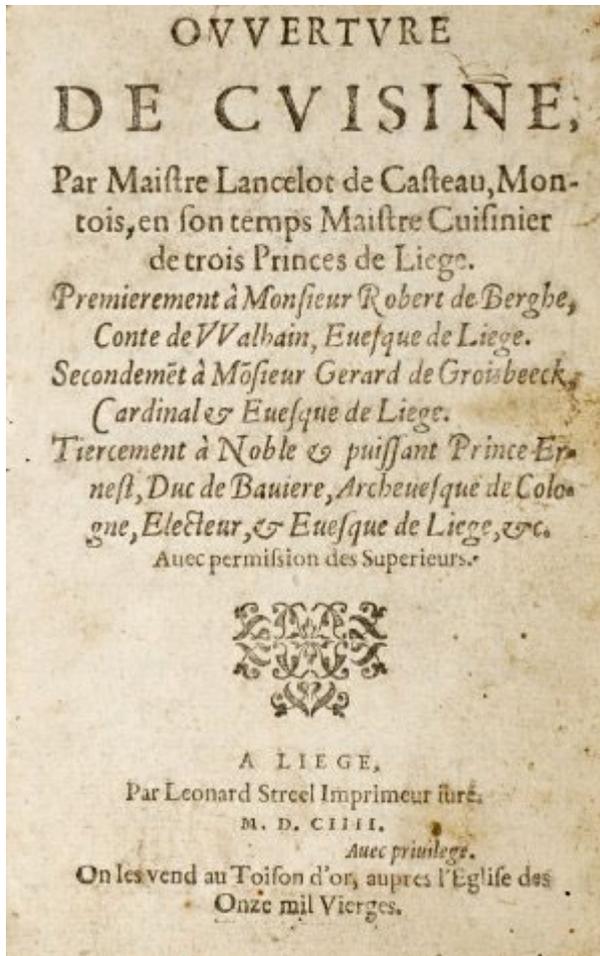


LANCELOT DE CASTEAU'S DINING TABLE



Born in the Mons region, Lancelot de Casteau was employed as "Maître-Cuisinier" (Master-Chef) to the Court of the Prince-Bishops of Liege during the second half of the 16th century. The work which he wrote at the end of his life (1604), called the *Ouverture de cuisine* (Introduction to Cooking) is just that, an introductory handbook to the art of cooking, as well as being a collection of recipes from a variety of sources: in it can be found not only Flemish, but also Italian, Spanish, Hungarian, Irish and Portuguese influences, so that it offers a unique view of the international cuisine of his era. It is thus an invaluable introduction to the *grande cuisine* of the 16th century.

The recipes offered here are inspired by this book and are the work of the caterer

Yves Cousin.

A banquet meal takes the form of different courses, each of which is composed of a variety of dishes. Presented "à la française", the staff merely place the dishes of food on the table, it is then up to the guests to serve themselves.

The courses are definitely not composed in the same way as we would expect today (traditionally in the following order: Starter, Main dish, Salad, Cheese, Dessert - always sweet). In the 16th century, the sweet-savoury separation had not yet been firmly established. Thus a meal could very well start with sweet dishes.

Selection of recipes

Original text : Lancelot de Casteau (Ouverture de cuisine, 1604)

Translation into modern French by Léo Moulin (Ouverture de cuisine, 1983)

Adaptation by Yves Cousin

Turnip Tarts

Prennez des naueaux, & les faictes rostir sur le feu, estant bien cuits coupez par petites tranches longues comme on hache les trippes, puis prennés quatre onces de fromage gras & tendre, trois oeufs cruds defaits avec le fromage, vn satin de canelle, deux onces de sucre, vn peu de poiure, quatre onces de beurre fondu, vn peu d'eau de rose, & faictes tourtes comme les autres, & seruez ainsi.

Take the turnips and roast them over the fire. When they are well cooked, cut them into small pieces similar in length to that obtained when mincing tripe; then take 4 ounces of fat and tender cheese, 3 raw eggs to be mixed with the cheese, a "satin" of cinnamon, 2 ounces of sugar, a little pepper, 4 ounces of melted butter; a little rose water...

To encase it

Prepare shortcrust pastry

Preparing the filing

Slice the turnips in julienne strips and poach them for 2 minutes. Place the turnips, the butter and the sugar in an ovenproof dish. Bake at 180°C for 30 minutes. Allow the turnips to cool. Beat the eggs. Mix the grated cheese with the eggs, cinnamon, pepper, sugar, rose-water and melted butter.

Mortadella with Cauliflower

Prennez six liures de chair comme dessus, & mettez dedans deux onces de sel, demye once de poiure comme dessus, vne once de canelle en pouldre, quatre onces de parmesin raspè, puis meslez bien avec la chair, & emplissez les boyaux, & faictes saulsisse, comme vous les voulez auoir grosse ou petites.

Notez qu'il les faut manger chaudes avec quelques choux flori [>floris] ou autres.

Take six pounds of meat as described above (see recipe for Bologna sausage), add two ounces of salt, half an ounce of pepper, one ounce of powdered cinnamon, four ounces

of grated Parmesan; mix with the meat; fill the entrails, forming small or large sausages as you prefer. Note that they must be eaten hot, with cauliflower or any other cabbage.

Take minced pork, salt, pepper, a generous quantity of cinnamon and a good portion of Parmesan. Fill the entrails with this stuffing. Form small sausages; serve hot with poached cauliflower.

Hungarian Capon Potage

A sweet spicy poultry fricassée with apples and pine kernels.

Prennez vn chapon à moitié cuit, coupez le en quartiers, & le fricassez en beurre vn peu, qu'il ne soit point noir: puis prenez des oignons coupés par tranches, & des pommes coupées par petits quartiers, & les fricassez dans le beurre, & le iettez sur le chapon en vn pot: puis mettés dedans vn peu de bouillon & du vin, & le laissez boullir encor, & mettez dedans du saffran, suecre, [>succre,] canelle, muscade, des peignoles, & faictes bien esteuuer tant qu'il soit bien cuit, & seruez.

Take a partly cooked capon, cut it in quarters and continue to cook in a little butter, making sure that this is not at all black. Take sliced onions and apples cut in small pieces, fry them in the butter, and pour over the capon in a pot; add a little bouillon and some wine, bring back to the boil, add saffron, sugar, cinnamon nutmeg, pine kernels, and allow to simmer until it is just cooked, then serve it.

Offaele pasties (sort of quince tarts)

Faictes paste fueiltee comme les autres cy deuant, & faictes petite couverture de la grandeur d'vne main, puis ayez des amandes estampees demie liure, & trois poires de coing confites, & estampees ensemble, demie libure de succe, deux onces de canelle, vne once de noix muscade, deux iaulnes d'oeuf cruds, puis meslez bien tout ensemble avec deux onces de nouveau beure, puis prenez la grosseur d'vn oeuf, & le mettez sur la couuerte de paste, & la pliez en deux qu'il soit comme des rafioules, & les mettez cuire dans le four: quand elles sont cuites succe dessus.

Prepare shortcrust pastry as described above. Make a small circle, about the size of your hand. Have crushed almonds, half a pound, and three quinces. Mash these together. You take half a pound of sugar, two ounces of cinnamon, one ounce of nutmeg, two raw egg-yolks; you mix all of these together with two ounces of fresh butter; then you take (a portion) the size of an egg and place it on the pastry patty; fold this in two, like ravioli, and place it in the oven to cook. When they are cooked, sprinkle with sugar.

"Offfaele" pasties or almond and quince pasties. Take sheets of "brick" or "phyllo" dough. Shape them like Greek "tiropitakia"; cut the pastry into disks, oil it well so that it doesn't dry out.

For the filling use crushed almonds, cooked and mashed quinces, sugar, cinnamon, nutmeg (not too much), eggs, butter. Place the well blended filling in the middle of the pastry disks and fold each in half. Place the pasties thus obtained on a greased tray, brush with melted butter; bake them in the oven. Sprinkle with sugar before serving.

Selection of drinks

Claré Punch

Ingredients

- 50 gr sugar (or less, depending on the sweetness desired)
- 1 s.sp of Cinnamon
- 1 s.sp of Ginger
- 1 s.sp of Seeds of Paradise
- 2 stalks of long pepper
- 1 s.sp of Galangal
- 1 s.sp of Sweet flag
- 1 s.sp of Coriander seeds

Heat the wine; dissolve the sugar in the wine. Add the spices. Leave to infuse overnight. Filter.

Hippocras

Hippocras was a "must" at all medieval and Renaissance meals; it was served at the end of meals to aid digestion.

Burgundian recipe:

Prenés une onches de cinamonde nommée longue canelle en pippe, avec unes cloche de gingembre et autant de garingal (galanga, Alpina officinarum Hance, surnommé gingembre chinois), bien estampé (écrasé) ensemble, puis prenés un livre de bon çuquere (sucre); et tout cela bien broyés ensamble et destrempés avec un lot du milleur vin de Beaune que pourés finir et le laissir tremper unge heure ou deux. Et puis coullés parmy un chause (chause) par plusieurs fois tant qu'il soit bien cler (ajouts au

Ménagier de Paris recueillis dans la maison de Roubaix à la fin du 15e s., éd. J. PICHON, Paris, 1846, II, p.373)

Take an ounce of cinnamon called long cinnamon pipe, with a section of Ginger root and as much glangal (Alpina officinarum Hance, also called Chinese Ginger) well mashed (crushed) together, then take a pound of good sugar; and all of this well blended together and soaked in a quantity of best Beaune wine which is then left to infuse for an hour or two. And then poured through a cloth (muslin) several times to ensure that it is clear

Vinum salviatum (Sage or "saged" wine)

A delicious aperitif, inspired by a medieval recipe. Easily prepared and not very expensive.

Ingredients for 6 glasses :

- A bottle of white wine (Bourgogne Aligoté is recommended)
- A handful of dried sage leaves
- Accacia or classic honey

On the eve, pour the contents of the bottle into a large container. Crush the sage leaves by hand and mix well into the wine. Cover with a cloth and leave to infuse overnight, stirring from time to time. The following day, filter the preparation. Taste and add honey to sweeten the wine which has a sour taste.

It is drunk chilled, as an aperitif or with the meal. Sage is known for its digestive qualities.