

A German Feast from Rumpolt and Welserin
Red Dragon, Sept 22, 2007
Head Cook Ranvaig the Weaver

Erst Gang (First course)

Bread, Butter, Plum confect

Salat (marinated veggies): radish, cukes, red cabbage, cauliflower, beets
Rinderbraten (beef in vinegar, served cold), Horseradish sauce

Andere Gang (Second course)

Knödel (meatballs)

Roast chicken

Sweet Mustard Sauce, Spicy Mustard Sauce

Rice in almond milk

Roast carrots and parsnips

Hungarian torte (apples in flaky pastry)

Lemonade

Dritte Gang (Third course)

Pork cooked in wine

Cherry sauce

Boiled chard and cheese dumplings

Mushrooms

Cider

Vierte Gang (Last course)

Apples and other fruit, Nuts

Candied lemon peel, Wafers

False Hypocris (spiced grape juice)

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Erst Gang (First course)

Semmel rolls

I couldnt find a period German bread recipe, only for fried buns

1 T dry yeast, 1 c water, 1 c white flour,
5 c. white flour, 2 c milk, ¼ c sugar, 1 tsp salt.
1 egg, 1 T water

Mix water and yeast, stir in flour, let proof for 6 hours or more.

Stir in milk, salt, and sugar. Add the rest of the flour as needed to make a good
dough. Knead well. Let rise for 1 hour.

Knead again and shape the loaves, let rise again for 1 hour.

Heat the oven and put a pan in the bottom.

Mix the egg and water and brush the loaves. Put the loaves in the oven and add
water to the other pan to make steam.

Bake in 425° oven for about 20 for small loaves.

Welserin 85. Wiltú gúte grosse kiechlen bachten wie die semlen/ So nim ain
milch, lasß sieden, thu 2 brecklen schmaltz darein/ vnnd saltz aúch darein/ vnnd
ain trepfflin wasser aúch darein, rier mell darein, ain leffel oder .2., darnach dú
vill machen wilt, mach den taig fein drücken jn der pñanen/ thú jn jn ain beekin,
schlag air darein, bis dú mainst, das er recht seý, nim darnach ain fein eissin
leffellin vnnd thú es darmit jn die pñanen, lasß langsam bachten, so send sý
brait/ leg die air jn ain warm wasser.

If you would bake good large buns like Semmel - Then take milk, bring it to a boil,
put two small crumbs of fat into it, also put salt and a small drop of water into it,
Stir in flour, one or two spoons, according to how much you will make, make the
dough in the pan very dry, put it in a bowl, beat eggs into it, until you think that it
is right, take afterwards a small iron spoon and with it put the buns into the pan,
let it fry slowly, then they are ready. Lay the eggs in warm water.

Ruckenbrot - Rye Bread (Bauernbrot)

1 1/2 ounces compressed fresh yeast, 1 qt warm water, 2 T white sugar, 4 c
all-purpose flour,
8 c white rye flour, 4 c all-purpose flour, 2 T salt, 1 tsp white sugar, 2 c warm
water

First, make the sourdough starter. Crumble the yeast into a large bowl. Whisk in
1 quart of warm water and 2 tablespoons of sugar until dissolved. The water
should be just slightly warmer than body temperature. Gradually whisk in 4 cups
of flour, continuing to mix until all lumps are gone. Cover with a dish towel, and
let sit for 24 hours at room temperature.

After 24 hours, stir well, cover, and let stand another 24 hours. It will be a thin,
light-colored sourdough which is then ready to use.

In a large bowl, stir together the rye flour, 4 cups of all-purpose flour, salt and
sugar. Mix in the sourdough starter using a wooden spoon, then stir in 2 cups of
warm water. I transfer the dough to a heavy duty stand mixer to mix the first
couple of minutes, then it can't handle the heavy dough and I start using my
hands by turning the dough out onto a floured surface. A clean countertop works
best. Knead the dough, adding a few tablespoons of water at a time if it is too
stiff. Fold the dough over, pull it apart, whatever you can do to get it kneaded up
good. Total kneading time should be 15 to 20 minutes to get a smooth dough.
Place the dough in a large bowl, cover, and let rise until doubled, 1 to 2 hours.
When the dough has risen, scrape it out of the bowl and back onto a floured
surface. Knead for about 5 minutes. This is important to activate the gluten.
Shape into 1 or 2 long loaves. Place on baking sheets, and let rise for about 1
hour, or until your finger leaves an impression when you poke the bread gently.
Preheat the oven to 425 degrees F (190 degrees C). Bake the bread for about 45
minutes for 2 loaves, 1 1/2 hours if you made one big loaf. Don't worry if the
crust is dark. The bread will be delicious and so will the crust. Cool completely
before cutting.

Plate of marinated veggies and salad – each vegetable seasoned a little
differently and arranged on a plate. Save a whole cabbage leaf to plate the
beets, so they don't turn everything red. (Translation Gwen Cat)

Merken Salat - Cucumber salad

24 cucumbers, 1 T salt, 1 c olive oil, 1/2 tsp pepper, 1/2 tsp fennel, 1/2 tsp caraway.

Peel and slice the cucumbers, toss with salt and let drain in a colander for a few hours, mix with oil and spices.

Rumpolt Salat 20. Schel die Murcken/ und schneidt sie breit und dünn/ mach sie an mit Öl/ Pfeffer und Salz. Seind sie aber eingeSalzen/ so seind sie auch nit böß/ seind besser als roh/ denn man kans einsalzen mit Fenchel und mit Kümel/ daß man sie uber ein Jar kan behalten. Und am Rheinstrom nennet man es Cucummern.

Peel the Cucumbers/ and cut them wide and thin/ mix them with oil/ pepper and salt. If they are salted/ then they are also not bad/ they are better than raw/ for one can salt them with fennel and with caraway/ that one can keep over a year. And on the Rhine river one calls it Cucummern.

Rot Ruben Salat – Marinated Beets

24 large whole beets, 1 c olive oil, 1 c vinegar, 1/8 c sugar, 1 T salt, 1 1/2 tsp pepper

Roast or simmer whole beets until done. Let cool. Peel and slice thinly into moons. Season with vinegar, oil and salt. Refridgerate for 3-5 days and drain well before serving.

Rumpolt Salad 29. Rot Ruben Salat/ wenn sie gesotten sein/ so schneidt sie klein/ lang oder Wirfflicht/ machs mit Öl/ Essig und Salz/ ab/ magsts süß oder saur machen.

Red Beet salad/ when it is boiled/ then cut them small/ long or cubed/ mixed with oil/ vinegar and salt/ like to make them sweet or sour.

Rot Kraut Salat - Red Cabbage salad

6 heads of red cabbage, 3 c. red wine vinegar, 1 c. olive oil, 1 T salt
Save some whole leaves for plating. Shred the cabbage and blanch in boiling water until just tender and refresh in ice water. Dress in vinegar, oil, and salt

Rumpolt Salad 33. Nimm ein rot Häuptkraut/ schneidts fein klein/ und quells ein wenig in warmen Wasser/ küls darnach geschwindt auß/ machs mit Essig und Öl ab/ und wenn es ein weil im Essig ligt/ so wirt es schön rot.

Take a red cabbage/ cut it very small/ poach a little in warm water/ cool it rapidly/ mix with vinegar and oil/ and when it lays awhile in vinegar/ then it will be beautiful red.

Rettich Salat - Radish salad

6 roots of daikon, 1 c olive oil, 1 c. red wine vinegar, 1/4 c sugar/ 1 T salt
Peel daikon and slice thinly. Blanch in boiling water and refresh in ice water. Dress with oil, vinegar, sugar, and salt.

Rumpolt Salad 44. Nimm Rettich/ und schneidt jn klein/ breit und dünn/ quell jhn in Wasser/ und kül jn auß/ machs an mit Öl/ Essig und Salz. Du magsts mit

Zucker besträuwen oder lassen.

Take radish and cut it small/ wide and thin/ poach it in water and cool it/ mix with oil/ vinegar and salt. You can sprinkle it with sugar or let it be.

Kollis Fioris salat - Marinated Cauliflower with saffron

6 whole cauliflower, 2 T saffron, 1 c warm water, 1 c sugar, 2 c. wine vinegar, 1 T cumin, 1 T salt

Soak the saffron in the water. Mix with the cauliflower and steam until just tender. Stir once in a while. Mix sugar, vinegar, cumin, and salt and dress the cauliflower with it.

Rumpolt Salad 47. Kollis Fioris ist ein Spanischer Salat/ kan man auf allerlei manier zurichten.

Cauliflower is a spanish salad/ one can prepare in various manners.

Rinderbraten (Beef with Vinegar)

20 lb boneless beef, 2 c wine vinegar, 2 c water, 2 T whole dry ginger, 1 T pepper, 1 head garlic

Marinate the beef overnight in wine and vinegar. Take out the meat and roast it. Let the marinade reset then pour off the top, and simmer the thick stuff on the bottom with the spices and butter. Use this to baste the meat and pour over the meat as a sauce when serving it. Note: I didn't include butter because we are serving this cold.

Welserin 47. Rinderbraten. Take a beef roast/ and marinate it overnight / put half water and half vinegar/ also crushed garlic/ in the broth (brine)/ and a little salt/ let the roast lie therein over night/ the next morning early take it from the brine/ and salt it/ stick it on (a rotisserie?)/ and let it roast. Take the brine/ in which the roast was marinated/ pour it off/ so the thick (particles) remain on the bottom (of the marinating bowl)/ put it into a small Fishpot/ with a little crushed pepper/ and fresh unmelted butter/ and let it simmer/ set a tinned fryingpan under the roast and pour this over the roast/ so it is a good meal for Hungarian and Polish gentlemen. (Translation Valoise Armstrong).

Rumpolt Beef 44. Gute Rinderbraten eingebeißt mit Wacholderbeer/ Kümmel/ und gestossen Knoblauch/ mit Wasser und Essig die Zwibel angemacht/ und ein wenig Salz darein gethan/ laß uber Nacht darinnen ligen/ und wenn du jn schier wirst anstecken/ so Salz jn baß. Laß die Beißbrühe/ da das Fleisch innen gelegen/ ein halbe stundt stehen/ daß sie sich setzt/ und das lautere thu herab/ das dicke aber thu in ein Fischkessel. Nimm darnach ein wenig Pfeffer und Ingwer
darein/ auch ungesalzene Butter/ die unzerlassen ist/ und laß darmit sieden/ begeuß den Braten darmit/ und wenn du es anrichtest/ so geuß die Brühe oben darüber/ gibs warm/ so ist es köstlich und wohl geschmack.

Good Beef Roast marinated with juniper, caraway and pounded garlic/ with water and vinegar the onions prepared/ and a little salt in it/ let lay overnight in it/ and when you almost will attach it/ then salt it baß. Leave the marinade/ that the meat laid in/ lay half an hour/ that it settles/ and pour the clear part out/ the thick part put in a fish kettle. Take to it a little pepper and ginger in it/ also unsalted

butter/ that is unmelted/ and let them simmer together/ baste the roast with it/ and when you server it/ then pour the broth over it/ give warm/ like this it is delicious and well tasting.

Sweet Pear mustard

1 lb pears, 1 c sweet grape juice, 2 T brown mustard seeds
Soak the mustard overnight in a little water or juice. Simmer pears and juice until thick. Cool and process with the mustard. Age at least 3 days before serving.

Spicy mustard

1/2 c black mustard seed, 1 1/2 c sweet wine, 1 tsp coriander, 1/2 tsp anise
Soak the mustard over night. Process until smooth. Age at least 3 days before serving.

Rumpolt Zugehörung 10. Seudt Birne in süssem Most / thu sie auß auf ein saubers Bret / und laß kalt werden / laß den Most weiter sideden / biß er dick wirt / laß jn darnach kalt werden / streichs mit braunem Senf durch / thu alsdenn die gesottene Birne darein / so wirt es gut und wohl geschmack. Wiltu aber ein guten Senf haben / so stoß Aniß und Coriander durcheinander / streichs durch mit braunem Senfmehl / und süssen gesottenem Wein / so wirt es gut und wohl geschmack.

10. Seethe pears in sweet grape juice/ take them out on a clean board/ and let cool/ let the juice boil/ until it is thick/ let it also get cold/ press through with brown mustard/ and through the boiled pears in it/ like this it is good and well tasting/ if you wish instead to have a good mustard/ then crush anise and coriander together/ strain through with brown mustard powder/ and sweet boiled wine/ like this it is good and well tasting.

12. Braun Senf mit lauterm Essig angemacht / ist auch gut.

Brown mustard with clear Vinegar put on/is also good.

Horseradish sauce

This one doesn't follow the Rumpolt recipe.
1 whole horseradish roots, peeled and roughly chopped
2 c butter milk
Put in the blender with a small amount of water and process until very fine. Be careful when you open the blender.

Rumpolt Beef 17. Ein Zungen kocht mit Krehn oder Merrettich. Schab den Merrettich rein/ und schneidt jn fein sauber/ thu ein wenig Mandeln darzu/ und reibs in einem Reibschalen miteinander. Thu es in einen Hafen oder uberzinten Fischkessel/ und laß den Merrettich mit einer guten Hennen oder Rindfleischbrüher auf sieden/ so wirt es weiß/ und thu Rindfleisch darein/ so wirt es wohl geschmack darvon. Und wenn die Zungen gesotten ist und auß geseubert/ so schneidt sie von einander/ und thu sie in die Rindfleischbrüher/ so bleibt es warm. Und wenn du es wilt anrichten/ so richt den Merrettich am ersten an/ leg die Zungen darein/ und begeuß mit einem Rindfleisch/ und versalz es nicht/ so ist es zierlich/ gut und wohl geschmack.

Tongues cooked with horseradish. Scrape the horseradish clean/ and cut it very neatly/ do a few almonds to to it/ and grate in shredder with one another. Do it

into a pot? or tinned fish boiler/ and let the horseradish come to a boil with a good hen or beef stock/ like this it becomes white/ and do beef fat into it/ so it tastes well of it. And when the tongue is cooked/ then cut them apart/ and do it into the beef stock/ so it stays warm. And when you will serve it/ then arrange the horseradish first/ put the tongues on into it and baste with beef fat/and don't over salt it/ like this it is delicate/ good and well tasting. (German has two different words for horseradish: Meerrettich is preferred in the North, while Southern Germans and Austrians usually call the spice Kren).

Andere Gang (Second course)

Roast chicken

Reis gekocht in Mandelmilch - Rice in Almond Milk

12 lb almonds, 12 lb rice, salt

Pour boiling water over the almonds, soak for 1 minute and drain, rinse in cold water and drain again, slip the skins from the almonds. Soak the blanched almonds in the fridge overnight in water to cover. Process in the blender with the soaking water. Pour into a jelly bag and let drain. Put the almonds back in the blender with a little more water and get a second milk. Save the almond pulp for another use.

Mix rice, almond milk, and salt, and cook until done. Adjust seasoning

Rumpolt Zugemus 173. Reis gekocht in Mandelmilch ist gut vnd wolgeschmack.

Rice cooked in almond milk/ is good and well tasting.

Weisse und Gelb Ruben - Roasted Carrots and Parsnips

20 lb carrots, 10 lb parsnips, 1 lb butter
Peel the roots and cut into even sized pieces or cubes. Roast in hot butter in a covered pan. Remove the cover for the last few minutes and season to taste.

Rumpolt Zugemus 182. Nim(b) weisse Ruben/ schneidt sie Wirfflicht/ vnd rößt sie auß heisser Butter/ gueß ein Rindfleischbrüh/ die lindt gesaltzen ist/ daruber/ setz auff/ vnnd laß eynsieden/ daß ein kurtze Brüh gewindt/

White root [turnip? parsnip?]/ cut them in cubes/ and roast them in hot butter/ pour beef broth / that is lightly salted/ also there over/ put it on [to cook] and let simmer/ that a short broth [till a little juice] comes out. You may do it without meat/ so it is in all ways good. Or you may let it [the meat?] simmer with the roots/ so it browns nicely/ good and well tasting. (Tr. Gwen Cat)

Rumpolt Zugemus 183. You can also prepare and roast the yellow roots (carrot)/ be they cut small or large/ also with a beef broth/ take meat there under or not.

(Translation Gwen Cat)

Ungerische Turten - Hungarian Apple Torte

1/2 lb flour, water
1/2 lb flour, 1/4 lb butter, 1 egg, water, salt
3-4 apples, sugar

Make 1/2 lb of flour into a stiff paste with water. Reserve. Work 1/4 lb butter into 1/2 lb flour, add a pinch of salt and work it into a soft dough with egg and water. Roll out and use to line a buttered and floured pie dish. Peel, core and chop apples and sugar to taste (cinnamon and cloves also harmonise). Spread this on the pie crust. Divide the water paste into 20 pieces and roll or pull them apart as thin as possible. Brush with melted butter and stack. (it is also possible to make conventional puff pastry by rolling out the paste, placing bits of butter on it, folding it over, rolling it out again and repeating the process as often as needed) Place on top of pie dish, covering the content completely, and trim edges neatly. Bake at 175°C till slightly browned, sprinkle with sugar and serve.

Rumpolt 25. Nim Epffel / die klein gehackt seyn / wie man sie zu einer Turten zurichtet / mach ein an Teig von schoen weissem Mehl / mit warmem Wasser / unnd mach in nicht gar zu dick. Auff den Boden mach ein Blat von Eyern unnd Butter / so wirt der Teig desto muerb / thu die Epffelluella darauf / nim den Teig den du von Wasser gemacht hast / zeuch in mit der Handt fein duenn auß / wie ein Schleyer / und mach solcher Bletter zwentzig oder dreyssig auffeinander / unnd bestreich ein jegliches Blat / ehe du es auffeinanderlegst / mit frischer Butter / und wenn du sie hast auffeinander gelegt / so beschneits fein rundt / und scheubs in Ofen / und schaw verbrenn es nit / so baeckt sichs geschwindt / und lauffen die Bletter fein auff. / Ists aber an eim Fleischtage / so bestreich sie mit Speck / der fein zerlassen ist / un gibts warm auff ein Tisch / bestraew es mit Zucker / so ists schowen un zierlich. Un also macht man die Ungerische Turten.

Take apples chopped finely, as you prepare them for tarts and make a dough with fine white flour and warm water, not too thick. Place a layer of dough made with butter and eggs on the bottom so it is nicely crumbly. Spread the apple filling on that. Now take the dough you made with water and pull it apart with your hands, as thin as a veil. Make twenty or thirty of these leaves, all stacked on top of each other, and before you stack each one, spread it with fresh butter. Once they are stacked, trim the edges into a circle shape and place it in the oven. Watch out so it does not burn. It bakes quickly and the leaves rise nicely. If it is a meat day, use melted lard instead of butter. Serve it warm, sprinkled with sugar, so it is good and pretty. Thus Hungarian tarts are made. (Translation and redaction by Giano)

Dritte Gang (Third course)

Weichsel Salsen - Cherry Sauce

1 lb frozen sour cherries, 1/2 c sugar, 1/2 c sweet wine, 1 stick cinnamon, 1 tsp coarse sugar
Run the cherries through a food processor, simmer gently with the sugar, wine, and cinnamon. Garnish serving dishes with coarse sugar.

Rumpolt Zugehörung 1. Weichsel Salsen / wenn sie dick gesotten / so zerleßt man sie mit Wein und Zucker / besträwt es mit Driet / so ist es gut und wohl geschmack.

1. Sour cherry sauce/ when it is cooked thick/ then one dissolves with wine and sugar/ sprinkle with coarse sugar/ like this is is good and well tasting.

24. Nimm schwarze Weichsel / die frisch abgebrochen sein / thue die Stengel davon hinweg/ stoß mit dem Korn / streich sie durch ein Härin Tuch / mach sie ab mit Zimt und Zucker/ gibts kalt zum Braten.

24. Take black sour cherries/ that are freshly broken off/ take the stem away from it/ crush with the stone/ strain it though a hair cloth cloth/ make it up with cinnamon and sugar/ give cold with the roast.

Cormarye - Pork in Wine

This is a French recipe.

40 lb boneless pork loin, 1 g rhine wine, 2 heads garlic, 2 T kosher salt, 2 T coriander, 2 T caraway, 1 T black pepper, 1 T cubeb

Marinate the port overnight in wine. Pound the spices in a mortar until broken a little. Pound the garlic in a mortar until mashed, work in the salt and spices until it forms a coarse paste. Cut slits in the meat and rub in the spice mix. Put in a cooking pot no bigger than it needs to be. Add just enough wine to nearly cover. Simmer slowly for 3 hours until done. Pour the broth into another pan and cook down until reduced. Slice the meat and pour the sauce over it.

Schwammen - Mushrooms

25 lbs mushrooms, 2 sticks butter, salt and pepper, parsley

Wash the mushrooms, drain, cut in half or quarters. Roast with butter. Just before serving season with salt and pepper and mix in minced herbs.

Rumpolt 188. Nim{b} Redling Schwammen/ schel vnnd wasch sie auss/ salt vnnd pfeffer sie/ leg sie auff ein Rosst/ vnnd brats/ begeuss mit Butter/ vnnd gibts warm auff ein Tisch/ besträew es mit Pfeffer vnd Saltz/ so ist es auch gut vnd wolgeschmack. Du magsts auch wol fricusiern in Butter/ mit grüne{n} Kräeutern/ Pfeffer vnd Saltz/ so ist es auch gut.

Take Redling Mushrooms/ peel and wash them off/ salt and pepper them/ lay them on a Grill/ and roast (fry)/ baste with Butter/ and give warm on a plate/ strew them with pepper and salt/ thus it is also good and well-tasting. You make also fricassee well in Butter/ with green Herbs/ Pepper and Salt/ thus is it also good. (Translation by Urtatim).

Mangold krapfen - Chard dumplings

Note: Krapfen are little filled pies or fritters, like ravioli or pierogi.

1 bunch chard, a little over a cup, 4 oz parmesan, 2 T raisins, 2 eggs
1 tsp fresh sage, 1/2 tsp fresh rosemary, 1/2 tsp fresh marjoram
3/4 tsp ground cinnamon, 3/8 tsp ground black pepper, 1/8 tsp ground cloves
flour, eggs
Plump the raisins in a little hot water and drain. Grate the cheese. Wash the chard, blanch in boiling water, and refresh in ice water. Chop the chard, herbs, and cheese in a food processor to a fine texture. Add the eggs, spices, and

raisins, mix well.

Make a dough of flour and eggs, knead well, roll out as thin as possible and wrap the filling in it. Seal the edges and cook in boiling water.

Welserin 119 Wiltú gesotten krepfflen machen/ So nim ain mangoldt, als vill dú wilt, ain wenig ain salúa, ain maseron, ain rosmarin, hacks vnnderainander, thú ain geriben kesß aúch darein, schlag air darein, bis dú mainst, das es recht seý/ rerlach, negellach, pfeffer, weinber nim aúch darein vnnd machs jn den taig zú krapffen, lasß sieden, wie man herte air seudt, so send sý gemacht.

If you would make boiled krapfen/ Then take chard, as much as you like, some sage, marjoram and rosemary, chop it together, also put grated cheese into it and beat eggs therein until you think that it is right. Take also cinnamon, cloves, pepper and raisins in it and and close in the dough into ravioli. Let the dumplings cook, as one cooks a hard-boiled egg, like this they are made. (Translation Valoise Armstrong, corrected by Ranvaig).

31 Rabiolin zú machen - Nempt ain spinet vnnd briet jn, als welt jr ain gren kraút machen, vnnd hackens klain, nempt vngefarlich ain hendlin voll/ wen es gehackt jst/ kesß oder ain bret von ainer hennen oder kaponer, es seý gesotten oder gebratten/ so nempt des kesß 2 mall soúil als des kraúts vnnd des brets aúch als vill/ vnnd schlagt 2 oder 3 air darein vnnd macht ain fein taiglin/ thiet saltz vnd pfeffer darein/ vnnd macht ain taig mit ainem schenen mel, als welt jr ain torta machen, vnnd wen jr den platz gemacht hand, so thiet ain betzlin am ortt des blatz vnnd fúrmen es zú ainem krapffen/ vnnd trúckens an erttern woll zú/ vnnd legent es jn ain fleschbrie/ vnnd land es sieden vngeferlich wie ain lind bar air, das bret soll klaingehackt sein vnnd der kes klaingeriben.

To make ravioli - Take spinach and blanch it as if you were making cooked spinach, and chop it small. Take approximately one handful, when it is chopped, cheese or meat from a chicken or capon that was boiled or roasted. Then take twice as much cheese as herb, or of chicken an equal amount, and beat two or three eggs into it and make a good dough, put salt and pepper into it and make a dough with good flour, as if you would make a tart, and when you have made little flat cakes of dough then put a small ball of filling on the edge of the flat cake and form it into a dumpling. And press it together well along the edges and place it in broth and let it cook about as long as for a soft-boiled egg. The meat should be finely chopped and the cheese finely grated.

Welserin 70. ...That is made like so: take two eggs and beat them. Afterwards stir flour therein until it becomes a thick dough. Pour it on the table and work it well, until it is ready....

Rumpolt Vom Kalb 14. ...nimh Mehl/ und thu darunter drei oder vier Eier/ und ein wenig Salz/ und mach ein Teig darauß/ und mach jhn fest/ daß du jn kanst mit einem Walger außtreiben/ schlag die Füll darein/ und mach Krapfen darauß/ nicht groß/ sondern klein/ und wann du es gemacht hast/ so schneidt es mit einem Rädtlein ab/ Nimm in einem saubern uberzinten Fischkessel ein gute Rindfleischbrühe/ oder ein Hennenbrühe / die nicht versalzen ist/ wann sie sehr gesalzen ist/ so nimm Wasser darunter/ setz es auf Kolen mit dem Kessel/ und wenn die Brühe seudt/ so wirf ein Krapfen nach dem andern hinein/ und schaw/ daß du sie nit zerwirffst/ laß sie gar gemacht sieden/ daß sie nicht voneinander fahren/...

Take flour/ and put into it three or four eggs/ and a little salt/ and make a dough

from it/ and make it firm/ that you can drive (roll) it out with a roller/ wrap the filling in it/ and make krapfen from it/ not big but small/ and when you have made them/ then cut them up with a roller take in a clean tinned fish kettle a good beef broth/ or a chicken broth/ that is not oversalted/ When it is oversalted/ then add water/ set on the coals with the kettle/ and when the broth boils/ then throw the krapfen in one after another/ and see that you dont break them/ let them simmer gently/ that they do not fall apart.

Rumpolt Vom Kalb 24. ... und mach jhn nicht gar zu dick/ daß du es kanst gar dünn außtreiben/ wie ein schönes dünnes Papier/ je dünners ist/ ... and make it not too thick/ that you can roll it completely thin/ like a fair thin paper/ it is so thin...

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Vierte Gang (Last course)

Pflaumen Confect - Plum butter

Note: This could be a typo in the original book, it is called Plum preserves but uses cherries. Since I used cherries elsewhere in the feast, I'm using plums.

6 lb plums, 1 c water, 6 c. cane sugar, 2 tsp cinnamon, 1/2 tsp ground cloves. Wash the plums, cut in half and remove the stones. Cook until the fruit is soft, about an hour. Press through a food mill or sieve to puree and remove the skins. Or you can leave the skins on and puree in a food processor. Wild plums have a bitter skin that should be removed. Measure the puree and add an equal amount of sugar and the spices.

Cook in a crock pot on low for 8 hours, uncover and cook for another hour until very thick. When you put a spoonful on a plate, no water should separate out.

Rumpolt Confect 23. Ungarische Pflaumen Confect / es sei weiß oder braun. Nimm die sauren Weichesl / und thu die Stengel darvon / setz sie in einem Kessel auf dz Feuer oder Kolen / und laß auf sieden / denn sie geben von sich selbst Saft genug. Wenn sie kalt sein / so streich sie durch ein Härin Tuch / thu sie in ein uberzindten Fischkessel / und setz auf Kolen / laß sieden / und rürs umb / daß nicht anbrennet. Und wens halb eingesotten ist / so nimm gestossenen Zimt und Nelken darunter / machs wohl süß mit Zucker / und laß darmit sieden / biß wohl dick / setz hinweg / und laß kalt werden / so kanstu es aufheben / so helt sichs ein Jar oder zwei.

Hungarian Plum Preserves/ be it white or brown. Take the sour cherries/ and take the stems from it/ set them in a kettle over the fire or coals/ and let simmer/ until they give from themselves enough juice. When it is cold then strain it through a hair cloth/ put them in a tinned fishkettle/ and set on coals/ let simmer/ and stir up/ that it doesn't burn. And when it is half cooked/ then take a little ground cinnamon and cloves in it/ make well sweet with sugar/ and let simmer together/ until it well thickened/ take away/ and let cool/ so you can lift it/ and keep it in a jar or two.

Lemon confect - Candied lemon peel

12 lemon peels, 1 c. sugar, water

Wash the lemons well, juice them, reserve the juice for another use. Scrape out as much white pith as possible. Bring to a boil with water to cover, simmer

gently until soften about 20 mins, drain and soak in fresh water overnight. Repeat 3 times. Drain, scrape the pith off again and slice into thin strips. Make a sirup with the sugar with 1. c water. Add the peels and simmer until the syrup is absorbed and the fruit transparent. Drain and let air dry.

Welserin 92 Wiltú bomerantzen jn honig ainmachen - So nim die schelffen vnnd schneid das weiß darúon vnnd waichs jn ainem weinn 3 tag, darnach thús heraús vnnd lasß ain honig sieden vnnd verfaim es saúber vnnd thúo es daran/ vnnd machs jn ain grene bix vnnd lasß ain weil stan, so werdens gút.

If you would preserve bitter oranges in honey - Then take the peels and cut the white from them and soak them for three days in wine, afterwards take them out and bring honey to a boil and skim it clean and pour it over them and put them in a box made of green wood and let them remain awhile, then they will be good.

False Ypocras - Spiced white grape juice

1 gallon of white grape juice (substituting for white wine), ½ to 1 cup sugar or 1 cup honey
2-3 cinnamon sticks, 2-3 small pieces of ginger root, 1 Tbs. cardamom pods, 1 Tbs. black peppercorns
1 tsp whole cloves, 1/2 tsp grains of paradise, 1 tsp piece of nutmeg
Bring the juice and sugar or honey to a soft boil; reduce heat & if using honey, skim off the scum as it rises. Taste for sweetness; add sugar or honey as necessary. Remove from heat. Tie the spices securely in a piece of the cheesecloth and add to the juice; allow to sit covered for 24 hours. Remove the cheesecloth and place the juice in an appropriate container. (Redaction by Goode Cookery, modified by Ranvaig)

Goud Kokery: Potus ypocras. Take a half lb. of canel tried; of gyngyuer tried, a half lb.; of greynes, iii unce; of longe peper, iii unce; of clowis, ii unce; of notemugges, ii unce & a half; of carewey, ii unce; of spikenard, a half unce; of galyngale, ii unce; of sugir, ii lb. Si deficiat sugir, take a potel of honey.

Hipocras drink. Take a half lb. of cinnamon tested; of ginger tested, a half lb.; of grains, 3 ounces; of long pepper, 3 ounces; of cloves, 2 ounces; of nutmegs, 2 ounces & a half; of caraway, 2 ounces; of spikenard, a half ounce; of galingale, 2 ounces; of sugar, 2 lb. In deficit of sugar, take a pottel of honey. (Translation by Goode Cookery).

Libre del Coch 5. Spices for Hippocras

Five parts cinnamon, three parts cloves, one part ginger; half of the wine must be white and half of it red, and for one azumbre, six ounces of sugar, mix everything together and cast it in a small glazed earthenware pot and give it a boil, when it comes to a boil, [cook it] no more, strain it through your sleeve often enough that it comes out clear

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Credits

Most of the recipes in this feast are based on Max Rumpolt's Ein new Kuchbuch published in 1581, a huge book with over 400 pages, most of which wasn't translated to English when I started. I have been working on translating the rest, with generous help from many people.

First and most thank you to Mistress Gwen Catrin Von Berlin called Gwen Cat, whose website started me looking at German food. She transcribed and translated several chapters of Rumpolt. I used her translations for the Salads, and all the translations that I have done are highly influenced by her work. To Dr. Thomas Gloning, whose website publishes transcribed copies of numerous German cookbooks, including Welserin and parts of Rumpolt. To Master Tirloch of Tallaght, who transcribed more of Rumpolt. To Johnnae, who helped me find my own copy of Rumpolt so I could work with recipes that hadn't been transcribed yet.

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<http://lists.ansteorra.org/listinfo.cgi/sca-cooks-ansteorra.org>

http://groups.yahoo.com/group/cooking_rumpolt/

If you have any interest in German food, please join us.

Other recipes are based on Das Kochbuch der Sabina Welserin (c. 1553), transcribed by Dr. Gloning, and translated by Valoise Armstrong.

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