

Sugar Paste and Marzipan

Instructor: Diana de Winchester

Hands on format: marzipan and/or sugar paste-to-plate takes two to three hours, adults only, four students max. Small fee for marzipan.

Sugar Plate Show and Tell/Q&A

Instructor: Diana de Winchester

Ongoing Show and tell/Demonstration/Q&A format: includes review and repair of a "collection" of PPF3 sugar items in unknown condition from storage(probably includes a three-tiered pavilion). Will discuss hazards of storage, uses of armatures and the "building" of larger sugar paste products by piecing together dry items. This collection likely requires repair which is an interesting adjunct to the morning hands-on class. One hour, no fee, no student limit. Drop-in okay.

Saluminati Round Table

"Members of the Saluminati"

A round-table question and answer for all of your cured meat curiosities.

Class Length: 1 hour

Pastry Sweet and Savory

Instructor: Gwendlyn the Silent

Are hand made pie crusts your downfall? In this hands on class in making perfect pastry, students will work with a partner to create a delicate short crust for tarts, with a sweet custard filling, and a hot water crust for standing coffyns with a savory filling. Material fee: \$5. Bring pins, boards, and other pastry tools if you have them, a limited number will be available to share. Limit 8 students.

Norse Flatbread

Instructor: Edward Le Kervere

Learn how to make Norse flatbread over the fire.

Fire Cooking Play Area

Supervised by Edward Le Kervere

We will have a fire pit set up for fire cooking play. Some pots and recipes will be provided.

Eat Your Vegetables!

Exploring Vegetable Recipes from Platina's De Honesta Volupatate

Instructor: Maestro Eduardo Francesco Maria Lucrezia, aka David S. Walddon

Although there are some vegetable dishes in the recipe corpus of the Renaissance the number included in the cookery manuscripts are few and far between. In EAT YOUR VEGETABLES we will explore the vegetable recipes from 15th century Italy found in the first five books of De Honesta Volupatate et Valetudine.

In the first half of the class we will spend some time and take an in-depth look at the 62 vegetable recipes identified in De Honesta through the work of the instructor from his yet to be published paper Carrots, and Lettuce, and Beets, Oh my! – An exploration of the vegetable recipes in the first five books of *De Honesta Voluptate*.

The second half of the class will focus on the redaction and cooking of several of the vegetable recipes from De Honesta. Through this class the hope is that these forgotten vegetable recipes will be made more accessible to the modern cook and historic recreational recreationist.

Students should come prepared to cook!

Depending on the class size and availability of product some of the recipes we will redact and eat might include:

1. A Simple Salad
2. Tessellated Cucumbers
3. Onions in Saba
4. Parsnips and Lettuce
5. Beets with Garlic
6. Deep Fried Carrots
7. Chickpeas with Fennel

Class size limit: 7

Time: 2 hours (plus lunch time)

Cost: \$10 includes food and handout consisting of the paper and some redactions

Site needs: Kitchen with pots, pans, stove, etc. as well as a lecture space.

Preparing and Smoking Game

Instructor: Miach of the Shire

Practical Hog Butchery

Instructor: Master Francisco Hinojosa

Lecture and demonstration highlighting the differences between modern commercial butchery and medieval practical butchery. Special attention paid to charcuterie cuts.

Practical Chicken Butchery

Instructor: Master Francisco Hinojosa

Lecture and demonstration on various ways to break down whole chickens. Highlights include tunne-boning and whole bird deboning.

The Cheater's Banquette

Instructor: Mistress Crystal of Westermark

Creating a plausible Tudor dessert course with store-bought sweets and easily prepared dishes.

No limit (handouts for first 12 students), no cost.

If I can have a room where I can use a projector and screen for the power-point presentation, that would be nice.

Feast Research and Planning for Beginners

Instructor: Mistress Clare Elena de Montfort, OP, OWGS

Principality of Oertha

What elements should you consider when planning a feast? This class is for those considering their first foray into feast planning and will help answer that question. Topics covered will include venue selection, menu plan, recipe selection and testing, developing a cooking plan and schedule and the too often overlooked, de-brief (what worked, what didn't, what would you do differently next time). Various resources will be shared and the plan for a recently cooked 14th century feast will be shared.

Cheese Roundtable

All welcome

Period Food Fermenting and Preservation

Instructor: Magistra Claudia Prima, OL
Lyndemere, CAID

How to drink all day without falling over: A survey of Hypocras

Instructor: Heidi Woordhuis

Wednesday 6:21

Perfect for long days at War, sudden dinner guests or simply lounging with the neighbors at events. Come practice drinking wine all day without falling over! Bring your mug (There will be Drinking!!), an attitude of experimentation and \$3 to cover expenses. We'll take a look at Hypocras throughout the ages, then make our own spice mixes and Hypocras to test. And test. Then test some more. It's important to be thorough.

Good Bolognese sausage

Instructor: Master Wulfric of Cruigull

Period Non-Alcoholic and low-alcoholic Beverages

Instructor: Mistress Crystal of Westermark

An overview of non-alcoholic and low-alcoholic beverages from Europe and middle east. There will be some samples and a hand-out of sources with recipes. Bring a small cup for personal use.

No limit (handouts for first 12 students), no cost.

If I can have a room with a table where I can use a propane stove, that would be nice.

Linen Lid workshop

Instructor: Aleit Pietersdochter

FOOD FROM WORDS

Towards a universal framework for redaction of historic recipes

Instructor: Maestro Eduardo Francesco Maria Lucrezia, aka David S. Walddon

Class Description

At the core of recreating recipes from any time period is the redaction process. What goes into it? How do you do it? What is your approach and system? In this class we will discuss and work together to build a framework that includes all the details and procedures that must be included in a complete redaction of a period recipe.

Students should come prepared to discuss specific manuscripts and recipes. An understanding of qualitative and quantitative research methodologies is helpful, but not entirely necessary.

Class size limit: 10

Time: 2 hours

Cost: \$0

Site needs: A lecture space, a white board and chart paper, white board markers, sharpies, pens and paper.

The Construction of the Basic Meat Pie

Instructor: Mistress Clare Elena de Montfort, OP, OWGS

Principality of Oertha

Meat pies of many varieties are a common entry in medieval cookbooks. But how do you tackle some of those more uncommon pie ingredients while considering our more modern palettes? Come review this cook's recent experience with creating a meat pie from the Royal Tarts recipe from Two Fifteenth Century Cookery Books. The recipe and redaction will be shared for your own experiments

Pottery for your Persona

Instructor: Reannag Teine

Intermediate Cheesemaking: Pressed and or Aged Cheeses

Instructor: Sciath Ingean Airt

A brief review of the history of cheese as a means of preserving milk. We will discuss good safety considerations and the microbiology of fermentation, review of the equipment needed to make cheese, from the simple to the elaborate and explore problem areas that can thwart your efforts.

With decent fortune and the benevolence of the Gods, a pressed, aged Farmstead cheese will be presented and participants will be given samples in order to assess its character, and we can explore why it is what it is.

The Garden of Delights: Arab Contributions to Spanish Cuisine"

Instructor:

Middle Eastern Cooking, with a special focus on the integration of Middle Eastern ingredients into Europe via Spain. Demonstration for making Laban (yogurt cheese) & samples of various foods (recipes will be included) for the class participants. Limit of 15, & class fee of \$5.

Wild Yeast

Instructor: Mistress Geraldine of Toad Hall, Baroness Bufo

Culinary Vocabulary - In the class list on the Symposium's website this class is listed as "Basic Cooking Terms." That makes it sound like a lecture class. NOT! This is a hands on class on basic cooking techniques that in my experience in teaching at SCA events in recent years, I have found that many people aren't familiar with.

Wild Yeast (sourdough) Decoded

Instructor: Mistress Geraldine of Toad Hall, Baroness Bufo

The starter I use to bake most breads came to California with my great grandmother just after the gold rush. Although this will not make the

infamous San Francisco Sourdough, the starter makes excellent, breads, both fine white manchet and whole grains peasant peasons. It makes traditional Challah, bagels, pretzels, pancakes and waffles. It makes buns and rolls, sweet breads and biscuits. In my class we will discuss the care and feeding of a healthy starter, we will make fine white manchet, peason, rye, Challah, bagels and pretzels. One couldn't become a master in the bakers guild until one could make a perfect pretzel. We will also churn butter in class AND each student that brings a 2-cup container may take home a portion of the starter.

Cost - \$5 - if you would like to take home some starter please bring a 2-cup container

A Closet for Ladies and Gentlewomen.

Instructor: THL Johnnae Ilyn Lewis, CE

Midrealm

The 1608 **A Closet for Ladies and Gentlewomen** was first edited and annotated in 2011 by our speaker. Often credited to Sir Hugh Plat, the work offers a marvelous collection of recipes for confections and Banqueting items. It certainly deserves wider mention. See it here at:

<http://www.medievalcooking.com/notes/1608closet.pdf>

Nutrition analysis of medieval dishes

Instructor: THL Guillane de Vaux

Kingdom of the Middle

I also discuss the findings on Richard III's remains.

Period Aprons

Instructor: Mistress Etain du Pommier

Intro to Near and Middle Eastern Cuisine

Instructor: Urtatim al-Qurtubiyya bint 'abd al-Karim al-hakam al-Fassi

Hands on Near and Middle Eastern Cuisine

Instructor: Urtatim al-Qurtubiyya bint 'abd al-Karim al-hakam al-Fassi

Cheese 101

Instructor: Volker von dem Walde

How period is shortbread anyway?

Instructor: Reannag Teine

Numbles

Instructor: Cordelia Toser

Outdoor cooking class over a firepit. Will prepare 3 different recipes for numbles as they evolved through time

Sauces for Slackers - How to make 3 medieval sauces from ingredients you buy on the way to an event.

Instructor: Mistress Gianetta del Bene

Description:

We'll make the short cut versions of 3 sauces - basil sauce, garlic sauce, mustard sauce. These uncooked sauces go great with a rotisserie chicken and a loaf of bread for an easy lunch.