

Appendix I – Coastal Recipes

Cawl bresych a malwen – Cabbage and snail soup

There is strong evidence of land snails as a food item in the early to mid medieval periods. Garden snails would have been prevalent especially in lowland areas where agriculture was more common. Middens discovered during archaeological digs at Merthyr Mawr, Longbury Bank and Twlc Point all included evidence of land snails along with whelks and cockles (6,8) In researching recipes for snails I found evidence of Roman recipes for snails in soup, as well as modern Welsh recipes for whelks in broth.(2) Based on this research I have added a variation on my previous redaction of Cawl Cennin a Bresych- Leek and cabbage soup.

Cabbage soup would have been a staple in any household. Cabbage was readily available and makes a flavorful base for broth. It is mentioned in a number of early cookery manuscripts.

In Liber Cure Cocorum this recipe can be found:

For oper ioutes.

*Take cole and strype hom þorowghe þi honde
And do away þo rybbys I undurstonde;
In fat bre fresshe of befe I wene,
þay schalle be sopun ful thykk by dene.*

In his description of his journey through Wales, Gerald of Wales describes cawls cooked over the fire and fortified with good fat (26). For this recipe I used a recipe from Form of Cury with the addition of parsnips for added flavor and with a stock started with thick bacon.

Caboches in Potage IIII

Take caboches and quarter hem and seeth hem in gode broth with oynouns y mynced and the whyte of lekes y slyt and corue smale and do per to safroun an salt and force it with powdour douce.

Redaction:

1 head cabbage chopped rough	Pinch nutmeg
3 leeks – whites only sliced thin	1 tsp honey
1 cup cooked snails	Pinch of saffron
1 tsp cinamon	2 rashers bacon
¼ tsp ginger	2 quarts water

Rinse snails in cold water, be sure to check for bits of shell. In a hot pan, fry snails quickly in bacon fat (or butter)

Heat stock pot over medium flame and add bacon. Cook bacon until browned and cooked through. Add water and the rest of the ingredients including snails, bring to a boil, reduce to a simmer and cook 30 minutes.

Crempogau cocos - Cockle pancakes

The origins of the recipe come from anecdotal sources and archeology research. Recipes for different types of pancakes and fritters date back to the period of Roman occupation in the British Isles (2,22) Historical records and archaeological data show evidence of the consumption of cockles throughout the medieval period in the coastal regions of Wales. (7,10,46) There are also records of cockles being eaten as part of feasts in the poems of . (11,59)

In his record of traveling through Wales, Gerald of Wales gives a description of eating shell fish and lavar cakes when visiting Dyfed/Pembrokeshire. I have taken three recipes one Roman from *Apicius de re Coquinaria*, one from *Forme of Curry*, and one from *The Whole Body of Cookery* (see originals below) and also using modern reference compiled a version of Cockle Cakes.

Original recipe from Apicius de re Coquinaria - Book II

A DISH OF SCALLOPSISICIA EX SPONDYLIS [1]

[Lightly] COOK SCALLOPS [or the firm part of oysters] REMOVE THE HARD AND OBJECTIONABLE PARTS, MINCE THE MEAT VERY FINE, MIX THIS WITH COOKED SPELT AND [64]EGGS, SEASON WITH PEPPER, [shape into croquettes and wrap] IN CAUL, FRY, UNDERLAY A RICH FISH SAUCE AND SERVE AS A DELICIOUS ENTRÉE [2].

Original recipe from *Forme of Curry*

Frytour of Erbes. XX.VII.XI

Take gode erbys. Grynde hem and medle hem with flour and water & a lytel zest and salt, and frye hem in oyle. And ete hem with clere hony.

Original recipe from *The Whole Body of Cookery Dissected*

A Phrase of Cockles

Take your Cockles, boyl them and pick them out of the shells, wash them clean from gravel, then break a dozen eggs with a little Nutmeg, Cinamon and Ginger, and put your Cockles therin, and beat them together with a handfull of grated bread, a quarter pint of cream, then put Butter in your Frying-pan and let it be hot, as for eggs, and put in the Phraise: supply it with Butter in the sides of the pan, and let the thin of the eggs run stiff into the middle, till it moves round; and when it is fryed on that side, butter your plate and turn it and put it into your Pan again and fry the other side brown: then take it forth and dish it, and scruiſe on the juice of Lemmons, and strow Ginger and Cinamon, and send it up: you may green it with Spinnage, and cut it into quarters, and garnish your fish, or either sort; thus may you fry Pranes, Perriwinkles or other shell fish.

Redaction- I choose a simple recipe, combining elements from the three historical texts, with ingredients that would be readily available, leaving out expensive spices like ginger and cinnamon, reasoning that common households would reserve the use of these for special occasions if they had them available at all.

Crempogau cocos - Cockle pancakes

1/2 C Oat flour
1/2 c Spelt
1 egg
3/4 C milk
Pepper
4 oz (1 can) shelled cooked cockles
1/4 cup laver
1 lb bacon (if desired)

Rinse cockles in cold water and check for and remove any bits of shell.

In a separate bowl, combine flours, egg, milk and pepper, mix well. Add cockles and laver and stir gently until just mixed.

If using bacon - Cook bacon in large pan over fire (or stove top). Remove bacon leaving grease in pan.

Heat pan with oil or bacon grease, spoon batter into hot pan making 4 inch pancakes. Brown on one side, flip brown on other.

Serve over bacon.

Bara lawr – laverbread

During his travels through Wales in 1188, Gerald of Wales, recorded not only his account of the people and landscape but also the variety and quantities of food which he encountered. While traveling along the coastal region of Dyfed (what was modernly referred to as Pembrokeshire) he writes of eating alga mixed with oats - laverbread. (26,27,66) A few hundred years later in 1586 William Camden would write of laverbread in his Britannia, talking about the historical practice of the “*peasantry gather(ing) in the spring time a kind of alga or seaweed, where they made a sort of food called lhavan or llawvan, in English, black butter*” (22,27)

Laverbread, like many traditional foods which have been handed down, are not easy to find extant recipes for. All the anecdotal evidence just refers to mixing the seaweed with oats or oat flour until a sticky dough is formed and frying in bacon grease. Looking at extant recipe texts, I have brought together some examples for herb fritters and spinach fried from Forme of Curry.

Original recipes - Forme of Curry -

Frytour of Erbes XX.VII.XI

Take gode erbys. Grynde hem and medle hem with flour and water & a lytel zest and salt, and frye hem in oyle. And ete hem with clere hony.

Spynoches yfryed XX.IX

Take Synoches. Perboile hem in sepung water. Take hem up and presse...out of the water and hem in two. Frye hem in oile clene & do therro powdour. & serue forth.

To make laver from scratch you need to collect fresh seaweed of the right species early in the spring, when it has new growth that is soft. You then wash it in fresh water, and alternately boil it in salt and fresh water until reduced to mush. Gathering seaweed later in the season will require a longer boil and may be bitter. (54,72)

The seaweed that is used for laver grows exclusively along the southern coastline of Wales. Having no way to collect this myself I looked at other options. The availability of tinned laver was one possibility. Tinned laver is already processed and preserved. Reviews noted a bitter taste with little true flavor. Another option was using dried seaweed. While dried laver seaweed is available in the UK it is not imported to the US at all. Finally, a seaweed that is supposed to have a similar flavor is Nori, which is commonly used in making modern sushi. This can be purchased dried at local markets and is what I have used here.

Redaction -

Bara lawr -

Take two sheets dried Nori seaweed and soak in warm water until a tender mush forms. Drain water away and mix seaweed with fine ground oats until dough holds shape. Make small 2 inch round/1 inch thick patties. Fry in bacon grease and serve warm or cool and store.

Cwstard caws a cinnin - cheese and leek custard

In the laws of Hywel Dda, hens and geese are described in terms of property and items such as goose feather beds and pinion feather sweeps (brooms) were allotted to people of all statuses. (22,58) There is also reference to eggs of both geese and hens being rendered as payment for land use in the accounts of Castle Neath between 1262 and 1316 (36)

Different forms of custards made with eggs and later in the Tudor period there is reference in *The English Huswife...* to an egg dish called a *Quellechouse*, which was made in a pan with eggs, vegetables and spices. (4, 5, 6) In the *Libellus de arte coquinaria*, a compilation of multiple manuscripts from the Danish and German regions in the late 13th century, there are multiple examples of custards and an egg dish with almonds as well. In *Two Fifteenth Century Cookbooks*, an example of a *Crustade*, includes herbs and meat. (57)

Pulling these recipes together, and using ingredients readily available to a Welsh medieval kitchen, I redacted a recipe that would be savory, filling and easily cooked in the coals of the central fire.

Original recipe - Libellus de arte coquinaria -

Manuscript K

Recipe IV - How Almonds are used in a pie

One should make thick milk of almond kernels, and make a shell of dough, and pour in the milk, and seal the top with the same dough, and salt it, and bake it in a hot oven.

Manuscript Q

Recipe XVI

One should take fresh milk, and add bits of wheaten bread and beaten eggs and ground saffron, and let it cook until it thickens. Then take it up, and put in butter, and prinkle it with powdered cinnamon when it is put in a dish. Then one may eat it.

Manuscript W

Recipe XVIII

Now, one should take fresh milk, and add it to beaten eggs and bacon, cut into small particles, and let it cook with crushed saffron. When it comes to a boil, one should place it over the embers and cover the pot with a bowl. Let the when run out, and squeeze it through a towel, slice the milk thus and roast it on the grill; place reeds under it. It is called "Larded Milk"

Original recipe - The Tudor Kitchen -

Quelquechose

50 g Butter

1 small onion - peeled and finely chopped

1 leek trimmed and finely sliced

1 clove garlic, peeled and finely chopped

1 small parsnip, chopped into 1 cm cubes

1/4 small butternut squash, peeled, deseeded, and chopped into 1cm cubes

100g streaky smoked bacon chopped

30g peas fresh

6 medium eggs

150 ml single cream

Salt and freshly ground pepper

Melt the butter in a 20cm heavy based frying pan, add the onion, leek, garlic, parsnip, butternut squash and bacon, and fry on a low heat for about 15 minutes. Add the peas for the last 3-4 minutes.

Meanwhile whisk together eggs, cream and seasoning.

Add the egg mixture to the pan and cook gently until the eggs are almost set. Finish cooking under a pre-heated grill until the top has browned.

Cwstard caws a cennin

Redaction -

4 eggs

1/2 cup cream

1 cup leeks, sliced thick and cleaned of sand

1/2 cup hazelnuts, skinned and toasted

1/4 cup oat flour

1/2 cup hard cheese grated

Butter

Grease bottom of crockery (oven safe dish) with butter. In a small bowl, mix leeks, cheese, and hazel nuts. Coat leeks mixture with oat flour and spread in bottom of prepared crockery. In separate bowl, whisk eggs and cream together, then pour over leek mixture.

If cooking in fire - slowly warm crock at the edge of the fire, moving slowly further into coals. Do not allow the crock to contact full flames or hot metal. Turn crock while cooking until custard is fully cooked through and set.

If cooking in oven, cook at 425F for 35 minutes or until custard is set.

Stiw Cwningen mwen cwrtts – rabbit in coffyn

Remains of rabbit can be dated in food middens in Wales as early as the 11th century. (49) In the Laws of Hywel dda, hares are mentioned in relation to food as well. (58) The distribution of rabbits, an introduced species in Wales, followed the coastline, and rabbits were established on the islands fairly early as well. Geographically, the interior of Wales is mountainous and rocky, this terrain acted as a deterrent to the natural spread of the rabbits in from the coastal areas. It was finding this information that induced me to include rabbit in my coastal recipes.

For this recipe I utilized my previous redaction for hot crust pastry, and an a recipe from *Forme of Curry for Connates* (connes/rabbits) with a recipe from *Traditional Food from Wales*. In early Welsh poems referred to in *The Food of the Bards*, rabbit is mentioned stewed in good cider and served in pie. (59)

Original recipe - *Forme of Curry* -

Connates XVIII

Take Connes and pare hem. Pyke out the best and do hem in a pot of erthe. Do therto whyte grece that he stewe ther inne. And lye hem up with hony clarified and with rawe zolkes and with a lytell almaund mylke and do herinne powdour fort and safron. And loke that it be yleessed.

Original recipe - Traditional Food from Wales -

Rabbit Stew (Stiw cwningen)

A rabbit, skinned and cleaned *two or three onions*
Half a pound bacon *a little chopped parsley*
Swede *a little fat*
Carrots *salt and pepper*
One ounce flour

Joint the rabbit and coarsely cut the bacon and vegetables. Put into a large saucepan, season with salt, pepper and parsley, cover with water and simmer slowly for about an hour and a half. Lastly, thicken with flour mixed with a little cold water, and reboil for a further few minutes.

Original recipe - Welsh Country Cooking: A selection of traditional and well-loved recipes -

Rabbit Pie

Pastry

1 rabbit
1/2 lbs (225g) beef steak
1/4lbs (112g) cooked ham
2 teaspoonful chopped parsley
Nutmeg
Stock

Soak the rabbit in salted water for an hour and a half. Joint it and place it in a pie dish with the ham and steak, cut into small pieces; sprinkle with parsley, salt and pepper, and nutmeg. Add the stock and cover with pastry. Bake slowly for an hour and a half.

Redaction -

Stiw Cwningen mewn cwrst - stewed rabbit in coffyn

1 rabbit boned, diced and soaked in salt water
1/2 pound of bacon - par cooked
2 tablespoons honey
1/2 cup cider
2 eggs - separated
1/2 cup cream
1 teaspoon powder fort (long pepper, cloves, nutmeg, black pepper)

In a large pot over high heat, brown bacon until fat starts to melt, add rabbit and powder fort and stir quickly to brown. Add cider and honey and continue cooking over medium heat until liquid is reduced - about 10 minutes. Remove from heat and let cool slightly. In a separate bowl mix egg yolks and cream. Pour over rabbit mixture and stir to coat. Cool completely.

Add cooled mixture to prepared coffyn (see recipe below) cook on bakestone until crust is brown and cooked about 30 minutes. (if cooking over fire - be sure to turn the pies as they cook to ensure even cooking)

Coffyn - Hot crust pastry –

This was a compilation of two recipes one was early period, from the early 14th century and the second was a 18th century(59,62). The difference was the inclusion of eggs. Earlier manuscripts mention using a coffyn, a thick pastry case often made from strong flour, for use in various types of pies often containing meat. However, like many bread recipes, the method of making this is assumed to be known and no specific directions/recipes are given.

Redaction is as follows:

Hot crust pastry –

2C (300g) spelt flour

1 ¼ C (150g) oat flour

¾ C (100g) stone ground wheat flour

4 oz (8 tbsp) chilled butter – grated

½ tsp salt

3 oz (6 tbsp) butter

2 eggs separated (yolks and whites beaten separately)

1C milk

- Combine flours and salt in a large bowl
- Cut in 4 oz chilled butter and gently rub into flour with fingers
- In a small saucepan heat milk and 3 oz butter until butter is melted and mixture comes to a simmer
- Temper egg yolks with tablespoon of milk mixture then add into saucepan and mix quickly while removing from heat.
- Pour warm milk mixture into flour mixture and stir with spoon
- As soon as it is cool enough to handle knead into smooth dough, handling as little as possible.
- Working quickly (dough will become hard to work as it cools) separate dough into four portions for the coffyn crusts cut a small piece (about ¼) off each piece for the lids
- Shape coffyns cutting the rough top edge so it is smooth and not too tall. When is it slightly cool it will hold shape

- Shape each top into circle slightly larger than the opening of the bottom. Set aside and keep warm
- When bottom crusts are set and cool fill with cool filling of choice. Be sure that filling is cool or crust will soften and collapse
- Place tops on top and pinch to sides of bottom crust
- Use whisked egg whites to seal and brush top and sides for a golden brown finish
- Bake as directed for recipe – recommended to bake at a min of 400F for at least 35 min to obtain crisp crust.

Bara Planc – pan bread

My original redaction went through a number of iterations and resulted in a hard dense bread that worked with cawl (soup) and pottages where it could be softened by the liquids. After stepping away from this recipe for a number of years I returned to it following new information which I obtained about the availability of flours following the Norman conquest. Trade in the regions of the Marches and along the southern coastlines following the Norman conquest 1066 greatly expanded the availability in those regions to a wider variety of goods. At this time there was also a shift in the agricultural practices in the region of the Marches which expanded the availability to wheat grain and so flour. (10)

Archaeological evidence in the region also revealed the use of curfews in the region. These items were used to cover and keep warm the central fires in the home while preventing the fire from causing damage to the home while not being attended. (20,31,46) One extant example included sherds from the south west region of Wales. When examined, oat flour was also detected on the pottery. Anecdotal evidence talks about bread being cooked covered on a bread stone.

With this additional information I revised my redaction. The most recent recipe is full of flavor and soft enough to eat on its own while still retaining the same basic ingredients. I did make the addition of hazelnut flour as well as previous research indicated that hazelnuts were prevalent and used for flour. New redaction is below previous iterations.

Original modern recipe for traditional Welsh bakestone bread

Bara planc

2 lbs flour

1 oz yeast

1 oz lard

1 teaspoon salt

1 teaspoon sugar

1 breakfastcupful milk and water

Warm the flour and put into a large bowl, which should have been warmed. Rub the lard into the flour. Put the yeast into a jug with the sugar, and mix with the milk and water, which must be just tepid.

Make a well in the center of the flour and pour in the liquid. Make a soft dough, cover with a warm cloth and leave it to rise for 1 hour in a warm place, out of the draught. Mould into a large flat cake, kneading and pressing with the hands towards the sides. When shaped it should not be more than 1 inch or 1 ¼ inches thick. Leave to rise for 15 minutes.

Place carefully on the palnc, which should not be too hot. Bake for no minutes on one side, then turn over and bake for another 20 minutes on the other side.

Recipe from Bobby Freeman, Traditional Food from Wales (sited as from an Anglesey recipe, from Farmhouse fare)

To try to approximate a more period bread I substituted out honey for sugar as sugar would have only been used for more elaborate dishes, and I added oat flour and oat bran. The oat flour was the more common flour and the oat bran to give the bread more texture as modern flour is more finely ground than that of stone milled flour. This recipe went through several iterations before it was both flavorful and workable. Though I started with straight oat flours in the end I added spelt flour, a period wheat flour which would have been available in a noble household or manor, for cohesion.

Redaction:

½ cup Oat bran

1 ½ cup oat flour

2 cups spelt flour

1 teaspoon salt

2 teaspoons yeast

¾ cup milk

¾ cup water

2 tablespoon honey

2 tablespoons butter

Mix dry ingredients. In a small pot warm milk, water, honey and butter until tepid.

Add liquids to dry mix and knead until dough is slightly sticky and elastic. Place dough in a large bowl coated with oil, roll dough so that all sides are oiled, cover with damp cloth and put in a warm place to rise for one hour. When dough has doubled in size, knead dough gently and shape into two flat disks about 1 inch thick. Cook on warmed bakestone or griddle over a low flame for 20 min, flip over and cook second side an additional 20 min.

New redaction -

50g hazelnut flour

150g oat flour

450g spelt flour

2 1/2 teaspoons salt

2 1/2 teaspoons yeast

1/2 c milk - room temperature

2 tablespoons honey

2 tablespoons butter - room temperature

2 cups water

Mix dry ingredients. Add milk and butter, in a separate bowl mix water and honey then add to dough mixture. Knead until elastic and springy. Place dough in large bowl, cover, and let rise for one hour or until doubled. If rising overnight, place in a cool area to slow rise. When dough has doubled, remove from bowl and knead gently to reduce air. Shape into two equal balls, place on bakestone and flatten to about 2 inches. Cook on warmed bakestone covered with curfew 30 - 40 minutes or until browned and sounding hollow when tapped.