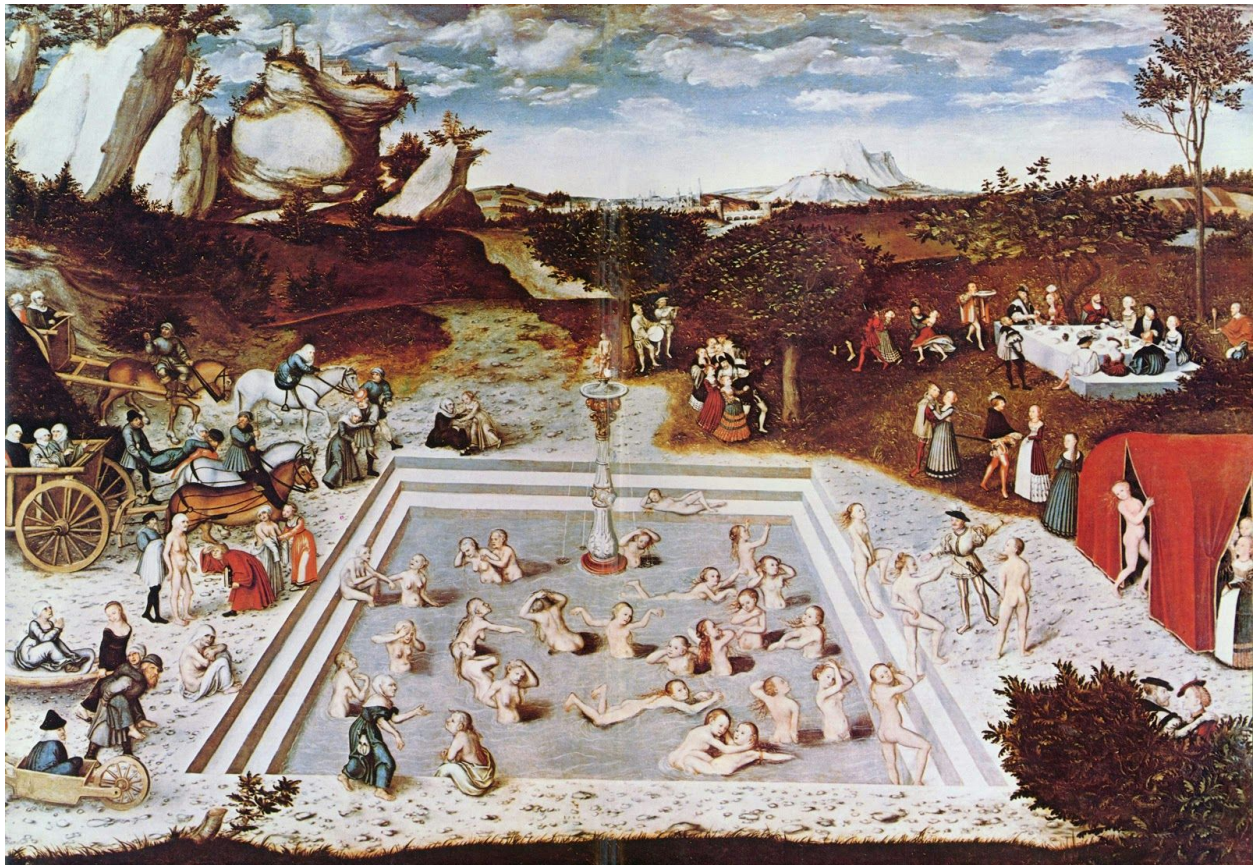


# Ehrentag (Day of Honour)

August 22, 2015

Mt Waverley Youth Hall



Cranach the Elder's 'Fountain of Youth'

# Fest Zu Ehren

(Feast of Honour)

## On arrival

Loaves of bread, cheese, olives and pickles of cucumber and cauliflower

## First remove

**Ein gut gerihte, der is gern izzet: “A good dish, which people like to eat”**

Roast beef (g, d) with mustard (v, g, d)

**Ein gut spise mit ein morchen mus: “A good food, with a carrot puree”**

Chicken meatballs (d, vegetarian option available) with carrot, white wine and sage puree (v, g, d), with rice and salad greens (v, g, d)

**Eine sehr gute Sauerkirschtörtchen: “A very good sour cherry tart”**

The title says it all (v; gluten & dairy free option free available)

## Second remove

**Gute prattwirs mit sauerkraut:**

Good bratwurst with sauerkraut (g, d)

**Kesßkiechlen bachen**

Cheese dumplings (v)

**Baked mushrooms and herbs** (v, g, d)

**Pfifferling von mandel, nussmakronen und frischem Obst**

Chanterelle “mushrooms” made of almond, macarons and fresh fruit (v, g, d)

# Ingredients list for allergies and other dietary needs:

## Starters:

- **Bread loaves** - Wheat Flour, Water, Wheat Semolina, Iodised Salt, Yeast, Vitamins (Thiamin, Folic Acid), Dried Wheat Sourdough, Malt Flour (Wheat), Malt Extract (Wheat)
- **Delre Dutch smoked cheese** - Pasteurised Milk, Water, Vegetable Fat , Whey Powder, Milk Protein, Salt, Soya Oil, Colour (160b)
- **Green olives**
- **Pickled cucumbers** - Cucumber, Vinegar, Salt, Dill Weed, Mineral Salt (509), Emulsifier (433), Flavours, Colour (100)
- **Pickled cauliflower** - cauliflower, apple cider vinegar (Cornwell's), salt, lemon, garlic, pepper

## First remove:

- **Roast beef**
- **Mustard:** Water, Mustard seeds (19%), Salt, Vinegar, Sugar, Food Acid (260), Spices.
- **Chicken meatball mix (original version):** chicken mince, egg, breadcrumbs, powdered ginger, white pepper, cloves, salt
- **Chicken meatball (gluten free option):** chicken mince, egg, powdered ginger, white pepper, cloves, salt
- **Vegetarian "meatball" option:** soy meat/TVP, chickpea flour, vegetable stock, onion, fennel seed, pepper, paprika, oregano, thyme, salt, allspice, garlic, olive oil, soy sauce, salt
- **Carrot puree:** carrots, almond milk (macro organic brand), white wine, olive oil, chopped sage, salt
- **Rice:** black rice, red basmati, brown rice, jasmine rice
- **Salad greens:** nasturtium, salad greens
- **Sour cherry pie:** wheat flour, butter, morello cherries (Marco Polo brand: cherries, water, sugar), cinnamon and sugar
- **Gluten/dairy free sour cherry pie:** Simply Wize pastry (Starch (Potato, Tapioca, Corn), Hydrogenated Vegetable Oil (Soy), Thickeners (1420, 1422), Stabilisers (415, 412), Sugar, Chickpea Flour, Raising Agent (500,450), Emulsifier (471, 464, 481, 322), Acidity Regulator (330), Yeast, Salt, Flavour.), morello cherries, cinnamon and sugar

## Second remove:

- **Bratwurst:** pork mince, beef mince, bacon
- **Sauerkraut:** White Cabbage, Salt.
- **Baked mushrooms:** mushrooms, herbs
- **Cheese dumplings:** breadcrumbs, barley flour, mace, butter, cheese, egg
- **Fresh fruit**
- **Macarons:** egg white, sugar, almond meal

# Fest Zu Ehren

## What's with the elephant? Is that even German?

The inspiration of the elephant came from a painting of the table of sotelties served at the wedding of Johann Wilhelm, Duke of Jülich and Jacoba of Baden in Düsseldorf in 1585. At the back of the table is an elephant with a litter on its back with (I think) men with pikes inside (Figure 1).

The theme of the feast was Cranach the Elder's '*Fountain of Youth*' (Figure 2), and therefore the soteltie, the elephant-shaped wine fountain, is a metaphorical "fountain of youth": drink deeply the wine from the elephant, may you feel more youthful.



**Figure 1.** Table of sotelties presented at the wedding of Johann Wilhelm, Duke of Jülich and Jacoba of Baden in Düsseldorf in 1585.

A full pdf version of the wedding celebrations, including pictures of the tournaments, is available for free download from the Getty Institute: <https://archive.org/details/beschreibungdere00gram>



## The serviettes:

The elephants on serviettes were block printed onto hemstitched serviettes and were individually painted with gold paint (fabric paint, can be washed). They are your event token to keep.

**People involved in printing/painting:** Bethony Gaitskell, Gwir Verch Madog, Phillipa la Bird, Seana of St Monica, Rioghan of Saarlands, Vienna Maria della Rosa

## The soteltie:

### **A brief history of wine fountains in the middle ages:**

Fountains were present at many courts of the middle ages throughout Europe, and may have contained water, wine, liquors or scented waters. There are several accounts and drawings of wine fountains, including table-top fountains (Figure 3) (only one example of an elaborate fountain remains from the middle ages; Figure 4), to immense fountains within which servants would hide within to pump the liquid, such as the one described by Friar William de Rubruquis in Karakorum, 1254. At the court of the Great Kahn there was a great fountain of silver made by a Parisian goldsmith, Guillaume Buchier. It was in the shape of a large tree with four serpents whose tails coiled round the trunk; four lions at the base of the tree poured out a different liquid from its mouth. Four pipes were concealed in the trunk of the tree, and leading through the top of the tree and backward into an outer pavilion where they were filled by servants. An angel stood at the top of the tree holding a trumpet: a man concealed in a little chamber underneath the trunk of the tree could make the angel rise and blow his trumpet on demand of the Khan. When hearing the trumpet, the servants would fill the pipes for the wine to flow (D. Strong: <http://muckley.us/The%20Wine%20Fountain.pdf>; M Belozerskaya, *Luxury Arts of the Renaissance*, pp69-74)

### **The construction of the elephant wine fountain for Ehrentag:**

The form of the soteltie was inspired by the image in Figure 1.

While many wine fountains would have been constructed from plaster or metals, such as gold, silver or bronze, we chose a cheaper and simpler construction of paper mache. A skeleton was made from strips of cardboard formed around a coffee table. Layers of paper mache were placed on top of the skeleton. The legs and trunk were formed from a skeleton of chicken wire. The pipes were made from food grade vinyl piping, and rather than using servants to pump the wine, we used a 12v food grade pump attached to a concealed car battery.

### People involved in making the soteltie:

Paper mache: Bethony Gaitskell, Alice of Krae Glas, Tobin of Krae Glas, Phillipa la Bird, Louisa of Krae Glas

Painting: Louisa of Krae Glas, Antoinette Travaille

Engineering: Tobin of Krae Glas, Gilbert Purchase

Fig. 11-21.  
Albrecht Dürer (German,  
1471–1528). Model for a  
Gothic table fountain,  
1495–1500. Pen and brown  
ink with watercolor and red  
chalk. 36 × 35.8 cm (12 ×  
14 1/8 in.). London, The  
British Museum, Sloane  
bequest, 1753, inv. 521583.  
© Copyright The Trustees  
of The British Museum.

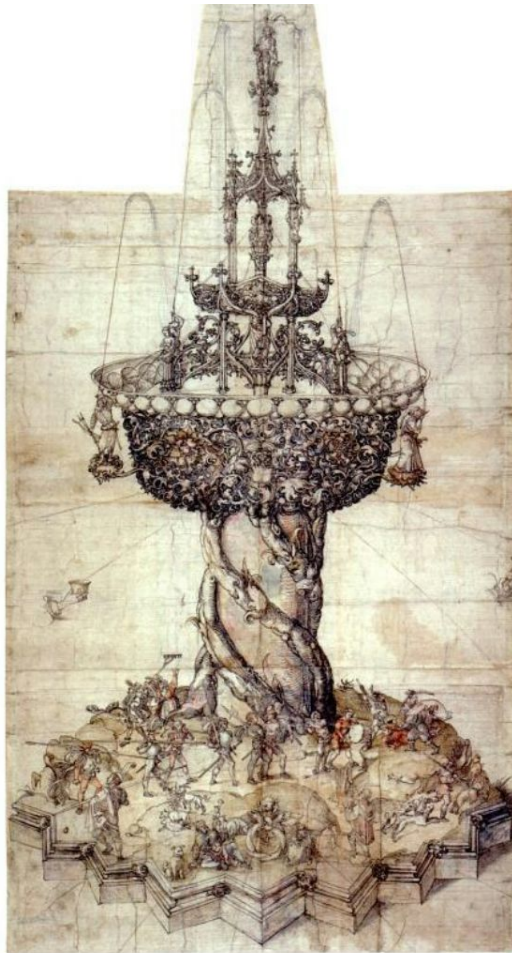


Figure 3. Drawing of an elaborate German fountain

Marina Belozerskaya, *Luxury Arts of the Renaissance*, p72

<http://www.getty.edu/publications/virtuallibrary/9780892367856.html>

Figure 4. The only remaining example of a table fountain

Marina Belozerskaya, *Luxury Arts of the Renaissance*, p73

<http://www.getty.edu/publications/virtuallibrary/9780892367856.html>



**Stampy the Wine Elephant. Drink deeply; become more youthful!**



## Feast team:

**Head cook:** Bethony Gaitskell

**Main crew:** Gwir verch Madog, Tobin of Krae Glas, Alice of Krae Glas, Roisean

**Support crew:** Antoinette Travaille, Isobel Rosewell, Benjamin Edick Tehn, Seana of St Monicas

## The recipes:

### Sources for the removes:

Dishes for the first remove were taken from *Ein Buch von guter spise* (available here: <http://www.medievalcookery.com/etexts/buch.html>)

Dishes for the second remove were taken from *Das Kochbuch der Sabina Welserin* ([http://www.daviddfriedman.com/Medieval/Cookbooks/Sabrina\\_Welserin.html](http://www.daviddfriedman.com/Medieval/Cookbooks/Sabrina_Welserin.html))

### List of recipes:

1. Pickled cauliflower
2. Roast beef
3. Chicken meatball mix (original + gluten free version)
4. Vegetarian "meatball" option
5. Carrot puree
6. Rice
7. Sage butter
8. Sour cherry pie
9. Bratwurst: pork mince, beef mince, bacon
10. Baked mushrooms: mushrooms, herbs
11. Cheese dumplings: breadcrumbs, barley flour, mace, butter, cheese, egg
12. Almond chanterelles
13. Macarons: egg white, sugar, almond meal



## 1. Cauliflower pickles

Make 24-48 hours before.

3 medium cauliflower heads  
1 ½ cup apple cider vinegar  
1 ½ cup water  
3 teaspoons sea salt  
2 lemons, sliced  
3 large garlic cloves, sliced  
1 teaspoon peppercorns

- Wash cauliflower and break it into florets.
- In a large saucepan, combine the apple cider vinegar, water and sea salt. Bring to a boil.
- Place two slices of lemon in the bottom of a quart jar and top with garlic clove slices and peppercorns. Set aside.
- When brine is boiling, add cauliflower to the pot. Stir until the brine returns to a boil and remove from heat.
- Using tongs, pack cauliflower into the prepared jar and top with brine.
- Place 2-3 slices of lemon on top of the cauliflower and put a lid on the jar.
- Let pickles sit out on counter until cool. Once they've reached room temperature, refrigerate jar.
- Pickles are ready to eat within 12 hours, though they will continue to deepen in flavor the longer they rest.

*This is a personal recipe of Lady Bethony Gaitskell, not following any sourced recipe but using the generic principles of preserving (vegetables, salt, vinegar, spice; leave to rest in a cool place). Cauliflower was originally cultivated in Cyprus, and was introduced to Germany from Italy via in the Italian Alps middle of the 16th century. Lemons were also introduced to Germany at this time, however both of these foods were mainly available to the wealthy. (Ursula Heinzelmann, 2008, Food Culture in Germany, Greenwood Press)*

People involved: Bethony Gaitskell

## 2. Roast beef

For 10 people	For 120 people
1 x 1-1.2 kg roasts	12 x 1-1.2 kg roasts
Seasoning, olive oil	Seasoning, olive oil

Roast at 180°C for 1hr 15 minutes. Rest for 15 min before carving. Serve with (commercially prepared) dijon mustard, and sprigs of rosemary

People involved: Gwir verch Madog



## Ein gut spise: “Carrots” made from minced chicken, with a carrot, almond, white wine and sage butter puree

This is a joke food from ‘Ein Buch von guter spise’. The carrots are chicken meatballs formed into the shape of hollow carrots, with carrot, white wine and sage puree piped in the middle, with a sprig of dill in the top. They will be served on a bed of red rice, with salad greens and edible flowers surrounding, to give the appearance of a garden bed.

There are several parts to this dish:

- The “carrots”
- The carrot puree
- Sage butter dressing, to drizzle over carrots
- Rice blend, to give the appearance of soil
- Salad greens and flowers (violets, pansies; blue and yellow for Krae Glas)

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### *Ein Buch von guter spise*

23. *Ein gut spise* ([A good food](#))

Take of the breast of the hen. And cut it small. And pound it in a mortar. And add thereto a little meal and large bread. (Add) pepper or ginger. Salt to mass. (Add) also an egg or two to the mix. Cook that together well. Cut two little clubs of a finger's length (and) as an ulna (An ulna is a bone in the forearm.), flat (and) round in front. And take the boiled (mixture) as large as a carrot and squeeze it out, so that it is creased like the form, in which it was pressed. Lay it in a pan. Let it boil with the stick. (During) the time that the first boils, work the other stick. As you take it out, let the other in. And make it as full as you want. When it is well boiled, so take it out. Stir a chopped puree with butter. Fill that in the “carrot” and stick it upon the spit. Make it hot and sprinkle it with butter and give it out. Also you may make “carrots” too of pike and of salmon and where of you want.

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### Recipe testing: Bethony Gaitskell

This recipe took a few attempts to perfect, and then another round of testing to be able to make it logistically possible to produce *en masse* for 120 guests.

Attempt 1: boil chicken mince, cut it to a carrot-like length, squeeze it... however we found that the first round of cooking made it too difficult to mould again into a carrot-like shape.

Attempt 2: form a carrot-like length out of chicken mince, wrap it around a pizelle roller (wooden, cone like shape, about 15cm long), seal the outside in a frypan, then boil it on the pizelle roller. Then, as per the recipe for Poume D’Orange

(<http://www.godecookery.com/mtrans/mtrans56.html>), I coated the outside in the egg yolks with either saffron (orange carrots) or beetroot powder (purple carrots), and baked in the oven to give the outside a carrot colour.

Successful attempt 2: carrots



Attempt 3: I decided to try disposable aluminium foil inserts to form the carrots around, instead of using the wooden pizelle roller. I also decided to omit the boiling step and just fry the outside, coat them in egg yolk and then bake them, so the meatball mixture wouldn't go tough. This worked really well, as the aluminium foil mould heated up and cooked the inside, but everything was still quite moist and not overdone. I also discovered the meatball mixture lifts away from the foil mould when it cooked, making it easy to remove.

Attempt 4: presentation ideas: carrots prepared as per attempt 3, but served on red rice, with fried purple carrot strips. Scaled up for family dinner.





### 3. The “carrots”: A good food

#### The carrot moulds

Make 130 aluminium foil “carrot moulds”. To make the carrot moulds, take a ~30cm length of aluminium foil. Start rolling the bottom right corner until the rolled section is about 12 cm long. Fold the remaining top section over keep rolling, tucking, rolling, tucking, until you have a cone shaped carrot mould. Rinse and repeat 129 more times.



#### Meatball mixture

For 8	For 100	For 120
1 kg chicken mince	12 kg chicken mince	13.5 kg chicken mince
50g breadcrumbs	.5kg breadcrumbs	.6 kg breadcrumbs
3 eggs whites	3 dozen egg whites	4 dozen egg whites
1 tbsp powdered ginger	10 tbsp powdered ginger	12 tbsp powdered ginger
½ tbsp white pepper	5 tbsp white pepper	6 tbsp white pepper
1 tsp cloves	10 tsp cloves	12 tsp cloves
1 tsp salt	big handful	big handful

### **Egg wash**

<b>For 8</b>	<b>For 100</b>	<b>For 120</b>
3 egg yolks	3 dozen egg yolks	4 dozen egg yolks
Imitation saffron powder	Imitation saffron powder	Imitation saffron powder

### **Form carrots**

Combine all ingredients in a food processor in batches. Wearing gloves, hold the base of the aluminium foil carrot mould and form the meatball mixture around the foil carrot moulds, so it is around 1 cm thick all over. This works best when you dip your hands/gloves in water first. Smooth down the outside and place finished carrots on a tray, and place into a fridge.

When ready, fry off the outside of the carrots in a frying pan/grill top.

Brush with saffron egg wash all over, place in the oven for 20-25 minutes until orange and golden.

Gently remove the aluminium insert, ready for piping the carrot puree.

#### **4. Vegetarian sausage:**

Makes 10 vegetarian carrots

250 g dry soy meat/TVP

1 - 1 1/2 cups chickpea flour, depending on how wet the mixture is

3 tbsp vegetable stock

1 whole onion, minced

2 tbsp fennel seed

2 tsp coarsely ground pepper, preferably freshly ground

2 tbsp smoked paprika

3 tbsp dried oregano

1 tsp fresh thyme

1 tsp salt

1/8 tsp ground allspice

8 cloves garlic, minced or pressed

2 tbsp olive oil

3 tbsp soy sauce

2 tsp salt

1. Cook the soy meat in about 1.25L water until all the water is absorbed. Drain off any excess water.
2. Mix all the ingredients in a bowl. Add more chickpea flour as required until it is a thick mixture.
3. Mould the mixture around the aluminium carrot mould. Place a layer of aluminium foil around the outside of the sausage, roll up, twisting the ends. Steam for 30 mins. Allow to cool.

Sausages can now be stored in the fridge or in the freezer until required.

When ready, brush with egg wash, place in the oven for 15 minutes until golden. Pipe with carrot and sage butter puree, place a sprig of dill in the top.

#### **Notes from the feast:**

I had made this recipe before, with Alice of Krae Glas, however making it in carrot form for the feast was much more fraught than anticipated, with about a third of our “vegetarian carrots” (oh, the irony) unfortunately breaking on the night. The mixture really clung to the aluminium mould. In future I would grease the aluminium moulds, as this mixture doesn’t easily pull away like the meat version of this recipe does.

## 5. “A carrot puree”: Carrot, almond, white wine and sage puree

*Ein Buch von guter spise:*

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79. *Ein morchen mus* ([A carrot puree](#))

*Der wölle machen ein morchenmus. der nem morchen. und erwelle daz uz einem brunnen. und geballen uz eime kaldem wazzer. und gehacket cleine. und tu ez denne in ein dicke mandelmilich. und mit wine wol gemacht die mandelmilich. und die morche dor inne erwellet. und tu dorzu würze genue. und ferwez mit fialblumen und gibz hin.*

How one wants to make a carrot puree. One takes carrots. And boils them in water and rolled (to remove the skin) in cold water. And chopped small. And add it then in a thick almond milk, and the almond milk was well made with wine. And the carrots boiled therein. And add thereto herbs enough. And color it with violet flowers and give out.

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For 8	For 120
1 kg carrots	15kg carrots
80ml cup almond milk (macro organic)	1L almond milk (macro organic)
2 tbsp dry white wine	1 bottle dry white wine
3 tbsp olive oil	250 ml olive oil
2 tbsp Nuttelex	180 g Nuttelex
2 tbsp chopped sage	1 handful chopped sage
½ tsp salt	2-3 good handfuls of salt

Boil carrots whole until cooked. If the skins are thick or old, then peel the carrots, otherwise leave them on. Puree the carrots in a food processor until very smooth. Add almond milk and white wine and stir until smooth. Heat the olive oil and Nuttelex together until starting to froth, add the sage for 30 seconds. Stir through the carrot puree.

**Things to note:** Puree the carrots whole. I tried chopping them first, then boiling, to save cooking time, but it watered down the carrot mixture too much. Also, check the ingredients of the almond milk to make sure they do not have vanilla! So bad....





Extra bowls of puree for the tables, served with a violet on top

## 6. Rice

### Amount of rice

- 2.5 kg black rice
- 1 kg dark red rice
- 1 kg brown rice
- .5 kg white rice

### Equipment

- 3 x 10 cup rice cookers
- 1 x 5 cup rice cookers

5.25kg (dry weight) rice to feed 100 people.

A “10 cup” rice cooker will cook 1.5kg (dry weight) rice

A “5 cup” rice cooker will cook 750g (dry weight) rice

$$(3 \times 1.5\text{kg}) + (1 \times .75\text{kg}) = 5.25\text{kg}$$

Blend all of the rice varieties together before cooking. 1.5kg into each of the 10 cup rice cookers, and .75kg into the 5 cup rice cooker.

(Mixing the varieties together after cooking makes it difficult to get an even distribution of rice varieties)

## 7. Sage butter dressing (dairy free)

### Melted butter and sage dressing (dairy free)

For 10	For 120
50ml olive oil	1000ml olive oil
40ml Nuttelex	750g Nuttelex
2 tbsp chopped sage	1 bunch chopped sage

To make the sage butter sauce - melt the nuttelex in a small to medium frying pan over medium heat. When the nuttelex ceases to foam, add the olive oil and bring to temperature. Add the sage and stir for 2 minutes or until sage is crisp and the nuttelex is golden in colour.

### Pulling it together:

On a large oval platter, place salad on the outside edge. Decorate with edible flowers, e.g. pansy, violet. In the centre place the red rice mixture.

Load up a commercial disposable piping bag, form a production line with one person holding carrots, the other piping carrots and then passing them to another to place a dill frond in the top. Arrange the carrots, 5 on each side of the rice mound, and drizzle the sage butter over top of the carrots. Be generous with the sage butter dressing. The risk of cooking the chicken meatballs is that they become overcooked. Chicken is also very lean. This dressing helps to give moisture back to the dish. Serve it forth!



## 8. A very good sour cherry tart

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*Ein Buch von guter spise*

123. Take a pound of sour cherries and remove all of the pits. Afterwards take a half a pound of sugar and half ounce of finely ground cinnamon sticks and mix the sugar with it. Next mix the cherries with it and put it after that in a pie shell made of good flour and let it bake in the tart pan.

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1 tart (22cm diameter)	14 tarts
300 g flour	4000 flour
150 g butter	2000g butter
1 egg yolk	14 egg yolks
1.5 jars morello cherries, drain very well	18 jars morello cherries
80 g caster sugar	1120 caster sugar
2 tsp cinnamon	80g 30 tsp cinnamon

Chill all utensils and bowls for the pastry for 10 minutes before use. Prepare ice water.

Weigh out flour, add butter (make sure butter is cold, not room temp) and toss the butter through the flour. Cut the flour through the butter using a hand pastry blender until the mixture is the size of peas. Drizzle  $\frac{1}{2}$  cup iced water into the mixture, and use a spatula to bring the dough together. If there are any loose lumps, get your hands into the bowl and bring the dough together, kneading only enough so the dough is a single lump. Wrap in cling film and set aside to rest for 1-2 hours.

Roll out dough to a 4mm thickness (REMEMBER: Visible butter = more flakiness! Do not overwork it!), line tin with pastry and rest it in the fridge for 10 min. Blind bake for 15 minutes with baking paper/pie weights, remove the baking paper and weights, prick with a fork and bake for a further 15 min until golden. This is essential for your pie not to explode. Allow to cool completely.

Mash half the amount of cherries, and leave the rest whole. Drain very very well. Mix through sugar and cinnamon. Add to pie shell, place lid on top, brush with an egg/milk wash then bake for 15-20 min.



**Notes:** I tested these pies several times with various combinations of blind baking and pie thickness, and seeing how long I could make them in advance of serving. While in my testing phase, the best success was with thoroughly blind baked crusts (more golden end of golden), and slightly thinner pastry. However, when making them in bulk and letting them to rest for a day in advance, the juice from the cherries still managed to soak through the pastry and really expand/mush up the pastry, rather than it staying crisp and flakey, so I wasn't 100% happy with the final outcome. I think there was some consistency lost when I was making them in bulk. Still, cherry pie is cherry pie and IMO, it was a good pie, but not "very good" as I wanted it to be.

The decorative top is an elaborate cookie cutter that my mother owns, not sure where she got it. The best result was when I put the pastry in the freezer for 10 minutes, and then pressing the cutter into the dough. I rolled a rolling pin over the top and popped out the little cut out bits. This also made it easier to lay on top.



## 9. Bratwurst

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*Das Kochbuch der Sabina Welserin*

25. If you would make good bratwurst: Take four pounds of pork and four pounds of beef and chop it finely. After that mix with it two pounds of bacon and chop it together and pour approximately one quart of water on it it. Also add salt and pepper thereto, however you like to eat it, or if you would like to have some good herbs, you could take some sage and some marjoram and then you have good bratwurst.

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<b>7kg bratwurst (for 120 people)</b>
2kg pork mince
2 kg beef mince
1 kg bacon
olive oil

Half sized sausages. Fry off the outside on the grill plate and finish off in the oven. Can be baked entirely in the oven (about 40 mins at 200 degrees)



## 10. Baked mushrooms

1 box mushrooms

Leftover sage butter puree from 1st remove.

Remove stems, stuff with herbs, bake for ~25 minutes at 180 degrees C until soft.



## 11. Cheese dumplings

1 batch (36-38 dumplings)	4 batches (144-152 dumplings)
125 g breadcrumbs	500 g breadcrumbs
125 g barley flour	500 g barley flour
60g / 4 tbsp salted butter	240 g salted butter
1 kg feta	4 kg feta
8 egg yolks	32 egg yolks

Mix breadcrumbs and flour in a large bowl. Melt the butter, combine with the flour and crumbs. Process the feta in a food processor to form fine crumbles. Beat the yolks, and combine into the mixture. Forth this with the hands to form a soft paste. Mould the dumplings into small logs, like a small potato. Set aside to dry.

Bring a large pot to a rolling boil, then turn down to a simmer. Add dumplings, and cook for about 10-15 minutes until they rise to the surface.



## 12. Almond chanterelles

From: Das Kochbuch der Sabina Welserin

### 51 Almond chanterelles

Pound the almonds, as you would to make marzipan, put sugar thereon, but not too much, take after that the chanterelle mushroom mold, clean it and take a small brush, dip it in almond oil and brush the mold with it, also with a brush of rose water. And put the almond paste into the mushroom mold and blow through the tube [so that the almond mushroom falls] onto a sheet of paper, and let it bake in a tart pan and sprinkle it with starch flour, then they will be white.

### 22 If you would make good marzipan

First take a half pound of almonds and soak them overnight in cold well water, take them out in the morning. Next pound them well until they become oily, pour a little rose water on them and pound them further. When they become oily again, then pour a little more rose water thereon. Do this until they no longer become oily. And pound the almonds as small as possible. After that take a half pound of sugar, pound not quite all of it in, leaving a little left over. Next, when the almonds and sugar are pounded well together, put them in a bowl, take the lid from a small box, loosen the rim completely, so that it can be detached and put back on again, however leave the lid and the rim together. Take wafers and make them about as wide as a pastry shell, very round. Spread the almond paste described above with the fingers onto the wafers, moistening the fingers with rose water and dipping the almond paste into the sugar, which you have kept in reserve. After that, when you have spread it out evenly with your hands, take the sugar that you have reserved and sprinkle it through a sieve evenly over the marzipan. And take a small brush and dip it in rose water and sprinkle the marzipan overall, so that the sugar is dissolved. Then let it bake. Check it often, so that it is not burnt. It should be entirely white. The amount of a half pound is necessary, so that the oil remains.



**Feast note:** Oops we forgot to dust the cinnamon on the mushrooms!



### 13. Nussmakaron

For 16	For 120
2 egg whites	14 egg whites
250g almond meal	1.6kg almond meal
300 g caster sugar	2000 gm caster sugar

#### Method:

- Line two baking trays with baking paper and preheat oven to 180 degrees
- Whisk two eggs with stand or hand mixer until soft peaks form.
- Fold in almond meal and sugar. Mix well.
- Using a tablespoon, put 16 heaped spoonfuls of the mixture onto the baking paper. Smooth the tops down slightly.
- Bake for 15 minutes and then swap trays around in the oven and continue baking for another 15 minutes.
- Turn oven off and leave to cool in oven with oven door wide open for 10 minutes, then remove to wire racks to cool completely. Remove from baking paper carefully.





The happy event stewards, Bethony and Gib. Still smiling at the end of the night.