

Basic Medieval Introduction:

- *Medieval* is a "catch-all" phrase that basically refers to all of Western Europe spanning from the fall of Rome to the turn of the 11th century
- Germanic People (Franks, Visigoths, Ostrogoths, Saxons) integrated with the Celtic people (not indicative of the Irish people, but rather a term describing the descendants of the Iron Age Europeans)
 - Christianity was as alluring as ever, and many tribes took part in mass conversions (i.e. Clovis, a Frankish leader)
 - Therefore, the Church was a dominant force at the time
- The Germanic people placed an emphasis upon the idea of maintaining the clans and/or families which paved the way to a feudal Europe
 - Two major dynasties arose out of the newly erected feudalistic era: the **Carolingian**, and the **Ottonian**
 - They sought to reestablish the dominance and authority Rome once had over Europe

Anglo-Saxon and Viking Art:

- They made a lot of small, portable art that they could easily carry with them
 - I.E. weaving, woodworking, carvings, jewelery
 - Whoever made these had to be highly specialized, therefore, the artists had a high amount of respect among their people
- **Vikingr** - means *raider* in Norse

Art of Note:

Golden Buckle. From the Sutton Hoo Ship Burial. 7th century. Gold. 5.25" l.

- Employs the use of *Animal style* - the inherent style of the Germanic people (predominantly the Anglo-Saxons) which is an abstract representation of animals
 - The interweaving things look like two interlaced snakes biting one another
- The ship burial this comes from is a tradition where people were buried (yeah, BURIED, not sunken, BURIED. In a hole... in the ground... with a SHIP... think about that) with their ships with their possessions and valuables
 - The burials on the ships may be a reflection of their thoughts on their ideas of an afterlife, or just simply a veneration of the awesome person who died
- A 7th century Angolan King was buried at Sutton Hoo, and this is presumably his belt buckle



Cooking Times

Typical cooking times and temperatures.

Adjust according to food portion and personal taste.

Roast Beef	Cooking Time (Min)	Temperature (°C)	Rack Used
Rare	35-40	175	Low Rack
Medium	45-50	175	Low Rack
Well Done	° 55-60	175	Low Rack

Steak	Cooking Time (Min)	Temperature (°C)	Rack Used
Medium Rare	8-10	250	High Rack

Chicken	Cooking Time (Min)	Temperature (°C)	Rack Used
Medium	60-90	200	Low Rack

Eggs	Cooking Time (Min)	Temperature (°C)	Rack Used
Poached	5-6	175	Low Rack
Soft-Boiled	4-5	200	Low Rack
Omelette	10-12	175	Low Rack

Sea Food	Cooking Time (Min)	Temperature (°C)	Rack Used
Fish	10-12	200	Low Rack
Prawns	8-10	220	High Rack
Crab	10-13	140-160	Low Rack

Other	Cooking Time (Min)	Temperature (°C)	Rack Used
Sausages	10	120-150	Low Rack
Bread	8-10	120-140	Low Rack
Baked Potato	25-40	200-250	Low Rack
French Fries	10	200	High Rack
Potato Chips	15	180-200	High Rack

Vegetables	Cooking Time (Min)	Temperature (°C)	Rack Used
Soft	15-20	200	Low Rack
Hard	30-40	200	Low Rack

NOTE: The cooking times and temperatures given in this Recipe Book are for guidance only. Please ensure that the food is properly cooked before eating.



ROAST CHICKEN

Ingredients

1.2 to 1.7kg (40-60 oz) Chicken
Salt and Pepper
Soy Sauce
Sage & Onion Stuffing
Butter or Margarine
Honey (optional)

Method

Wash chicken and remove neck and giblets.

Dry excess moisture with a towel or cloth.

Rub inside cavity well with salt and pepper and then add the stuffing.

Sprinkle the skin with soy sauce and salt.

Brush the surface of the chicken with butter / margarine and honey if desired.

Tie the chicken's legs together with string to keep attractive shape.

Place the chicken in a pot and onto an oven rack.

Roast at 200°C for 60 to 90 minutes, depending on the size of the chicken.

Why not cook some potatoes in the pot at the same time?!



BAKED FISH

Ingredients

4 Medium Salmon Fillets(or fish of choice)
Garlic Seasoning
Paprika
Lemon Juice
Lemon
Pepper (optional)

Method

Place all 4 fillets onto a foil lined baking tray.
Brush the fillets with lemon juice and sprinkle both sides with garlic seasoning and paprika.

Sprinkle a small amount of water on top of each fillet.

Bake at 200°C for 10-12 minutes or until fish is done.

You may add lemon and pepper if desired.



ROAST PORK

Ingredients

1.7kg (60oz) Fresh Pork Loin
2 or 3 Cloves of Garlic Halved (optional)
1 or 2 Tablespoons of Worcestershire or Soy Sauce
Salt
Pepper

Method

Place pork loin on a rack.
Season well with salt and pepper.
Cut into the meat and insert the garlic pieces (optional).
Sprinkle with Worcestershire or soy sauce and place into the oven.
Roast the pork loin at 165°C for 1½ - 2 hours or until the meat
thermometer registers 80°C.
Remove the roast from the rack and allow to stand.



BBQ STYLE PORK CHOPS

Ingredients

4 Pork Chops

10ml Olive Oil

1 Small Chopped Onion

1/3 Cup of Tomato Sauce

1 Tablespoon of Brown Sugar

1 Tablespoon of Chilli Powder

Salt, Pepper, Vinegar and Mustard (according to taste)

Method

To make the BBQ sauce, heat the oil in a frying pan, add the onions and cook until soft.

Add tomato sauce, sugar, vinegar, mustard and chilli powder.

Stir and cook for a further 3 minutes and then put to one side.

Preheat the oven to 220°C.

Brush both sides of the meat with the barbecue sauce and sprinkle with salt and pepper.

Place the chops onto a high rack and cook for 20 minutes or until tender and cooked through.

Turn once and brush with sauce.



GRILLED PRAWNS

Ingredients

- 700g (1½ lb) of Jumbo Prawns (peeled and cleaned)
- 1¼ Cup of Melted Butter or Margarine
- 1 Garlic Clove (peeled and minced)
- 2 Tablespoons of Lemon Juice

Method

Rinse and pat dry the prawns.

In a small bowl, combine the melted butter with the garlic and lemon juice.

Place the elevated wire rack into the oven and set to 220°C.

Brush the prawns with the butter mixture and arrange directly onto the wire rack.

Grill the prawns for 8 - 10 minutes.

Serve hot with lemon flavoured rice.