

# Winter's Welcome Revel Menu documentation

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When deciding on this menu, I wanted to do something Spanish. I also knew that a new translation of the book *Sent sovi* which was one of the first books on Catalan cooking was coming out this fall. So I decided to do Catalan. There were other aspects to choosing Catalan other than my preference to Spanish and the new cook book coming out. I also wanted to promote research in what authors were thinking and doing about medieval cooking other than in English. I have a book – *La table medievale des Catalans* by Eliane Thibaut-Comelade in French that included recipes. I decided to also use this book in designing the menu. Choosing Catalan placed me in a personal dilemma. Catalan cooking is known for *sofregit*, a sauce or flavoring created by cooking down onions. I am personally allergic to onions, so the recipes have been chosen for their lack of onions.

*La table medievale des Catalans* by Eliane Thibaut-Comelade covers all aspects of Catalan cooking – the recipes, the kitchen and the culture. The last chapter is recipes. Although she does not give any original recipes, I was able to recognize several coming from *Sent Sovi*. The three recipes I chose to do were the author's redactions from the writings of Arnau de Villanova (also called Arnaldus de Villa Nova, Arnaldus de Villanueva, Arnaldus Villanovanus, or Arnaud de Ville-Neuve). Villanova along with Eiximenis are two medieval authors that she gives a chapter to each. I have not been able to find an English translation for Villanova. He was a Spanish physician in the 13<sup>th</sup> century who wrote on on the proper diet. Eiximenis was a friar also of the 13<sup>th</sup> century who wrote the encyclopedic work *Lo Crestià* (The Christian). Eiximenis gives a great deal of information on the proper ways of eating, drinking and behaving at the table *Com usar bé de beure et menjar* in the 13<sup>th</sup> century Catalan culture. I have not been able to find a translation of this either. I plan on continuing to research medieval cooking and food ways in French and Spanish in the future.

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## Cheese Salad from La table medievale des Catalans

This comes from the recipes found in La table medievale des Catalans. The author does not give the original medieval recipe. She quotes Arnau de Vilanova (also called Arnaldus de Villa Nova, Arnaldus de Villanueva, Arnaldus Villanovanus, or Arnaud de Ville-Neuve) who I have not been able to find an English translation for. He was Spanish physician in the 13<sup>th</sup> century who wrote on dietetic. A rough translation has been made using computer translating software Systrans.

### + **Salade de fromages à l'estragon, « amanida de formatges amb estragó »** — Création de l'auteur d'après Arnau de Vilanova Pour six personnes : p. 179

75 g de tome de vache,  
75 g de tome de brebis,  
100 g d'olives vertes dénoyautées,  
100 g d'olives noires à l'huile, dénoyautées (hachées grossièrement),  
2 pommes vertes découpées en petits cubes,  
1 citron,  
1 cuillerée à soupe d'estragon frais haché,  
1 sauce composée de :  
2 cuillerées à soupe de caillé frais 1 cuillerée à soupe d'huile d'olive 1 jus de citron 1 cuillerée à soupe de crème liquide sel, poivre, coriandre.  
Réfrigération : 2 heures.

Tailler les tomes de fromage en tous petits dés.

Dans un grand saladier, verser tous les ingrédients de la sauce et fouetter vivement afin d'obtenir une émulsion stable. Verser tous les éléments de la sa-lade dans cette sauce ; mélanger.

Laisser au frais 2 heures et servir très frais en entrée avec du pain de seigle ou du pain complet.

### **Cheese Salad to tarragon, “amanida de formatges amb estragó”** - Creation of the author according to Arnau de Vilanova

For six people:  
75 g of volume of cow  
75 g of volume of ewe  
100 g of stoned green olives  
100 g of black olives, stoned (chopped coarsely)  
2 green apples cut into small cubes  
1 lemon  
1 spoonful with shoup of chopped fresh tarragon  
1 sauce made up of :  
2 spoonfuls with fresh curd soup 1 spoonful with olive oil soup 1 custom of lemon 1 spoonful with soup of liquid cream salt, pepper, coriandre  
Refrigeration: 2 hours.

To cut the cheese volumes in all small Des.

In a large salad bowl, to pour all the ingredients of sauce and to highly whip in order to obtain a stable emulsion. To pour all the elements of salad in this sauce; to mix.

To leave with the expenses 2 hours and to be useful very fresh in entry with rye bread or wholewheat bread.

REDACTION for a table of 8

1/3 cup Manchego cheese (old cheese)

1/3 cup mozzarella cheese (new cheese)

2 green apples diced

2 TBS chopped green olives

2 TBS chopped black olives

1 TBS fresh tarragon

Sauce made of 2TBS of ricotta cheese to 1 TBS cream, 1 tps olive oil, salt, pepper, and dash of coriander (adjust as necessary). Combine and chill. After taste testing, it was decided to cut down on the olives compared to the cheese.

NOTE: A larger amount of coriander was used in the sauce.

# Cucumber Salad from La table medievale des Catalans

This also comes from La table medievale des Catalan. P. 169

Sur l'utilisation de légumes crus au commencement du repas

Si Arnau de Vilanova recommande de servir des concombres ou des melons en début de repas, c'est parce que ce sont là des aliments particulièrement rafraîchissants du fait de l'important pourcentage d'eau entrant dans leur composition ; aussi recommande-t-il d'utiliser ces crudités surtout pendant les périodes de grande chaleur, mais il les conseille aussi aux tempéraments bilieux.

A partir de ses écrits et des recettes du *Sent Soví*, reconstituer une recette utilisable à l'heure actuelle est extrêmement facile.

+ Concombres à la crème ou au fromage frais, « cogombres amb crema » Pour six personnes :

3 jolis concombres pelés et mis à dégorger pendant une heure de façon à extraire ce jus amer,  
2 cuillerées à soupe d'un très bon vinaigre de vin,  
1 dl de caillé frais mêlé à une cuillerée à soupe de crème liquide,  
quelques feuilles fraîches de basilic.

Réfrigération : 1 heure.

Une fois dégorchés, tailler les concombres en petits dés et les disposer dans un plat ovale et creux. Les arroser de vinaigre.

Fouetter vivement le caillé avec la crème ou sinon fouetter du fromage frais. Recouvrir complètement les dés de concombres et décorer avec les feuilles de basilic. Mettre ce mélange au frais au minimum une heure avant le repas.

## TRANSLATION FROM SYSTRANS

If Arnau de Vilanova recommends to serve of cucumbers or melons at the beginning of meal, it is because they are there particularly refreshing food because of important percentage of water entering their composition; also recommends it to especially use these crudenesses for the periods of hot summer days, but he also advises them with the bilieux temperaments.

From its writings and receipts of *Sent Soví*, to reconstitute a receipt usable at present is extremely easy.

+ Cucumbers with the cream or fresh cheese, "cogombres amb creamed"

For six people:

3 pretty cucumbers peeled and put to discharge during one hour in order to extract this bitter juice,  
2 spoonfuls with soup of a very good wine vinegar,  
1 DLL of fresh curd mingled with a spoonful with soup with liquid cream,  
some fresh basil sheets.

Refrigeration: 1 hour.

1. Once discharged, to cut cucumbers in small dice and to lay out them in an oval and hollow dish. To sprinkle vinegar.

2. To highly whip curd with the cream or if not to whip fresh cheese. To completely cover the dice with cucumbers and to decorate with the sheets with basil. To at least put this mixture at the expenses an hour before the meal.

## REDACTION

For a table of 8.

2 cucumbers, 2 tsp of white wine vinegar, ½ cup ricotta mingled with 1 TBS cream, fresh basil leaves

Dice up the cucumbers and sprinkle with vinegar. Whip the ricotta and cream together and cover the cucumbers. Decorate with basil leaves, chill for 1 hour.

# Pork

+ **Filet de porc à la sauce aux pêches, « Ilom de porc amb pressegat »** Recette de l'auteur selon les conseils d'Amáu de Vilanova sur l'usage des pêches

Pour six personnes :

1 kg de filet de porc,  
2 cuillerées à soupe d'huile d'olive,  
4 à 5 feuilles de laurier frais,  
sel, poivre noir,  
1 « pressegat ».

Cuisson : 12 à 15 minutes.

Faire le « pressegat » (recette ci-après).  
Saler, poivrer et badigeonner d'huile le filet de porc.  
Chauffer une cocotte ovale et y faire dorer le rôti de tous les côtés durant 15 minutes.  
Découper en tranches épaisses et servir chaud ou froid avec le « pressegat ».

**La sauce aux pêches, (pressegat)** Pour six personnes :

1 kg de pêches jaunes émincées,  
2 gros oignons finement hachés,  
150 g de raisins secs sans pépins,  
100 g de sucre candi,  
1/2 cuillerée à café de cannelle en poudre,  
1/2 cuillerée à café de gingembre frais râpé,  
1 cuillerée à café de poivre noir en grains,  
25 cl de vinaigre de vin de Banyuls ou de Maury,  
1 cuillerée à café de sel gris.  
Cuisson : 1 heure 30 environ.

Mettre tous les ingrédients dans une cocotte, faire cuire à feu doux 1 heure 30 jusqu'à ce que la préparation devienne épaisse.

## Filet de porc à la sauce aux pêches, « Ilom de porc amb pressegat

**Net of pig to sauce with fishings, "Ilom of pig amb pressegat"** p. 187

Receipt of the author according to the councils of Amáu de Vilanova on the use of peaches.

For six people:

2 lb file of pork,  
2 Tbs of olive oil,  
4 or 5 bay leaves,  
Salt, pepper,  
1 « pressegat ».

Cooking: 12 to 15 minutes.

To make the "pressegat" (receipt hereafter).

To salt, pepper and whitewash of oil the net of pig.

To heat an oval casserole and to make there gild the roast on all the sides during 15 minutes.

To cut out in thick sections and to be useful hot or cold with the "pressegat".

## ***Peach Sauce from La table medievale des Catalans***

**The sauce with peaches, « pressegat »** For six people:

1 kg of émincées yellow peaches [2 lb],  
2 large finely chopped onions,  
150 G of raisins without pips, [2/3 cup raisins],  
100 G of candy sugar, [1/2 cup sugar],  
½ spoonful with powder cinnamon coffee, [1/2 tsp of cinnamon].  
½ spoonful with coffee of grated fresh ginger, [1/2 tsp of ginger].  
1 spoonful with black pepper coffee in grains, [1 tsp pepper],  
25 cl wine vinegar of Banyuls or Maury [1 cup vinegar]  
1 spoonful with gray salt coffee

To put all the ingredients in a casserole, to make cook with soft fire 1 hour 30 until the preparation becomes thick.

### REDACTION for Peach sauce

The original was for 2 lbs of peaches but I found that 1 lb peaches created a cup of sauce which was more than enough so the recipe was cut in half. I cut out the onions, used canned peaches instead of fresh and cider vinegar instead of wine vinegar to cut the cost. The coffee mentioned refers to the spoon size.

1 1 lb can of peaches chopped  
1/3 cup currants  
1/4 cup sugar  
1/4 rounded tsp of cinnamon  
1/4 rounded tsp of ginger  
1/2 flat tsp of pepper  
1/2 cup vinegar  
1/2 tsp of salt (preferably sea salt)

To put all the ingredients in a casserole, bake at 350 degrees 1 hour 30 until the preparation becomes thick.

NOTES : (It still is pretty soupy). When I quadrupled this recipe, it came out very spicy and not as sweet. I would use flat tsps of cinnamon, ginger and pepper.

### ***Garlic and cheese sauce from Original Mediterranean Cuisine***

If you want to make *almedroc*, have two or three cloves of garlic, and have as much cheese as you need, and pound them together well, and also two or three egg yolks cooked in water. And when they are well pounded, blend it with good broth and with fat; and if you don't have fat, add a dash of oil, and good spices. And make it so that it is very thick, and doesn't need to be boiled. And serve it with spit-roasted suckling pig. And you should not stir in the broth, as it will curdle, put pound it in.

In the same way you can make *anys esquesos*, but you need to add more garlic. And don't add any spices, so that the sauce is white and thick, and doesn't need boiling. And serve it hot, like *almedroc*. P. 60

### REDACTION

8-10 garlic cloves  
2 TBS freshly grated parmesan cheese  
2 egg yolks, hard cooked  
2 TBS hot water  
2 TBS olive oil

Wrap garlic in foil and bake in moderate hot oven for 20-30 minutes or until very soft. Peel away skins, place garlic in mortar and pound with the cheese and egg yolks. Gradually add hot water, then add olive oil, a little at a time like mayonaise. Add more oil if you think the sauce will accept it.

NOTE: A lot more cheese was added to create a richer taste.

## **Spinach with currants from Original Mediterranean Cuisine**

Take spinach and wash it, and parboil in salted water. And when parboiled, press between two boards, cop well and fry in salted pork fat. And when well fried, transfer to a pot to cook. And to the same pot add some good salted pork stock which should be good and fatty, but skimmed. And if you want to add goat milk or sheep milk or almond milk instead of stock, take the salted pork and cut into pieces as big as dice and add them to the pot with the spinach. And according to the time of the year, if you want to add fresh cheese you can cut it up like the salted pork. But, if you are going to add a lot, don't add it until the end of cooking, just before serving. And if you want to add currants which have been cooked, put them with the spinach. And if you don't want to add these things, nor salted port nor grated cheese, add parsley and mint, and this will make the dish better. P. 128-129.

### **REDACTION**

2 lbs spinach

2 Tbs currants

Olive oil

Meanwhile soak the currents for 5 minutes in hot water to cover, Roughly chop spinach and saute in olive oil until just wilted. Toss spinach with currents and serve.

NOTES: I wanted to make this a vegetarian dish so olive oil was used. I successfully used mustard greens at a taste testing. This dish will be either spinach or a combination of spinach and mustard greens.

## **Tender chick peas with almond milk from Original Mediterranean Cuisine**

If you want to prepare tender chick peas with almond milk, do it thus: Take the chick peas, and clean them well. And take almond milk, and set them to cook with the milk and with oil and salt; and add onion scalded in boiling water. And when they should be cooked, add parsley and basil and marjoram and other good herbs and a little ginger and verjuice. And when you add the chick peas, they should be washed in hot water, and they will cook more quickly.

Make almond milk using 2 TBS ground almonds blended with ½ cup hot water, strain. Drain chick peas and return to sauce pan with almond milk and simmer gently for about 5 minutes until chick peas are soft and liquid has been absorbed. Season with salt, freshly ground pepper and 1/3 tsp ground ginger; blend in 1 TBS verjuice and chopped fresh herbs; lots of parsley, basil or mint and a little marjoram. P. 118

NOTES: I was able to find the commercial almond milk – Almond Breeze Original – unsweetened. The chick peas are cooked in the milk and parsley added with herbs.

## Chicken

### **Green Sauce** *from latest translation of Sent sovi*

If you want to make green sauce, take parsley leaves, and wash the tender parts, and dry them in the sun, or without sun. Grind them well with cinnamon and ginger and cloves, pepper and toasted hazelnuts. Put in a good measure of each ingredient and taste it, and if you see one thing is more evident than another, balance it to be equal. And mix it with vinegar, so that the vinegar is more evident. And one can put in bread, toasted and soaked in vinegar. Put in honey or sugar for a delicate or sick person. P. 83

#### REDACTION

¼ head of lettuce

1/3 to ½ bunch of parsley, leaves only,

1/3 to ½ cup of water

¼ tsp each of ginger, cinnamon and cloves

1/3 cup of walnuts

½ tsp each of salt and pepper

½ tsp of sugar

1 TBS of vinegar

Puree together and adjust for taste. Parsley should be the overwhelming flavor with hint of vinegar and spices.

NOTES: I wanted this to taste like a green sauce. Using just parsley made the sauce too bitter. Adding the lettuce and water gave volume, kept the green taste and cut down on the bitterness. Walnuts were used for availability.

### **Carrot Puree** *from latest translation of Sent sovi*

If you want to make carrot puree, take white carrots and set them to cook. When they are cooked, take them out and put them in cold water and peel them. When they are peeled, press them between two plates, as one does for cheese. If you find the heart, take it out. Then, once they are pressed, take a good mortar and grind them up. Put them to cook in mutton and salt pork broth, or whatever kind of broth you want, and cook them like squash. When they should be cooked, take almond milk, make with the best broth that you have, and put that in also. Put in cheese, in whole slices or grated.

If you want to, you can put in goats' milk.

FROM The Book of Sent Sovi: medieval recipes from Catalonia edited by Joan Santanach, p. 141.

REDACTION For a table of 8.

Boil 1 lb of carrots until very soft.

Mash until a puree.

Add about ½ cup almond milk.

Simmer for a few minutes.

Sprinkle with about 2 TBS or more of chopped feta and serve.

## **Angel food – Ricotta with honey and orange water from Original Mediterranean Cuisine**

p.166

If you want to eat the fresh curds, put the curds in the mortar and pound with some good white sugar. And when pounded together, blend in some rosewater or orange flower water, and put it in bowls or dishes or whatever you like; and serve it at table. And if you don't wish to use sugar, add some good honey. And you can do the same with fresh cheese, which is better, and it is called angel's food.

### **REDACTION**

10 oz fresh ricotta

1-2 TBS honey or sugar

1-2 tsp orange flower water or rose water

Fluff the ricotta with a fork and whisk in the honey or sugar and the desired flavorings.

NOTES: I found that whisking in the orange flower water lost a great deal. Whisk in the honey and put 1 to 2 TBS of orange water on top for scent rather than flavor.