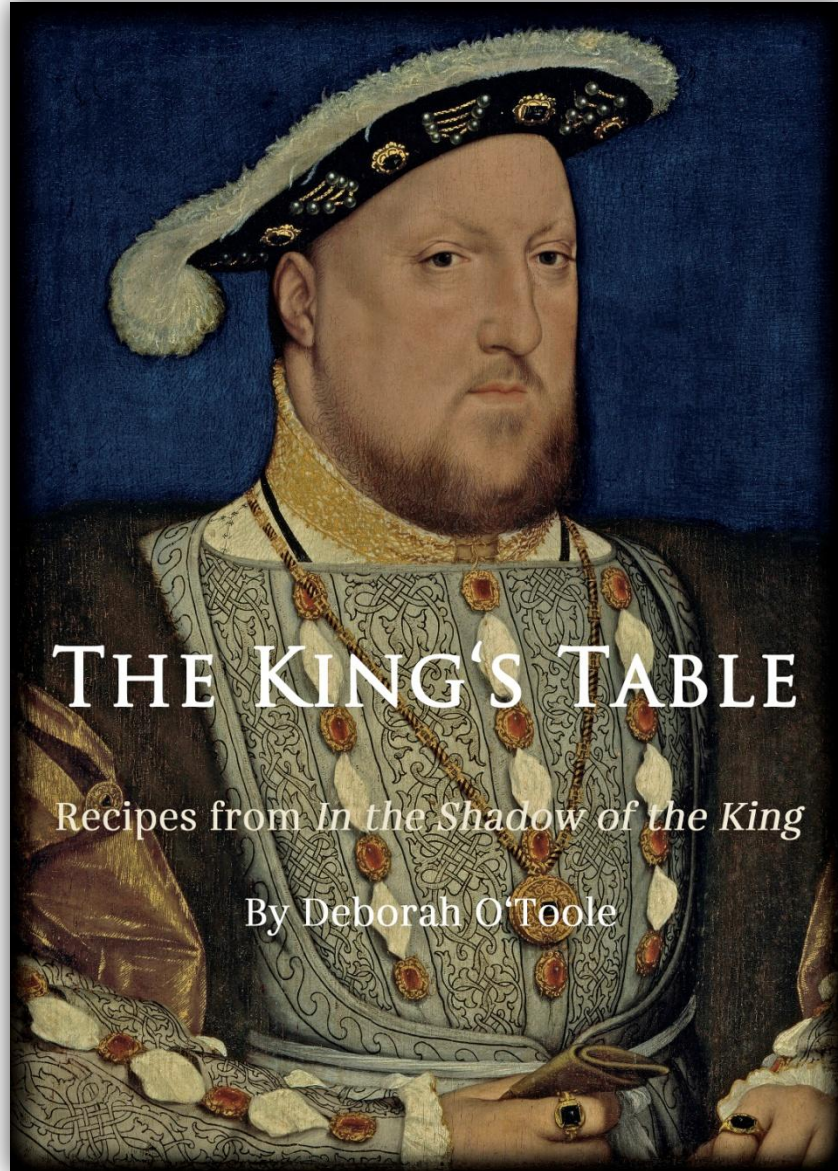


RECIPE LIST ONLY

~ 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.

(C)Deborah O'Toole (2023).

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

~ RECIPE INDEX ~

Almond Milk
Aloes of Beef with Pevorade Sauce
Artichokes in Olive Oil
Baked Lamprey Pie
Beef Olives
Bread Sauce
Brewet Ayrenn (*Scrambled Eggs*)
Caudel (*Spiced Beer; also known as Buttered Beere*)
Chardwardon (*Pears in Red Wine Sauce*)
Chestnut Bread
Cherry Sauce for Rice Porridge with Almonds
Chicken in Golden Almond Sauce
Chicken Pate Tudor
Cocktail Sauce (*for Oysters on the Half Shell*)
Compost (*spiced vegetables in honey & wine sauce*)
Creamy Clam Chowder
Cremonese (*Spinach Tart*)
Cress with Milk & Almonds
Cruste Rolle (*Fried Crackers*)
Decorated Meatballs
Eggs in Moonlight
Ember Day Savory Tart
Frumente (*Cracked Wheat*)
Fygey (*Fig & Almond Pudding*)
Fyllettes in Galyntyne (*Roast Pork in Breadcrumbs*)
Gingerbread
Grilled Fish in Ginger Sauce (*Poivre Jaunet*)
Grilled Mackerel
Gronden Benes (*Ground Beans Stew*)
Gur Cake
Hedgehogs (*Meat Pudding with Almonds*)
Hippocras (*Spiced Sweet Wine*)
Lamb & Ale Casserole
Maids of Honor Cheesecake Rounds
Manchet (*Bread*)
Marinated Leeks in Mustard Vinaigrette

Mawmeny Chicken Stew
Mince Pies
Mustard Shoulder of Pork
Oysters on the Half Shell
Pea Pottage
Pine Nuts in Sugar (*Nucibus Pineis Saccharo Conditum*)
Poached Eggs in Golden Sauce
Pokerounce (*Bread & Honey*)
Poultry & Bacon Stew with Hazelnuts
Powder Douce (*sweet spice mix for Compost*)
Powder Fort (*spice blend*)
Rice Porridge with Almonds
Rique Manger (*Eggs & Apples*)
Ris Engoule (*Rice in Beef Broth with Saffron*)
Roasted Capon with Chestnuts & Vegetables
Salmon & Onion Salad
Spiced Beef
Spiced Wine
Squash Broth
Steamed Asparagus in Orange Sauce
Stewed Mutton
Stuffed Eggs
Tripe & Onions on Toast
Turnips with Chestnuts
Wafer Biscuits
Wassail

~ IMAGES ~

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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.

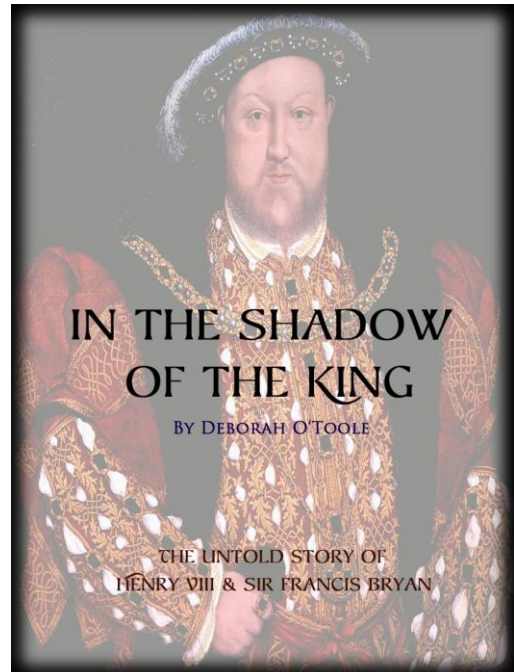
Bryan's irresistible charm masked an inveterate intriguer full of barely-contained energy. He could be duplicitous, manipulative and promiscuous as well as highly articulate, ferociously witty and generous when the mood struck him. In videlicet, he was the perfect courtier. Many observers were astounded 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 is scheduled for release by Christmas 2023.

For more, visit:

<https://deborahotoole.com/king/>



~ 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 *Glinhaven*, *In the Shadow of the King*, *Mind Sweeper* and *The Crypt Artist*.

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

<https://deborahotoole.com/>

Books by Deborah O'Toole

Celtic Remnants

Glinhaven

In the Shadow of the King

Mind Sweeper

The Crypt Artist

Writing as Deidre Dalton

THE BLOODLINE TRILOGY

Bloodfrost

Bloodlust

Blood & Soul

COLLECTIVE OBSESSIONS SAGA

The Advent

Quixotic Crossings

The Twain Shall Meet

Enthrallment

The Keeper's Journal

Hearts Desires

The Twilight

Megan's Legacy

Limb of Iniquity

MISCELLANEOUS

Glinhaven Cookery

(Scottish-themed recipes mentioned or prepared by characters in "Glinhaven" by Deborah O'Toole).

Historical Essays by Deborah O'Toole

(Billy the Kid, Anne Boleyn, Lizzie Borden, Jack the Ripper, Loch Ness Monster, Michael Collins, U.S. Political Parties).

Larkin Community Cookbook

(Recipes mentioned or prepared by characters in the "Collective Obsessions Saga" by Deidre Dalton).

Short Tales Collection by Deborah O'Toole

(The Short Tales Collection includes eleven short stories written for children).

The King's Table

(Tudor-themed recipes mentioned or prepared by characters in "In the Shadow of the King" by Deborah O'Toole).

Torn Bits & Pieces

(Book of poetry by Deborah O'Toole).

For more, go to: <https://deborahotoole.com/books.htm>