

# A Medieval Meal



Megan Knoll

# Dishes

Appetizer (Alows de Beef)

Entree (Roast Hen)

Dessert (Snowe)

Drink (Apple Cider)

Side (Peasant Bread)



# Common Spices and Ingredients

Black pepper

Ginger

Cinnamon

Saffron

Cloves (expensive)

Parsley

Onions

Garlic

Many of these recipes are reliant on these common ingredients due to their availability. Trade is established but is too expensive for many peasants to afford.

# Alous de Beef (England, 15th c.)

Alows - Old French for “lark”. Larks are trapped and eaten in France.

de Beef - of Beef

Some people had cows that they would slaughter after they stopped making milk. All parts of the cow were used.

Although, cows require a lot of land, so some peasant farmers did not own cows.



# Alous de Beef (England, 15th c.)

|               |             |
|---------------|-------------|
| Ingredients:  | Bone marrow |
| Beef steak    | Ginger      |
| Fresh parsley | Salt        |
| Onion         | Saffron     |
| Egg yolks     |             |



# Alous de Beef

Recipe utilized onions and parsley, which can be grown in England.

Rating: 6/10

Very nutritious for this time period (eggs, vegetables, meat).



Source [Two Fifteenth-Century Cookery-Books, T. Austin (ed.)]: xxx - *Alous de Beef or de Motoun. Take fayre Bef of the quyschons, (Note: Cushions) and motoun of the bottes, and kytte in the maner of Stekys; than take raw Percely, and Oynonys smal y-scredde, and zolkys of Eyroun sothe hard, and Marow or swette, and hew alle thes to-geder smal; than caste ther-on poudere of Gyngere and Saffroun, and tolle hem to-gederys with thin hond, and lay hem on the Stekys al a-brode, and caste Salt ther-to; then rolle to-gederys, and putte hem on a round spete, and roste hem til they ben y-now; than lay hem in a dysse, and pore ther-on Vynegre and a lityl verious, and pouder Pepir ther-on y-now, and Gyngere, and Canelle, and a fewe zolkys of hard Eyroun y-kremyd ther-on; and serue forth.*

## Roast Hen (Germany, 13th c.)

Chicken was more common than beef because they take up less space, time, and food.

In 1,000 C.E., Benedictine monks banned red meat, leading to an increase in the consumption of chicken.

It is believed that modern chicken farming came from the Middle Ages.



# Roast Hen (Germany, 13th c.)

Ingredients:

Chicken

White wine

Chicken broth

Garlic

Egg yolks

Parsley (added)

Wine was more popular in Southern Europe, where grapes were grown. Up north they drank beer and ale.





# Roast Hen

Few ingredients, but effective. Use of chicken broth to use all parts of the chicken.

Rating: 10/10

Surprisingly delicious with just these few ingredients.



# Snowe (England & Germany, 16th c.)

Mostly easy and common ingredients:  
cream and egg whites.

Sugar was in this recipe, which was a rare commodity for the time. Sugarcane was first grown in Southern Europe during Arab rule in Sicily.

Called “Snowe” because it looks just like it!



# Snowe

Rating: 8/10

Basically whipped cream. Made simple vanilla wafers to eat with it. Ate at room temperature but was much better when refrigerated.



*To make a dyschefull of Snowe. Take a pottell of swete thycke creame and the whytes of eyghte egges, and beate them altogetherwyth a spone, then putte them in youre creame and a saucerfull of Rosewater, and a dyshe full of Suger wyth all, then take a styckeand make it cleane, and than cutte it in the ende foure square, and therwith beate all the aforesayde thynges together, and everas it ryseth take it of and put it into a Collaunder, this done take one apple and set it in the myddes of it, and a thicke bushe of Rosemary, and set it in the myddes of the platter, then cast your Snowe uppon the Rosemarye and fyll your platter therwith. And yf you have wafers caste some in wyth all and thus serve them forthe.*

# Apple Cider

Cider first started to appear as early as 1200 C.E. It was noted that apples in the Middle ages were likely much smaller than apples today, so rather than eating them alone, they would be made into cider.

Oranges, lemons, and other citrus fruits were traded from the 14th century onwards, but was only available to the wealthy.



# Apple Cider

Ingredients:

Apples

An orange

Cinnamon sticks

Cloves

Allspice

Nutmeg

Brown sugar

This recipe called for boiling the ingredients in a pot, then reducing to a simmer. This is important in the Middle Ages to kill off bacteria.



# Apple Cider

Rating: 10/10

Tried it hot and cold.

Most people in the Middle Ages served this hot because they had no way of refrigeration.



# Peasant Bread

Bread was essential to all classes during the Middle Ages.

Differences in social class, however, were shown in the composition and production of bread. The “whiteness” of the bread was a standard of excellence, sometimes called “cake”.



# Peasant Bread

## Ingredients:

Flour

Salt

Sugar

Yeast

Water

Butter





# Peasant Bread

Rating: 10/10

Very dense and delicious. Doesn't need to be buttered, and it's a lovely snack on its own.



# Final Thoughts

I was surprised by the few ingredients in most of these recipes, and all but one turned out delicious!

It was interesting to put myself in the mindset of someone in the Medieval Ages, where nutrition is arguably more important than taste.

I enjoyed expanding my horizons in trying these meals that I wouldn't otherwise try.

