

Yule Recipes: Holiday Favorites and Tasty Treats for Any Day

By Baroness Selene Colfox (Susan Fox)

MAIN DISHES

CORMARYE

Or as I like to call it, “medieval carnitas.” Recipe by Daniel Myers

This is an exceptionally simple and very tasty recipe. The combination of coriander and caraway, a bit unusual for medieval English recipes, gives the meat and the sauce a strong, complimentary flavor.

2 lbs. pork loin
1 1/2 tsp. coriander
1 1/2 tsp. caraway
1/2 tsp. pepper
1/2 tsp. salt
2 cloves garlic, minced
2 cups red wine
1 cup broth

Mix spices and garlic with wine and pour over pork in a roasting pan.
Cover and bake at 350° until cooked through, basting regularly.

Sauce: Strain the drippings from the roasting pan into a saucepan, along with the broth.
Bring to a boil and simmer for about 15 minutes.

Serve sauce with pork.

Source [[Forme of Cury](#), S. Pegge (ed.)]: Cormarye. XX.II. XIII. Take Colyandre, Caraway smale grounden, Powdour of Peper and garlec ygrounde in rede wyne, medle alle þise togyder and salt it, take loynes of Pork rawe and fle of the skyn, and pryk it wel with a knyf and lay it in the sawse, roost þerof what þou wilt, & kepe þat þat fallith þerfro in the rosting and seep it in a possynet with faire broth, & serue it forth with þe roost anoon.

TO MAKE THE MUSTARD FOR DRIED COD

From Kuchbuch der Sabrina Welserin (1553): Take mustard powder, stir into it good wine and pear preserves and put sugar into it, as much as you feel is good, and make it as thick as you prefer to eat it, then it is a good mustard.

This makes lovely mustard to go with your Christmas ham or your Cormarye

Warning: This mustard is HOT, HOT, HOT!

Mix together:

One 15-oz. can of pears, drained and mashed
One cup of mustard powder
1/4 cup white wine, or enough to thin the mustard to spreadability

GNOCCHI, wheat-free

Version 3.2, the one that worked!

1 kg (2 lb.) cooked mashed potatoes - no lumps!
2 cups white rice flour
1 cup corn starch
2 eggs
salt

Mix the rice flour and corn starch together.

Mix the eggs and salt into the potatoes.

Add about half of the flour combination, mix well, then add more until the dough just comes together so you can knead lightly. *[The proportion may vary depending on the moisture in the potatoes. If you need more flour than this, you probably made the taters too wet... but carry on.]*

Shape small portions of the dough into long "snakes" and score lengthwise with a fork.

On a floured surface, cut snakes into small pieces.

Place a few gnocchi in salted boiling water.

As the gnocchi rise to the top of the pot, remove them with a slotted spoon.

Repeat until all are cooked.

Cover with hot tomato sauce and serve. Or just butter and cheese.

SAVORIES

GREEN PYES

By Susan Fox

Take an unbaked pie crust of your choice.

Put it on a cookie sheet because it will inevitably spill, burn and meld to the bottom of your oven.

Place therein, in this order:

Juliened fresh herbs of your choice - I like sage

One medium onion, chopped fine and sautéed. [Maybe not sautéed if you are using Vidalias]

This is where the Garlic should go also if you are using that.

1 layer of grated cheese of your choice.

"Spring Greens" or "Mesclun Mix" available pre-washed and bagged these days. [Actually, spinach or any leafy greens will work.] 1 average handful if you have big hands, 2 big handfuls if you have little paws like mine. Yes, this will poke out over the top and look like a big salad, that's all right, it shrinks as it cooks.

1 layer of grated cheese of your choice.

Pour over with a mixture of 3 eggs to 2 cups of milk. If it does not reach the lip of the pie crust, mix up some more. (Make Pain Perdu with the excess egg-milk, you deserve a treat.)

Bake at 350 degrees F for One Hour or until well browned on top.

Use the skewer test to determine doneness.

I have tried this in a convection oven and found that it browned nicely on the outside LONG BEFORE it was done inside, so I cannot recommend using a convection oven for this kind of cooking.

BAGNA CALDA – traditional Italian Christmas dish

From THE STINKING COOKBOOK, presented by The Stinking Rose restaurant

Sourdough bread, crackers or bread sticks, and a variety of cooked, sliced vegetables are perfect accompaniments to the sizzling, fragrant oil mixture. For dipping vegetables, we suggest bell peppers, carrot sticks, zucchini, broccoli, cauliflower and whole mushrooms. (But feel free to use your imagination!)

Ingredients:

- 1-1/2 cups peeled garlic cloves
- 1-1/2 cups extra virgin olive oil
- 2 oz. butter
- 1 can (2 oz.) anchovies

Preparation:

Place all ingredients in oven casserole, cover and place in 275 degree oven for 1-1/2 hours.

Serve with bread and cut up vegetables.

BAKING

JARED'S BREAD [the house honey wheat]

- 1 cup hot tap water
- 2 Tbsp. honey
- 3 Tbsp. butter
- 1 egg
- 1-1/4 tsp. salt
- 1 package dry yeast
- 1 cup white flour
- 1/2 cup whole wheat flour
- extra flour to knead [both kinds]

In a saucepan combine hot tap water, honey and butter.

Place over low heat until the butter has completely melted.

Set aside to cool to just above body temperature.

In a large bowl combine salt, flours and dry yeast.

Blend in the egg and the honey mixture, adding just enough additional flour to form a stiff dough.

Turn out onto a floured surface and knead until the dough is smooth and elastic and has lost all stickiness.

Then turn dough over several times in a well-buttered bowl so that all sides are well-greased.

Cover and allow to double for 1 1/2 hours.

Punch dough down, form into a loaf and place in a greased loaf pan.

Cover and allow to double or at least rise just above the top of the pan.

Bake at 375 degrees F for 30-35 minutes or until bread is browned and makes a hollow sound when tapped on top.

Remove from oven and turn out on a cake rack to cool.

Makes one loaf.

COOKIES

THE BEST SUGAR COOKIE YOU EVER ATE OR SNITCHED

from "Good Food" magazine.

- 1 cup butter or margarine
- 2 cups sugar
- 2 eggs
- 1 cup oil
- Pinch salt
- 1 tsp. vanilla
- 5 cups unsifted flour
- 2 tsps. baking soda
- 2 tsps. cream of tartar

Cream butter and sugar.

Add next 4 ingredients.

After measuring, sift dry ingredients together.

Mix well. Roll into balls between palms of hands.

Roll ball in sugar and "smoosh" down with a fork, a decorative cookie marker or bottom of a glass dipped in sugar.

Bake 10 minutes in a 350-degree oven, or until lightly browned on edges.

These spread out while baking, I don't really recommend using a shaped cutter. But they taste so good, nobody cares. Do your art on top with icings.

Makes 5-6 dozen.

PIZZELLES

- 1 cup butter, softened
- 1/4 cup vegetable oil
- 4 eggs
- 1-1/2 cups sugar
- 1 teaspoon vanilla
- 2 teaspoons lemon or anise extract
- 3 cups flour
- 1/4 teaspoon baking soda
- 1 teaspoon baking powder

Combine first six ingredients.

Add flour, baking soda and baking powder.

Heat pizzelle iron.

Place about 1 tablespoon of batter on each section of the pizzelle iron.

Cook pizzelles for about 30 to 35 seconds, or until golden.

Makes approximately 6 dozen pizzelles, depending on size of iron.

SCOTCH SHORTBREAD

- 2 parts* butter [real, salted]
 - 1 part* sugar [any old sugar is ok, some like powdered, I like brown]
 - 3 parts* flour
 - 1 part* rice flour or cornstarch
- * "part" as volume measure like 1 cup.

Cream butter and sugar, add flours and mix really well.

Pat it down well into a shortbread mold, pie pan or muffin tins, at least 1/2 inch thick and preferably thicker.

Bake at 375 for 10 minutes, then turn the oven down to 325 and bake an additional 25-30 minutes or until just golden brown.

DESSERTS

PUMPKIN BREAD

from the Monastery of the Angels

- 3-1/2 cups sifted flour
- 3 cups sugar
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1-1/2 teaspoons salt
- 4 eggs, beaten
- 1 cup oil
- 2/3 cup water
- 2 cups cooked and mashed pumpkin

Sift together flour, sugar, baking soda, cinnamon, nutmeg and salt.

Combine eggs, oil, water and pumpkin, mixing well.

Stir into dry ingredients.

Turn into 3 greased 9x5-inch loaf pans and top with several walnut pieces.

Bake at 350 degrees for 1 hour or until cake tester inserted in center comes out clean.

Cool before slicing.

Makes three one-pound loaves.

Note: Bread freezes well and tastes best slightly warm, spread with butter.

SPICEBREAD

adapted from a recipe in THE DARKOVER COOKBOOK, 1979 ed.

Mix together:

- 1/4 cup soft shortening
- 1/2 cup sugar
- 1/2 cup honey
- 1 egg
- 1/2 cup coffee

Then sift in separate bowl:

- 2 cups flour
- 1/2 tsp. salt
- 1/2 tsp. soda
- 1 tsp. ginger
- 1/2 tsp. nutmeg
- 1/2 tsp. cloves
- 1/2 tsp. cinnamon

Add to liquid ingredients.

Spread in pan, after adding nuts, raisins, crystallized fruit or anything else desired, bake till tender and cut into bars. Or add extra flour as desired, roll out, cut into shapes and bake.

Basic Baking Time is 1/2 hour at 350°F. Adjust for thickness of the loaf/biscuits/bars.

Variations:

Instead of coffee: Sanka, cocoa, other brewed liquids?

Additional spices: coriander, pepper, galingale, anise, whatever.

Shortenings: Crisco is good, regular vegetable oil gives a nice soft product but nut oils taste better [strongly flavored oils like olive or sesame would be odd], margarine will work as would lard [but you have to really like lard].

Fresh chopped apples and pears are good in this.

Absolutely any **nuts** and **dried or candied fruits** are appropriate, and a lot of these make for a great Xmas-fruitcake.

For a **plum pudding**: steam the batter in a bowl or mold for a couple of hours, then flame with brandy.

MINCE MEAT FOR PIES

Curtis & Lee Family Recipe, c. 1760, from Chester, Virginia

[Collected in THE WILLIAMSBURG ART OF COOKERY, Copyright 1938]

This recipe makes a couple of gallons of mince meat. When it's a year when I actually get to bring pies to events [sigh] I start it after Hallowe'en and it keeps till I make the December holiday pies.

Simmer two Pounds of Beef slowly until tender; cool and chop fine.

Mix with it 2 Pounds of stoned Raisins (2 Pounds of seedless Raisins or 2 Pounds of cleaned Currants)

1 Pound of finely cut Citron

1 1/2 Pounds of finely cut candied Lemon-peel

4 Pounds of Apples which have been peeled, cored and cut fine

2 Pounds of finely chopped Beef-suet

2 Pounds of light brown Sugar

1 Tablespoon each of Cloves and Mace

2 Tablespoons of Cinnamon

2 grated Nutmegs and

1 Teaspoon of Salt

Mix all together well, add one Pint of Brandy.

Store in a covered stone Jar in a cool Place.

Comments? Questions? A big bag of money?

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