



Once Upon a Time..

By Ginger Michaud

If you are looking to host a memorable holiday meal, may I suggest going Medieval on your dishes. Recipes have survived from as far back as the 1300's. Cormarye, for example, was served to the royal court of Richard II (King of England 1377-1399), and thanks to historian preservation, you can quite

easily follow the recipe in modern times.

At the age of 10, Richard of Bordeaux succeeded to the throne where he spent 22 years entertaining Royal guests with opulent meals. *The Forme of Cury* was written by the King's personal chefs, and detailed no less than 196 historical recipes. Cormarye, recipe #53, is a main dish of pork loin and red wine sauce fit for a royal feast.

The sauce was made from a red wine, ground pepper, garlic, coriander, caraway, and salt reduction. Add drippings from the roasted pork to the sauce, and serve together to capture the old world flavor.

In a culture and time without potatoes, tomatoes, or chocolate, a spice mixture commonly called "powder fort") was used in most recipes. To make your own powder fort mix at home, combine 1oz. ginger, 1oz. cinnamon, 1oz. black pepper, .25oz. of saffron, and .125 oz. of cloves. Add your powder fort spices to a broth, with mushrooms and leeks, for a Royal soup appetizer. Or simmer your spice mixture with honey, red wine, sugar, and raisins-until it thickens-to soak in fried bread for a medieval bread pudding.

Add a fairy tale twist to your Deviled eggs with your powder fort spices, 5 grams of mint, parmesan, curd cheese, raisons, and saffron into the cooked yolks. Adding rose water and lavender to your cocktails will complete your medieval royal feast nicely.

Whatever you are cooking this year, enjoy your holidays with a sense of adventure and cheer from us at

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Cheres!

