



## **Cooking for Pennsic**

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Pennsic can present unique challenges for many an intrepid camper. It is not just the heat you have to deal with but schedules, personal preferences, allergies and the dread mile or so hike back from the parking lot.

There are enough food vendors on site if you choose not to cook or take a night off. If you plan a meal plan you should consider the following:

**Consider who and how many are you cooking for:**

Any allergies or food preferences or restrictions, are they into light healthy vegetables or heavily into meats or somewhere in between? What is your budget allocation, add in ice, drinking water and fuel costs? What are there likely schedules (classes, battle plans, courts will delay dinner schedules)

**Menu planning:** I've found that planning dinners and kind of winging the other meals works best. Making less work less hassle and more vacation time.

Plan a tentative menu if possible. Since I usually plan for my camp, I can spread the cost of some dishes over several months prior by buying and preparing and freezing meals ahead of time. This can help you also know what not to pack from the kitchen. Pre-freezing the food will also help keep the food colder longer.

**Safe food storage:**

If you have access to dry ice, wrap it several times in newspaper and place it in the bottom of your cooler. Place a spare cookie sheet or lasagna tin in the cooler over the dry ice to prevent possible burns. Layer frozen foods and ice on top of this, refresh often and keep clean. If possible keep a separate container for drinks. Remember if food smells funny, better to throw it away than risk food poisoning.

Some suggestions (pre-frozen prior to camping):

**Meats:**

- Roast (beef/pork), turkey pre-cooked, pre-sliced in gravy au jus.
- Spaghetti meat sauce
- Beef Bourguine (cooked)
- Shish Kabob - pre-cut and marinated meats and vegetables (package meats and vegetables separately)

**Soups and stews:**

- Cold fruit soup bases (apple, blueberry, cherry) great as a breakfast food and also as a change of pace in the heat of the day
- Moroccan wedding soup

**Vegetables (not frozen):**

- Pre-made Hummous/Falafel/Tahinni
- Moroccan Carrots

**Other good choices for general weather:**

- Instant cereals (hot & cold)
- Pancake mixes
- Concentrated fruit juices & instant drinks
- Concentrate tisanes of mint tea (without the sugar and lemon). This is also good for headaches and sunburn.
- Pizelles, biscotti
- Bullion (beef, chicken)
- Spring Sausage
- Cheese & crackers
- Fruit (chill it in the cooler if you have space)

Some Pennsic recipes --

**Tisanes**

From Baroness Lady Genievieve de Charbonneau

Take a handful of your favorite herbs and make a very strong tea. Cool and freeze. As it melts it can be used as the base for iced teas. Good choices include mints, hibiscus, chamomile, rose or bergamot.

**Hot Scarlet Wench**

From Baroness Lady Genievieve de Charbonneau

- |  |                                 |
|--|---------------------------------|
| 1 32-ounce bottle cranberry juice (4 cups) | 4 whole cloves                  |
| 1/3 cup packed brown sugar                 | 1 750-ml bottle white zinfandel |
| 2 inches stick cinnamon                    |                                 |

In a large saucepan, combine cranberry juice, brown sugar, cinnamon stick, and cloves. Bring to boiling; reduce heat and simmer, uncovered, for 5 minutes. Remove spices. Add white zinfandel. Heat until just warm. Ladle into mugs or transfer to a warm, heatproof pitcher and pour into mugs.

Sideboard: If you like, substitute 3 1/4 cups white grape juice for the white zinfandel and omit the brown sugar.

**Serves: 14**



## Apple soup

From Baroness Lady Genievieve de Charbonneau

1 to 2 dozen apples (cleaned, cored and sliced)  
1-cup chicken soup stock  
½ -cup sugar  
1-teaspoon cinnamon

¼ teaspoon nutmeg  
¼ teaspoon ginger  
2 pints heavy cream (optional)  
2 liters ginger ale (optional)  
1 bottle champagne (optional)

Take apples, stock, sugar and spices and gently cook over low heat for 30 minutes (or until the apples are soft). Let mixture cool and puree in a food processor until liquefied. Chill and store mixture until serving time.

### Sideboard:

Variants include stirring in cream and serving, or cream and ginger ale, or cream and champagne.

This some base travels well and can be stored in a freezer for several months. It is a great camping staple to pack for those long hot summer events. In it's plain state it is a form of medieval applesauce.

## Strawberry Soup

From Baroness Lady Genievieve de Charbonneau

4 pints Strawberries  
(cleaned, cored and sliced)  
½ -cup sugar  
1-tbl. cinnamon  
¼ teaspoon nutmeg

¼ teaspoon ginger  
2 pints heavy cream (opt.)  
2 liters ginger ale (opt.)  
1 bottle champagne (opt.)

Take strawberries, stock, sugar and spices and gently cook over low heat for 30 minutes. Let mixture cool and puree in a food processor until liquefied. Chill and store mixture until serving time.

### Sideboard:

Variants include stirring in cream and serving, or cream and ginger ale, or cream and champagne. Don't overcook strawberries as they can become bitter. Also, you can add or decrease the sugar depending on how sweet your berries are. This also works well with raspberries, blueberries and blackberries, however, you will need to put sieve this to get rid of the seeds.



## Italian Spinach Soup

From Baroness Lady Gen

2 medium sweet onions (minced)	1 cup beef broth
3 oz spinach (1/2 box frozen) or 1 bag fresh (cleaned and chopped)	1 tsp basil or 4 or 5 leaves fresh (shredded)
2 breasts of chicken (or chicken bits/left-overs)	1/2 tsp pepper
2 quarts chicken stock (home made or commercial)	3 eggs (separated)

If your chicken is fresh; chop it into small pieces and cook it in a skillet until done. If it is leftovers or already part of the stock, separate out the bones and shred the meat into small pieces.

In a skillet, sauté the onions till golden. Remove from pan and set aside. To skillet, add the fresh chopped spinach and brown slightly (omit if using frozen spinach).

In a large pot add the chicken and beef stock; to this mixture add the cooked chicken pieces, onions, and spinach. Season with the basil and peppers. Cook over medium heat for 30 minutes until just about boiling. Take the separated eggs and add water and beat them. As the soup boils, drizzle the egg whites into it. Repeat with the egg yolks. Reduce and cook for another 10 minutes.

Serves 8.

Variations: Addition of slivered carrots, rice, and/ or noodles. This is a basic soup. To make Moroccan wedding soup --add cinnamon and ginger.

## Beouf Bourgoneau

From Baroness Lady Genievieve Charbonneau

2 tbs. flour	1 cup chopped onions
1 1/2 tsp. salt	1 clove of garlic
1/2 tsp. pepper	1 slice carrot
2 lbs. beef (cut into 1/2 inch bits)	1/4 cup parsley
1/2 cup cognac	1 bay leaf
2 cups burgundy or red wine	1/4 tsp. marjoram

Cut beef into cubes and wash with cold water, then drain. Mix together flour, salt and pepper. Lightly roll the cubes in the flour mixture and set aside. In a skillet add some oil and then brown the cubes on all sides. Then transfer the browned cubes into a casserole dish. Add to the skillet the onions, garlic and carrot; gently brown in the remaining fat. Then add this to the casserole dish. Pour cognac over this mixture and ignite after the flame has died; mix in parsley, bay, marjoram and the wine. Cover and bake at 350 for 2 1/5 hours. Serve over noodles.

**Serves 8**

## Ricotta Apple Pie

From Baroness Lady Gen

Pastry for 9 inch pie shell and lid (or frozen pie shells)	2 eggs, beaten
3 cups thinly sliced apples	1 cup ricotta cheese
1/8 cup sugar	1/2 cup sugar
1/2 tsp. nutmeg	1/2 cup heavy cream
1/4 cup sugar	1/8 tsp salt
	1 1/2 tsp grated lemon peel

Slice apples and place in the bottom of the deep dish pie shell. Place pie on a cookie sheet. Mix 1/8 cup sugar and nutmeg together and sprinkle this on the apples. In a large bowl, mix together the 1/4 cup sugar, eggs, cheese, cream, salt and lemon peel. Beat for about 5 min. Pour this mixture over the apples and cover evenly. Then cover with pie lid and crimp down. Bake at 425 for 10 minutes then lower the heat to 350 and cook for 30 minutes until done.

This makes a fairly hefty pie, other options include leaving this as an open faced pie or splitting this into two pies.

**Serves 8**

## Pizelles

From Baroness Lady Gen

6 eggs	3 cups flour
1 1/2 cup sugar	4 tsp. baking powder
1 cup oil	2 tsp. anise extract

Oil and heat the pizelle iron. Beat together the ingredients. Take one tablespoon of the batter and drop into the middle of the iron. Let cook until it stops steaming. Gently remove and cool. Repeat until done.

Makes 2 dozen cookies.

Variations: Substitute vanilla, hazelnut, almond, or raspberry extracts for the anise extract. While not medieval, other variations include adding cacao and/or Kaluha for a chocolate variety. The cookie can also be shaped while it is warm into cones or cylinders to be filled with cream or fruit.

**Other useful things to know:**

**PERSONAL AREA:** (*immediate area outside of your tent*):

1. Keep it neat if possible.
2. Safely store sharp edged equipment when you are finished with it. It is a danger to the bare footed as well as children.
3. In general store any equipment not currently in use; or as soon as possible after you are done with it. This helps prevent accidents, damage to equipment and accidental losses or theft.
4. Daily - take care of your own trash.

**COOKING IN YOUR AREA:**

1. Know the basics of fire safety. If unsure - ask Baroness Genievieve or a fire warden or someone.
2. Practice safe food storage procedures. Keep things covered, clean, cold, and as sterile as possible. If unsure - ask.
3. **PLEASE, IT IS EXTREMELY VITAL TO ALL OUR HEALTH THAT YOU BE RESPONSIBLE ABOUT CLEAN UP, BLEACHING THE TABLES AND TRASH REMOVAL.** Heat and bugs can be extremely hazardous to your health. Food poisoning may be period but not my idea of fun.
4. If you are just snacking or eating something lite at the table; you still need to clean up your area and the wash the table.
5. **CLEAN UP ALL THE DIRTY DISHES, POTS AND PANS AS SOON AS POSSIBLE. Add bleach to the dish water to further sterilize your clean up.**

**COMMON AREAS:** (*rest of the camp*)

1. Be polite and considerate of other's privacy and belongings. Try and keep the common area as neat as possible; store you own gear and equipment with your stuff.. Make sure that your own gear is cleared marked as yours in case it is lost or misplaced.
2. Borrowed equipment. --**BE RESPONSIBLE**; take care of it and return it clean and ASAP. When you borrow chairs, be aware that the owners may want to use them when they return to camp. Ask if they want their chair back when they return or bring your own.

**SMOKERS** - Please properly dispose of you butts in the trash. If unavailable - Field strip them. That means shred the paper, filter and tobacco.

**CHILDREN - YOU (THE PARENTS) ARE RESPONSIBLE FOR THEM LEGALLY** and under the guidelines established by the Pennsic rules and regulations

**GUESTS:** If you invite guests, you are responsible for them and their behavior.