

Dining at the Actions of the Lowe Countries

A hearty breakfast of oatmeal, dried fruit and milk will be provided, as part of your registration fee, on Saturday and Sunday mornings by the School of the Renaissance Soldier.

There will be a hot meal served by the Tavern on Friday night only, menu and prices to be determined.

For dinner (lunch) on Saturday and Sunday, and supper on Saturday night, SRS cooks will be providing tasty hot period food items for a modest price.

All items will be \$2.00 or less, so pack a roll of quarters or bring some dollar coins.

Carte du jour will be:

<i>Onion pies</i>	<i>\$1.00</i>
<i>Apple cake</i>	<i>\$1.00</i>
<i>Sausages</i>	<i>\$1.00</i>
<i>Bread & Cheese</i>	<i>\$1.00</i>
<i>Soup</i>	<i>\$1.00</i>
<i>Hardboiled eggs</i>	<i>.25¢</i>
<i>Chicken – ¼ dark or white</i>	<i>\$2.00</i>
<i>“Barley Pot” (with ham)</i>	<i>\$1.00</i>

Also available:

Mustard and Pickles

Cooking your own Meals

If you would like to prepare your own meals, SRS sutlers will be happy to instruct you in proper fire pit construction, fire starting and management, and cooking techniques. Firewood will be provided.

Here is a short list of useful cooking utensils: Cast iron pots, trivets, tripods, wooden spoons, pewter or copper ladles, ceramic or wooden bowls for mixing and/or serving.

Here is a list of suggested period foods appropriate for spring or summer: (and remember, modern staples like potatoes, tomatoes and all bell or hot peppers are NOT period to the 16th century)

MEAT: Beef (sausage included), Fish (fresh water, saltwater, smoked and dried), fowl (chicken, capon, goose and turkey), Game Birds (duck, quail, pheasant), Lamb or Mutton, Pork (bacon, ham and salt pork included), Rabbit, Veal, Venison, Wild Boar

DAIRY: Butter, Eggs, Cheese, Cream, and Milk

GRAINS: Almonds (whole and ground), Barley, Dried Beans, Chestnuts, Dried Peas, Hazelnuts, Oatmeal, Rice (whole and ground), Walnuts, Wheat flour, Whole Grain Breads

VEGETABLES: Artichokes, Asparagus, Beets, Broadbeans, Cabbage, Carrots, Cauliflower, Celery, Chard, Cucumber, Fennel, Leeks, Onions, Parsnips, Peas, Pea Sprouts, Radishes, Spinach; Spring Onions, Sweet Potatoes, Turnips, Watercress.

FRUITS: Apples, Apricots, Cherries, Dates, Dried Fruits, Figs, Grapes, Peaches, Pears, Plums, Pomegranates, Strawberries, Raspberries, and Quince

BEVERAGES: Apple juice, Beer, Cider, Herbal infusions, Wine. (Tea and Coffee are not period for the 16th century)

SWEETENERS: Honey, Unrefined sugar

HERBS: Borage, Garlic, Mints, Parsley, Rue, Rosemary, Sage, Sorrel, Thyme

SPICES: Bay leaf, Calendula (Marigold), Caraway, Cinnamon, Cloves, Galingale (type of ginger), Ginger, Grains of Paradise (type of pepper), Mace, Mustard, Nutmeg, Black Pepper, Salt, Saffron