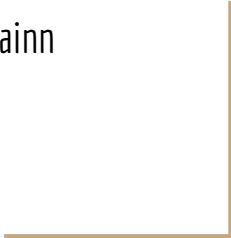




Soup to Nuts: Planning and Executing an SCA Feast

Presented by THL Vetra Trys Kaukoles at the
Spring Schola: Persephone's Return
Held in
Barony of An Dubhaigheainn
March 20, 2021
A.S. LV (55)



About Vetra

[Lisa of An Dubhaigheainn - EastKingdomWiki](#)

- Joined the SCA in August 1999
- Sewed obsessively for 5 years
- Rattan combattant for 8 years (2003-2011)
- Started cooking in the SCA November 2013
- Head Cook for 3 SCA events plus other events for the Kingdom of Acre
- Kitchen staff for many more events in and out of An Dubhaigheainn
- Recognized in 2019 with the Baronial Award of the Roasted Duck, given for A&S and Service by Prefect Titus and Baroness Sorcha
- Companion of the Order of the Silver Wheel and Order of the Silver Crescent
- Mundane “foodie” - love to cook for groups



Overview of this Class

- Dayboard and Feast for St. Andrews Travels North: First Stop Siena - November 2018 is the example I will use for this class
- Timeline Overview
- Getting involved in cooking in the SCA
- Budgeting Basics
 - Dayboard and Feast Budgeting
- Developing the menu
 - Finding and choosing sources for recipes
 - Testing the recipes so they appeal to a modern palate
 - Dietary Concerns and Food Safety
- Logistics
 - Shopping, Equipment, Staffing, Scheduling, Executing
 - How to stay organized so you don't lose your mind
 - Additional Resources

Timeline Overview

- **9-12 months before the event**

- Collaborate with Event Steward to get hired on to cook
- Choose a theme and recipe source(s)
- Prepare budget for Event Proposal

- **6-9 months before the event - redact, test, repeat!**

- Recruit staff to help cook before and day of the event to help you test making and tasting recipes - You need taste testers!
- Use workshops to work on redactions and test recipes
- Start broad and narrow down recipe selections

- **1-2 months before the event - Prep and Advertise**

- Advertise a draft menu on the event website and social media
- Finalize and publish your menu - it's OK to say things may change due to availability
- Recruit any additional volunteers - confirm that your crew is set
- Hold any preparation sessions to make foods that will be frozen before the event

- **1-7 days before the event**

- Shop! I take off the day before the event to finish shopping and preparing anything I can

- **Day before and day of the event**

- Deliver your ingredients to the site the night before, if possible - do any time consuming prep if you can
- Wake up early, have breakfast - it's going to be a really long, busy day
- Have an amazing time giving people a meal they'll remember forever!

How do I get involved in cooking in the SCA?

- **Where do I start?**

- I got started by going to a Schola like this one that had a teaching kitchen
- A Household brother asked for my help on an event and from then on I was all-in
- Show up at the door of the kitchen on the day of the event and ask if there's anything they need help with and be prepared to do what they need

- **Networking**

- Reach out to the Head Cook of an upcoming event and volunteer your time - especially if it's me!
- Be prepared to tell them what skills you have that you can contribute
- Show up to any workshops held ahead of time to test out the recipes and learn more about cooking in the SCA kitchen

How do I get to be Head Cook/Feastocrat?

- Take on progressive levels of responsibility
 - Start off chopping herbs, cracking eggs and peeling carrots - whatever needs to be done
 - Work with a Head Cook to move up to more complex tasks, like butchering chickens, making pastry, cooking sauces, etc.
 - Take on responsibility for a whole dish under the direction of the Head Cook
- Plan and prepare the entire Dayboard for a Day Event
- Serve as Head Cook to plan and prepare the entire Feast for a local event
- Build your reputation
 - Show up consistently and get known
 - Once you have a proven track record, you can work with Event Stewards to propose fancier and more elaborate feasts, or bid to cook part of a Royal Progress event, etc.
- Get certified in safe food handling procedures (ie ServSafe or equivalent)

Budget - Dayboard

- Dayboard is for total # of expected attendees and is included in the Day fee
- A typical request is \$2-\$3/head for dayboard
- Serve more than the basics - boiled eggs, cheese, bread, butter and deli meat
- Add soups, tartes, pasta, stuffed eggs instead of plain, cooked proteins like sausage in wine - something related to the event theme
- Be mindful of what activities are going on at the event
 - Fighters need fighter food - eggs repeat on you when you're in armor
 - Is it freezing cold and the event is partly outdoors? Serve something hot
 - Did everyone just get out of an hour long Coronation Court having not had breakfast yet? Bulk up your dayboard!

Budget - Feast

- **Feast is charged per head in addition to the Event Day fee**
 - A typical budget request is \$7-\$9/head
 - Discuss with the Event Steward if there will be a reduced fee for Feast for children
- **Must agree with the Event Steward ahead of time on total # of seats available for Feast and have it enforced at Gate**
 - Pre-registration is highly recommended to see if Feast is likely to sell out or not
 - Scale back if head count is not getting met - scale up if you can open up some additional percentage of diners - it's OK if you can't!
 - Better to have a Feast executed within your capacity than give people a bad experience
- **Buying foods that are "in season" will stretch your budget much farther**
 - Example: Turkey, fennel and pumpkin are very inexpensive in November because they are in season so we chose to focus on those foods in crafting the feast for St. Andrews in 2018

Budgeting Basics - Part 1

- **Food budget is part of the event proposal**
 - Work with the Event Steward on food costs before the event is planned
 - How fancy is the event? Is it a small local event or is it a Royal Progress?
 - Dayboard only or is there an evening Feast?
 - Be very explicit in the event proposal so there are no surprises
- **Estimate 10% for kitchen staff, waste, and mistakes**
 - Lupercalia in 2010 - we had exactly the # of pieces of chicken for the # of attendees
 - St. Andrew's 2018 - half the frozen peas were forgotten at home
 - Kitchen staff should not be pre-registered to sit for Feast if they are going to spend the entire time with you in the kitchen
 - It is expected that kitchen crew will eat in the kitchen during or shortly after the feast

Budgeting Basics Part 2

- [Scappi Menu Costs Spreadsheet](#)
 - Budgeted Costs
 - Ingredients cost breakdown
- **What does your group have available in storage?**
 - Are there spices or other dry goods in storage? Are these items still fresh enough for use?
- **Paying out of pocket**
 - Specialty ingredients like spices can be extremely expensive and will wreak havoc on your budget unless you find another way to pay for them
 - Testing recipes before the event is expected to come out of your own pocket - share the costs with a workshop by asking for donations
 - I go out of pocket for some extra special touches sometimes
- **Keep all of your receipts and submit them to the Exchequer**
 - Learn about the proper procedures for accounting and expenses in the group you will be working with
- **Use your entire budget!**

Typical Anatomy of an SCA Feast

- SCAdian diners expect a predictable progression of dishes which does not necessarily follow the medieval or renaissance practice
- A typical SCA feast includes:
 - First course: Bread, butter, salad, soup
 - Second course: chicken, starch, vegetable
 - Third course: pork, starch, vegetable
 - Fourth course: beef, starch, vegetable
 - Fifth course: fruit, cake/pastry, candy
 - The order of these is subject to change, and may include different proteins, like goat, lamb, fish, shellfish and other meats
- This basic outline totals up to 16 different complete dishes and each of those may have other components like a garnish, sauce, etc.
- You need to research, test, and decide on a recipe for each component
- Provide familiar foods for the bulk of the meal and serve “tasting portions” of unusual delicacies for the more adventurous eaters

Finding sources for recipes

- Difference between primary sources, translations, redactions, period plausible
- [Helewyse - Are you cooking dinner or serving feast?](#)
- Start Online - just a few suggestions!
 - [SCA Cooks | Facebook](#)
 - [Medieval Cookery](#)
 - [Stefan's Florilegium Archive](#)
 - [Gode Cookery](#)
- You're not alone! Ask other cooks for suggestions on books to borrow, check out at the library, look for online
- Engage in discussions online to learn more about period ingredients, sources, techniques
- Take Schola classes, attend Pennsic University classes, tons of classes online now
- Start with books/sites/articles that have translations and author-provided redactions and build up your repertoire from there
- This barely scratches the surface of the narrowly focused research you can do about food

Some Recipe Basics

- It is not true that spices were used to cover up rotten food
- Religion had a huge impact on dining habits of people in SCA period
- There are a limited number of extant cookbooks and precise measurements are almost never provided but more research is coming
- Extant cookbooks were written by cooks, for cooks - it is assumed that readers were familiar with the cooking vessels, techniques, and knew to add salt and pepper to all dishes
- The current common understanding is that the spices had to travel from far away lands to Europe and became less potent over time so we would need less for the same effect using modern products
- Fruits and vegetables did not necessarily taste or look the same in period
- Ingredients that were commonplace in medieval and renaissance times have gone completely extinct

How to Make Food People Will Enjoy

- Each workshop leading up to the event, the focus was on one aspect of the food for the event, such as:
 - Dayboard foods, vegetable dishes, turkey preparations, etc.
 - I pulled out the recipes in the Scappi cookbook related to that component and brought them to the workshop, along with ingredients to experiment with the recipe text
 - Many dishes we tried in workshops were eliminated because of taste, smell, or texture or the ingredients were too bizarre to procure and no one would eat it
- Since the source material had inconsistent measurements, if any at all, we had to do some experimentation
- Seasoned cooks are at an advantage here - they will quickly infer things about the dishes that are not actually in the text or may recognize the ingredients to a dish that has a modern equivalent - such as shortbread that was used for the squab pies

The Chicken Dessert

- The Chicken Dessert
 - We followed the recipe for a rice and chicken dish in Scappi's Opera and it was too sweet and confusing for even our adventurous workshop participants so it was scrapped from the menu
- Scappi wrote in a time where refined sugar was new and extremely popular so we find sugar in unexpected places.
 - During testing of the recipes for St. Andrew's, we had to scale back the amounts of sugar and cinnamon in our chicken tortellini to make it appealing to the palate of modern diners.
 - This is why it's essential to test and refine your recipes ahead of time!

Dietary Concerns and Food Safety

- Advertise your feast menu ahead of time so people will know if they are able and want to eat at your event
- Maintain food safety regarding cross contamination and let people know if you are preparing foods with allergens in your kitchen
- Label your dishes clearly with ingredients
- Common Allergies
 - Nuts, Gluten, Dairy, Soy
- Dietary Restrictions
 - Vegetarian, Vegan, Kosher, etc.
- [Draft Menu - 1 month prior to Event](#)

Where and how to shop for ingredients

- Comparison shopping
 - **Restaurant Depot** - difficult to see what they have online - you need a reconnaissance mission for price comparisons
 - **Sam's Club, Costco and other big box stores** - use instacart or curbside pickup to save time
 - **Specialty markets** like H-Mart, Halal markets, etc. or order from Amazon
 - **Supermarkets** - Stop & Shop, Target, ShopRite, Instacart, Shipt
 - Easier than ever to compare prices online for curbside pickup or delivery of groceries
 - **Local butcher shops, farmers markets, farm stands**
- It is tempting to go on a shopping spree at Restaurant Depot - **Resist!**
 - Focus on the ingredients you can only get there in appropriate quantities
 - A gross of eggs sounds like a great idea until you actually have a gross of eggs and only need about half that many for your event

Equipment

- Your cooking tools kit
 - Personal knives - 6-8" Chef's knife, paring knife, bread knife, boning knife, cleaver
 - Inexpensive knives that you feel OK sharing with folks who don't have their own
 - Peelers, juicers, egg separator
 - Apron, hair ties, hair net, masks, gloves
 - Any tools you use in testing the recipes to make sure you have all you need
- Understand what's available at the site and what you need to bring in
 - Pots, pans, serving platters, cooking utensils, etc.
 - Cleaning supplies - Will you clean up your own kitchen or is there a crew for that on the event staff? Work that out with the Event Steward ahead of time so you're not left recruiting help at the last minute
 - Is there adequate refrigeration or do you need to bring in coolers?
 - ***What kind of stoves or ovens are available?***

Guiding Principles of the Event Day Schedule

- **Limited resources - people, stove burners, ovens, prep space, fridge space, etc.**
- **Time Management**
 - Work with the Event Steward to plan a time for food to be served and work backwards from there
 - Master Joel's class on portioning, scaling and timing a feast covers this extensively - [link](#) in the Additional Resources section
- **Build in "wiggle room"**
 - Cooking at feast scale takes more time and complexity than cooking for small groups of diners and often different techniques than you're used to
 - Gallons of water do not boil as quickly as a few quarts without specialty equipment
 - Things are going to come up in the schedule that are beyond your control
 - Keep in touch with the Event Steward as the day goes on to make adjustments

People - Developing the Event Day Schedule

- Write down a list of tasks to be performed
- Be as granular as you can to be able to easily delegate tasks
- Create blank volunteer schedule and think about how to fill each role
 - What skills are needed, for how long and at what time during the day?
 - Schedule extra staff for surge points during the day
 - How many people can reasonably fit in the kitchen at once?
 - Especially important to have dishwashing help throughout the day
 - Map it all out in a spreadsheet
- If people show up at your door have something ready for them to do or tell them what time to come back to help

Facilities - Developing the Event Day Schedule

- What time does each component need to be in what space? Some examples:
 - Chilling in the fridge or cooler
 - Boiling, sauteing, frying or searing on the stove top
 - Actively roasting or baking in the oven
 - Grilling on the barbeque or smoker that you set up outside the kitchen door
- You have to plan to avoid the conflicts
 - Squab pie and turkey parts couldn't be in the oven at the same time due to space limitations

Leadership in the Kitchen

- If there's 1 or 2 people that your feast success hinges on, ask those folks if they will help you BEFORE you submit your budget and event bid
- Make your kitchen a place where people want to volunteer
 - This comes down to soft skills, team building and leadership skills
 - Keep your cool - You set the tone for the kitchen so keep it upbeat and treat people with kindness and respect
 - Be inclusive - skip the in-jokes or be prepared to explain them if you're adding someone new to your crew
 - Plan ahead to work within the capacity of your team
 - Make sure there will be a quick but easy pace for most of the day with some fun crunch times
 - Foster a sense of camaraderie and teamwork
 - Praise in public, correct in private
 - Show your gratitude throughout the day - thank people before, during and after the Event

Staffing Part 1

- Use your task list and schedule to generate a list of skills that you need for your dayboard and feast to be successful
- You need to find volunteers who can do all the various jobs
- Some examples include:
 - Butchering
 - Saucier
 - Cooking Rice and pasta
 - Making handmade pasta, bread, and other dough foods
 - Chopping, peeling, slicing, dicing
 - Presentation - make the food look pretty on its way out to the diners
 - Dishwashers, ongoing cleanup crew to clear and sanitize surfaces, take out the trash
 - Table servers, including head server to coordinate

Staffing Part 2

- Ask people that you've worked with before directly for their help
 - Be prepared for them to say no or take some time to consider your request
 - Ask far enough in advance that you can continue to look, if need be
- Advertise on social media to recruit kitchen volunteers
- Recruit more staff than you think you'll need - someone is going to have to dropout - make sure you have enough backup help
- Don't assume that everyone will be available to you all day
 - Set up a schedule for the day and confirm commitments for certain times during the day

Executing the Day of the Event

- [Event Day Schedule Sample](#) - Post the schedule where everyone can see it and check things off as they're done or start the next task
- Designate an expeditor/time keeper who will keep track of the schedule to make sure tasks are completed on time
- Crunch times are going to be at the beginning of the day to get Dayboard out on time and then the hour before Feast is served and throughout dinner
- It's OK to get ahead of schedule if the food will be kept at a safe temperature and will still taste good if you prepare it ahead of time
- Time your first course to hit the table at the agreed time
- Each subsequent course should be prepped to go out 25-30 minutes later
- The expeditor should work directly with the head server to coordinate when dishes are plated, decorated and ready to be served out
- The full Feast should take ~2-2.5 hours start to finish

Lessons Learned in the Trenches

- Tour the site before committing to cooking at the Event
- Always add 10% buffer when buying ingredients
- Recruit more volunteers ahead of time than you think you'll need - someone **WILL** have to drop out for one reason or another
- Time does **NOT** scale - figure out how long it really takes to carve meat for 100 people or leave it up to the table to handle it
- Don't serve hot soup in metal serving bowls
- Always part out the chicken. **Always!**
- People love to eat bread; they'll eat a loaf per person if you let them
- Rice is definitely going to stick to your pot if you try to use the steam method - use the pasta method instead and save yourself the headache of soaking and scraping the pot
- Checklists are everything! Have a plan, but be flexible and adaptable - build in extra time for unexpected curveballs
- Separate the logistics/expeditor from the head cook, if at all possible

Nice to Haves and Little Extras

- Food decorations - edible flowers, butter molds in the shape of a duck
- Sliced limes and lemons to put in water pitchers for each table
- Sekanjimin or other non-alcoholic beverages at the table
- Tablecloths
- Table decorations
- Matching aprons for kitchen crew
- Printed/calligraphed menus for each table
- Menu booklets for the event

Additional Resources

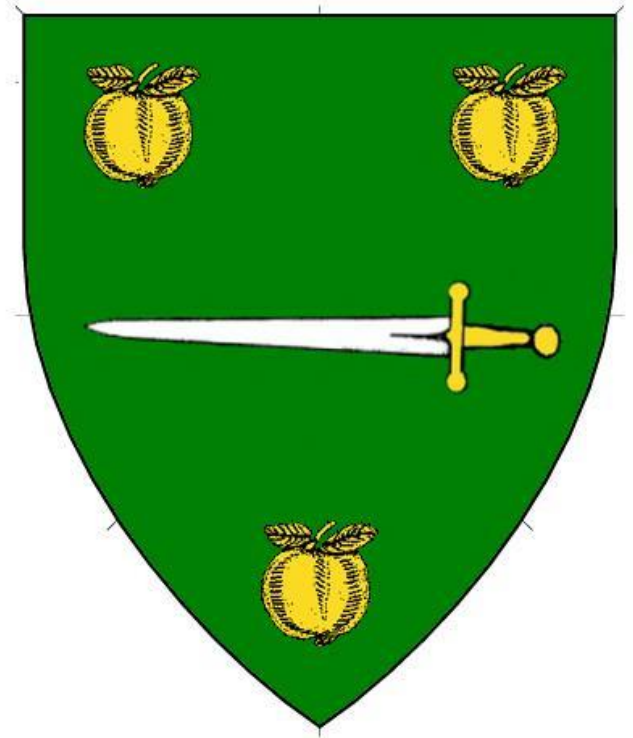
- [Recipe Booklet - Scappi Recipes File](#) - recipes chosen for inclusion in the Dayboard and Feast for St. Andrews Travels North: First Stop Siena - November 2018
 - The fennel salad recipe does not appear in the recipes file - look for it on my blog
- [Eatkingdom dot Org – Period Cooking and Other Shenanigans](#) - Vetra's SCA Food Blog
- [Portioning, Scaling, and Timing a Feast - YouTube](#) - Presented on 1/14/2020 by Master Joel Messerer, OP
 - Excellent course presented on portioning, scaling and timing a Feast
 - I use a very similar method and he explains it incredibly well
- [Search Results for "scappi" – The Barony An Dubhaigeainn \(eastkingdom.org\)](#)

Questions?

Ask me anything!

Email: 155247@members.eastkingdom.org

FB: [Lisa Soto | Facebook](#)



		Total cost	1660.4	
Item	Cost per unit/lb	Number of units	Total	
Dayboard			0	
*Pumpkin Soup (vegan)			0	
*Gnocchi garnished with butter, cinnamon and sugar (vegetarian)			0	
* Eggs stuffed with Raisin Sauce			0	
* Eggs stuffed with garlic sauce				
*Sausage cooked in wine and sliced			37	Sam's price for 20lbs
Fresh fruit (grapes)	4.62	6	27.72	Sam's 3lb containers
Fresh fruit (oranges)	8.27	2	16.54	Sam's 8lb bags
Salami (purchased)	3.19	6	19.14	Restaurant Depot
Cheese cubes (purchased) - Smoked Gouda	2.99	6	17.94	Restaurant Depot
Bread			0	(included in dinner budget)
Butter			0	(included in dinner budget)
First Remove				
Bread			45	Restaurant Depot
Butter (2lbs - 1/2 stick per table)			11	Sam's 4lb package split between dayboard and dinner
Salad - Fennel			75	Peapod
Salad - Olive Oil	1	6	6	Peapod 16 oz
Salad - Lemons			4	Sam's 3lb bag of lemons
Second Remove				
*Tortellini stuffed with chicken breast and cheese			96.86	
Third Remove				
*Roasted Turkey	17	6	102	.99/lb sb turkey (Sam's or Peapod)
*Renaissance Peas			0	
*Thick Soup of Rice			0	
Fourth Remove				
*Lady's Lips Pizze (Squab Pie)			0	
Fifth Remove (Dessert)				
*Biscotti (TBD)			8	
Computed Ingredients List			353	

Aluminum pans for roasting	1	11	11		
			830.2		

All purpose flour - 23lbs	10	25lb bag flour at RD - pricing from Sam's
Almond Paste	15	amazon - Lisa
almonds - 20oz	13	Sam's 3lbs
Bag apples	5	peapod
Bag carrots	2	peapod
Bag celery	2	peapod
Bay leaves		Lisa
Black Pepper		Lisa
Bread crumbs - 10lbs	20	Best Market?
butter - 8lbs	22	Sam's
Cinnamon	8	sam's club - 18 oz
Dates - 1 bag	6	peapod
dried marjoram		Lisa - Scappi supplies
Eggs - 20 dozen	30	Restaurant Depot
fresh thyme - 1 box	2	peapod
garlic - bag of 5	5	peapod
Grape juice - 64 oz	6	Sam's 2-pack (Member's mark concord grape)
Ground Fennel		Best Market
ground ginger - 1.25 tsp		Marcy
heavy cream - 12 oz	4	peapod
italian bread - soft - 5 loaves	10	peapod
Jar better than boullion beef - RD	5	Restaurant Depot
Jar better than boullion chicken - RD	5	Restaurant Depot
Kosher salt	3	peapod
mint - bunch	4	peapod
Onions - 10lbs	6	Sam's pricing
orange juice - 1.25 cups	3	peapod
oranges	0	take a few from the dayboard for pizze
Peas - 12 lbs	14	peapod
Pumpkin Puree - 29oz cans - 8 cans	30	Sam's 3packs
raisins - 4 cups	7	Sam's 40 oz
RD box of parsley	4	Restaurant Depot

Rice - 40 cups - 20lbs	10	Sam's 25lbs bag
Romano Cheese - 9 cups	14	Sam's 2lbs bag grated
Rosewater	0	house
Squab - 6 birds	161	Marcy (without shipping is \$128)
sugar - 4 cups	0	Lisa
Vegetable stock - better than bouillion -	5	Restaurant Depot
walnuts - 30 oz	13	Sam's
White Balsamic - 10 tsp	0	Marcy
	444	

Squash
Onions
Oil
X Pepper
X Cinnamon
X Saffron
X Salt
Gooseberries or verjuice grapes
Fine herbs (mint, marjoram, burnet, others)
Eggs
Sweet white onions
Flour
X Sugar
Verjuice
Orange juice
Raisins
Almonds (ground)
Breadcrumbs
Walnuts
Garlic
Almonds
Bread
Broth

This is a DRAFT menu prepared on October 4th, 2018 for the event titled “St. Andrews Travels North: First Stop Sienna” to be held on November 10, 2018 at the Estonia House.

Recipes marked with an asterisk (*) were redacted from the historical source “The Opera of Bartolomeo Scappi (1570): L'arte et prudenza d'un maestro cuoco (The Art and Craft of a Master Cook) (Lorenzo Da Ponte Italian Library)” which was translated from the original Italian to English by Terence Scully.

Dayboard

- *Pumpkin Soup (vegan)
- *Gnocchi garnished with butter, cinnamon and sugar (vegetarian)
- *Eggs stuffed with 2 different style fillings (sweet and with garlic sauce)
- *Sausage cooked in wine and sliced
- Fresh fruit
- Salami (purchased)
- Cheese cubes (purchased)
- Bread & Butter (purchased)

Feast

First Remove

- Bread & Butter (purchased)
- *Salad (TBD)

Second Remove

- *Tortellini stuffed with chicken breast and cheese

Third Remove

- *Roasted Turkey
- *Renaissance Peas
- *Thick Soup of Rice

Fourth Remove

- *Lady's Lips Pizze (Squab Pie)

Fifth Remove (Dessert)

- *Biscotti (TBD)

It is our intention to publish and distribute a finalized printed copy of the menu and redacted recipes at the event in November to all interested parties, including a full ingredient list.

Scappi Sample Schedule	Task	Start Time	Finish Time	Assignment	Serving Time
Dayboard	Start soup	9:00 AM	12:00 PM	Monkey	12:00 PM
	Mix gnocchi dough	10:00 AM	11:00 AM	Monkey, Anastasia	12:00 PM
	Cut up gnocchi		11:00 AM	Anastasia	
	Boil Water for Gnocchi	9:00 AM	11:00 AM	Vetra	12:00 PM
	Cut up cheese and meat		12:00 PM	Oda	12:00 PM
	Wash grapes		12:00 PM	Oda	12:00 PM
	Peel eggs		12:00 PM	Volunteer	12:00 PM
	Cut eggs		12:00 PM	Volunteer	12:00 PM
	Make stuffing for eggs	10:00 AM	11:45 AM	Monkey	12:00 PM
	Boil sausage in wine	10:30 AM	11:30 AM		12:00 PM
	Slice sausage	11:30 AM	12:00 PM		12:00 PM
Feast	Cut up turkeys	12:00 PM	3:00 PM	Rigel	
	Roast squab	12:00 PM			
	Boil squab	12:00 PM			
	Pick meat off squab			Volunteer	
	Make pizze filling				
	Make pizze crusts				
	Bake pizze crusts				
	Season turkeys	3:00 PM	3:30 PM	Rigel	
	Roast turkeys	3:30 PM	6:30 PM		
	Shred Fennel for salads				
	Dress salad				
	Boil broth for tortellini				
	Make peas				
	Make rice dish				

Crecy Sample Schedule			
10:00 AM	Cut up cheese and salami for dayboard		
10:30 AM	Bake bread for dayboard		
11:00 AM	Part out chickens		
11:30 AM	Make veggie broth for rice		
12:00 PM	Put out dayboard		
12:30 PM	Cut up apples and onions	Start pot of water for sausages	
1:00 PM	Start cooking rice		
1:30 PM	Prep fruit salad for dessert	Boil sausages	
2:00 PM	Cook lentils	Bake sausages	
2:30 PM	Prep dinner rolls for feast		
3:00 PM	Start roasting chickens	Sausages done	
3:30 PM			
4:00 PM	Saute apples and onions		
4:30 PM			
5:00 PM	Chickens done; make orange sauce		
5:30 PM	Prep salad; heat rice; heat apples/onions, reheat sausages		
6:00 PM	SERVE		

This is a text-only copy of the content from the Event Booklet that was published for the Barony of An Dubhaigheainn's 27th annual anniversary celebration, "St. Andrews Travels North - First Stop Sienna" held in November 2018 in the East Kingdom of the Society for Creative Anachronism.

The recipes included herein represent many hours of research and testing in workshops for 9 months before the event, led by THL Vetra Trys Kaukoles (mka Lisa Soto) and THL Monkey Makgee (mka Marcy Rogers). These are the recipes that were chosen for the event, and are not the only ones that we tested.

Each of these workshops focused on 1-3 dishes from the text and would involve redacting the recipes (for modern available ingredients as well as translating the measurements), preparing several versions of the dish (based on various ingredient measures and/or substituted ingredients for unavailable ingredients), as well as serving them to a group of tasters and aspiring feastocrats to receive feedback and make adjustments.

Scappi workshop participants:

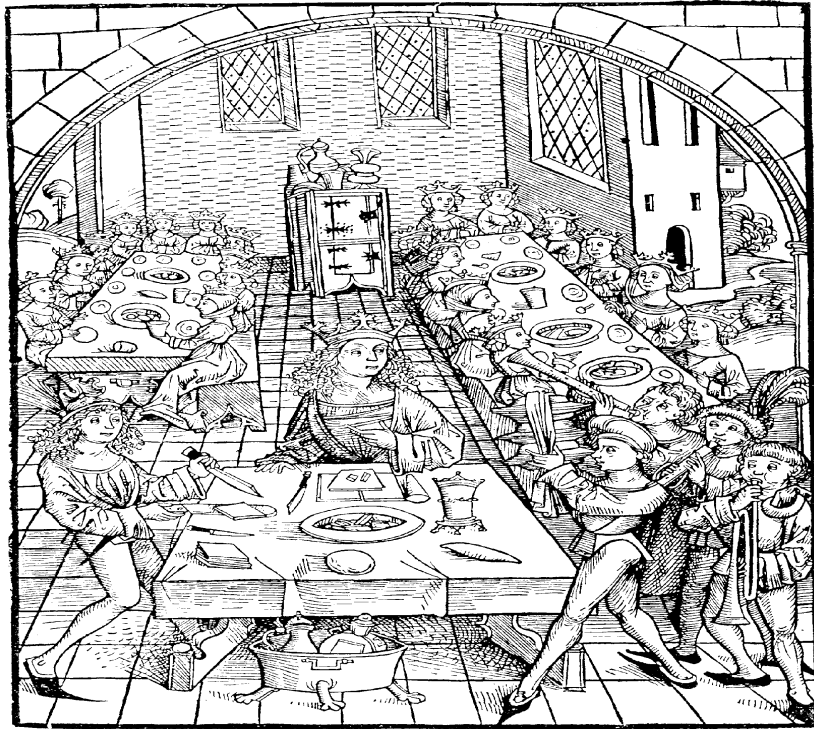
Lord Akos Zekel, Arya Flynn-Fisco, Lady Hermenia de Pagan, Countess Brekke Franksdottir, Lady Hugoline the Delicate, Lady Anastasia Antonello, Maestro Vettorino Antonello, Erin Garti, Helder Jau Viaru, Lady Genevieve Velleman, Caterina Lombardi, Lady Caoilfhinn ingean Connelly, Lady Fiona the Volatile, Laurie Cat, Lady Vetra Trys Kaukoles, Lady Monkey Makgee, Lady Onóra Ingheann Ui Rauirc, Rigel Fisco, Siiri Rannast, Shelley Baltz, Mistress Suzanne Neuber de Londres and Hrothgar of An Dubhaigheainn

There are certainly typos and mistakes made in this document, as well as small tweaks and corrections that were made the day of the event which were not recorded. These recipes are presented "as-is" and it is up to the individual cook to test them and adjust to their palate preferences.

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THL Vetra Trys Kaukoles

3/14/2021



From Lady Vetra Trys Kaukoles, the Feastocrat of St. Andrews Travels North (November 2018),

Unto the populace of An Dubhaigeanin and our treasured guests: Thank you so much for choosing to dine with us today at our 27th Baronial Anniversary Celebration! I'm sure I speak on behalf of all the kitchen staff when I say that we're honored to have you as our guest today for this special event and we hope you enjoyed the day (especially the food!)

A lot of care and planning went into the execution of the food for this event, and I would especially like to extend my sincere thanks to Lady Monkey Makgee, who graciously opened her home to us on five separate occasions from March to August to research and develop the menu for today's offerings, both dayboard and feast. While I am the "Feastocrat" of record, I am certain that there is no way we would have executed such an ambitious undertaking without her tremendous, generous help, and extensive culinary knowledge.

Secondly, and in no way lesser, I want to thank the many workshop participants (listed below), some of whom are not cooks at all, who contributed to cutting, chopping, stirring, mixing and especially tasting all of the dishes served today to make sure we were going to make this event as special as we wanted it to be.

Thank you for bringing your assistance, your curiosity, your enthusiasm, and your knowledge to our workshops and our kitchen to bring this food to life!

Lastly, my eternal thanks to the autocrat, Maestro Vettorino and the co-autocrat, Mistress Suzanne, for supporting this endeavor and trusting in my team and me to bring this idea to fruition.

Yours in Service,
Vetra

Dayboard & Feast Derived from:
The Opera of Bartolomeo Scappi (1570):
L'arte et prudenza d'un maestro Cuoco (The Art and Craft of a Master Cook)
(Lorenzo Da Ponte Italian Library) translated by Terence Scully

[The Opera of Bartolomeo Scappi \(1570\): L'arte et prudenza d'un maestro cuoco \(The Art and Craft of a Master Cook\) \(Lorenzo Da Ponte Italian Library\): Scully, Terence: 0884145242286: Amazon.com: Books](#)

Feast

Tortellini

Derived from *The Opera of Bartolomeo Scappi (1570): L'arte et prudenza d'un maestro Cuoco (The Art and Craft of a Master Cook)* (Lorenzo Da Ponte Italian Library) - Book II – Recipe 177

177. To prepare tortellini^{177.1} with capon flesh. In a mortar grind the flesh of two capon breasts that have first been boiled with a pound of boneless beef marrow, three ounces of chicken fat, and three ounces of boiled veal udder; when everything is ground up, add in a pound of creamy cheese, eight ounces of sugar, one ounce of cinnamon, half an ounce of pepper, enough saffron, half an ounce of cloves and nutmeg together, four ounces of very clean currant raisins, a handful of mint, sweet marjoram and other common aromatic herbs together, four fresh egg yolks and two with their whites. When the mixture is so made up that it is not too salty, get a rather thin sheet of dough made of flour, rosewater, salt, butter, sugar and warm water, and out of that dough, with a cutting wheel or dough cutter,^{177.2} cut out large or small tortellini. Cook them in a good fat broth of chicken or some other meat. Serve them with cheese, sugar and cinnamon over top. In the same way you can do it with the flesh of spit-roasted turkey hens and peacocks, and of pheasants and partridges and other commonly eaten fowl, and also of veal loin roasted on a spit with kidney-fat.

Pasta (scaled to make approximately 6 dozen)

1 Bag (2lbs) Semolina Pasta Flour
1 Stick Butter Melted
1 tsp Diamond Kosher Salt
½ tsp Rose Water
1 TB White Sugar
1 ½ C + 1 TB Water
Stock Pot of Broth
Cinnamon & Sugar
All Purpose Flour
Small bowl of cold water

- Combine flour, salt and sugar in a large mixing bowl.
- Add butter and rose water to bowl and stir.
- Add water gradually and mix until moist and crumbly and starting to stick together.
- Form into a ball and let Rest 15 minutes covered with plastic wrap.

Filling (scaled to fill 26.6 Dozen / 320 Tortellini)

4 Lbs Beef Marrow Bones
6 Lbs Chicken Breast

2 TB Better than Boullion – Chicken Flavor
10 oz Currants
1 Cup Whole Parsley Leaves
1 Cup Whole Mint Leaves
½ Cup Sage Leaves
½ Cup Thyme Leaves
2 TB Dried Majoram
2 Cups White Sugar
2 TBS Ground Clove
2 TB Ground Nutmeg
1 TB Cinnamon
2 TB Black Pepper
2 TB Kosher Salt
8 Egg Yolks
4 Whole Eggs
3 Lbs Ricotta Cheese
½ gram Saffron

Instructions

- Boil Marrow bones in large pot of water for 1 hour
- Remove bones and put aside to cool - keep broth boiling
- Place chicken in broth and boil until cooked
- Remove Chicken from broth and when cool enough to handle, run through meat grinder and place into large mixing bowl
- Soak Saffron in small bowl with about 1 TB of hot broth
- Chop Parsley, Mint, Sage, Thyme until Fine and add to bowl
- Remove marrow from bones and mix into chicken and add to bowl
- Add all remaining ingredients to the bowl and mix until well combined.

Assembly

- Roll out dough into sheets on floured table (All Purpose) until about 1/8" thick. Keep covered until ready to use.
- Cut dough into circles
- Place 1 teaspoon of filling in the middle of each round of pasta.
- Dip your finger in the bowl of water and run it along the edge of the round to moisten.
- Fold the dough over to form a half moon, then draw the two corners together to form a rounded bonnet-shape. Press tightly to seal.
- Toss with flour, set aside on well-floured baking sheet, and cover.

Cooking

- Bring a large pot of broth to a boil.
- Lower the tortellini into the water a few at a time with a slotted spoon.
- Cook until all the tortellini rises to the surface of the broth (about 5 minutes.)
- Serve garnished with Romano Cheese, Cinnamon and Sugar.

Roasted Turkey

Derived from *The Opera of Bartolomeo Scappi (1570): L'arte et prudenza d'un maestro Cuoco (The Art and Craft of a Master Cook)* (Lorenzo Da Ponte Italian Library) - Book I – Recipe 39 “To keep every sort of fowl, domestic and game”

Ingredients

1 Whole Turkey, washed, dried and giblets removed

Olive oil

Ground Fennel

Salt

Pepper

1 Carrot, Cut in half

2 Stalks Celery, Cut in half

1 Apple, Quartered

1 Onion, Quartered

Instructions

- Preheat oven to 450°F
- Rub entire outside of turkey with olive oil
- Sprinkle Turkey inside and out with salt, pepper and ground fennel.
- Stuff cavity with aromatics (Celery, Carrot, Onion, Apple)
- Roast at 450°F for 30 minutes and then drop the oven temperature to 350°F and cook until breast reads 165°F.

Renaissance Peas

Serves 8 People

Derived from *The Opera of Bartolomeo Scappi (1570): L'arte et prudenza d'un maestro Cuoco (The Art and Craft of a Master Cook)* (Lorenzo Da Ponte Italian Library) - Book II – Recipe 189

189. To sauté fresh peas, with or without their pod. If you want to sauté peas in their pod, take the tenderest ones and cut off their flower end¹⁸⁹ and their stem end, and parboil them in a good meat broth. Take them out, drain them and sauté them in rendered fat or melted pork fat. Serve them dressed with orange juice and pepper. Along with those peas you can sauté a clove of garlic and parsley, both beaten. With the sautéed peas you can garnish young cockerels and other spit-roasted fowl. If you do not want them with their pod, shell them, parboil them and sauté them as above. You can do shelled broad beans the same way.

Ingredients

1 LB Fresh Peas

1 C Chicken Broth

3 Cloves Garlic, minced

4 TB Butter

3 TB Chopped Parsley

2 Pinches Diamond Kosher Salt

Instructions

- Steam peas in broth until cooked.
- Sauté garlic in butter until light brown.

- Add peas and salt to the butter and lightly sauté.
- Serve garnished with parsley.

Thick soup of Rice

Serves 12 People

Derived from *The Opera of Bartolomeo Scappi (1570): L'arte et prudenza d'un maestro Cuoco (The Art and Craft of a Master Cook)* (Lorenzo Da Ponte Italian Library) - Book II – Recipe 184

184. To prepare a thick soup of rice or spelt in meat broth. Get good rice that has been cleaned the way it is done for making rice flour in Recipe 155.184.1 Put it into a pot in enough broth to cover it, the broth being cold. When the rice has absorbed some of the broth, add in an adequate amount of hot broth, with yellow saveloy sausage to flavour it. When it is cooked like that you can combine it with beaten eggs, grated cheese, pepper, cinnamon and saffron. On the other hand, wanting to serve it plain without those additions, serve it by itself with cheese, sugar and cinnamon, and with a little fat broth over top. In the same way you can cook spelt, but it will not matter whether you put it into hot broth. If you want that rice differently, follow the directions set out at Recipe 221184.2 in the book on fish.

Ingredients

5 Cups White Rice
 96oz Beef Broth
 3 Pinches Saffron (soaked in 1 TB warm water)
 3 Large Eggs
 ¼ Cup Romano Cheese
 1 ½ tsp Ground Black pepper
 1 ½ tsp Cinnamon
 Diamond Kosher Salt

Instructions

- Rinse rice until water runs clear.
- Add rice to a pot and just cover with broth, cover and bring to a boil.
- In the meantime, add remaining broth to another pot and bring to a boil then lower to a simmer (add water as liquid is needed).
- Reduce rice pot temp to a simmer and continue to stir, as rice absorbs liquid, add more liquid from the simmering broth.
- When rice is no longer hard (cooked through) add remaining ingredients to pot and stir.
- Add salt to taste.

Lady's Lips Pizze (Squab Pie)

Makes 2 Tarts

Derived from *The Opera of Bartolomeo Scappi (1570): L'arte et prudenza d'un maestro Cuoco (The Art and Craft of a Master Cook)* (Lorenzo Da Ponte Italian Library) – Book V – Recipe 73

73. To prepare a royal tourte with dove flesh, which Neapolitans call 'lady's lips pizza.'73.1 Get the flesh of three doves half roasted on a spit, with the skin, bones and gristle removed, along with the flesh of three boiled doves.

Grind it all up in a mortar with four ounces of peeled dates, eight ounces of marzipan paste and four ounces of ground beef marrow – grind it all so finely that it can go through a colander. If you do not have any marzipan paste, use six ounces of Milanese almonds shelled in cold water and four ounces of fine sugar. Into all that add six fresh cream tops^{73.2} – if you do not have cream tops, a pound of fresh curds of ewe’s milk. When everything is put through the colander, put ten fresh uncooked egg yolks into it and four more ounces of fine sugar along with an ounce of cinnamon and half an ounce of cloves and nutmeg together. Have a tourte pan ready, lined with a sheet of somewhat thick dough, and with its flaky-pastry twist around it, made with fine flour, egg yolks, sugar, butter, rosewater and a suitable amount of salt. Put the filling into the pan in such a way that it does not come up too high. It is optional if you wish to bake it with an upper shell made like a shutter’s louvres, although it looks better open-faced and^{73.3} with only a glazing made of melted sugar and rosewater. Bake it in an oven as marzipan is done. When it is baked, serve it hot or cold as you like. You can put a little musk-flavoured mostaccioli into that tourte. When the filling is well ground up, there is no need to sieve it. And if you want it to have a bit of sweetness,

1

Tart Shell

2 egg yolk
4 Tbs. very cold water
2 tsp. Rose Water
2 ½ Cups unbleached all-purpose flour
1/3 Cup sugar
1/4 tsp. salt
8 Tbs. (1 sticks) cold unsalted butter, cut into 1/4-inch cubes

- Mix together egg yolk, water and Rose Water in a small bowl and set aside.
- Mix flour, sugar and salt into a large mixing bowl.
- Using a pastry cutter or two knives, cut the butter into the flour mixture until the mixture looks like coarse cornmeal (putter pieces should be no larger than a small pea)
- Add the egg mixture to the flour and butter mixture and mix with a fork until the dough just pulls together.
- Create two balls with dough and pat into a small disks. Wrap in plastic wrap and chill for at least 30 minutes.
- Roll out dough until about 1/8” thick and press into bottom of tart pan
- Bake until lightly golden brown

Topping

1 Squab – roasted in oven with salt and pepper until fully cooked
1 Squab – Boiled in beef broth until fully cooked
2 Dates
2 oz Marzipan
¼ tsp Beef Base
10 egg yolks
4oz Heavy Cream
4oz Sugar
.25oz Cinnamon
Orange Juice or fresh squeezed Orange

Assembly

- Remove squab meat from bones and add to food processor. Discard the bones.
- Add dates, Marzipan and Beef Base and process till forms a paste
- Add cream and mix well
- Add egg yolks and mix well
- Add Cinnamon and sugar and mix until just combined
- Add layer of mixture on top of tarte shell
- Bake until browned
- Top with Orange juice while still hot

Biscotti (Milanese-style Mostaccioli)

Makes 4 Loaves (using $\frac{1}{3}$ side steam table pans) (100 cookies $\frac{1}{2}$ inch thick and sliced in half longwise)

Derived from The Opera of Bartolomeo Scappi (1570): L'arte et prudenza d'un maestro Cuoco (The Art and Craft of a Master Cook) (Lorenzo Da Ponte Italian Library) Book VI - Recipe 142

142. To prepare dainty morsels^{142.1} – that is, Milanese-style mostaccioli.^{142.2} Get fifteen fresh eggs, beat them in a casserole pot and strain them with two and a half pounds of fine, powdered sugar, half an ounce of raw anise seed or else ground coriander, and a grain or two^{142.3} of fine musk; with that put two and a half pounds of flour. Beat everything for three-quarters of an hour so that the dough becomes like fritter batter. Let it sit for a quarter of an hour, then beat it again. Then have greased sheets of paper ready, made like lamps,^{142.4} or else high-sided tourte pans with, on the bottom, wafers that have not been moistened with anything; then put the batter into the lamps or tourte pans, filling them to no more than the thickness of a finger. Sprinkle them immediately with sugar and put them into a hot oven or, in the case of the ones in the tourte pans, bake them like tourtes.^{142.5} When that batter has risen up and thoroughly dried out and is rather firm – that is, it should be like a soft focaccia^{142.6} – take it out of the tourte pan or lamp. Right away with a broad, sharp knife cut them up into slices two fingers wide and as long as you like, and put them back into the oven on sheets of paper to bake again like biscuits,^{142.7} turning them over often. The oven should not be as hot as before, though. When they have thoroughly dried out, take them out and set them aside because they are always better the second day than the first. They will last a month in their best state.

Ingredients

15 Eggs

2.5 Lbs White Sugar

2.5 Lbs Unbleached All Purpose Flour

14g Anise Seeds - ground in mortar and pestle

1 TB Rose Water

Instructions

- Beat eggs on low in the bowl of a stand mixer until even color - about 1 minutes
- gradually add sugar until completely incorporated and increase speed to medium
- Add rosewater and anise
- Add Flour one cup at a time until completely incorporated
- Increase speed to Medium-High and Beat for 15 minutes
- Let Stand for 15 Minutes
- Preheat Oven to 375°F
- Beat again at Medium-High for another 10 minutes

- Evenly distribute batter into ¼ Tray pans
- Bake for 45 Minutes until tops are cracked and completely cooked through (a toothpick should come out clean)
- Reduce Oven Temp to 325°F and let loaves cool for about 10-15 minutes until cool enough to touch
- Remove loaves from pan onto cutting board and slice into ½ Inch Slices wide and cut cookies to as long as you see fit.
- Place cookies onto Half Sheet Pans on parchment paper and put back into oven for about 10 minutes each side until cookie is dry. If they do not seem dry after 10 minutes each side, continue to flip and bake in 5 minute increments until desired texture is reached
- Let completely cool
- Store in airtight container

Dayboard

Gnocchi

Makes approximately 10 servings

Derived from *The Opera of Bartolomeo Scappi (1570): L'arte et prudenza d'un maestro Cuoco (The Art and Craft of a Master Cook)* (Lorenzo Da Ponte Italian Library) - Book II – Recipe 176

176. To prepare a thick soup with macaroni called 'gnocchi.' Get two pounds of flour and a pound of grated and sieved white bread; make a dough of that with a fat broth that is boiling, or with water, adding in four beaten egg yolks as you knead the dough. When it is done in such a way that it is neither too firm nor too runny, but has been made exactly right, take a walnut's amount of it. Sprinkle the back of a cheese grater¹⁷⁶ with flour, put the dough on the grater and make the gnocchi with it. If you do not have a cheese grater, make them on a table, drawing the gnocchi out nicely with three fingers. Put in as little flour as possible so they stay soft, and be careful not to handle the dough because it will get too runny. When they are made up, let them sit awhile, then cook them in a fat broth that is boiling, or in water, in a big pot. When they are done, set them out in dishes with cheese and provatura – both grated and not too salted – sugar, cinnamon and lumps of fresh butter the way macaroni are set out in Recipe 174. And let those, too, stew between two dishes on hot coals.

Ingredients

2 LBS All Purpose flour
1 LB Bread Crumbs
4 Egg Yolks
3½ Cups Water
2 lg Pinches Diamond Kosher Salt
Stock Pot of Broth
Cinnamon & Sugar
Butter

Instructions

- Combine flour, bread crumbs and salt in a large mixing bowl.
- Add Egg Yolks and water and stir until well combined.
- Let Rest covered with plastic wrap for 15 minutes.
- Roll out into 1 inch tubes and cut into 1 inch pieces.
- Bring a large pot of broth to a boil.
- Lower the gnocchi into the water a few at a time with a slotted spoon.
- Cook until all the gnocchi rises to the surface of the broth.
- Serve garnished with Butter, Cinnamon and Sugar.

Stuffed Eggs with Raisin Sauce

Makes 20 egg halves

Derived from *The Opera of Bartolomeo Scappi (1570): L'arte et prudenza d'un maestro Cuoco (The Art and Craft of a Master Cook) (Lorenzo Da Ponte Italian Library) - Book III – Recipe 273*

273. To cook stuffed eggs. 273 Cook eggs as in the previous recipe, but they should be firmer. Shell them, split them in two lengthwise, and dig out the yolk. Grind it in a mortar with sugar mixed with raisins, pepper, cinnamon, raw egg yolk, a little salt, orange juice, and beaten mint, marjoram and burnet. Fill the hollow of the egg white with that mixture, then put the eggs, with their filling upwards, into a shallow, lidded tourte pan with enough butter to half cover them. Cook them with fire under and over them. When the mixture has set, serve them dressed with a sauce made of verjuice, sugar, orange juice and cooked raisins.

Ingredients

10 Hard Boiled Eggs split in half lengthwise, yolks set aside
Melted butter (enough to cover the bottom of a baking pan)

Sauce

1 tsp Sugar
½ Cup Raisins
¼ Cup Orange Juice
2 tsp White Balsamic Vinegar

Filling

1 tsp Sugar
¼ Cup Raisins
1/8 tsp cinnamon
2 Raw Egg Yolks
1 tsp Orange Juice
13 large mint leaves
Pinch Dried Majoram
Pinch Black Pepper
Pinch Kosher Salt

Instructions

- Preheat oven to 325°F

Sauce

- Boil Sugar, Raisins, Orange Juice and White Balsamic Vinegar until raisins are plump

Filling

- Pulse cooked egg yolks and all ingredients except the raw egg yolks together in a food processor (or a mortar and pestle) until well blended.
- Add raw egg yolk and blend until smooth.

Assembly

- Fill egg whites with mixture and place in a baking pan with melted butter
- Bake for 15 minutes until mixture has set
- Remove from butter and place on a platter
- Drizzle with raisin sauce and serve

Hard Boiled Eggs with Garlic Sauce

Makes 20 egg halves

Derived from *The Opera of Bartolomeo Scappi (1570): L'arte et prudenza d'un maestro Cuoco (The Art and Craft of a Master Cook)* (Lorenzo Da Ponte Italian Library) - Book III – Recipe 272 & Book II – Recipe 257

272. To cook hard-boiled eggs in butter or oil. Cook eggs in their shells in water such that they are not too hard. Then take them out of the hot water and put them into cold water, shell them and immediately flour them. Fry them in melted butter or oil. When they are done, serve them garnished with sugar and orange juice, or else cover them with garlic sauce²⁷² or some other sauce.

257. To prepare a garlic sauce²⁵⁷ with fresh walnuts and almonds. Get six ounces of fresh, shelled walnuts, four ounces of fresh Milanese almonds and six parboiled garlic cloves or one and a half raw ones. Grind that in a mortar with four ounces of crustless bread soaked in a meat or fish broth that is not too salty. When that is done, put a quarter-ounce of ground ginger into it. The sauce being well ground, there is no need to strain it but only to moisten it with one of those broths. If the nuts are dry, set them to soak in cold water until they have softened and can be shelled. Into that sauce you can grind a little turnip or kohlrabi that has been well cooked – in a meat broth if it is a meat day.

Ingredients

10 Hard Boiled Eggs split in half lengthwise, keep yolks in tact
1 Stick of Unsalted Butter, clarified
6 garlic cloves
8 oz soft bread, ripped into pieces (crustless Italian)
1 Cup vegetable broth + additional for moisture
4 oz Almonds
6 oz Walnuts
¼ tsp ground ginger
Salt

Instructions

- Soak bread in broth
- Combine bread, garlic cloves, Almonds, Walnuts, Ginger and salt (to taste) in a food processor (or mortar and pestle) and pulse until smooth. Add extra vegetable broth as needed to obtain smooth texture
- Place egg halves on a platter with yolk side up
- Sprinkle sparingly with salt
- Drizzle each egg with clarified butter
- Top with a ½ tsp of Garlic Sauce
- Serve cold

Pumpkin Soup

Makes 12 Servings

Derived from *The Opera of Bartolomeo Scappi (1570): L'arte et prudenza d'un maestro Cuoco (The Art and Craft of a Master Cook) (Lorenzo Da Ponte Italian Library) - Book III – Recipe 225*

225. To prepare a thick soup of common squash^{225.1} during Lent. Take a squash, scrape it and dice it. Put some finely chopped onions with it and put them into an earthenware or copper pot with oil and no water. Sauté them gently, stirring, because they will produce water on their own. When they have reduced, add in enough water to cover them by two fingers, along with pepper, cinnamon, saffron and enough salt. Boil that. When it is almost cooked, put in gooseberries or verjuice grapes, and beaten fine herbs; finish cooking it. Serve it in dishes with pepper and cinnamon over top. With that squash you can cook pieces of tench or large pike.

Ingredients

1 29oz Can of 100% Pure Pumpkin Puree
1 Large Onion, diced
2 TB Olive Oil
4 Cups Vegetable Stock
6 Cups Cold water
1 Cup Grape Juice
2 Bay Leaves
1 Pinch Saffron
2 tsp Black Pepper
2 tsp Kosher Salt
1 rounded tsp Cinnamon
2 TB Fresh Mint, minced
2 TB Fresh Parsley, minced
1 TB Fresh Thyme, minced
1 TB Balsamic Vinegar

For finishing:

Fresh Ground Pepper (to taste)
Salt (to taste)

Instructions

- Sauté Onions in Olive Oil over medium-high heat until onion are a deep brown
- Add Pumpkin and sauté until color deepens, about 4 minutes
- Add water, stock, bay leaves, saffron, pepper, salt, cinnamon, grape juice and bring to a boil.
- Reduce heat and let simmer for 25 minutes, stirring every 5 minutes.
- Add Fresh herbs and balsamic vinegar and stir.
- Turn off heat, add salt and black pepper to taste.
- Serve hot.