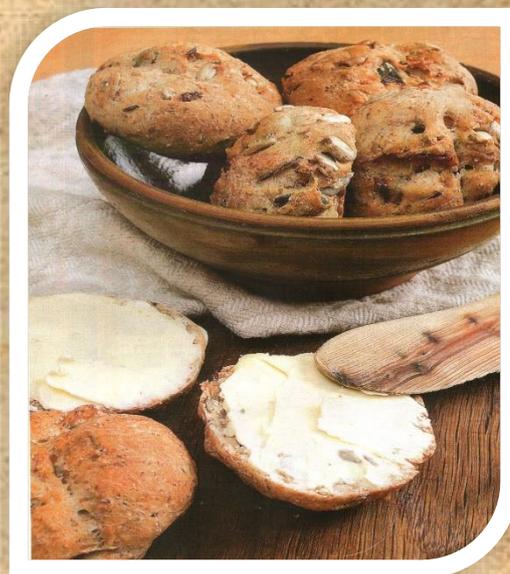


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Handmade buns with seeds

INGREDIENTS:

- 1 cup roughly-ground rye flour.
- 2 cups of finely-ground rye flour.
- One packet of dry yeast.
- 1/2 cup of melted butter or vegetable oil.
- 1 finely cup onion.
- Cumin, sunflower seed, pumpkin seeds.
- Salt and sugar



PREPARATION:

1. Pour the roughly-ground rye flour in a bowl.
2. Add dry yeast and mix together.
3. Add warm water.
4. Cover the bowl with a cloth and leave it to sit for 15-20 minutes.
5. Then gradually add to the dough finely-ground rye flour, seed, onions, salt and the melted butter.



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6. Mix everything together.
7. Mash the dough together till it doesn't stick to your hands. And then smear all over the baking tray butter.
8. Bake the buns in the oven for 20 in 100° C , later increase the temperature to 200. Bake till golden brown.



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Honey cake

INGREDIENTS:

- 250g clear honey, plus about 2 tbsp extra to glaze
- 225g unsalted
- 100g dark muscovado sugar
- 3 large egg beaten
- 300g self-raising flour



PREPARATION:

1. Preheat the oven to fan 140C/ conventional 160C/gas
2. Butter and line a 20cm round loosebottomed cake tin. Cut the butter into pieces and drop into a medium pan with the honey and sugar. Melt slowly over a low heat. When the mixture looks quite liquid, increase the heat under the pan and boil for about one minute. Leave to cool for 15-20 minutes, to prevent the eggs cooking when they are mixed in.
3. Beat the eggs into the melted honey mixture using a wooden spoon. Sift the flour into a large bowl and pour in the egg and honey mixture, beating until you have a smooth, quite runny batter.



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3. Pour the mixture into the tin and bake for 50 minutes-1 hour until the cake is well-risen, golden brown and springs back when pressed. A skewer pushed into the centre of the cake should come out clean.



4. Turn the cake out on a wire rack. Warm 2 tbsp honey in a small pan and brush over the top of the cake to give a sticky glaze, then leave to cool. Keeps for 4-5 days wrapped, in an airtight tin.



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Hot pearl barley salad

INGREDIENTS:

- 1 glass of pearl barley
- 1 onion
- 1 carrot
- 4 whole grain rye bread slices
- Nowadays 200gr cherry tomatoes or 2 normal tomatoes can be used
- Parsley bundle
- Salt, paper
- Vegetable oil



PREPARATION:

1. Pour 0,5-liter of hot water on washed pearl barley, add salt and boil slowly until the water boils out and pearl barley is dry – approx. 30 min.
2. While the pearl barley keeps boiling, chop onions, cut carrots in straws and stew them in hot oil till they become soft.



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3. Cut bread slices in small cubes, make the heat higher, put bread with carrots and onions, stir while cooking.
4. Put sliced tomatoes and chopped parsley, salt, pepper, boiled pearl barley all together in a bowl.
5. Put on the plates and enjoy.

P.S. If you pour the water on pearl barley few hours before cooking you don't need to pour 0,5 liters of hot water. You only need to pour a glass of water, and it is going to boil faster.



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Pea porridge

INGREDIENTS:

- 2 cups of split peas
- 6 cups of water
- Pinch of salt



PREPARATION:

1. Pour the peas in bowl and wash them in warm water until the water is clear.
2. Put it aside.
3. Pour water in pot and boil it.
4. While the water is boiling pour in the peas and pinch of salt.
5. Boil it on medium heat until peas are soft. As desired you can add onions, carrots.



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Rye Bread

Rye bread (rupjmaize, rudzu maize) always has been a staple of Latvian diet. Traditionally, Latvians ate whatever was available during the season – cereals, legumes and root vegetables, meat and dairy. Rye and barley was available all year round thus becoming the most important source of subsistence (wheat was considered to be a delicacy). It was believed that while there was rye bread on the table, no one would go hungry.

Rye has been grown in Latvia for more than 1200 years, and rye bread became common more than a thousand years ago. Similarly to Scandinavian and Slavic traditions, rye bread was baked from leavened dough and it was considered to be more nutritious and tastier than barley bread. In late 19th century sourdough bread gained popularity, but it was mainly baked for celebrations as it was more time consuming.

Rye bread was eaten at every meal, however, it was not served with porridge (another staple). Good bread was the pride and joy of every hostess and no effort was spared when baking the bread. During the harvest, the owner of the house would bake the first batch of bread to check the quality of new flour, how well it rises and sticks. The sower of rye would be offered the first bite of the bread to celebrate his effort, only then the baker and the rest of the family would eat.



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Other, still observed, customs dictate:

- If the bread is accidentally dropped, it must be immediately picked up and kissed.
- Do not wipe breadcrumbs on the floor, otherwise God will not place more bread on the table.
- Do not place the bread bottom side up, otherwise the family will experience hunger.

The recipe of rye bread presented here is one of three recipes I tried to see if it is possible to skip 120km round trip to the only shop in town that sells proper rye bread and bake my own at home. From all three recipes this was the easiest and least time consuming. Baked loaves may appear lighter in colour than usual as the flour was very fine and I did not have malt extract to replace the sugar (malt extract gives darker colour), but the taste was just as good.

Prep Time: 2 hours, 30 minutes

Cook Time: 45 minutes

Total Time: 3 hours, 15 minutes

Yield: 2 loaves

INGREDIENTS

- 750g rye flour
- 600ml buttermilk
- 80ml apple juice
- 4 tbs sugar
- 1 tbs salt
- 1 heaped teaspoon instant yeast
- caraway seeds (optional)



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PREPARATION:

1. Warm the buttermilk to blood warm temperature (test by putting couple drops on the inside of the wrist - it should not burn).
2. In a large bowl mix all dry ingredients together and add all liquids. Mix well. The dough will become very thick. Continue by kneading the dough in the bowl or on a kitchen bench for 15 minutes. The dough will be slightly sticky.
3. Place the dough back in the bowl and flatten the dough with wet hands.
4. Cover the bowl with a tea towel and place in a warm spot (above 25 degrees Celsius) to rise for 1-2 hours.
5. Preheat the oven to 250 degrees Celsius. Line a baking tray with baking paper or lightly oil the pan.
6. When the dough has risen, wet your hands and split the dough in half to create two loafs. Place both loaves on the pan and let them rise for 30 minutes. When dough has risen, brush both loaves with cold water.
7. Place the tray in the oven and bake in 250 degrees for 10 minutes, then reduce the temperature to 180 degrees and bake for additional 25 minutes.



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Simple rye-bread layered

INGREDIENTS

- Loaf of a good rye-bread
- Jar of cranberry jam
- 200 ml cream
- Sugar
- Vanillin
- Cinnamon
- One-third of black chocolate bars



PREPARATION:

1. With fingers crush or in a food processor grind the rye bread, even the crust.
2. Stir in cinnamon and slivers of grated chocolate into the rye bread.
3. Whip the whipped cream, adding a tablespoon of sugar and a pinch of vanillin.
4. In a suitable container (I usually use a cake baking template) make ordinals with crushed rye bread, cranberry jam and whipped cream.



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5. The surface is a layer of whipped cream, decorated with grated chocolate.
6. At least a couple of hours hold in the refrigerator as it reserves tastes to meet.
7. Put on the table, cut the cake and serve with tea or coffee.



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Potato scones

INGREDIENTS:

- 400 g of potatoes
- 30 g onion
- 20 g butter
- 20 g flour
- 1 egg
- Salt
- Breadcrumbs
- Fat for frying



PREPARATION:

1. Boil potatoes, add a bit salt, strain, dry, mash with potato-press, cool to 40-50° C.
2. Add to the mashed potatoes fried in butter, sliced onion, flour, salt and mix well.
3. From the prepared mass make a round scones, role them in breadcrumbs, and then place it in a preheated pan with fat and fry brown.
4. After in a flat plate serve them with sauce (sour cream, mushrooms, tomato) and fresh vegetable salads.



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Traditional cheese of St. John's day

INGREDIENTS:

- 1kg cottage cheese
- 50g milk
- 50-75g sour cream
- 2 pcs eggs, lightly whisked
- 100g butter
- 2 teaspoons caraway seeds
- 2 teaspoons salt



PREPARATION:

1. Prepare a large bowl, take a strainer and dampen the cheesecloth.
2. Pour the milk in a large saucepan till it's boiling and add the cottage cheese.
3. Heat the mixture on a medium heat stirring frequently.
4. After 5-7 minutes the milk and cheese will separate, creating yellow-green whey.
5. Place a fine strainer over a large bowl and pour the mixture in it. Once it is drained return the mixture to the saucepan.



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6. Make sure the saucepan has no residue left in it, if required give it a quick rinse.
7. Turn the heat on low and add the egg, butter, caraway seeds and salt and combine well.
8. Heat the mixture for about 7 minutes while constantly stirring. It will become thicker and the curds will be more prominent.
9. Place the cheesecloth in the strainer and pour the mixture in it. To "tie" the cheese pull the corners of the cloth together and spin them until you get a parcel of cheese.
10. Place the parcel in the strainer and let it cool down for 5 minutes. When the parcel has slightly cooled down, squeeze the excess liquid out with your hands (warning - the middle of the parcel will be hot).
11. Place the cheese parcel back in the strainer, cover with a plate or a bowl to add weight on top and place the strainer over a bowl (so the excess liquid can still drain). Place the bowl in a fridge.
12. Cheese is ready to eat when completely cooled down.



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POLISH RECIPES



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Flatbreads (podpłomyki)

INGREDIENTS:

- Wholemeal flour,
- Water,
- Salt,
- Herbs,
- Optionally it is possible also to add different herbs or seeds to the cake. (seeds of the dark-looking woman, seeds of the fennel, seeds of the caraway, fresh or dried rosemary, fresh or dried oregano, fresh or dried basil or provence herbs.



PREPARATION:

A chamotte stone, the same like for baking the pizza will be needed for cooking in household conditions. The stone is essential if you are planning to bake crusty breads. Also a wooden spatula will be needed which is often attached to the stone, and wooden pastry board used for forming the flatbreads.

If you decide to add some seeds boil the herbs altogether with water. Hot water will cause that the cake will be more elastic. You can also knead the cake



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with lukewarm water. The salt mixed with water will better distribute into the cake and will influence its taste.

Then set the oven with the stone inside to the highest temperature and leave it for heating at least 30-40 minutes.

How to prepare the dough:

Put the needed amount of the flour into the bowl. Cook water together with the salt and herbs. Add the hot water gradually to the flour so that the dough comes out elastic. Then knead the dough energetically. The longer and more intensively you knead the dough the more elastic and fluffy the cake will be. In order to have delicious flatbreads, prepare the dough a day earlier, put it into a glass bowl, cover with the humid fabric so that it doesn't dry and additionally cover it with the plate. Let it rest at least 8 hours. When the dough is ready knead it again for about 2 hours. Then using a wooden roll form small flattened „pancakes“. Bake the flatbreads on the stone until they are brown. Serve with honey or jam. Enjoy your meal!



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Braided ring-shaped pretzel

(obwarzanek krakowski)

INGREDIENTS:

- Wheat flour,
- Butter,
- Water,
- Salt,
- Sugar,
- Dry yeast,
- Baking soda,
- Sprinkles: poppy seeds, sesame seeds, coarse salt



PREPARATION:

1. Sift the wheat flour into the bowl, add sugar, salt and dry yeast and stir.
2. Pour warm water and mix the ingredients, then leave it for a few minutes.
3. Add the butter and knead well. Leave for about an hour at the room temperature for 30 minutes to do the fermentation.
4. Take out the pastry board, put the dough on it, using the wooden roll flatten and make it into pre-squared



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shape, then cover with fabric and leave for another 15 minutes.

5. After cut off the strips and put them on a second pastry board.
6. The first postponed strips should already be relaxed, take two, put one on the other and gently turn, then wrap in a circle and glue the ends of it by the water.
7. Formed bagels put lightly on a pastry board. In a large pan, boil water with sugar and baking soda. Put the pretzels on a boiling water and boil after about 15-20 seconds each side.
8. Prepare the topping on plates - poppy seeds, sesame seeds, coarse salt.
9. After filtration, each pretzel's edges sprinkle with the topping and after put on the board.
10. Preheat oven to 220 degrees Celsius and bake for 12-15 minutes until browned.



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Beer's soup (zupa piwna)

INGREDIENTS:

- Dark wheat beer,
- Cottage cheese,
- Cream,
- Sugar,
- Pepper,
- Saffron,
- Egg yolk,
- Some bread crusts,



PREPARATION:

1. Put cream, egg yolks together into a bowl and whisk them with sugar.
2. Put the pot on low heat and heat up the cream mass. In a separate pan heat up the beer with a bread crusts.
3. As soon as the beer will boil, take the pot off from the heat and pour the beer into a pot with the heated cream.
4. Mix everything thoroughly, so that the beer well merged with cream.



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5. Serve with bread crusts, a little cottage cheese and a pinch of cinnamon.



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Baked beaver's tail

(pieczony ogon bobra)

INGREDIENTS:

- 1 beaver's tail,
- salt,
- pork fat,
- clove of garlic,
- herbs (bay leaf, coriander, mustard, rosemary, juniper)
- red wine,



PREPARATION:

1. Pour hot water and taken off the skin.
2. After the tail's purification cut the tail of 2-3 cm transversely in several places at both sides.
3. Rub it with the crushed herbs.
4. The cloves of garlic cut in half and press into the cutted places.



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5. Put the tail into the saucepan, cover with a lid and put aside for 3-5 days in a cool place. Heat the frying pan and fry the slices of pork fat.
6. Then put the beaver's tail and fry on both sides.
7. After put the tail with the fried pork fat into the saucepan and pour the red, dry wine and insert into the oven.
8. Bake at approximately 180 degrees for 2-3 hours.
9. Serve and eat hot with vegetable toppings.



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Potato dumplings

(lemieszka)

INGREDIENTS:

- 5 - 6 potatoes,
- wheat flour,
- potato flour,
- water,
- pork fat,
- some butter,
- 1 onion,
- salt,



PREPARATION:

1. Peel the potatoes and boil in salted water until tender.
2. Drain the potatoes, leaving the bottom of the pot approximately 3 cm of water.
3. Sprinkle the potatoes with wheat flour and again set on a small fire.
4. Cover with a lid and cook slowly approximately 10 minutes until the flour is infused.
5. Put the pot on a stable surface and whip the potatoes and flour using a pestle to potatoes or sticks.



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6. The potatoes should be compacted into a smooth paste for a few minutes, they should not contain lumps of the flour.
7. If the weight of the potato is not too dense, add the potato flour.
8. When you put a stick in „lemieszka“ and you can raise the pot with it, it is a sign that the mass of the potato is ready.
9. Fry the pork fat in a browned cracklings, and at the end of cooking add the chopped onion.
10. With the help of a spoon dipped in melted pork fat form the dumplings.
11. Serve the „lemieszka“ sprinkled with cracklings.



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Old polish pheasant (bażant po staropolsku)

INGREDIENTS:

- 1 pheasant,
- carved strips of bacon,
- salt,
- some fat,
- butter,
- breadcrumbs,



PREPARATION:

1. Cut off the head, neck, tail and wings with feathers of the pheasant and leave them in a cold place.
2. The pheasant's carcass pluck and disembowel.
3. Then rinse it with water and dry.
4. Add the salt inside and out, wrap the slices of bacon, tie a thread and let cool for 24 hours.
5. After this time, bake the pheasant on a spit or in a pan, pouring it constantly with hot grease.
6. Then skin, spread with butter and place in a hot oven to become like a toast.



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7. At the end of cooking sprinkle the pheasant carcass from all sides with bread crumbs and pour the fat until it forms a ruddy crust.
8. Remove the baked pheasant from the spit, remove the thread and put it on a plate.
9. Serve with lettuce or kale.



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SPANISH RECIPES

MA@stercchef medieval



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BITCHES FOR THE LADY AND THE KNIGHT (BOCADOS DE LA DAMA Y EL CABALLERO)

BASKETS FOR FILLING (35 MINUTES)

INGREDIENTS

- Sugar, 50 g
- Flour, 250 g
- Eggs, 1 unit
- Butter, 100 g



PREPARATION

1. Mix sugar with butter to form a yellow and creamy cream.
2. Add the egg to this mixture and knead to make sure it's completely incorporated. Then, add the flour, bit by bit, and continue mixing to form a homogeneous and soft mass.
3. Stretch the mass to shape the baskets in a plain surface covered with flour. Shape the baskets.
4. Place in an oven resistant table
5. Bake for 25 minutes
6. Leave 5 minutes more

FILLING (25 – 30 MINUTES)



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INGREDIENTS

- Butter, 250 g
- Eggs, 3 units
- Cheese wedges, 18 units (in medieval times, it was made with other type of cheese)
- Baskets, 50 units
- Lemon zest (optional)
- Chopped almond
- Sugar, 1 tablespoon

PREPARATION

1. Place a tureen with the butter over medium heat
2. Once it has melted, add sugar and cheese wedges and shake everything with energy
3. Shake and mix 3 eggs and add to the previously prepared mass, to have an homogeneous mixture
4. Fill the baskets and place chopped almond over them. Place them into the oven
5. When they are out, ground some sugar with a mortar until it looks like powder and sprinkle over the baskets



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SNOWN CAKE (BIZCOCHO NEVADO)

INGREDIENTS:

- Peeled carrots 200 g
- Sugar, 160 g
- Eggs, 2 units
- Olive oil 120 g
- Vanilla, 1/2 teaspoon
- Flour, 120 g
- Baking soda, 1 teaspoon
- Cinnamon, 1/2 teaspoon
- Yeast, 1/2 teaspoon
- Salt, 1/2 teaspoon
- Chopped walnuts 60 g
- Icing sugar, 1 teaspoon



PREPARATION

1. Peel the carrots and cut them in small pieces
2. Add sugar, eggs, oil and vanilla; mix everything
3. Add flour, baking soda, cinnamon, yeast, salt and walnuts and mix again
4. Baste the mould and place the mixture in it



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5. Place in the oven, previously heat to 180° C with heat over and under and bake for 30 – 35 min. If we want to check whether the cake is ready or not, puncture with a needle in the middle and check if it's clean.
6. Let it cold and sprinkle with icing sugar



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BABIECA'S „FLAONS“ (FLAONES DE BABIECA)

INGREDIENTS

- Fresh cheese, 250 g
- Goat's cheese, 75 g
- 125 g of natural yogurt
- Eggs, 1 unit
- Honey, 2 tablespoons
- Sugar, 3 tablespoons
- Ground almond, 30 g
- Raisins, 32 units
- Round pieces of puff pastry, 32 units
- Cinnamon, 2 tablespoons
- Ground ginger, 2 tablespoons



TIME TO BE PREPARED

35 MINUTES

PREPARATION

1. In a bowl, fresh cheese, goat's cheese, yogurt, egg and ground almond are mixed. It should be beaten



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to get a uniform mixture. Honey and sugar, cinnamon and ginger are added.

2. The round pieces of puff pastry are placed over the baking tray, and they are filled with the mixture and a raisin is placed in each of the pieces. They are closed, giving them the shape of a sack or small pasty.
3. After heating the oven for 10 min to 200°C (392 F), flaons are cooked for 20 – 25 min at a temperature of 175°C (347 F) for them to get golden. Taking them out, we wait for them to be cold, and place them over a dish.
4. At the end, we dust them with icing sugar



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ROALD'S RECIPE (PESTIÑOS)

INGREDIENTS (FOR 27 PERSONS)

- 250 G wheat flour
- 75 ML Wine from Jerez
- 400 ML olive oil
- The peel of a lemon



TIME TO BE PREPARED

2 hours aprox.

PREPARATION

1. In the frying pan, heat the oil. When it is hot enough, add the peel of the lemon. Cook 2 or 3 minutes. Remove the fire and let it cool.
2. Mix the flour, the wine and 75 ml of the previously heated oil. To prepare the dough, knead to have a uniform dough. Let it rest for 30 min.
3. Stretch the dough with a roller, and cut in circles.
4. Fold the points downwards, pressing to prevent taking off. Give them the shape of a tie.



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5. Heat the frying pan with the remaining oil. When it is hot, place the dough and fry them. Once they are ready, dust with sugar and cinnamon.



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PUMPKIN PACKAGING (EMPANADICO DE CALABAZA)

INGREDIENTS FOR THE DOUGH

- 250 ml water (1 glass)
- 125 ml olive oil (1/2 glass)
- 1 teaspoon aniseed
- The grated peel of an orange
- 125 g sugar
- 1 shot glass of anisette
- 400 g 000 flour

INGREDIENTS FOR THE FILLING

- 400 g of pumpkin
- Sugar and cinnamon
- Raisins and pine nuts
- Olive oil



PREPARATION FOR THE DOUGH

1. In a pot, place the water, oil, sugar, aniseed, anisette and the peel of the orange, put it to fire, and let it boil for 10 minutes.
2. Place in a bowl the flour (3/4), spill the filtered liquid previously prepared over it.



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3. The liquid must be very hot. We mix with a wooden spoon and knead over the table
4. Continue kneading and add the flour you need to have a light dough, not fixed to your hands.
5. Over an oven paper, place the dough and stretch with a roller, giving it the shape you decide.
6. Depending on the shape, remember the filling have to be covered with dough.
7. Once you have closed it, Paint the dough with oil and spill honey over it

PREPARATION FOR THE FILLING

1. Once the dough is stretched over the oven paper, dust with sugar and cinnamon over half the dough and spill a bit of oil.
2. Over it, place the sliced pumpkin
3. Add raisins and pine nuts, and again sugar and cinnamon
4. Spill oil over it. You can repeat , adding again sugar and cinnamon, pumpkin and sugar, cinnamon, raisins and pine nuts again, ending with the oil.
5. Cover the filling, and close it properly
6. Cut the dough to allow the vapour to go out. Paint with oil, add sugar and place in the oven.
7. Cook for 30 min at 180° C (356 F)



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MEDIEVAL SHIP (BARCO MEDIEVAL)

INGREDIENTES

- Lemon jelly (In Middle Ages, made from fish bones)
- Blue colouring (Blueberry juice in Middle Ages)
- Eggs
- Flour
- Leavening
- Sugar
- Condensed milk
- Yogurts
- Egg whites
- Cream
- Coloured fondant (no idea in Medieval Times)



The dish is prepared with a base of home-made lemon jelly, with blue colouring to resemble the ocean.

A sponge cake represents the wood of the ship. The sponge cake is made with eggs, flour, leavening and sugar.

A lemon mousse, made with condensed milk, sugar, yogurts, egg whites and cream.

We decorated it with a non-edible brochette with a flag made with fondant.



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APPLE'S PIE (TARTA DE MANZANA)

INGREDIENTS:

- 10 tablespoon of milk
- 10 tablespoon of sugar
- 2 handfulls of flour
- 3 eggs
- 100 g butter
- Half a lemon
- Apples



PREPARATION

1. Sugar, flour, eggs and milk are mixed with melted butter.
2. The peel of half a lemon is grated, and the juice squeezed.
3. Add several grated apples (2 or 3).
4. Mix all the ingredients and decorate with apples slices.
5. Cook at medium temperatura in the oven for half an hour.



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6. Decorate with apricot jelly.



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EGGPLANT AND SPICY MEAT CAKE (PASTEL DE BERENJENA RELLENO DE CARNE ESPECIADA)

INGREDIENTS

- 2 Carrots
- 1 big onion
- 3 pieces of garlic
- 2 eggplants
- Minced beef (600 G)
- Grated cheese
- Slices of cheese
- Raisins
- Sesame seeds
- Rosemary, thyme, bay
- A glass of white wine
- Olive oil
- Salt



PREPARATION

1. We chop carrots, onion and garlic. We start by cooking the carrot, later the garlic and at the end the onion, to have them brown.



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2. We add the minced meat and thyme, Rosemary and 3 leaves of bay. Ten minutes later, we add sesame seeds and raisins.
3. We add a glass of White wine and cook it for 15 minutes.
4. Eggplants are sliced and place as a base in an oven pot. We place over them a layer of meat, and again a layer of eggplant followed by another of meat. It is covered with a last layer of eggplant.
5. Place in the oven for an hour, at slow fire. When the eggplant is ready, a layer of cheese is place over it, and it is gratinated.



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CHICKEN OF THE NOBLE (POLLO DE LA NOBLEZA)

INGREDIENTS

- 2 chicken's thighs
- Salt
- 150 g of pig lard
- Black pepper
- Nutmeg
- 3 pieces of garlic
- Parsley



PREPARATION

1. Heat the oven for 10 – 15 minutes to 200° C (392 F).
2. Heat the lard to use it as oil.
3. Peel the garlic and crush them in a mortar. Add them to the mixture.
4. Marinate with the mixture the chicken (A way to preserve the meat)
5. Place over the oven tray, spill a bit of chicken soup
6. The chicken remains in the oven for 1 h, 1 h and a half at 180° C (356 F)



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CHEESECAKE (TARTA DE QUESO)

INGREDIENTS FOR THE BASE

- 1 egg
- 200 g wheat flour
- 10 tablespoon of water
- 1 tablespoon of sugar



INGREDIENTS FOR THE FILLING

- 4 eggs
- 4 tablespoon of corn flour (not in medieval times...)
- 300 g of fresh cheese
- 7 tablespoon of sugar
- 1 glass of milk

INGREDIENTS FOR THE DECORATION

- Honey
- Walnuts



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MEDIEVAL CHICKEN FROM HUERMEDA'S PASTY OVER A
BED OF SWEET AND SOUR ONION
(EMPANADA MEDIEVAL DE POLLO DE HUERMEDA EN CAMA
DE CEBOLLA AGRIDULCE)

INGREDIENTS

- 1 glass of olive oil
- 1 glass of beer
- 1 egg
- 5 chicken's thighs
- 1 big onion
- 1 leek
- 1 piece of celery
- 1 glass of the soup formed when cooking sugar with quince to prepare quince jelly
- 1 tablespoon of vinegar
- Wheat flour
- Salt, pepper and saffron



PREPARATION

1. Fry the onion (candied) over low heat
2. Remove the used oil and let it cool (a glass)
3. Mix the oil, the beer, the egg yolk and add the flour it needs, and kneat until you have a consistent and uniform paste.



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4. In a frying pan, fry the leek, the celery and a bit of onion, add the chicken's thighs, with salt and pepper, and fry them slightly, adding a bit of saffron
5. With the pasty, form two balls, one a bit bigger than the other, the base. Stretch with a roller to give them the shape you decide.
6. Over the base, place the chicken, shredded, uniformly distributed and over a bed of onion.
7. Spill over the soup of quince and the vinegar
8. If you want, a bit of goat cheese can be added
9. It is covered with the other pasty
10. Decorate it
11. Beat the egg white and paint the surface with it
12. Place in the oven at a temperatura of 180° C (356 F) 30 minutes, and increase a bit the temperatura at the end to have a Golden pasty.
13. Decorate as you want



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