

## Chapter The First

*Carne con sosenga* – skewers of beef marinated in honey and pomegranate juice served with a pomegranate sauce. GF

*Pastanagat* – a mash of carrots with Spanish cheese –V,GF

*Bunyols*- Fritters of bread and strong cheese—V

*De Emperador en Graelles* – hake (cod) grilled and served in an orange sauce –Tronges Salsero d’Herbes—GF

*Salsa a bolets* – Mushrooms in an herb sauce—V,GF

*De saluiat* – an omelet of eggs and savory herbs—V,GF

## Chapter the Second

*Capon Armado* – roast of chicken “armored” in a batter of eggs, herbs and nuts (pine nuts and almonds)

*Mirrauste of pomada* – apple sauce with almonds and spices –V,GF

*Mundejar treacles* – fried bread with cinnamon—V

*Olives*—V

*Arroz* – rice cook in a vegetable broth with saffron - V,GF

*Berenjenas Espesas* – roast egg-plant with onions and cheese—V,GF

Source; The Book of Sent Sovi; Medieval Recipes from Catalonia. Translated by Robin Vogelzang

And assorted Spanish texts



## *The Feast of the Quest for Wit and Wisdom*

### XXXIII



There is perhaps, no medieval tale more apropos for Settmour Swamp’s annual Quest for Wit and Wisdom than Miguel de Cervante’s epic satire, *Don Quixote*. In it, Alonso Quijano, a middle aged hidalgo, tired of reading, decides to become like the knight errants of old. Donning his grandfather’s armor, he takes to the road upon his noble steed, with his neighbor, Sancho Panza as his squire. Together they have many adventures, or misadventures, as they quest to rid the world of evil in the name of honor and love.