

## INTRODUCTION

Before inn's came into existence, their services were provided by three types of establishments: hostels to provide lodging, alehouses to provide drink and cookhouses to provide prepared food. Many of these businesses still exist and, since they aren't controlled by the guilds, prices and quality vary tremendously.

Quotes are from *A Medieval Home Companion* and *Fast and Feast* (see bibliography).

## HOUSE RULES

The following is a modification of the *Alchemy* rules to be used for *Cookery* and the use of culinary herbs.

### STARTING

The new cook has Recipe Option Points (ROPs) equal to the sum of his Intelligence and his Cookery Skill Base used to "purchase" recipes. A cook with the Herblore skill has a number of ROPs equal to the sum of his Intelligence and his Herblore Skill Base used to "purchase" the knowledge of the use of culinary herbs. The ROP cost of each recipe is determined by the recipe's Occurrence and is given on the list as a numeral: Common 1; Uncommon 2; Rare 3; Very Rare 4. The ROP cost of each culinary herb use is determined by the herb's scarcity: Very Common 1; Common 2; Uncommon 3; Rare 4; Very Rare 5. This is modified by the distance to the herb's source: +0 for Harn; +1 for Ivinia, Harbaal, Shorkyne, Emelrene, Palithane, Trierzon and Hepekeria; +2 for countries more distant.

If the character is unable to read and write, the maximum number of ROP's spent for cookery is the character's Intelligence. The number of ROP's available for culinary herbs is also Intelligence.

### PREPARATION

This is an attempt to prepare a dish from a recipe. It is not always a clear-cut matter, but it is the simplest cookery operation and anyone may attempt it. For a lucid recipe, an EML of five times cookery SB (whether or not the skill is open) or cookery ML + cookery SB (whichever is higher) is used to determine success. Modify these EMLs by subtracting the recipe complexity. For poorly written recipes, further reductions are in order. If the recipe is written (rather than memorized), the maximum EML is the lesser of the language ML and the script ML.

#### Failure

The recipe has gone wrong and the cook has a useless mess on his hands; ingredients are irretrievably spoiled. With CF, dangerous or volatile ingredients will have reacted, and this may be hazardous to health.

#### Success

The recipe has been successfully followed and a quantity of the end product has been prepared. With CS, some bonus, slightly higher yield, less preparation time, etc. may have been achieved (GM discretion).

#### Culinary Herbs

Dishes presented in the Recipe Point Cost table below are initially assumed to be without herbs or other seasonings. The recipes include vegetables, meats and other ingredients which provide nutritional value. Spices and plants added to the dish merely for additional flavoring are considered culinary herbs – with the exception of salt. To enhance a recipe by adding herbs and spices requires an enhancement roll against the herbalism skill (see table below). The resulting number indicates a subjective enhanced value or an additional value if sold. (i.e. a 2 indicates that the dish is twice as good as normal and can easily be sold for twice as much.) A CF result means the dish is completely ruined (with all ingredients lost) and possibly even poisonous.

| SI | CS   | MS  | MF  |
|----|------|-----|-----|
| 0  | 1.1  | 1.0 | 1.0 |
| 1  | 1.3  | 1.0 | 1.0 |
| 2  | 1.6  | 1.1 | 1.0 |
| 3  | 2.0  | 1.2 | 1.0 |
| 4  | 2.5  | 1.3 | 1.0 |
| 5  | 3.0  | 1.5 | 1.0 |
| 6  | 4.0  | 2.0 | 1.0 |
| 7  | 5.0  | 2.5 | 1.1 |
| 8  | 6.0  | 3.0 | 1.2 |
| 9  | 7.0  | 3.5 | 1.3 |
| 10 | 8.0  | 4.0 | 1.4 |
| 11 | 9.0  | 5.0 | 1.5 |
| 12 | 10.0 | 6.0 | 1.6 |

### ANALYSIS

Analysis is an attempt to analyze a dish of food as to its ingredients (Cookery) or flavorings (Herblore). Barring Critical Failure, the cook will automatically detect obvious ingredients (such as mutton). Analysis can be a long: allow 1 hour times the recipe's complexity (or the flavoring's scarcity).

#### Critical Failure

One or more obvious ingredients are mistaken for something else. The cook knows little / no more than he did before he started.

#### Marginal Failure

Only obvious ingredients are identified; the preparation remains a mystery.

#### Marginal Success

All ingredients are identified but their preparation remains a mystery.

#### Critical Success

All ingredients are identified and the cook can prepare the dish.

### PRESERVATION

Preservation is an attempt to prepare the dish for long term storage through drying, smoking, burying, etc.

#### Failure

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With CF, the dish is immediately spoiled. Consuming this spoilage results in poisoning. Marginal failure has no effect but this is not evident to the cook.

## Marginal Success

The dish will maintain its properties for approximately 1d12 months.

## Critical Success

The dish will maintain its properties for 1d12 years..

## TRANSFORMATION

This is an attempt to substitute ingredients with other available ingredients. This is determined with a single roll and each ingredient substituted, after the first, halves EML.

## Failure

With MF, the substituted ingredient has no evident effect. With CF, the resulting dish is poisonous.

## Marginal Success

The substitution is a success and the dish is as good (but not better) than the original recipe.

## Critical Success

The substitution is a success and the resulting dish is better than the original.

## RECIPE POINT COST

| Recipe  | Pts | Category  |
|---|-----|-----------|
| Amondyn Eyroun - Almond omelette                    | 4   | Appetizer |
| Amyndoun Seaw - a vegetable gruel                   | 3   | Vegetable |
| Arbolettys - A spiced cheese dish                   | 5   | Appetizer |
| Beef and Vegetable Pottage                          | 2   | Meat      |
| Beef Olives   | 2   | Meat      |
| Blak Perys - pears with carob cream                 | 5   | Dessert   |
| Blankmangere - chicken with cumin and cream         | 4   | Fowl      |
| Boiled Chicken                                      | 2   | Fowl      |
| Boiled Mussels                                      | 2   | Fish      |
| Boiled Partridge                                    | 2   | Fowl      |
| Bolas - wild plum and stuffed pear dessert          | 5   | Dessert   |
| Brie Cheese with Honey and Mustard                  | 5   | Appetizer |
| Broiled Beef Steaks                                 | 2   | Meat      |
| Broiled Venison Steaks                              | 2   | Meat      |
| Burstin and Milk                                    | 2   | Appetizer |
| Buttered Vegetables                                 | 2   | Appetizer |
| Canel Eyroun - Figs stuffed with cinnamon and eggs  | 5   | Appetizer |
| Canelyne - Caneline Beef Pie                        | 5   | Meat      |
| Carragheen Sweet Mousse                             | 1   | Dessert   |
| Caudele Almaunde - a nut dish served as a vegetable | 4   | Vegetable |
| Chardwardon - spiced pear sauce                     | 4   | Dessert   |
| Charlette - Curded Beef Soup                        | 5   | Soup      |
| Cheat (whole wheat bread)                           | 3   | Bread     |
| Clapbread (oat cakes)                               | 1   | Bread     |

|   |   |           |
|---|---|-----------|
| Cobages - Cabbage and almond soup                                   | 3 | Soup      |
| Cocket (cheap white bread)  | 4 | Bread     |
| Crab  | 1 | Fish      |
| Curd Flan   | 2 | Dessert   |
| Custard Lumbarde - Marrow and Fruit Tart                            | 4 | Meat      |
| Damson - plum and currant tart                                      | 4 | Dessert   |
| Date Slices with Spiced Wine  | 1 | Dessert   |
| Dilled Veal Balls   | 5 | Meat      |
| Dressed Peacock   | 2 | Fowl      |
| Dressed Swan  | 2 | Fowl      |
| Dried Pea Puree with Sprouts  | 2 | Appetizer |
| Easter Ledge Pudding  | 1 | Appetizer |
| Farsed Chycken - chicken stuffed with lentils, cherries, and cheese | 5 | Fowl      |
| Farsed Fesaunt - chicken (pheasant) stuffed with apples and oats    | 5 | Fowl      |
| Faun Tempere - gilli flower pudding                                 | 5 | Dessert   |
| Fesaunt and Gelye - baked chicken (pheasant) with cold herbed jelly | 5 | Fowl      |
| Flore Frittours - fried squash flowers                              | 3 | Vegetable |
| Fried Pike  | 1 | Fish      |
| Frumenty  | 1 | Appetizer |
| Fruyte Frittours - parsnip and apple fritters                       | 4 | Dessert   |
| Fruytes Ryal Rice - artichokes with blueberry rice                  | 1 | Vegetable |
| Fygeye - a tricolored fig confection                                | 4 | Dessert   |
| Galantine Pie   | 4 | Meat      |
| Garbage Pye - giblet custard pie                                    | 5 | Fowl      |
| Grape Stuffed Boiled Chicken  | 1 | Fowl      |
| Grilled Breast of Mutton  | 1 | Meat      |
| Grilled Haddock   | 1 | Fish      |
| Grilled Ox Tails  | 1 | Meat      |
| Grilled Salmon  | 2 | Fish      |
| Gyngere - Gingered carp   | 5 | Fish      |
| Hakka Muggies   | 1 | Fish      |
| Havercakes (barley bread)   | 1 | Bread     |
| Henne Dorre - Golden cardamon chicken                               | 5 | Fowl      |
| Honey Cakes   | 3 | Dessert   |
| Honey Omelette  | 3 | Dessert   |
| Honey Toasts with Pine Nuts   | 1 | Dessert   |
| Horse Bread (mixed grains)  | 2 | Bread     |
| Hot Boiled Goose with Cold Sauce                                    | 3 | Fowl      |
| Hot Lamb Stew   | 3 | Meat      |
| Julian Pottage  | 3 | Appetizer |
| Jusselle Date - Dates stuffed with eggs and cheese                  | 4 | Appetizer |
| Lamproi - Baked lamprey   | 5 | Fish      |
| Leche Lumbarde - A wined date confection                            | 4 | Appetizer |
| Leekes - Leeks with walnuts   | 5 | Appetizer |
| Lemonhyt - lemon rice with almonds                                  | 1 | Vegetable |
| Lenten Stew   | 2 | Fish      |
| Lentils with Chestnuts  | 3 | Appetizer |
| Luce Wafers - a delicate fish cake                                  | 4 | Fish      |

# COOKING 3

|  |   |           |
|--|---|-----------|
| Manchets (hand-sized bread)                                    | 4 | Bread     |
| Marrow Bones   | 1 | Meat      |
| Mary Caboges - cabbage with marrow                             | 5 | Vegetable |
| Maslin (wheat and rye bread)                                   | 2 | Bread     |
| Mawmenye - Lentils and Lamb                                    | 4 | Meat      |
| Mawmenye Ryalle - spiced pork (partridge) in nutted wine sauce | 4 | Fowl      |
| Milk-Fed Snails  | 3 | Fish      |
| Mussels with Lentils   | 2 | Fish      |
| Mutton Olives  | 2 | Meat      |
| Nekkesan - turkey (swan)-neck pudding                          | 4 | Fowl      |
| Nettle Puree   | 1 | Appetizer |
| Nomblys de Roo (or Venyson) - "Humble Pie" or spiced tripe     | 5 | Meat      |
| Nuttie - Spiced chestnut cream                                 | 4 | Appetizer |
| Oro - Fried artichokes   | 5 | Appetizer |
| Oysters  | 3 | Fish      |
| Pandemain (finest quality bread)                               | 5 | Bread     |
| Parsnip Ryalle - Parsnip mousse with almonds and wine          | 4 | Appetizer |
| Patina of Elderberries   | 3 | Appetizer |
| Patina of Fillets of Hake                                      | 3 | Fish      |
| Pears in Wine Syrup  | 2 | Dessert   |
| Peas a la Vitellius  | 3 | Appetizer |
| Peas and Onions with Sippets                                   | 2 | Appetizer |
| Pease Pudding  | 1 | Appetizer |
| Perys Cofyns - lentil and berry filled pears                   | 5 | Dessert   |
| Pike with Galentyne Sauce                                      | 2 | Fish      |
| Playce Ysod - Poached plaice with mustard sauce                | 5 | Fish      |
| Porpoise Pudding - Oat-stuffed Pike                            | 4 | Fish      |
| Porridge   | 1 | Appetizer |
| Potrous - A spicy egg in a coddler                             | 4 | Appetizer |
| Prawn Rissoles   | 2 | Fish      |
| Puree of Lettuce Leaves with Onions                            | 3 | Appetizer |
| Pyke en Doucette - Smoked pike salad in pastry                 | 4 | Fish      |
| Quynade - Quince sauce   | 4 | Dessert   |
| Rapes - Lentil crisps  | 2 | Vegetable |
| Roast Goose  | 1 | Fowl      |
| Roast Venison  | 1 | Meat      |
| Roast Venison in Hot Sauce                                     | 3 | Meat      |
| Roast Wood Pigeons   | 3 | Fowl      |
| Roseye - Fried loache with roses and almonds                   | 5 | Fish      |
| Roste - Beef Roast with Crisps                                 | 4 | Meat      |
| Rota - Barley fruit soup                                       | 4 | Soup      |
| Salad  | 2 | Appetizer |
| Sallat - a medieval salad                                      | 2 | Vegetable |
| Saumon Pie - Salmon and fruit tart                             | 5 | Fish      |
| Saumon Rosted - Roast salmon in onion wine sauce               | 4 | Fish      |

|   |   |           |
|---|---|-----------|
| Sea Bream in Sauce                                    | 3 | Fish      |
| Slott   | 1 | Fish      |
| Smalle Byrdes - bird stuffed with dates and mustard   | 4 | Fowl      |
| Sorrelye - Sorrel soup with figs and dates            | 2 | Soup      |
| Sowans  | 1 | Appetizer |
| St. John's Rice - currant rice with carob cream       | 4 | Vegetable |
| Stewed Mutton   | 3 | Meat      |
| Stuffed Chicken                                       | 1 | Fowl      |
| Stuffed Dates   | 2 | Dessert   |
| Stuffed Hare  | 3 | Meat      |
| Suckling Pig a la Flaccus                             | 3 | Fowl      |
| Sweet Cheese Flan                                     | 2 | Dessert   |
| Sweet Wine Cakes                                      | 3 | Dessert   |
| Tansy Pudding   | 2 | Appetizer |
| Tourte (brown bread for trenchers)                    | 3 | Bread     |
| Towres - Light "summer" omelette with chopped veal    | 5 | Appetizer |
| Troycrem - tri-cream                                  | 5 | Dessert   |
| Truffles  | 3 | Appetizer |
| Vegetarian Custard Lumbarde - almond and fruit tart   | 5 | Vegetable |
| Visorye - Veal Custard Pie                            | 5 | Meat      |
| Vyand de Ciprys Ryalle - spiced minced chicken relish | 4 | Fowl      |
| Vyand de Cypris in Lent - Almond fish stew            | 4 | Fish      |
| Wastel (first quality bread)                          | 5 | Bread     |
| Young Tunny Fish in Sauce                             | 3 | Fish      |

## CULINARY HERB POINT COST

| ITEM         | PTS | SOURCE              |
|--------------|-----|---------------------|
| Bay Leaves   | 3   | Karejia             |
| Basil        | 2   |                     |
| Caraway      | 4   |                     |
| Cinnamon     | 5   | Homora, Molnasya    |
| Coriander    | 4   | Hepekeria, Beshakan |
| Cumin        | 4   | Hepekeria, Beshakan |
| Dill         | 2   |                     |
| Fennel       | 2   |                     |
| Garlic       | 2   |                     |
| Ginger       | 5   | Molkura, Homora     |
| Lovage       | 4   | Azeryan, Karejia    |
| Marjoram     | 4   | Karejia             |
| Mint         | 3   |                     |
| Nutmeg       | 5   | Meluria, Molnasya   |
| Parsley      | 3   | Trierzon, Azeryan   |
| Pepper       | 5   | Molnasya, Mafani    |
| Pine Kernels | 4   | Hepekeria           |
| Rosemary     | 1   |                     |
| Saffron      | 4   | Karejia             |
| Sage         | 2   |                     |
| Savory       | 3   |                     |
| Thyme        | 3   | Trierzon            |

# COOKING 4

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## EXAMPLE RECIPES

Provided below are many of the recipes that can be found at the various cookhouses. Prices shown are the average retail prices of the ingredients. Most cookhouses get their foodstuff from local farmers at a much reduced rate but they charge their customers the retail rate (or higher) so the costs shown can be considered the average retail cost of the meal. The same recipes can be made for the poor by leaving out some or all of the spices (which are a large portion of the total cost).

### CHELNI

#### FRIED PIKE

*Servings: four as main dish @ 1d 3f*

*Ingredients (Uncommon)*

|                 |                       |
|-----------------|-----------------------|
| 4 lb. Pike (4d) | 1 egg, beaten (2d 2f) |
| salt            | dry breadcrumbs (1f)  |
| flour (1f)      |                       |

Scale and clean the pike thoroughly removing the head and tail. Cut the fish into slices and cover with very cold water. Remove when the fish feels firm. Dry well and rub lightly with salt and flour. Brush the slices of pike with the beaten egg, then coat in breadcrumbs. Fry in shallow fat for about 30 minutes until tender.

#### PEASE PUDDING

*Servings: two as side dish @ 4d 3f*

*Ingredients (Common)*

|                             |              |
|-----------------------------|--------------|
| 8 oz. Dried green peas (1f) | 1 oz. Butter |
| sprigs of mint (3d)         | salt         |
| sprigs of thyme (6d)        |              |

Boil the peas in water with the herbs until soft and the skins are well loosened. Drain thoroughly and put through a sieve with butter. Add salt to taste. Press into a well-greased pudding basin, cover tightly with foil and steam for 1 hour. Turn out carefully and serve with meat.

*“Take your chickens and cut their throats. Scald them and pluck them, being careful not to tear the skin. Parboil them. Take a tube, push it between the skin and the flesh, and blow the chicken up. Cut it between the two shoulders, without making too large a hole, and pull out the innards, leaving the thighs, wings, neck with all the head, and feet with the skin.”*

#### PORRIDGE

*Servings: 1f per serving*

*Ingredients (Common)*

|                 |                         |
|-----------------|-------------------------|
| 1 pt. Water     | 2 oz. Oatmeal           |
| a pinch of salt | milk and honey to serve |

Bring the water to the boil and add salt. Sprinkle in the oatmeal very gradually, stirring well after each addition, then bring to the boil. Boil gently for 20 minutes if using fine oatmeal or 30 minutes for course. Serve with cold milk and honey if desired.

### KALDOR

#### BROILED BEEF STEAKS

*Servings: four as main dish @ 6d*

*Ingredients (Rare)*

|                            |                              |
|----------------------------|------------------------------|
| 4 beef steaks (8d)         | 1 tsp. Red wine vinegar (1f) |
| cooking fat (1f)           | 1 tsp. Verjuice              |
| ½ pt. Red wine (10d)       | grinding black pepper (1d1f) |
| 2 fl. oz. Water            | pinch of ginger (1d 1f)      |
| 1 tsp. Brown sugar (1d 1f) | sprinkling cinnamon (1d 3f)  |

Trim the steaks and beat out slightly. Brush lightly with cooking fat if you wish. Heat a thick-based frying pan or griddle and sear the steaks on both sides, then reduce the heat and cook slowly until done as you prefer, turning as required. While cooking, put all the remaining ingredients except the cinnamon in a saucepan and bring to the boil. Leave off the heat to infuse for 5 minutes. Taste and add a little more water or sugar if you wish. Take steaks to table when ready, sprinkle lightly with cinnamon and pour a little sauce over each.

#### STUFFED CHICKEN

*Servings: four as main dish @ 7d 3f*

*Ingredients (Uncommon)*

|                          |                         |
|--------------------------|-------------------------|
| 3½ lb. Chicken (7d)      | 2 ½ Tbs. Sheep's fat    |
| 4 hard-boiled eggs (10d) | salt                    |
| 8 oz grapes (2f)         | pepper (1d 1f)          |
| ½ pt. Chicken stock      | ¼ tsp. Ginger (2d 2f)   |
| small bunch parsley (6d) | ¼ tsp. Cinnamon (3d 3f) |

Prepare the chicken for stuffing and for spit roasting. Separate the egg whites and yolks. Slice the grapes thinly. Bring the stock to the boil, and blanch the grapes and parsley for 2-3 minutes. Remove the parsley and drain, reserving the remaining stock, cool. Cut off the parsley stalks and chop the leaves with the egg yolks, sheep's fat, seasoning and spices. Add the grapes. Stuff the chicken with the mixture, then truss it. Roast the chicken in the usual way, with the reserve stock in a drip-tray. Use it to baste the chicken and to make a thin or slightly thickened gravy with the pan juices and some extra stock. If wished, garnish the chicken with the egg whites, chopped and a little extra parsley.

*“The best broth is made from the jowl of an ox, rinsed two or three times in water and then boiled and well skimmed.”*

#### BEEF AND VEGETABLE POTTAGE

*Servings: four as main dish @ 3d*

*Ingredients (Uncommon)*

|                           |                             |
|---------------------------|-----------------------------|
| 2 lb. Shin of beef (4d)   | 4 stalks green onions (1f)  |
| 4-6 pieces of marrow bone | ¼ firm white cabbage (1f)   |
| 4 pt. Water               | 4 oz. Breadcrumbs (1f)      |
| 2 leeks (1f)              | a few saffron strands (5d)  |
| 2 sticks celery (1f)      | 2 tsp. Salt                 |
|                           | ground black pepper (1d 1f) |

Cut the meat into two inch cubes. Put in a stewpan with the bones and water. Bring to the boil and skim well. Reduce the heat and simmer, uncovered, for about 2-2½ hours. Meanwhile, prepare the vegetables and boil in a separate pan, whole or in large pieces, for about 10 minutes. Drain and cut into thick slices. When the beef is just about ready, remove the marrow bones and add the vegetables. Continue simmering until the vegetables are soft. Stir in the breadcrumbs, saffron and plenty

of seasonings. Bring back to the boil and cook for 2-3 minutes. Skim off any excess fat before serving.

*“Thou must not lick thy fingers. He who thrusts his fingers into his mouth cleans them nastily...The fingers are none the cleaner, but rather the nastier.”*

## DRIED PEA PUREE WITH SPROUTS

*Servings: four as side dish @ 1d 2f*

*Ingredients (Uncommon)*

1¼ lb. Yellow peas (2f)            1 carton bean sprouts  
1 bottle white wine (5d)        pepper (1d 1f)  
salt

Soak the peas in the wine overnight, with water to cover if needed. Simmer in the same liquid, with a little salt, for 2-2½ hours or until mushy, adding extra water if needed. (There should be almost no free liquid at the end and the peas should be reduced to a puree.) Add the bean sprouts, stir in and simmer until tender. Season with salt and pepper before serving.

*“Peas, beans, or other stews won’t stick to the bottom of the pot if the pieces of burning wood don’t touch the base of the pot when it is over the fire.”*

## THARDA LIQUAMEN

*Ingredients (salty sauce for other dishes @ 1d 1f Tbs.)*

*(Common)*

2 Tbs. Strong red wine (2f)    3 anchovies (1f)  
3 oz salt (1f)                      1 tsp. dried marjoram (4d)

Mix all the ingredients in a saucepan. Boil gently for ten minutes. Cool and strain through muslin. Store in a jar ready for use.

*“If thou offerest the cup, never touch with the thumb the upper edge of the bowl. Hold the bowl at the under end...He who holds it otherwise may be called boorish.”*

## CABBAGE AND LEEKS

*Servings: four as main dish @ 2d, six as vegetable @ 1d 2f*

*Ingredients (Common)*

1 lb. Cabbage (2f)                ½ tsp. Cumin (2d)  
½ lb. Leeks (1f)                  ½ tsp. Caraway seeds (2f)  
1 tsp. Liquamen (2f)          ¼ tsp. Coriander (1d)  
1 Tbs. Wine (1f)                 ¼ tsp. Black pepper (3d)  
1 Tbs. Oil (1f)

Cook cabbage and leeks in boiling salted water for about ten minutes. Drain well. Place leeks on top of cabbage in an oven dish. Mix remaining ingredients and pour on top. Cook for about twenty minutes. Can then be served with chicken.

*“To make water for washing hands at table: Boil sage, then strain the water and cool it until it is a little more than lukewarm. Or use chamomile, marjoram, or rosemary boiled with orange peel. Bay leaves are also good.”*

## MUSHROOMS

*Servings: 5d per serving*

*Ingredients (Uncommon)*

¼ lb. Mushrooms (1f)            ¼ tsp. Lovage (1d)  
¼ tsp. Black pepper (3d)       ½ tsp. Liquamen (1f)  
½ tsp. Honey                      1 tsp. Olive oil (1f)

Slice mushrooms, place in shallow pan, add other ingredients and cook for five minutes.

## CHEESECAKE

*Servings: six as desert @ 1d 3f*

*Ingredients (Uncommon)*

3 eggs (7d 2f)                      1 pint milk (2f)  
4 Tbs. Honey (1f)                 a little pepper (1d 1f)

Whisk eggs and almost boil honey and milk together. Whisk the eggs and milk into a smooth mixture. Strain into a baking tin, pouring in a little water. Cook in a moderate oven for about an hour. Serve warm with the usual sprinkling of pepper.

*“Ill does the hand which hurries to take a larger help out of a dish in common...Do not poke about elsewhere...He who turns and pokes about on the platter, searching is unpleasant, and annoys his companion at dinner.”*

## BOILED HAM

*Servings: six as main dish @ 2d 2f*

*Ingredients (Rare)*

3 lb. Ham (6d)                      3 bay leaves (3d)  
½ lb. Figs (5d)                      Oil (1f)  
1 lb. Flour (2f)                      ¼ lb. Honey (1f)

Whisk eggs and almost boil honey and milk together. Whisk the eggs and milk into a smooth mixture. Strain into a baking tin, pouring in a little water. Cook in a moderate oven for about an hour. Serve warm with the usual sprinkling of pepper.

## RISsoles OF MUSSELS

*Servings: four as main dish @ 15d 3f, six as side dish @ 10d 2f*

*Ingredients (Uncommon)*

1 pint/20 oz. Mussels (1d 1f)    ¼ pint liquamen (6d 1f)  
4 oz. Oatmeal (1f)                 4 oz. Pine kernels (48d)  
2 eggs (4d)                          ½ pint water  
dash black pepper (1d 1f)       4 Tbs. White wine (2d)

Boil the mussels in half a pint of water for ten minutes, drain, retaining the liquid and use this to cook the oatmeal. Remove the sinews from the mussels and chop finely. Pound together in a bowl the oatmeal and mussels, then add two well beaten eggs, a dash of pepper and the pine kernels. Mix well, adding just liquamen to make a pliable mixture. Form into small round shapes, grill or fry in hot fat and, when ready to serve, pour over each a little white wine.

*“Put not back thy knife into the sheath before the time...Perhaps something else is coming to table which thou dost not recon for.”*

# COOKING 6

## INGREDIENTS

For simplicity, a tablespoon of any dry substance is assumed to be an ounce and a half tablespoon of any liquid substance is assumed to be an ounce. A pint of any liquid is simplified to 20 ounces. If source isn't specified, the ingredient is easily available on Harn.

| ITEM         | COST    | SOURCE AND NOTES    |
|--------------|---------|---------------------|
| Apples       | ¼d lb.  | (medium is 6 oz.)   |
| Anchovies    | ¼d lb.  |                     |
| Bacon        | 2d lb.  |                     |
| Barley       | ½d lb.  |                     |
| Bay leaves   | 1d ea.  | Karejia             |
| Beans        | ¼d lb.  |                     |
| Beef         | 2d lb.  |                     |
| Bread, Rye   | 1d lb.  |                     |
| Bread, Wheat | 2d lb.  |                     |
| Butter       | ½d lb.  |                     |
| Cabbage      | ½d lb.  |                     |
| Caraway      | 3d oz.  |                     |
| Celery       | ½d lb.  |                     |
| Cheese       | 1d lb.  |                     |
| Chicken      | 2d lb.  |                     |
| Cinnamon     | 40d oz. | Homora, Molnasya    |
| Cod          | 1d lb.  |                     |
| Coriander    | 12d oz. | Hepekeria, Beshakan |
| Crab         | 1d lb.  |                     |
| Cream        | ¾d lb.  |                     |
| Cumin        | 12d oz. | Hepekeria, Beshakan |
| Duck         | 2d lb.  |                     |
| Egg          | 2d oz.  | (medium is 1½ oz.)  |
| Eel          | ¾d lb.  |                     |
| Figs         | 10d lb. | Molkura, Homora     |
| Flour, Wheat | ½d lb.  |                     |
| Ginger       | 30d oz. | Molkura, Homora     |
| Goat         | 2d lb.  |                     |
| Goose        | 3d lb.  |                     |
| Grapes       | 1d lb.  |                     |
| Ham          | 2d lb.  |                     |
| Herring      | ½d lb.  |                     |
| Honey        | 1d lb.  |                     |
| Lamb         | 3d lb.  |                     |
| Lard         | 1d lb.  |                     |
| Leeks        | ¼d lb.  |                     |
| Lentils      | ¼d lb.  |                     |
| Lovage       | 12d oz. | Azeryan, Karejia    |
| Mackerel     | ¼d lb.  |                     |
| Marjoram     | 12d oz. | Karejia             |
| Milk, cow    | 2f lb.  |                     |
| Milk, goat   | 1f lb.  |                     |
| Milk, sheep  | 1f lb.  |                     |
| Mint         | 3d oz.  |                     |
| Mushrooms    | 1d lb.  |                     |
| Mussels      | 1d lb.  |                     |
| Mutton       | 1d lb.  |                     |
| Nutmeg       | 50d oz. | Meluria, Molnasya   |
| Oatmeal      | ¼d lb.  |                     |
| Oil, Cooking | ¼d oz.  |                     |

|               |          |                    |
|---------------|----------|--------------------|
| Onions, Green | ¼d lb.   |                    |
| Parsley       | 6d oz.   | Trierzon, Azeryan  |
| Pears         | ½d lb.   | (medium is 6 oz.)  |
| Peas          | ¼d lb.   |                    |
| Pepper        | 36d oz.  | Molnasya, Mafani   |
| Pike          | 1d lb.   |                    |
| Pine Kernels  | 12d oz.  | Hepekeria          |
| Plums         | ¾d lb.   |                    |
| Raisins       | 1½d lb.  |                    |
| Rye           | 1½d lb.  |                    |
| Saffron       | 120d oz. | Karejia            |
| Salmon        | 2d lb.   |                    |
| Salt, rock    | ½d lb.   |                    |
| Scallions     | ¼d lb.   |                    |
| Sugar         | 60d lb.  | Molnasya           |
| Tea           | 35d oz.  | Homora, Pechosu    |
| Thyme         | 6d oz.   | Trierzon           |
| Tomatoes      | ½d lb.   |                    |
| Trout         | 2d lb.   |                    |
| Veal          | 3d lb.   |                    |
| Venison       | 3d lb.   |                    |
| Verjuice      | ¼d lb.   | (sour apple juice) |
| Wheat         | 1½d lb.  |                    |
| Wine          | ½d oz.   |                    |

## BIBLIOGRAPHY

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