

Last Minute Lunches

No-Cook Period Food from the Grocery Store

Need to bring lunch to an event, but don't have much time? You don't have to spend hours in the kitchen to eat period and period-style foods. You can find what you need at the grocery store on your way to the event and make a tasty meal by the tourney field without having to cook anything!

The quantities in the recipes in this handout are a starting place. You can tweak them to suit your tastes!

Let's Go Shopping: *Ready-to-Eat Foods*

- ❖ Bread (loaves, flatbread, crackers)
- ❖ Rotisserie chicken
- ❖ Hard-boiled eggs
- ❖ Smoked salmon
- ❖ Cured meats (salami, prosciutto)
- ❖ Thickly-sliced deli meats (roast beef, ham)
- ❖ Pickled vegetables
- ❖ Olives
- ❖ Cheese
- ❖ Hummus
- ❖ Fresh and dried fruits (figs, dates, grapes, raisins, apples, pears, cherries, plums)
- ❖ Nuts (almonds, walnuts)
- ❖ Honey
- ❖ Wafer cookies / shortbread



Mix and Slather: *Medieval Sauces*

Medieval cooks made a wide variety of sauces for roast meats of all kinds. Here are several sauce recipes that just require mixing together a few ingredients and work well on roast chicken, roast beef, hard-boiled eggs, or bread.

Apple Mustard Sauce

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| 4 oz | unsweetened applesauce |
| 1 Tbsp | ground mustard |
| ¼ tsp | black pepper, freshly ground |

Thoroughly mix applesauce and spices.

Source: *Nyeuwen Cook Book* (UB Gent KANTL 15). Redaction by MedievalCookery.com. Adaptation by Lady Gwen Hir.

Basil Sauce

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|--------|------------------------------|
| 1 tube | basil paste |
| 1 tsp | black pepper, freshly ground |
| 1 Tbsp | white wine vinegar |

Mix the basil and vinegar. Grind the pepper over it, stir and let sit for a few minutes before serving.

Source: *Anonimo Toscano, Libro della cucina*. Adaptation by Mistress Gianetta del Bene.

Cherry Sauce

½ c	cherry preserves
¼ tsp	ground ginger
¼ tsp	ground clove
¼ tsp	ground cinnamon
1 tsp	white wine vinegar

Put jelly and spices in a bowl. Stir, slowly adding vinegar.

Source: *Kochbuch* (Salzburg, UB: M I 128). Redaction by MedievalCookery.com. Adaptation by Lady Gwen Hir.

Lumbard Mustard Sauce

½ c	“gourmet” mustard (not yellow mustard)
	honey
	white wine vinegar

Add a little honey and vinegar to the mustard. Let stand for half an hour before serving.

Source: *Curye on English*. Adaptation by Mistress Gianetta del Bene.

Bread-Thickened Sauces: Cameline Sauce, Garlic Sauce & Ginger Sauce

½ c	plain crostini
3-6 Tbsp	white wine vinegar

Crush crostini into small pieces. Add enough vinegar to moisten the bread (2-3 Tbsp) and let sit for a few minutes until softened. Stir vigorously, pressing the softened bread against the bowl with the back of the spoon to reduce lumps. Continue slowly adding vinegar and stirring vigorously until you achieve a thick oatmeal consistency. Add flavorings (see below) and stir to combine. Let sit for at least 10 minutes. Stir well before serving.

Cameline Sauce:

½ tsp	ground cinnamon
¼ tsp	ground ginger
⅛ tsp	ground clove
	black pepper; freshly ground

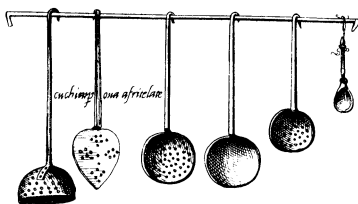
Garlic Sauce:

1 Tbsp	garlic paste
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Ginger Sauce:

1 tsp	ground ginger
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Sources: Cameline: *Viandier of Taillevent*, Garlic: *Le Menagier de Paris*, Ginger: *Curye on English*. Adaptations by Lady Gwen Hir.



Some Chopping Required: *A Roman Feast*

Using the following recipes, you can combine fresh and packaged ingredients to make a complete Roman feast without needing a stove or campfire.

Lentil Salad

4 tsp	white wine vinegar
1 tsp	honey
2 Tbsp	olive oil
½ tsp	ground coriander seed
½ tsp	black pepper, freshly ground
1 pkg	precooked lentils (500g)
3 Tbsp	cilantro, chopped
3 Tbsp	mint, chopped
3	green onions, thinly sliced

Combine vinegar, honey, spices, and olive oil in large bowl. Mix vigorously until combined. Add lentils and chopped herbs. Stir gently to combine.

Source: *Apicius*. Redacted by Patrick Faas. Adaptation by Lady Gwen Hir.

Moretum

6 oz	feta cheese
2 Tbsp	garlic paste
2-3 Tbsp	parsley, chopped
¼ tsp	ground coriander
1 tsp	olive oil
1 tsp	white wine vinegar

Mix feta, garlic, parsley, and coriander. Add olive oil and vinegar. Stir until thoroughly blended.

Source: Virgil, *Moretum*. Redacted by Gaylin Walli. Adaptation by Lady Gwen Hir.

Olive Salad

1 can	green olives, pitted, unstuffed (about ¾ cup)
1 Tbsp	mint, finely chopped
2-3 Tbsp	parsley, chopped
6	green onions, thinly sliced
2 tsp	white wine vinegar
1 Tbsp	olive oil
1 tsp	honey (optional)
¼ tsp	black pepper, freshly ground

Drain and coarsely chop olives. Combine all ingredients in a large bowl, stirring gently.

Source: Columella, *De Re Rustica*. Adaptation by Lady Gwen Hir.

Tuna with Herb Sauce and Egg

2-3	green onions, thinly sliced, white, light green, and some of the dark green portions
2 Tbsp	finely chopped mint
¼ tsp	celery seed
⅛ tsp	black pepper, freshly ground
1 Tbsp	olive oil
½ tsp	honey
1-2 Tbsp	white wine vinegar
5 oz	canned tuna, solid packed
1	hard boiled egg, coarsely chopped

In a small bowl, combine first 7 ingredients (green onions through vinegar) to make a vinaigrette. Transfer tuna from can to a plate, leaving behind most of the liquid it was packed in. Pour sauce over tuna. Top with egg.

Source: *Apicius*. Adaptation by Lady Gwen Hir.

Peaches in Cumin Sauce

4 oz	chopped peaches in light syrup
⅛ tsp	ground cumin
4 dashes	fish sauce
1 dash	balsamic vinegar

Use a fork to remove the peaches from the syrup and transfer them to a small bowl. Add remaining ingredients and stir to combine.

Source: *Apicius*. Redacted by Sally Grainger. Adaptation by Lady Gwen Hir.

References

Recipe Sources

Apple Mustard Sauce: <http://medievalcookery.com/recipes/mustardsaucen.html>

Basil Sauce (“Dei savori: e prima del sapore per l’arrosto”):

<http://www.staff.uni-giessen.de/gloning/tx/an-tosc.htm>

Cameline Sauce: T. Scully: *The Viandier of Taillevent*. University of Ottawa Press, 2008. (p. 295)

Cherry Sauce: <http://medievalcookery.com/recipes/cherrysauce.html>

Garlic Sauce (“White or Green Garlic Sauce”):

<http://www.daviddfriedman.com/Medieval/Cookbooks/Menagier/Menagier.html>

Ginger Sauce (“Gyngen”): <http://www.pbm.com/~lindahl/foc/FoC106small.html>

Lentil Salad (“Lentils with Coriander”): <http://www.press.uchicago.edu/Misc/Chicago/233472.html>

Lumbard Mustard: <http://www.godecookery.com/nboke/nboke24.htm>

Moretum: <http://virgil.org/appendix/moretum.htm> and <http://www.godecookery.com/friends/frec70.htm>

Olive Salad: Columella, E. S. Forster, E. Heffner. *De Re Rustica X-XII*. Harvard University Press, 1968. (p. 297)

Peaches in Cumin Sauce: S. Grainger: *Cooking Apicius*. Prospect Books, 2006. (p. 118)

Tuna with Herb Sauce and Egg: Apicius, B. Flower, E. Rosenbaum: *The Roman Cookery Book*. Martino Publishing, 2012. (p. 213)

Additional Sources

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<https://medievalyork.files.wordpress.com/2015/03/gettingstartedwithhistoricalfood-1.pdf>