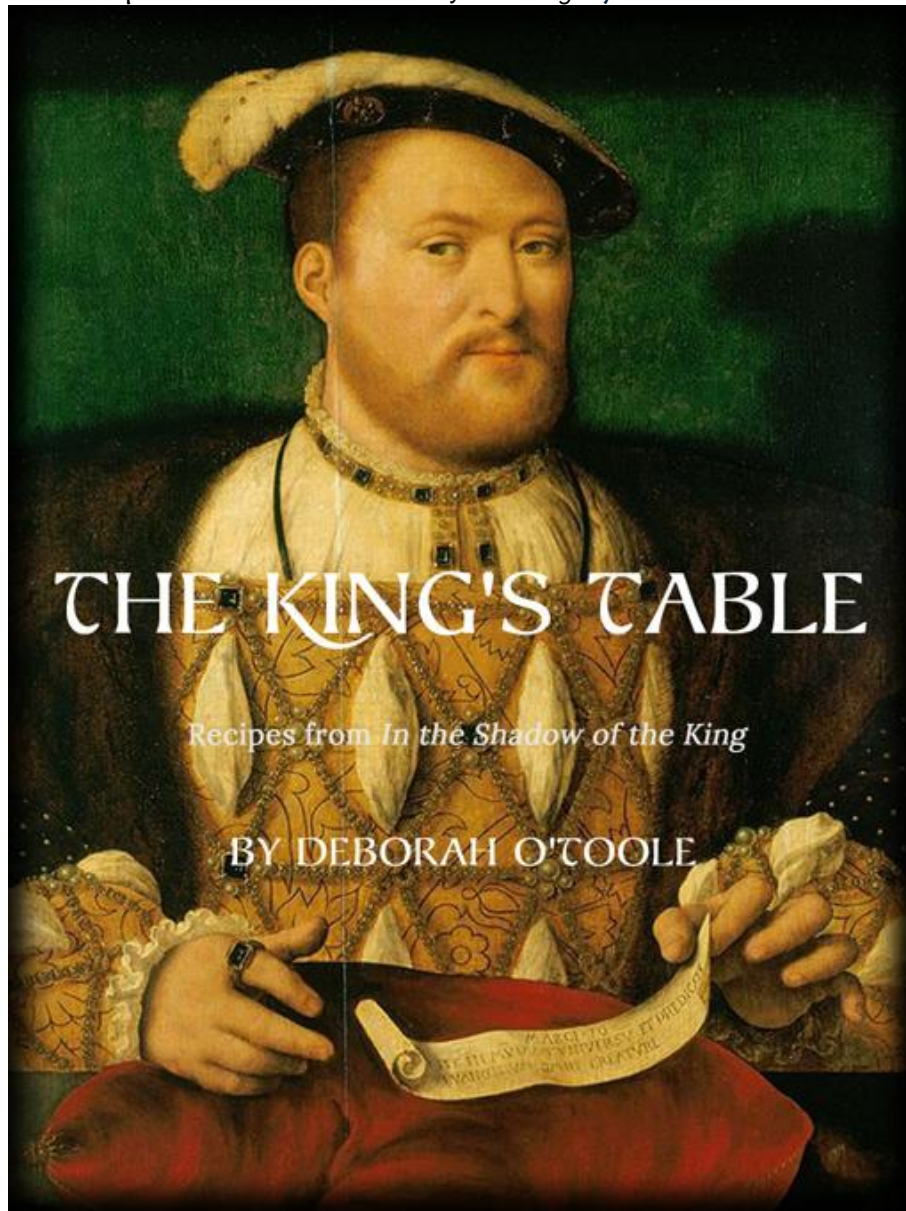


~ THE KING'S TABLE ~

Recipes from *In the Shadow of the King* by Deborah O'Toole



"The King's Table" was written for entertainment purposes and expresses the sole opinions of the author. This e-book is not meant to be a professional chef's essay about Tudor cuisine, but rather an observation about the generalities of the era's food and recipes from an amateur home kitchen.

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Text in this cookbook was set in the *Maiandra GD* font.

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~ INTRODUCTION ~

"The King's Table" was inspired by my novel, *In the Shadow of the King*, where food is often mentioned in the storyline. *In the Shadow of the King* is a semi-fictional account of Sir Francis Bryan's relationship with Henry VIII, intermittently told from the viewpoint of one of Bryan's descendants in the modern day.

The image of Henry VIII holding an ever-present chicken drumstick is a common stereotype of the infamous Tudor king in matters of cuisine, yet in reality the representation could not be further from the truth.



Henry VIII was exceptionally robust in his youth. He was a sporting king who enjoyed hunting, jousting, tennis and other athletic activities, which kept him physically fit. However, after a leg injury incurred during a joust in 1536, he became rather sedentary and grew larger with each passing year as infections from the festering wound repeated itself.

Tudor kitchens, specifically those found in the various castles and palaces occupied by the Royal Court, were typically littered with an assortment of cooking equipment, furniture and other accoutrement. Common to the day were dresser hatches (for serving), vast fire-fueled brick ovens and open flames. Preparing nearly one thousand meals a day was common.

Henry VIII usually dined in his private chambers. However, on the occasions he attended a public banquet, he was the only one to be given a fork. Meals for the entire court were typically served at ten in the morning in the great hall of any given royal palace, and then again at four in the afternoon. Those of higher rank sat in what was known as the Great Watching Chamber, while those of lesser rank dined in the Great Hall.

Certain manners were expected at the royal table. A few of the frowned-upon, but not forbidden, behaviors included:

- ❖ Putting fingers in the ears.
- ❖ Putting hands on head.
- ❖ Blowing nose with hands.
- ❖ Men were told to refrain from scratching.
- ❖ Blowing noses or wiping off sweat with napkins.
- ❖ Poking around on a plate, probably looking for the better piece of food.
- ❖ Throwing bones on the floor. The proper place for bones was a platter.
- ❖ The release of wind.

While culinary terms in the Tudor era were generally known as numerical "courses," recipes contained herein have been organized by using contemporary standards (appetizers, beverages, bread and pastry, breakfast, entrees, sides, soups and stews, and sweets, in general). Modern measurements and cooking methods have also been implemented to avoid confusion with medieval recipe instructions.

Some of the dishes mentioned in the alternating "modern" storyline are also included in "The King's Table," which are decidedly not medieval or Tudoresque. These include the prologue and epilogue, and parts one, three, five, seven and nine from *In the Shadow of the King*.

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~ APPETIZERS ~

~ ARTICHOKE IN OLIVE OIL ~

- 4 large artichokes
- Breadcrumbs
- Olive oil



Using a pair of sharp scissors, snip pointy ends off all leaves. Rinse artichokes under cold water. In a large pot or steamer, cook artichokes for about fifteen minutes (depending on size of the vegetable); drain. Drizzle olive oil over the artichokes, and in between most of the leaves. Sprinkle breadcrumbs liberally in between all of the leaves.

Place the artichokes in a baking dish, standing upright. Bake in a 350-degree F oven for about twenty minutes. Serve.

Recipe makes enough for four servings.

Note: Sir Francis Bryan was served steamed globe artichokes bathed in breadcrumbs and olive oil by his French mistress, Angela Perrette-Quillon, in 1530.

~ BEEF OLIVES ~

- 1 LB beef, thinly sliced (*any cut*)
- 1 TBS Dijon mustard
- 1 medium onion, chopped fine
- 3/4 C celery, sliced thin
- 2/3 C carrots, shredded
- 1 C red wine
- 2-1/2 C beef stock
- 2 TBS tomato sauce or puree

Stuffing:

- 1 small onion, chopped fine
- 3 strips smoked bacon
- 4 mushrooms, sliced
- 1 tsp. thyme
- 1 clove garlic, minced
- 1 TBS olive oil

Preheat oven to 350-degrees F.

In a skillet, fry onions, garlic and mushrooms until soft. Add to the raw bacon and set aside for use as stuffing.

Place beef on a flat surface; beat with a rolling pin or food hammer until very thin. Spread each beef slice with mustard; add stuffing mixture evenly. Roll each beef slice (with stuffing inside). Secure rolls with a toothpick or string. Fry on all sides until browned; place in an oven-proof dish.

Fry remaining onion, carrot and celery for about five minutes. Add tomato sauce or puree, red wine and beef stock; stir. Pour over the beef rolls. Bake, covered, for about three hours.

Remove the beef rolls from the oven; keep warm. Blend remaining sauce until no lumps are present. Spoon sauce over beef rolls and serve.

Note: Madelyn Sanders, maid and cook at Francis Bryan's house on The Strand, served beef olives to him and Alice Drury in 1510.

~ CHICKEN PATE TUDOR ~

- 1 LB chicken livers
- 2 TBS olive oil
- 1 C button mushrooms, chopped
- 1 small sour green apple, chopped (3/4 C)
- 1/2 C onion, chopped
- 6 cloves garlic, chopped
- 1 tsp. dried thyme, crushed
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 C apple cider or apple juice

Rinse chicken livers under cold running water; remove fat and tissue. Heat olive oil in a skillet. Cook chicken livers with mushrooms, apple, onion, garlic, thyme, salt and black pepper until livers are browned and cooked through, stirring often. Add cider or juice; reduce heat. Simmer, uncovered, until liquid is almost evaporated. Transfer to a food processor bowl. Cover; process until smooth. Press mixture through a strainer. Spoon into serving dish or individual ramekins. Cover and chill for at least six hours or for up to three days.

~ OYSTERS ON THE HALF SHELL ~

- 8 fresh shucked oysters per serving
- Lemon wedges
- Cocktail sauce or hot pepper sauce (*see recipe below*)
- Ground black pepper
- Buttered toast points

To shuck oysters, insert knife into hinge side of the shell and twist to open. Loosen each oyster from the deep half shell but let it remain in the shell. Discard other half. Serve on a bed of cracked ice with a small bowl of Cocktail Sauce or hot pepper sauce. Sprinkle with fresh ground black pepper and a squeeze of lemon. Serve with toast points.

Cocktail Sauce:

- 1/2 C chili sauce
- 1/3 C catsup
- 2 to 4 TBS prepared horseradish sauce
- 1-1/2 tsp. Worcestershire sauce
- 1/4 tsp. salt
- 2 TBS lemon juice
- Dash of black pepper
- Few drops of Tabasco sauce
- 1 stalk celery, chopped

In a medium bowl, combine all of the ingredients and mix well. Chill and serve with seafood, or fish-based appetizers. Refrigerate leftovers.

Note: Sir Francis Bryan was served raw oysters with sliced lemon by his French mistress, Angela Perrette-Quillon, in 1530.

~ SALMON & ONION SALAD ~

- 1 salmon filet, cut into 4 strips
- 1 large onion, sliced thin
- 1 TBS lemon juice
- 2 TBS white wine vinegar
- 1 tsp. granulated sugar
- 1/4 C extra virgin olive oil
- 3/4 C edible violets
- Salt & black pepper, to taste

Place vinegar, sugar and lemon juice into a bowl; slowly whisk in olive oil. Season to taste with salt and black pepper, then add the sliced onion to the vinaigrette. Remove onion for later use. Lightly coat salmon strips with the vinaigrette; place under a preheated medium grill. Cook for three to four minutes on each side, or until firm. Place a mound of onion in the center of each dish, with the salmon strip on top. Drizzle the remaining vinaigrette over the salmon, and then scatter violets across the top. Serve.

Recipe makes four servings.

~ BEVERAGES ~

~ ALMOND MILK ~

- 3/4 C almonds, shelled
- 4 C warm water

In a large cooking pot, bring about eight cups of water to a boil. Add the almonds, and bring the water to a boil again (to blanch almonds). Pour the almonds into a strainer immediately after second boil, and run under cold water until they have cooled. Pinch the skins off each individual almond. In a blender, place half the almonds into two cups of warm water. Mix on medium speed until the almonds and water become a smooth, white liquid. Pour mixture into a large bowl. Add the other half of the blanched almonds into the blender, with two more cups of warm water. Repeat the mixing process, and then add to the large bowl containing the first half of the liquefied almonds.

Line a strainer with a double-layer of cheesecloth which has been washed and still damp. Strain almond milk through the cheesecloth, collecting the liquid into a separate bowl and squeezing as much as possible from the strainer. Store in a covered container in the refrigerator.

Note: Almond Milk can be used for a variety of medieval dishes from soups to stews, or in baking. It can also be consumed as a beverage by itself.

~ CAUDLE ~

(Spiced Beer; also known as Buttered Beere)

- 12 oz. beer
- 1 egg yolk
- 1/4 C sugar
- 1/16 tsp. nutmeg
- 1/16 tsp. cloves
- 1/16 tsp. ginger
- 2 TBS butter

Place egg yolk in a saucepan; slowly whisk in the beer. Add the sugar and spices; heat over medium-high heat until mixture just comes to a boil. Remove from heat. Add butter; whisk until well-mixed. Serve hot.

~ HIPPOCRAS ~

(Spiced Sweet Wine)

- 1 pint wine (*red or white*)
- 2 cloves
- 2 peppercorns
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger (*or use fresh ginger root, grated*)
- 2 oz. granulated sugar

Grind cloves and peppercorns with a mortar and pestle. Mix all ingredients together and place in a large jug, covered. Allow to infuse for one to four days. Strain mixture through cheesecloth or a fine-meshed sieve. Serve. Store remaining Hippocras in a cool place.

Note: Hippocras was said to be a firm favorite of Henry VIII's.

~ SPICED WINE ~

- 3 bottles red wine
- 3/4 C sugar
- 2 TBS honey
- 1/4 C cinnamon
- 2 TBS ginger
- 1 tsp. each of nutmeg, mace & cardamom
- 1/2 tsp. ground cloves
- 1/4 tsp. paprika or black pepper

In a large pot, warm the wine on low heat. Stir in the sugar. In a small bowl, combine spices and add a bit of the wine so that spices form a paste. Then add to the pot of wine, stirring until completely dissolved. Avoid boiling the mixture. Turn the heat off, and let the pot sit for several minutes. Then strain the wine mix through a fine mesh colander and into a large bowl. Repeat the straining procedure after the wine has settled again.

Serve at room temperature.

~ WASSAIL ~

- 6 C red wine
- 10 C apple cider
- 1/2 C brown sugar
- 2 tsp. whole cloves
- 2 tsp. whole Allspice
- 2 (3") sticks of cinnamon
- 3 oranges (studded with cloves)

In a large pot, mix the wine, cider, sugar, cloves, allspice and cinnamon. Heat to boiling, and then reduce the temperature setting to low. Cover and simmer for about thirty minutes. Strain the punch into a punch bowl; float the oranges studded with cloves on top.

Note: Wassail originates from medieval England. When drinking a toast from the punch bowl, lords and ladies would cry out: "Was Haile," which meant "Good Health." The bowl would be filled with hot ale or wine spiced with nutmeg, cloves and ginger. Sometimes roasted apples, eggs, cream or oranges were added to the mix as well.

~ BREAD & PASTRY ~

~ CHESTNUT BREAD ~

Filling:

- 2 C chestnuts, peeled (about 15)
- 1/3 C water
- 1/4 C maple syrup

Place the chestnuts into a pot. Add water until it just covers the chestnuts. Allow the chestnuts to simmer on low heat until the chestnuts have softened. Once the chestnuts have softened, place them into a blender or food processor. Add 1/3 cup water and 1/4 cup maple syrup. Blend until a smooth paste forms. Use immediately or let cool and store in the fridge in an air-tight container for up to a week.

Bread:

- 3-1/4 C flour
- 3 TBS sugar
- 1-1/2 tsp. instant yeast
- 1/2 tsp. salt
- 3 TBS butter
- 1 C milk
- 1 tsp. vanilla extract
- 1 egg

In a bowl, combine flour, sugar, yeast and salt. Heat milk and butter in a saucepan; add heated milk and butter to the flour mixture with vanilla and egg. Stir until a dough forms; knead on a floured surface for about eight to ten minutes. Allow dough to rise, covered, in a warm place until it doubles (about one hour). When dough has risen, turn it out on a floured surface and punch down. Divide the dough in half. Roll each half into a rectangle; spread the chestnut filling on the rectangle making sure to leave a 1" border along the edges. Roll each rectangle lengthwise to form a log; pinch edges tightly to seal. Cut the log in half lengthwise with a knife, and turn the halves so that the filling is face-up. Twist the two halves together by placing one of the halves over the other with the filling face-up. Roll the twist from one end to create a spiral. Tuck the end under the bun at the end. Repeat with the other loaf. Transfer loaves to a lined baking sheet; cover with a kitchen towel. Allow it to rise for about twenty minutes. Preheat oven to 350-degrees F. Bake loaves for thirty to thirty-five minutes, or until golden. Recipe makes two loaves.

~ CRUSTE ROLLE ~

(Fried Crackers)

- 2 C flour
- 3 eggs
- Dash of salt
- Pinch of saffron
- Vegetable oil (*for frying*)

Measure flour into a bowl; make a well in the center of the flour. In another bowl, beat together the eggs, saffron and salt; pour mixture into flour well. Mix thoroughly. If dough appears too moist or dry, add additional flour or water as needed. Separate dough into pieces about 1/2" in diameter. Roll pieces thinly, or until they measure two or three inches in diameter. Fry in vegetable oil until golden brown, turning once. Serve hot.

~ EMBER DAY SAVORY TART ~

- 2 large onions
- 1 TBS melted butter
- 4 eggs
- 2 TBS breadcrumbs
- 1 pinch each of saffron, galingale & mace
- 1/8 tsp. sugar
- 1/2 tsp. salt
- 2 TBS currants

For the Pastry:

- 8.8 oz. short crust pastry

Chop the onions; parboil for about five minutes. Strain onions; add the butter and set aside to cool. Mix together remaining ingredients in a bowl. Add the parboiled onions. Prepare either one 8" pastry case or twelve individual-sized cases. If using the second method, roll out the pastry. Cut pastry into small circles using the top of a beaker or cup; place on a cookie sheet. Spoon the onion mixture into the pastry cases. Bake at 350-degrees F for about thirty to forty minutes for one large tart, or fifteen to twenty minutes for smaller tarts. When done, the filling should be set and the pastry lightly browned.

Note: Galingale is any sedge of the genus *Cyperus* having aromatic roots. It can be substituted with ginger root with a 1/4 teaspoon of fresh lemon juice.

~ GINGERBREAD ~

- 1 C honey
- 1 C breadcrumbs
- 1 tsp. ginger
- 1/4 tsp. pepper
- 1 TBS sugar
- 5 tsp. sugar
- 1 tsp. ground cloves

In a cooking pot, bring the honey to a boil. Lower heat and simmer for about three minutes. Stir in breadcrumbs with a spatula until well mixed. Remove from heat, and then stir in ginger, pepper and 1 tablespoon of sugar. When the mixture is cool enough to handle, knead to spread spices evenly. Place mixture into a greased glass loaf pan; flatten with a wide glass or lid. Sprinkle the mixture with 5 teaspoons of sugar, and place cloves around the edges (just so they barely penetrate the dough). Allow the cloves to set in the mixture, but do not eat them. Cool the gingerbread mix and eat at room temperature, or chill for several hours before serving.

~ MANCHET BREAD ~

- 1-1/4 C lukewarm water
- 1 TBS yeast
- 3 C flour
- 1 tsp. sugar
- 1/2 tsp. salt
- 4 TBS butter, softened
- Egg wash (*one or two beaten eggs mixed with water*)

In a small saucepan, dissolve the yeast in half the lukewarm water. In a large bowl, mix the flour, sugar and salt. Create a well in the flour mixture; add butter and remaining water. Mix well. If the dough is too sticky to knead, add more flour as necessary. Knead dough for about ten minutes, or until smooth and elastic. Place dough into a greased bowl; cover with a cloth. Allow the dough to rise for 1 to 1-1/2 hours, or until it has doubled in size.

Punch down dough and shape into flat, round loaves. Place loaves on a greased baking sheet; cover with a cloth. Allow the loaves to rise for about forty-five minutes, or until they are double in size. Brush loaves with egg wash; slash tops and prick with a fork. Bake at 375-degrees F for thirty-five to forty minutes.

Allow to cool before slicing.

~ BREAKFAST ~

~ BREWET AYRENN ~

(Scrambled Eggs)

- 6 eggs
- 3/4 to 1 C water
- 3 TBS cold butter, chopped
- 15 saffron threads ground with 2 TBS water
- 1 tsp. Verjuice
- 1 C cheese, grated (*use mixture of brie, cheddar & mozzarella*)

Using a mortar and pestle, grind saffron threads with two tablespoons of water. In a bowl, beat eggs. Whisk in chopped butter, water and ground saffron. Add grated cheese. Let mixture stand for about ten minutes, which allows the saffron to infuse. Add egg mixture to a saucepan; mix in Verjuice. Cook gently (but do not boil) until the eggs become scrambled. Serve at once.

Note: Verjuice is pressed from unripe, sour fruit such as grapes, green apples, crab apples and plums. Verjuice can sometimes be found in gourmet specialty stores. However, equal parts of cider vinegar and water with dashes of lemon and lime juice can also be used as a substitute.

~ FRUMENTE ~

(Cracked Wheat)

- 1/2 C cracked wheat
- 1-1/2 C water
- 1 C chicken broth
- 1 C whole milk or Almond Milk (*see page 12*)
- 3 egg yolks
- 6 threads of saffron
- 1/2 tsp. salt

Mix the wheat and water in a small cooking pot. Heat covered over medium heat until mixture starts to boil and water is absorbed. Remove the cover and cool, occasionally stirring to break up pastry lumps. Add the broth and milk; warm the mixture over medium heat. Add saffron as the mixture heats, stirring. When the mixture is tepid to the touch, add egg yolks and bring to a boil, stirring constantly. It takes about thirty minutes before the mixture is thick enough. The consistency should be stiff enough so that it only indents slightly when pushed with a spoon. Recommended serving with venison or mutton.

~ POACHED EGGS IN GOLDEN SAUCE ~

- 4 eggs
- Water (*for boiling*)
- Splash of wine vinegar

Sauce:

- 2 egg yolks
- 2/3 C milk
- Pinch of ginger
- Pinch of saffron
- Salt to taste

Eggs: Gently break one egg into a glass bowl, making sure the yolk does not break. Bring water boil in a large pot. When it is simmering, add the wine vinegar. Make a whirlpool with a spatula. Drop the whole egg into the middle of the whirlpool. Allow to simmer in lightly boiling water for about three to four minutes; remove poached egg with a slotted spoon and place on a platter. Continue with the remaining eggs, poaching one at a time.

Sauce: Whisk milk and egg yolks together in another cooking pot. Turn on the heat and continue to whisk. Add the saffron, ginger and salt. The sauce is almost done when it begins to steam. Continue to whisk for a few seconds; remove pot from heat and keep whisking. **Note:** Do not boil the sauce.

Spoon hot golden sauce over poached eggs. Serve.

Recipe source: *The Forme of Cury* (1390).

~ RIQUE MANGER ~

(Eggs & Apples)

- 1 apple
- 2 large eggs
- 1 TBS butter
- 1/4 tsp. Powder Fine (*see recipe below*)
- Pinch of ground saffron

Peel, core and slice apples. Parboil sliced apples until just tender. Drain. Melt butter in a frying pan; add sliced apples and cook until lightly browned. Remove apple slices; set aside. Beat eggs and add to frying pan; return sliced apples to pan just before eggs are cooked. Sprinkle with Powder Fine and saffron. Serve hot.

~ POWDER FINE ~

(spice blend)

- 3 TBS ground ginger
- 2 TBS sugar
- 1-1/2 TBS ground cinnamon
- 1 tsp. ground cloves
- 1 tsp. grains of paradise (*also known as Guinea pepper; member of the ginger family*)

Combine ingredients and store in a sealable container in a dry place.

~ STUFFED EGGS ~

- 3 eggs
- 1 tsp. fresh parsley, finely chopped
- 1/4 tsp. fresh thyme
- 1/2 tsp. cleaned chives, snipped
- 1 TBS salted butter, softened

Place eggs in a saucepan; fill with water until just covered. Bring to a boil; cook for about eight minutes. Remove from heat; drain and then plunge into cold water. Place eggs to one side.

Stuffing: Combine parsley, thyme and chives in a small bowl; add the softened butter. Blend with a spoon until well mixed.

Once eggs have cooled, peel shells. Halve cooked eggs lengthways. Carefully remove the yolks and place them with the stuffing mixture. Repeat with remaining egg yolks. Mash the yolks with stuffing mixture until well mixed. Using a teaspoon, place the filling back into the cooked eggs whites.

Arrange on a plate and serve. Recipe makes three to four servings.

Recipe source: *The Good Hus-wife's Jewell* by Thomas Dawson (1585).

~ ENTREES ~

~ ALOES OF BEEF WITH PEVORADE SAUCE ~

- 4 thin slices of raw beef (4" across)
- 1 large onion, finely chopped
- 1 tsp. parsley, finely chopped
- 2 TBS suet
- 1 hard-boiled egg, finely chopped
- 1 raw egg yolk, beaten
- Olive oil or butter
- Pevorade Sauce (*see recipe below*)

Lightly beat steaks flat. Mix together the stuffing ingredients (finely chopped onion, parsley, suet, hard-boiled egg and raw egg yolk); spread over the steaks, roll up and secure with small skewers, toothpicks or thin twine. Place in a roasting pan and bake at 325-degrees F for about thirty minutes, basting with olive oil or butter every five minutes. When meat is tender, remove skewers and serve ladled with Pevorade Sauce (*see recipe below*).

~ PEVORADE SAUCE ~

- 1 C red wine
- 1/2 tsp. cinnamon
- 1/4 tsp. cloves
- 1/8 tsp. mace
- 1/4 tsp. black pepper
- 1/4 C red wine vinegar
- 1/4 C water
- 2 slices bread
- 1/4 medium onion, sliced (*about 1/4 C*)
- 1/4 tsp. ginger

Place red wine, cinnamon, cloves, mace, and black pepper into a small saucepan; bring to a boil. Tear bread into pieces and place in a bowl with vinegar and water; stir until bread turns to mush. Strain liquid into the saucepan; discard solids. Add onion and ginger; return to a boil. Reduce heat and simmer until onions are tender. Serve hot over beef.

Note: Aloes of Beef recipe from Thomas Dawson's *The Good Huswifes Jewell*, circa 1596. The modern equivalent is from Peter Brears' *Cooking & Dining in Tudor and Early Stuart England*. Sourced at The Tudor Travel Guide website.

~ BAKED LAMPREY PIE ~

- Pastry dough for a 9" pie crust
- 1 LB eel, catfish, or other fish filets
- 1/2 C brown breadcrumbs (*1/3 C if using blood*)
- 1/4 C wine vinegar (*2T if using blood*)
- 1/4 C fresh eel or fish blood (*optional*)
- 1/4 C dry wine
- 1/4 tsp. each cinnamon and black pepper
- Salt to taste
- Aluminum foil



Sauce/Bread:

- 1 C sweet wine
- 1/4 tsp. powdered ginger
- 3 slices white bread
- 1 T brown sugar, or to taste

Preheat oven to 400-degrees F. Line a pie pan with pastry crust; place in oven for ten to fifteen minutes to harden it. Remove; reduce oven temperature to 350-degrees F. In a bowl, combine breadcrumbs, vinegar, blood, dry wine, cinnamon, and salt and black pepper. Place the eels or fish in the pie crust; pour sauce over the top. Cover pie with heavy aluminum foil, with a few holes poked in it. Place pie in the oven; bake for thirty to forty-five minutes, or until the eels or fish are done. Remove; allow it to cool. Remove foil; arrange eels or fish on a serving platter.

Sauce/Bread: In a saucepan over low heat, combine half the sweet wine with ginger and brown sugar. Carefully pour the sauce remaining in the bottom of the pie crust into the saucepan. Bring to a boil; simmer, stirring frequently, for about five minutes. Line bottom of the pie crust with slices of white bread; pour remaining sweet wine over the top and then pour hot syrup over the bread and wine. Serve in sauce with the separate platter of eels or fish.

Recipe makes six to eight servings.

Note: Lampreys were said to be a favorite of Henry VIII's.

~ CHICKEN IN GOLDEN ALMOND SAUCE ~

- 3/4 C sliced almonds
- 6 skinless boneless chicken breast halves (2 LBS)
- 1 tsp. salt (or to taste)
- 1 (3-inch) cinnamon stick
- 1 tsp. dried oregano, crumbled
- 2 bay leaves
- 2 TBS vegetable oil
- 3 bacon slices, chopped
- 1 C onion, chopped
- 1 TBS garlic, chopped (2 to 3 cloves)
- 1 C chicken broth or water
- 1/2 tsp. black pepper (or to taste)
- 1 TBS fresh flat-leaf parsley, chopped

Place oven rack in middle position; preheat oven to 375-degrees F.

Spread 1/4 cup almonds on a baking sheet and toast in oven until golden, about eight to ten minutes. Finely grind remaining 1/2 cup almonds in a food processor for about one minute. Pat chicken dry; sprinkle with salt. Heat a heavy skillet over moderate heat; toast ground almonds, cinnamon stick, oregano and bay leaves, stirring constantly, until almonds are pale golden in color, about two minutes. Transfer to a bowl and wipe skillet clean.

Heat vegetable oil in the skillet over high heat until hot but not smoking. Sauté chicken, turning over once, until golden, about five minutes. Transfer chicken to a plate.

Add bacon to the skillet and cook over moderate heat, stirring, until bacon begins to render fat and turn golden, about one minute. Add onion and garlic; cook, stirring occasionally until golden, about three minutes. Stir in ground-almond mixture and chicken broth; boil, scraping up brown bits, for about one minute. Stir in black pepper and remaining 1/2 teaspoon salt. Add chicken, turning to coat. Reduce heat to moderate and simmer, covered, until chicken is just cooked through, about five minutes. Stir in parsley and sliced almonds. Discard cinnamon stick and bay leaves. Serve chicken with sauce spooned on top.

Recipe serves four.

~ COCKLES & MUSSELS ~

- 12 cockles (*per serving*)
- 12 mussels (*per serving*)
- 4 tsp. olive oil
- 10 garlic cloves, peeled
- 4 TBS fish stock
- 4 TBS white wine
- 1 pinch red pepper, crushed
- 12 grape tomatoes
- Pinch of fresh or dried parsley
- Crusty bread to serve (*optional*)

Drizzle olive oil into a preheated heated pan. Add garlic cloves; sauté until light golden brown over medium heat. Add cockles to the pan and cook for approximately one minute; stir in fish stock. Cover the pan and cook for about two minutes, or until cockles open. Add the mussels, white wine and crushed red pepper. Cover pan and cook for another two minutes. Place cockles and mussels onto a serving plate. Continue to cook garlic and broth in the pan; add grape tomatoes and parsley to the broth and allow to simmer for about two minutes. Pour tomatoes, garlic and broth over cockles and mussels.

Suggestion: Serve with crusty bread slices.

Note: "Cockles & Mussels" was a dish served at the wedding banquet of Sir Francis Bryan and Phillipa Spice on 29th March 1522 at St. Germanus' Church in Faulkbourne, Essex.

~ DECORATED MEATBALLS ~

Meatballs:

- 1-1/4 LBS ground lamb
- 1 egg
- Pinch of sugar (*optional*)
- 1/4 tsp. cinnamon
- 1/4 tsp. dried ginger
- Pinch of ground cloves
- Pinch of mace
- Pinch of salt

Sauce:

- 1-1/2 C beef stock
- 2 TBS raisins
- 3 dates, pitted & chopped into small pieces
- Pinch of mace
- Salt to taste
- 1 egg yolk
- Slice of bread, to serve

Preheat oven to 400-degrees F.

In a bowl, mix together the ground lamb with egg, sugar, cinnamon, ginger, cloves, mace and pinch of salt. Roll into same-sized balls; place in a single layer in a baking dish. Place in oven; bake for about twenty to twenty-five minutes, or until cooked through and golden in color.

For the sauce, place beef stock, dried fruits, dates and mace in a saucepan over medium heat. Place egg yolk in a small ramekin; add a few tablespoons of the hot stock, stirring quickly. Lower the heat of the saucepan; slide in egg yolk/stock mixture to thicken stock, stirring thoroughly. Continue to stir over low heat, until thickened slightly. Add salt to taste; stir again. Serve meatballs on a slice of bread with the sauce spooned over the top.

~ FYLLETES IN GALYNTYNE ~

(Roast Pork in Breadcrumbs)

- 2 LBS pork tenderloin roast
- 4 C vegetable broth
- 1/2 C cider vinegar
- 1/2 C breadcrumbs
- 1 TBS Powder Fort *(see recipe below)*
- Olive Oil

Cut the pork into slices. Place slices on a baking tray; brush with olive oil. Bake at 425-degrees F for about fifteen to twenty minutes. Remove from oven; allow to cool before cutting meat into bite-sized pieces. In a cooking pot, combine the meat and cooking juices with vegetable broth. Add cider vinegar, breadcrumbs and Powder Fort. Simmer for about two hours, stirring frequently. Serve.

~ POWDER FORT ~

(spice blend for meat dishes)

- 1 TBS cloves
- 1 TBS mace
- 1 TBS cubeb pepper *(also known as Java Pepper)*
- 1 TBS grains of paradise *(also known as Guinea pepper; member of the ginger family)*
- 4 TBS ginger
- 3 TBS black pepper

Using a mortar and pestle, grind all ingredients together. Store in a sealable container in a dry place.

~ GRILLED FISH IN GINGER SAUCE ~

(Poivre Jaunet)

Fish:

5 to 6 TBS olive oil
6 fish filets, 5 oz. each (*haddock, red snapper or trout*)
Salt & black pepper to taste
1 lemon, thinly sliced (*for garnish*)
6 sprigs parsley (*for garnish*)

Ginger Sauce:

1/2 C plain breadcrumbs
2 C vegetable broth
1/2 tsp. saffron threads
1/2 tsp. ground ginger
3 garlic cloves, crushed
3 TBS white wine vinegar
Salt & black pepper to taste

Fish: Heat olive oil in a nonstick skillet. Add fish filets; sauté on medium heat for three to five minutes per side, or until fish is flaky and cooked through. Pour sauce over the top (see below); garnish with lemon slice and parsley.

Ginger Sauce: In a large saucepan, combine breadcrumbs, broth, saffron, ginger and garlic. Stir. Bring mixture to a boil; stir in vinegar. Simmer and stir for about two minutes. Add salt and black pepper to taste. Strain sauce; spoon over cooked fish.

Recipe makes six servings.

Note: "Marinated Leeks in Mustard Vinaigrette" was a dish eaten by Sir Francis Bryan when he visited King Francis I of France at Château de Rambouillet in 1531.

~ GRILLED MACKEREL ~

- 4 fresh medium-sized mackerel, cleaned, washed & thoroughly dried

Salt the fish; grill about seven inches from the heat for seven to eight minutes on each side. Serve with the following Cameline prepared sauce:

~ CAMELINE SAUCE ~

- 1/2 slice bread
- 1 C water
- 1-1/4 C white wine
- 1/2 tsp. ground ginger
- 2 threads of saffron, ground
- 1/8 tsp. nutmeg
- 2 tsp. light brown sugar
- Salt

Cut the bread and allow it to soak in one cup of water. In a bowl, stir white wine into the spices. When the bread softens, squeeze out excess water and mash with a fork, then stir in the spiced wine mixture. Press through a sieve into a non-stick saucepan. Bring mixture to a boil and then simmer for a few minutes, or until sauce thickens. Add the salt and brown sugar to taste. Serve with grilled mackerel.

~ HEDGEHOGS ~

(Meat Pudding with Almonds)

- 1 LB ground beef
- 2 TBS breadcrumbs
- 1/2 tsp. ginger
- 1/2 tsp. mace
- 2 tsp. salt
- 1/4 tsp. black pepper
- 2 TBS sugar
- 1 TBS butter, softened
- 2 egg yolks, beaten
- 4 TBS butter
- 4 TBS water
- 2 oz. slivered almonds
- Tomato sauce (*optional*)



In a large bowl, combine the ground beef, breadcrumbs, spices, seasonings and softened butter. Bind with beaten egg yolks. Using hands, form beef into a ball. Place beef ball in a buttered cooking pot or large frying pan. Cook covered for about one hour, basting with remaining four tablespoons butter melted into four tablespoons water. Spoon tomato sauce over the top of cooked hedgehog ball so that it cascades down the sides. Stick slivered almonds all over the pudding so that the ball resembles a hedgehog. Serve.

Variation: Add small-chopped celery to meat mixture, or use Lawry's Seasoned Salt in place of mace, salt and black pepper.



~ LAMB & ALE CASSEROLE ~

- 1/2 C flour (*extra to dust*)
- Salt & black pepper to taste
- 3-1/4 LBS lamb shoulder, cut into 3/4" pieces
- 1/4 C sunflower oil
- 1 onion, sliced thin
- 2 celery stalks, sliced thin
- 1 TBS tomato paste
- 2/3 C button mushrooms, sliced thin
- 1/2 C amber ale
- 1 C beef consommé
- 1 bay leaf
- 1 TBS brown sugar
- 1 TBS Worcestershire sauce
- Wholegrain mustard, to spread
- 12-16 slices day-old baguette bread
- 1/2 C gruyere cheese, grated
- Fresh parsley, chopped (*to serve*)

Preheat oven to 350-degrees F. Season half the flour with salt and black pepper to taste; toss lamb to coat. Heat two tablespoons sunflower oil in a large skillet over medium-high heat. Shake excess flour from the lamb. Cook in batches for four to six minutes, turning until browned on all sides. Remove lamb from skillet.

Reduce heat to medium; add remaining sunflower oil to an oven-safe skillet. Stir in onion and celery, cooking for three to four minutes, stirring until softened. Add tomato paste and cook for about one minute. Return lamb to the pan with the mushrooms, ale, beef consommé, bay leaf, sugar and Worcestershire sauce. Season with salt and black pepper to taste; bring mixture to a simmer. Cover skillet and bake for about ninety minutes or until lamb is tender; remove from oven.

In a bowl, mix remaining flour with 1/2 cup of cooking juices until smooth; add to casserole and stir to combine. Bring to a simmer and cook over medium heat for three to four minutes or until sauce thickens. Spread mustard on baguette slices and layer on top of lamb mixture. Sprinkle with cheese and bake for twenty minutes or until bubbling. Sprinkle with fresh, chopped parsley to serve.

~ MAWMENY CHICKEN STEW ~

- 1 LB chicken
- 2 C almond milk
- 2 egg yolks
- 2 TBS rice flour
- 1 TBS sugar
- 1/4 tsp. galingale
- 1/4 tsp. salt
- 1/8 tsp. cinnamon
- 1/8 tsp. cloves
- 1/8 tsp. mace
- Pinch saffron

Rinse chicken under cold water. Finely chop raw meat and place into a large cooking pot. In a bowl, whisk together almond milk, egg yolks and rice flour; combine with chicken. Add spices and bring to a low boil. Cover pot and simmer until chicken is fully cooked and sauce has thickened. Serve hot.



Note: Galingale is one of several species of *Cyperus sedges* with aromatic rhizomes, in particular *Cyperus longus*. Vegetable substitutes for Galingale are Horseradish, Ginger, Lemon Grass and Turmeric, while spice substitutes include Black Pepper, Ginger Powder, Mustard Seeds and White Pepper.

~ MUSTARD SHOULDER OF PORK ~

- 8 LBS pork roast
- 1/3 C stone-ground mustard
- 1/3 C brown sugar
- 1 TBS paprika
- 1 tsp. kosher salt
- 1 tsp. black pepper
- 1 tsp. garlic powder
- Aluminum foil

Preheat oven to 250-degrees F. Place pork roast on a cutting board. Rub all sides with stone-ground mustard to coat. In a bowl, mix together brown sugar, paprika, kosher salt, black pepper and garlic powder. Sprinkle dry mixture over the pork roast, making sure to coat all sides. Wrap roast in aluminum foil and place on a cookie sheet or roasting pan.

Bake the pork roast for about five hours. Remove foil. Drain excess liquid from the cookie sheet or roasting pan. Return to oven and cook for an additional ninety minutes at 350-degrees F, or until tender.

Allow the pork roast to rest for about twenty minutes before slicing or shredding.

~ POACHED TROUT IN HERBS & WHITE WINE ~

- 4 (6-oz.) trout filets, skinned
- 4 tsp. olive oil
- 2 tsp. lemon juice
- 1 tsp. fresh parsley, chopped
- 4 TBS white wine

Preheat the oven to 375-degrees F. Place trout filets in a oven-safe dish, lightly oiled. Add the white wine and lemon juice. Bake for about fifteen to twenty minutes; remove fish to a serving dish, but retain juice. Stir olive oil and herbs into the juice; pour over poached trout filets and serve.

Suggestions: Serve with boiled potatoes and/or vegetables. Trout may be substituted with salmon filets, if desired.

~ ROASTED CAPON WITH CHESTNUTS & VEGETABLES ~

- 1 capon (3 LBS)
- 2 TBS olive oil
- 1 tsp. each of cumin, paprika & curry powder
- Salt & black pepper
- 1/4 C chestnuts, peeled & trimmed
- 1 acorn squash, peeled, seeded & chopped into bite-sized chunks
- 2 medium turnips, peeled & chopped into bite-sized chunks
- 1 sweet potato, peeled & chopped into bite-sized chunks
- 3 carrots, peeled & sliced
- 2 onions, peeled & chopped
- Water
- Aluminum foil

Allow capon to rest at room temperature one hour prior to cooking.

Preheat oven to 320-degrees F. In a bowl, combine olive oil, cumin, paprika, curry powder, salt and black pepper. Spread mixture on the capon. Place seasoned capon in a roasting pan; pour water over the bottom. Cover with aluminum foil and bake for about three hours (or one hour per pound).

After about two hours, remove capon from the oven; arranged prepared vegetables around the bird and season with additional salt and black pepper. Baste vegetables and capon with the cooking juices; add more water if necessary. Return roasting pan to the oven, covered, and roast for an additional hour. Thirty minutes before the end of cooking time, remove aluminum foil. Baste the vegetables and capon again with cooking juice and return to oven, uncovered.

After the end of cooking time, remove roasting pan from the oven and re-cover with aluminum foil. Allow to rest for about twenty to thirty minutes before serving.

Note: Capons are castrated and fattened cockerels, a process which became illegal in the United Kingdom in 1982.

~ SPICED BEEF ~

- 1 beef brisket (6 LBS)
- 1/3 C brown sugar, packed
- 3/4 C coarse sea salt
- 1/4 C onion, chopped
- 4 bay leaves, crushed
- 3 tsp. black pepper
- 2 tsp. dried rosemary, crushed
- 2 tsp. dried thyme
- 1-1/2 tsp. ground allspice
- 1-1/2 tsp. ground cloves
- 4 medium onions, sliced
- 4 medium carrots, sliced
- 2 celery ribs, sliced
- 2 C stout or beef broth
- Water
- Rye bread
- Swiss cheese (*sliced*)
- Dijon mustard

Place beef brisket in a baking pan; rub with brown sugar. Refrigerate, covered, for about twenty-four hours. In a small bowl, mix salt, chopped onion, bay leaves and seasonings; rub over beef. Refrigerate, covered, for three days, turning and rubbing salt mixture into beef once each day. Preheat oven to 325-degrees F; remove and discard salt mixture. Place beef, onions, carrots, celery and stout in a roasting pan. Add water to come halfway up the brisket. Roast, covered, for four or four-and-a-half hours, or until meat is tender. Cool meat in cooking juices for about one hour. Remove beef; discard vegetables and cooking juices. Transfer beef to a clean baking dish; cover and refrigerate overnight. When ready to eat, cut meat diagonally into thin slices across the grain.

Suggestions: Serve with rye bread, Swiss cheese and mustard.

Note: Spiced Beef was not known in the Tudor era, but mention of the dish did appear in the alternating modern timeline found in Chapter 36 of *In the Shadow of the King*.

~ TRIPE & ONIONS ON TOAST ~

- 2 LBS honeycomb tripe
- Water
- 1 onion, diced
- 5 TBS butter
- 4 TBS all-purpose flour
- 3 C cold milk
- 1/2 C fresh parsley, finely chopped
- Salt & black pepper
- Crusty French bread, sliced, toasted & buttered

Pre-warm a slow cooker (crock-pot) on low setting.

Cut tripe into 3/4" pieces; place in slow cooker and cover with cold water. Cook on low for four to five hours, or on high for two to three hours, or until tripe is tender. When cooking time is almost complete, heat the butter in a large saucepan with diced onion; cook over low heat for about seven or eight minutes, or until onion has softened. Stir in the flour and cook for two minutes, stirring regularly until the mixture becomes frothy. Gradually stir in the milk; cook, stirring constantly, until the mixture thickens and becomes smooth. Drain the tripe; discard cooking water. Return tripe to the slow cooker; stir in the onion and milk mixture and cover. Cook on low for an additional two hours, or on the high setting for one hour. Season with the parsley and salt and pepper and serve.

Suggestion: Ladle tripe mixture over toasted slices of buttered French bread.

~ SIDE DISHES ~

~ BREAD SAUCE ~

- 2-1/2 C milk
- 3 to 4 TBS butter
- 1 onion, chopped
- 6 cloves
- 6 peppercorns
- 2 garlic cloves
- 1 bay leaf
- 3 thyme sprigs
- 1/2 C white breadcrumbs
- 4 TBS cream or mascarpone
- 1 pinch nutmeg, freshly grated



Simmer the milk, butter, onion, cloves, peppercorns, garlic, bay leaf and thyme sprigs in a pan for about twenty minutes. Strain through a sieve and return liquid to the pan. Add breadcrumbs; simmer for about three to four minutes. Stir in cream or mascarpone. Add nutmeg. Serve. Recipe can be made up to three days in advance; simply heat on the stove or microwave for about one to three minutes before serving.

Suggestion: Bread Sauce is a typical side dish served with roast turkey at Christmas.

Note: While Bread Sauce was made during the Tudor era, it was mentioned in the alternating modern timeline found in Chapter 36 of *In the Shadow of the King*.

~ COMPOST ~

(spiced vegetables in honey & wine sauce)

- 3 parsley roots, peeled & chopped into bite-sized pieces
- 3 parsnips, peeled & chopped into bite-sized pieces
- 3 carrots, peeled & chopped into bite-sized pieces
- 10 radishes, sliced
- 2 turnips, peeled & chopped into bite-sized pieces
- 1 small cabbage, chopped into bite-sized pieces
- 2 pears, sliced
- Salt & black pepper to taste
- 1 C vinegar
- 1 pinch ground saffron

~ HONEY & WINE SAUCE ~

- 1 C sweet wine or Marsala
- 1/2 C honey
- 1 TBS mustard
- 1/2 C currants
- 1 tsp. ground cinnamon
- 1 tsp. Powder Douce (*see recipe on page 53*)
- 1 tsp. anise seed
- 1 tsp. fennel seed

Peel vegetables and chop into bite-sized pieces. Parboil until just tender, adding sliced pears about halfway through. Remove from water, drain and then place on tray; sprinkle with salt and allow to cool. Place vegetables in large bowl; add black pepper, saffron and vinegar. Refrigerate for several hours.

Sauce: Place honey and wine into a saucepan. Bring to a boil; simmer for several minutes, removing scum if it forms on surface. Allow to cool before adding currants and remaining spices. Mix well and pour over vegetables. Serve cold.

Note: Powder Douce is a sweet spice mix that was often used in Medieval and Renaissance cookery. *See Powder Douce* recipe on page 53.

~ CREMONEZE ~

(Spinach Tart)

- 1/2 LB fresh spinach, washed & chopped
- 1/2 C fresh mint, chopped
- 2 eggs
- 1/2 C Parmesan cheese, grated
- 4 TBS butter
- 1 TBS sugar
- 2 TBS currants (*raisins*)
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg

Mix all ingredients together in a large bowl. Form mixture into a single crust on a greased baking sheet. Bake at 350-degrees F for about forty-five minutes, or until lightly golden.

Allow to cool before cutting into squares. Serve.

~ CRESS WITH MILK & ALMONDS ~

- 2 C cress
- 1/2 C beet leaves
- 1 TBS olive oil
- 1/2 C Almond Milk
- 1/4 C parsley
- 1/4 tsp. salt

Bring water to a boil in a large cooking pot. Chop the cress and beet leaves; add to boiling water. Bring the water back to a boil, and then drain the cress and beet leaves. Heat the oil in a skillet, and add the drained cress, beet leaves and parsley. Fry for about three minutes, and then add the Almond Milk (*see recipe on page 12*). Bring to a boil again, and cook for an additional minute. Add the salt. Serve.

~ MARINATED LEEKS IN MUSTARD VINAIGRETTE ~

- 6 to 8 leeks
- 1 bay leaf
- 5 sprigs parsley
- 4 sprigs thyme
- 1 carrot, thinly sliced
- 1 celery rib, thinly sliced

~ MUSTARD VINAIGRETTE ~

- 2 TBS lemon juice
- 1 garlic clove, minced
- 1/4 tsp. salt
- Pinch black pepper
- 1 TBS Dijon mustard
- 1 TBS plain yogurt
- 1/3 C olive oil
- 1 TBS parsley, chopped

Halve the leeks lengthwise, using just one inch of the pale green part. Rinse well. Place halved leeks in a single layer on a large pan. Top with herbs, sliced carrot and celery. Add enough water to cover. Simmer until tender when pierced with a knife, about twenty minutes. Transfer leeks to a platter with some of the cooking broth and spoon the vinaigrette over the top.

Mustard Vinaigrette: Combine vinegar, salt and garlic in a small bowl. Allow to stand for a few minutes, then whisk in mustard, yogurt and olive oil until mixture is thick and smooth. Add the black pepper and stir in chopped parsley. Pour over cooked leeks in large pan.

Recipe makes six servings.

Note: "Marinated Leeks in Mustard Vinaigrette" was a dish eaten by Sir Francis Bryan when he visited King Francis I of France at Château de Rambouillet in 1531.

~ PEA POTTAGE ~

- 2 slices bread, chopped fine in a blender (*or use 1/2 C prepared breadcrumbs*)
- 1 egg yolk
- 1 tsp. parsley
- 1/2 tsp. ground ginger
- Pinch of saffron
- 1 C milk
- 1 can (19 oz.) of peas, or 12 oz. frozen cooked peas

In a bowl, beat together the breadcrumbs, egg yolk, parsley, ginger and saffron. Bring the milk almost to a boil, then pour into the peas and breadcrumb mixture. Bring the entire mixture to a boil over a low heat, stirring continuously. Serve.

~ POWDER DOUCE ~

(sweet spice mix for Compost)

- 1 TBS peppercorns, ground
- 2 TBS ground cinnamon
- 1 tsp. ground ginger
- 3 TBS sugar
- 1 pinch each of ground allspice, cloves & nutmeg

Combine ingredients and store in a sealable container in a dry place.

Note: Powder Douce is a sweet spice mix that was often used in Medieval and Renaissance cookery. See *Compost* recipe on page 48.

~ RIS ENGOULE ~

(Rice in Beef Broth with Saffron)

- 1 C long-grain white rice
- 2 C milk
- Pinch of salt
- 1 C beef broth
- 1 TBS butter
- Pinch ground saffron *(sub with a few drops of yellow food coloring)*

In a saucepan, bring milk to a slow simmer. Add rice and salt. Continue to cook slowly, stirring occasionally. When rice is nearly cooked and most of the liquid is absorbed, stir in beef broth, butter and saffron (or yellow food coloring). The mixture should yield a golden brown or russet color. Continue to simmer slowly until all liquid is absorbed and rice is thoroughly cooked. Remove from heat. Fluff rice with a fork; place in individual bowls. Serve.

~ STEAMED ASPARAGUS IN ORANGE SAUCE ~

- 12 asparagus spears
- Juice of 6 oranges
- 1 TBS brown sugar
- 1 TBS butter
- Pinch of salt

Break off base of the asparagus. Steam the spears for about eight minutes, or until tender. In a saucepan, heat the orange juice. Add the sugar and a pinch of salt; whisk in butter. Allow sauce to thicken for a few minutes. Arrange asparagus on a plate; pour orange sauce on top. Serve.

~ TURNIPS WITH CHESTNUTS ~

- 2 LBS white turnips, peeled & cut into bite-sized pieces
- 1 C white wine
- Water
- 12 chestnuts, shelled & peeled
- 1 tsp. fresh sage, chopped
- Salt to taste
- 1 TBS honey

Boil the turnips in pot of water for about five minutes. Drain and refill the pot with 1 C water and 1 C white wine. Add the chestnuts and sage, and salt to taste. Bring to a boil and lower heat; simmer for about thirty minutes. Serve.

Note: Turnips with Chestnuts pairs well as a side dish with entrees of fish or chicken.

~ SOUPS & STEWS ~

~ CREAMY CLAM CHOWDER ~

- 1 quart clams
- 3 C water
- 2 slices of salt pork, chopped
- 1 medium onion, sliced
- 4 medium potatoes, peeled & cubed
- 3 TBS butter
- 1-3/4 C half-and-half
- 1 TBS salt
- Black pepper to taste
- Fresh parsley, chopped (*for garnish*)



Combine the clams and water in a large cooking pot; heat to a boil. Drain the clams, reserving the broth. Chop the clams into small pieces; set aside. In a frying pan, cook the salt pork until it is lightly browned. Stir in the onion, and cook until translucent. Transfer the cooked salt pork and onions back into the large cooking pot; mix in the clam broth and potatoes. Simmer, stirring occasionally, until the potatoes are tender. Then mix in the butter, Half-and-Half, salt, black pepper and clams. Heat but don't boil; serve immediately. Garnish with chopped parsley.

Note: Dish mentioned in Part 3/Chapter 16 (modern timeline) of *In the Shadow of the King* by Deborah O'Toole.

~ GRONDEN BENES ~

(Ground Beans Stew)

- 1 LB fava beans, hulled
- 2 C beef or red wine stock (*add more or less as desired*)
- 1 C bacon, cut into cubes or pieces
- Ground pepper to taste
- Fresh parsley, chopped (*for garnish; optional*)

Soak the dried beans in water overnight. Next day, drain the beans and place in a large cooking pot with the broth. Bring to the boil; simmer for about one hour or until beans are nearly soft, stirring frequently. Cook the bacon cubes or pieces in a frying pan until fully cooked; set aside on paper towels to drain excess fat. Continue simmering beans and stock for another ten to fifteen minutes. Using a potato masher or large fork, roughly mash beans while in broth. Add the bacon cubes or pieces and black pepper; simmer and stir for another ten minutes. Serve hot. Garnish individual servings with parsley, if desired.

Please Note: Salt is not necessary for this dish as it is already contained in both the broth and bacon.

~ POULTRY & BACON STEW WITH HAZELNUTS ~

- 6 slices of bacon, roughly chopped
- 3 cloves garlic, minced
- 4 game hens or pigeons (*or other small birds*)
- 8 oz. mushrooms, roughly chopped
- 1/2 C hazelnuts
- 1-1/2 C ale or beer
- 1 C water
- Salt & black pepper to taste
- 6 slices bread (*white or wheat*)

Peel and mince garlic; fry in a large skillet with the bacon slices. Add hens (*or pigeons*); brown on all sides. Add mushrooms and hazelnuts. Continue cooking over medium heat for a few minutes. Then add the ale, water, salt and black pepper. Stir; bring mixture to a boil. Cover and simmer for about two or two-and-a-half hours; the meat should fall off the bone when fully cooked. Remove birds from the juices. Cool juice completely; remove any excess fat. The birds can be served as they are, or the meat can be removed from the bones. Return meat to the juices and reheat slowly. Serve.

Suggestion: Arrange meat on slices of bread.

~ SQUASH BROTH ~

- 2 LBS winter squash or pumpkin
- 1 C onion, minced
- 1 C cooked ground pork
- 4 C beef or pork broth
- Pinch of saffron
- Salt to taste
- 1/8 tsp. each of cinnamon & ginger
- 1 tsp. sugar
- 1 egg

Peel and seed the squash (or pumpkin); cut into bite-sized pieces. In a large pot, boil the squash and onions in water until tender. Drain. Mash squash with a potato masher, or use a hand-mixer (mixture should have a smooth consistency). Stir in the ground pork and seasonings. Remove from heat; stir in beaten egg. Return to heat and simmer slowly for about ten minutes. Serve.

~ STEWED MUTTON ~

- 1-1/2 LBS boned lamb
- 1/4 C parsley
- 2 medium onions, chopped fine
- 3/4 C wine
- 2 TBS vinegar
- 1 tsp. pepper
- 1/2 tsp. cinnamon
- 1 tsp. salt
- 3 threads of saffron
- 1/2 C water

Before de-boning the lamb, roast in a 350-degree F oven for about one hour. Cool, and then chop meat into bite-sized pieces. Reserve the juice. In a large cooking pot, combine the remaining ingredients (including lamb juice). Add enough water to cover ingredients, and to cook the meat. Cover and simmer for about thirty minutes. Serve hot.

Suggestion: Serve over hot-cooked white rice.

~ WHITE CHICKEN BROTH ~

- 6 LBS chicken bones (*backs & necks*)
- Cold water
- 3 ribs celery
- 3 carrots
- 3 onions
- 2 leeks
- 2 tsp. whole, black peppercorns
- 2 bay leaves
- 10 stems fresh parsley
- 3 stems fresh thyme
- Small bunch of celery leaves

Rinse chicken bones under cold water and place in a large stockpot. Cover the bones with cold water by about two inches. Turn the heat to medium and slowly bring the bones to a simmer, making sure the water does not come to a boil.

Chop the mirepoix (onions, leeks, celery and carrots) into about 1/2" to 3/4" pieces.

After the stock has simmered for about thirty minutes, skim before adding the mirepoix. Let the stock gently simmer for about another hour, skimming the surface as needed. Then add the bouquet garni (peppercorns, bay leaves, parsley stems, fresh thyme and celery leaves), making sure to gently tuck under the surface of the water. Continue to simmer for about thirty more minutes.

Once the stock has cooked for at least one to two hours, skim off as much fat as possible from the surface. Gently remove the solids and discard. Strain the stock through a sieve lined with a piece of cheesecloth.

Once cooled, the stock can be stored in the refrigerator for a few days or it can be portioned and frozen for several months.

~ SWEETS ~

~ CHARDWARDON ~

(Pears in Red Wine Sauce)

- 6 ripe but firm pears, cored, peeled & quartered
- 1/2 C sugar
- 1-1/2 C burgundy wine
- 1 tsp. cinnamon
- 1/2 tsp ginger

Add pears and burgundy wine to a large cooking pot; bring mixture to a simmer. Cook, uncovered, until pears are soft (about ninety minutes). Using a slotted spoon, remove pears to a separate bowl. Mash pears and return to cooking pot with wine. Add the sugar and spices, mixing well. Simmer until quantity has nearly halved. Allow mixture to cool before serving.

~ CHERRY SAUCE FOR RICE PORRIDGE WITH ALMONDS ~

- 1-1/2 C canned cherries
- 1/2 C canned light cherry syrup (*sub with fresh/frozen cherries mixed with 1/2 C water*)
- 3 TBS granulated sugar
- 1 TBS lemon juice
- 1 TBS margarine
- 1 TBS cornstarch dissolved in 1/4 C water
- 1/2 tsp. almond extract

Place cherries and syrup or water in a saucepan with sugar, margarine and lemon juice. Bring to a boil. **Note:** If using fresh or frozen cherries, reduce heat and simmer for another three minutes. Stir in the cornstarch mixture, stirring continually until sauce thickens, about one minute. Remove from heat; stir in almond extract.

Cover and store in refrigerator; sauce will keep for up to one week.

Serve warm or at room temperature with Rice Porridge with Almonds (*see recipe on page 75*).

~ EGGS IN MOONLIGHT ~

- 1/4 C rose water
- 1/2 C water
- 1/2 C sugar
- 4 eggs

Combine water, rose water and sugar in a small frying pan. Heat gently, stirring until the sugar dissolves. Bring to a simmer; crack in the eggs one by one. Make sure the eggs are not touching while they cook. Simmer until the whites are cooked but the yolks are still runny. Transfer eggs to plates and spoon syrup over the top.

Suggestion: Serve on toast.

~ FYGEY ~

(Fig & Almond Pudding)

- 4 ounces ground almonds
- 1/2 C water
- 1/2 C wine
- 1 C dried figs, cut into quarters
- 1 C raisins
- 2 TBS honey
- 1/2 tsp. ginger
- 1/4 tsp. salt

In a saucepan, mix ground almonds with some of the wine and water to form a paste. Add remaining wine; allow mixture to steep over medium heat for about five minutes. Add figs, raisins, honey, ginger and salt to the mixture and cook for another five minutes or until thickened. Serve.

~ GUR CAKE ~

(Also known as Chester Cake in Ireland)

~ PASTRY ~

- 2 C flour
- 6 TBS butter or margarine, diced
- 8 TBS cold water
- Pinch of salt



~ FILLING ~

- 12 slices white bread
- 1 C black tea, brewed
- 1/2 C light brown sugar
- 1 C mixed dried fruit, raisins/sultanas
- 2-1/2 tsp. mixed spice or cinnamon

~ GLAZE/GARNISH ~

- Milk
- Powdered sugar

Pastry: In a large bowl, combine flour and salt. Blend in the diced butter; bind mixture together with cold water. Divide pastry in half; wrap one of the halves in plastic wrap and refrigerate for later use. On a floured surface, thinly roll out remaining pastry and line the bottom of a greased rectangular cake pan (11x7x1-1/2-inch). Refrigerate while preparing the filling. **Filling:** Pour brewed black tea into a bowl. Soak bread slices in tea, mashing with a fork until smooth. Stir in sugar, dried fruit and mixed spice; set aside for one or two hours to allow fruit to expand. **Assembly:** Remove pastry-lined cake pan and remaining pastry half from refrigerator. Spread filling onto the pastry base. Roll out remaining pastry; place over filling. Gently prick pastry top with a fork. Press down and brush top with a little cold milk. Bake at 400-degrees F for about thirty minutes, or until pastry crust is golden brown in color. Remove cake from oven and place on a cooling rack; allow to cool completely in the cake pan. Sprinkle top with powdered sugar. When ready to serve, cut into slices or squares.

Note: Gur Cake (aka "Chester" cake, fruit slice or "gutter cake") was developed by Irish bakers during the 1930s to make use of leftover bread. While not known in the Tudor era, mention of the dish did appear in the alternating modern timeline found in Chapter 24 of *In the Shadow of the King*.

~ MAIDS OF HONOR CHEESECAKE ROUNDS ~

- 8 oz. pre-made puff pastry
- 1/2 C curd cheese or cottage cheese, sieved
- 4 TBS soft brown sugar
- 2 large eggs, beaten
- 2 TBS cream
- 1 TBS orange flower water or rose water
- 1/2 C ground almonds
- 4 TBS mixed dried fruit (*seedless raisins & candied peel, chopped*)
- Icing sugar, sifted

Pre-heat oven to 450-degrees F. Lightly grease a 12-hole bun or muffin tin. Roll out pastry; stamp 12 fluted rounds (1/4" bigger than needed) as puff pastry will shrink during baking time. Line muffin tin with the pastry rounds; chill.

Place curd cheese or cottage cheese into a large bowl; add beaten eggs, cream, sugar, orange flower water or rose water, and ground almonds. Mix well. Add dried fruit, mixing well again. Spoon filling into the pastry rounds. Bake for fifteen to twenty minutes or until cakes have risen, firm to the touch and golden brown in color. Allow cakes to cool; carefully remove and place on a wire rack to cool completely. Arrange cakes on a serving platter and sprinkle with icing sugar.

~ MINCE PIES ~

- 1/2 LB fresh beef suet, finely chopped
- 1-1/4 C sugar
- 1 tsp. ground nutmeg
- 1 tsp. ground allspice
- 1 tsp. ground cinnamon
- 1/2 tsp. ground cloves
- 4 C seedless raisins
- 2 C dried currants
- 1/2 C almonds, coarsely chopped
- 1/2 C candied citron, coarsely chopped
- 1/2 cup dried figs, coarsely chopped
- 1/2 C candied orange peel, coarsely chopped
- 1/4 C candied lemon peel, coarsely chopped
- 2 C cooking apples, peeled, cored & coarsely chopped
- 1 C pale dry sherry
- 2-1/2 C of brandy

In a large mixing bowl, combine all ingredients except for brandy and sherry; stir well. Pour in brandy and sherry; mix together until well moistened. Cover bowl of mincemeat; store in a cool place for three weeks (do not place in refrigerator). Check mincemeat once a week; the fruit will absorb the liquid. Using about 1/2 cup at a time of brandy and sherry, replenish the liquid. **Note:** When kept covered in a cool location without refrigeration, mincemeat can be kept indefinitely.

~ PIE CRUST ~

- 8 TBS unsalted butter, chilled & cut into small pieces
- 1-1/2 C flour
- 1/4 tsp. salt
- 1 TBS sugar
- 3 TBS ice water

Preheat oven to 375-degrees F. Using a pastry brush, coat the bottom and sides of 8 (2-1/2-inch) tart tins with softened butter, allowing 1 teaspoon for each tin. In a food processor, combine butter, flour, salt and sugar. Add enough water to make the mixture just adhere together, but not crumbly. Form dough into a ball, wrap in waxed paper and chill for at least one hour. Roll out dough onto a floured board; using a cookie cutter or the rim of a glass, cut sixteen (3-inch) rounds of pastry. Gently press eight rounds into

tins, one at a time, then spoon about 3 tablespoons mincemeat into each pastry shell. With a pastry brush dipped in cold water, lightly moisten the outside edges of the pastry shells and carefully fit the remaining eight rounds over them. Crimp the edges with a fork. Trim excess pastry from around rims with a sharp knife, and cut two parallel slits, about 1/2-inch long and 1/4-inch apart in the top of each pie.

Arrange mince pies on a baking sheet and bake in the middle of the oven for about ten minutes. Reduce heat to 350-degrees F and continue baking for about twenty minutes, or until crusts are golden brown in color. Run the blade of a knife around the inside edges of the pies to loosen them slightly, and set aside to cool in the pans. Lastly, turn out the pies with a narrow spatula and serve.

Note: Mince Pies appeared in the alternating modern timeline found in Chapter 36 of *In the Shadow of the King*.

~ PINE NUTS IN SUGAR ~

(Nucibus Pineis Saccharo Condit)

- 1 C pine nuts, shelled
- 1 C sugar

Melt the sugar in a clean, dry pan for about ten minutes over medium-high heat. When sugar melts, add shelled pine nuts and stir to coat. Remove pan from heat. Allow to cool before forming the mixture into shapes similar to cylinders. Make each "cylinder" about 6" long and roughly 2" wide. Serve.

~ POKEROUNCE ~

(Bread & Honey)

- 8 oz. honey
- Pinch each of ginger, cinnamon, black pepper & nutmeg
- Sliced bread (*use leftover if preferred*)
- 1 TBS pine nuts

Place the honey in a saucepan, and then add the spices. Stir over low heat until the honey and spices are well-blended. Be careful not to let the honey burn. Cool the mixture. Toast individual slices of bread (bread quantity will depend on how much of the honey mix you dollop on each slice). Cut the slices of bread into quarters (either square or lengthwise); lay flat on a plate or cookie sheet. Drizzle the honey mixture over toast pieces; place the pine nut kernels upright into the bread so they are erect. Make patterns with the pine nuts, or eat the toast as is.

~ RICE PORRIDGE WITH ALMONDS ~

- 1 C Arborio rice
- 1-1/4 C water
- 4 C milk
- 1/4 tsp. salt
- 2 tsp. lemon zest, finely grated
- 2 TBS sugar
- 4 oz. blanched almonds, chopped
- 2 C heavy whipping cream
- 1/4 C sugar
- 2 tsp. vanilla bean paste
- 1/2 tsp. almond extract
- Cherry Sauce warm, for serving (*see recipe on page 66*)
- Fresh mint sprigs for garnish (*optional*)

Bring rice, salt, lemon zest, sugar and water to a boil in a stock pot; boil and stir for about three minutes. Add milk; return to a boil. Reduce heat to low; cover and simmer for about thirty to thirty-five minutes, stirring occasionally. Increase stirring during the final ten minutes to prevent scorching. Stir in the chopped blanched almonds. Allow the rice to cool; chill for several hours or overnight.

In a bowl, beat the cream until it begins to thicken. Add sugar, vanilla bean paste and almond extract; beat until stiff peaks form. Stir cream mixture into the rice pudding.

Suggestion: Serve with warm cherry sauce (*see recipe on page 66*).

~ WAFER BISCUITS ~

- 8 oz. all-purpose flour
- 4 oz. unsalted butter
- 3 tsp. thick cream
- 3 TBS golden maple syrup
- Pinch of salt

Preheat oven to 300-degrees F.

Sieve flour into a mixing bowl; add salt and rub in butter. When the mixture becomes crumbly like fine breadcrumbs, add the cream and maple syrup. Mould dough into desired shapes. Place on a non-stick but un-greased baking sheet and bake for about twenty minutes, or until biscuits are a golden brown color.

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~ RESOURCES & CREDITS ~

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- A Taste of History UK
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- Celt Net Recipes Blog
- Food.Com (*Maids of Honor Cheesecake Rounds recipe*)
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- Love Tudor History
- My Dish (*Wafer Biscuits recipe*)
- Medieval Cookery (*Mawmeny Chicken Stew recipe*)
- On the Tudor Trail
- Six Wives Info
- Tudor Travel Guide
- Wikipedia: Tudor Food & Drink

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~ ABOUT "IN THE SHADOW OF THE KING" ~

In the Shadow of the King by Deborah O'Toole is a semi-fictional account of the dramatic life of Sir Francis Bryan, confidant to King Henry VIII.

Sir Francis Bryan was a man of letters who distinguished himself as a cipher, diplomat, poet, sailor and soldier. He was also knight bannerette, chevalier, Lord of the Tor Bryan, chief gentleman of the privy chamber, Lord Chief Justice of Ireland and a gifted sportsman. He lost an eye during a jousting tournament and forever after wore a rakish eye patch, which merely added to his allure.

During his time in Henry VIII's court and one of the few who escaped the King's wrath, Bryan was dubbed the "one-eyed Vicar of Hell" by the King's chief minister, Thomas Cromwell, because of his apparent lack of scruples and legendary sexual exploits. Bryan had a well-earned reputation as a self-indulgent libertine, and was said to have been a willing accomplice in the King's tangled love affairs.

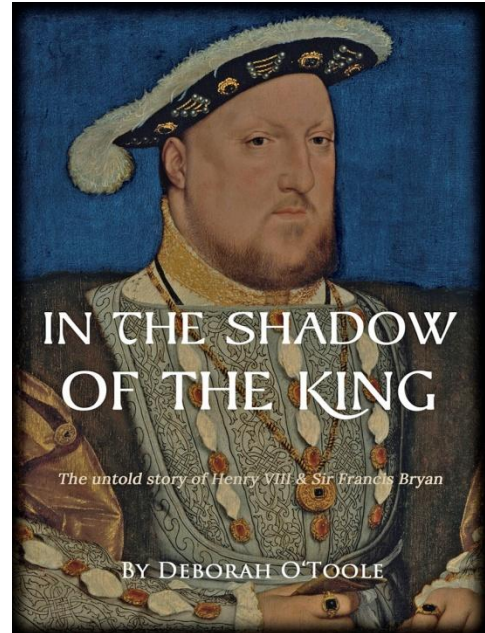
Bryan's irresistible charm masked an inveterate intriguer full of barely-contained energy. He could be duplicitous, manipulative and promiscuous as well as highly articulate, ferociously witty and generous when the mood struck him. In videlicet, he was the perfect courtier. Many observers were astounded by the familiarity he used towards Henry VIII, especially in speaking his mind. However, Bryan was no creature of principle. By bending his opinions to fit the King's policy, he managed to remain in favor throughout Henry VIII's reign.

In the Shadow of the King brings to life the story of Sir Francis Bryan, as told by one of his descendants in the twenty-first century.

The book was released by Club Lighthouse Publishing in June 2023.

For more, visit:

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~ ABOUT THE AUTHOR ~

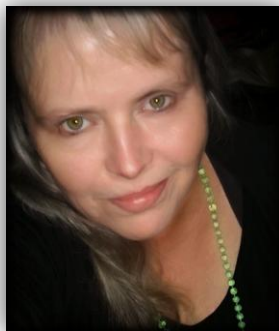
Deborah O'Toole is the author of *Celtic Remnants*, a novel of enduring yet impossible love and betrayal set in the turbulence of Ireland, glamour of London and wilds of Scotland. She is also author of *The Crypt Artist*, *Glinhaven*, *In the Shadow of the King*, and *Mind Sweeper*.

In addition, she writes darkly abstract poetry (*Torn Bits & Pieces*) and short-story juvenile fiction (*Short Tales Collection*), and is the author of a series of historical essays, articles and book reviews for *Ambermont Magazine* and *Class Notes*.

Writing as Deidre Dalton, Deborah is author of the "Collective Obsessions Saga," which chronicles the extraordinary loves and dark obsessions between two families sweeping a span of more than one hundred years, all set against the backdrop of a magnificent seaside mansion in Maine. Books in the eight-part family saga include *The Advent*, *Quixotic Crossings*, *The Twain Shall Meet*, *Enthrallment*, *The Keeper's Journal*, *Hearts Desires*, *The Twilight* and *Megan's Legacy*. The novels were released by Club Lighthouse Publishing.

Also writing as Deidre Dalton, Deborah is author of "The Bloodline Trilogy." The novels follow the uniquely magical yet ominous journey of three women through time. The trilogy includes *Bloodfrost*, *Bloodlust* and *Blood & Soul*. The novels were released by Club Lighthouse Publishing.

Using the pseudonym Shenanchie O'Toole, Deborah also writes for the cooking/recipe website Food Fare. She is writer and editor of thirteen cookbooks, along with more than forty titles in the *Food Fare Culinary Collection*.



Deborah O'Toole

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