

**F i r s t
R e m o v e**

Conys in hogepoche

~ *A rabbit stew with savory root vegetables in an ale broth* ~

Sluberkens

~ *Pasties stuffed with currants, sugar, cinnamon and marrow* ~

Eieren die men vult



~ *Boiled eggs stuffed with yolk, sage, parsley, and apples; then fried* ~

Cappoenen met sausen

~ *Roast chicken in a sauce of ginger and cinnamon* ~

Kitchengarden en vogue

~ *A salad of mixed fresh greens with an herbed dressing* ~



**S e c o n d
R e m o v e**

**Vlees pastey te maecken van iiiij
ponden**

~ *Wild boar roasted with raisins, prunes, cloves, chestnuts and spices then baked in a pie* ~

Asperge

~ *Grilled asparagus with fresh parsley and butter* ~

Mattentaart


~ *A savory pastry filled with fresh cheese and almond* ~

Ipocras

~ *Sweet white grape juice steeped with ginger, cloves and cinnamon and served warm* ~

Eyerwafelen

~ *A light wafer flavored with cardamom and served with fresh cream* ~

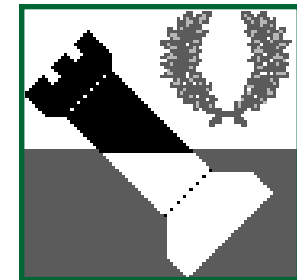


Mudthaw

A.S.

XLVIII

**Barony of Settmour
Swamp**



A Feast in the Flemish/ Dutch Style

At the request of her most esteemed excellency, Baroness Jeheannine of Settmour Swamp, I have prepared for your delight a feast in the Flemish style. My research took me on many rewarding journeys through cookbooks new and old. Finally settling on the text from the *Convolute Gent KANTL*, a Dutch manuscript from the late 15th century or early 16th century to base this fine repast from.

The Gent KANTL and translation is available online at the Conquinaria web site:



The Recipes

Though the Gent KANTL has been mostly translated from the original Dutch to English by the scholar and publisher of the web site, Christianne Muusers, only a few of the recipes have been redacted and published in modern form. The recipes for the sluberkens and the eyerwafelen were redacted by Ms. Muusers. The redactions for the rest of the menu were made through my own work and testing in my kitchen with the exception of the mattentaart recipe for which I used a combination of translated text and a modern recipe.

Wherever possible I have started with the basic ingredients cooking the recipes from scratch to appreciate the full taste and flavor as it would have been in the fifteenth century. The stock for the Conys in hogepoch was made from fresh vegetables and the rabbits used in the stew. The pastry for the mattentarts was made from scratch using a combination of period sources and the cheese for the filling was also made starting with fresh milk.

Ingredients

A full list of all ingredients used in creating this feast can be found outside the kitchen. If you are interested in any recipes please feel free to contact me. I will gladly provide recipes for any dishes I personally redacted and direct you to the sources for recipes that were obtained from other sources.



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