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SUPPLEMENT

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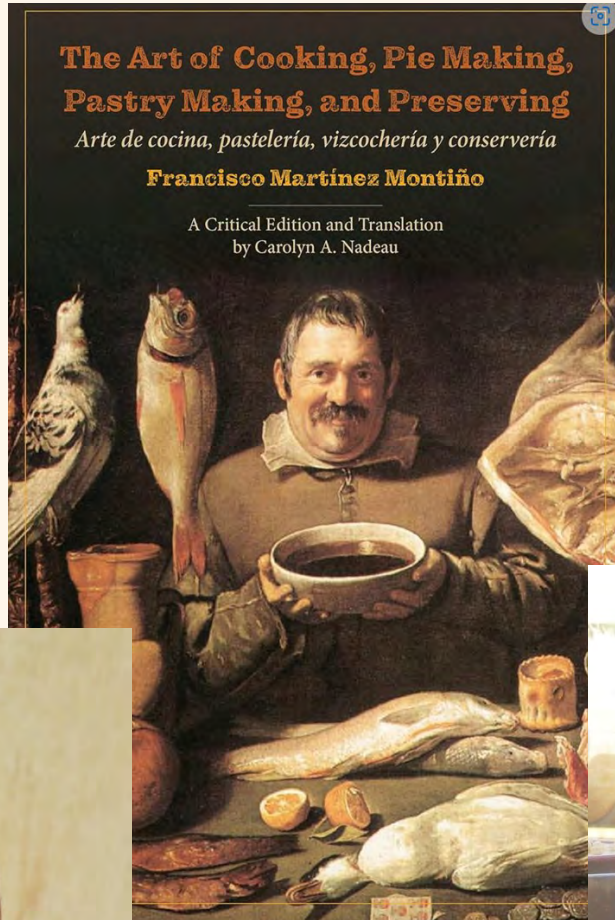
An Tir Crier

# The Crier

OFFICIAL NEWSLETTER FOR THE KINGDOM OF AN TIR

SUPPLEMENTAL ISSUE

## "Eat This Book!"



# Supplement to the An Tir Crier

## December A.S. LIX

With over 500 early-modern Spanish recipes, collected for the royal kitchens in Madrid "The Art of Cooking, Pie Making, Pastry Making, and Preserving" by Francisco Martinez Montino (1611) a critical edition and translation by Carolyn A. Nadeau, University of Toronto Press, 2023 is a book any serious Medieval and Renaissance Foodie should explore and likely have in their collection. In January of 1610 a privilege was signed which secured a copyright of 10 years for Martinez's cookbook. It would go on to be published ten times "throughout Spain in the seventeenth century, fourteen time in the eighteenth century and five time in the nineteenth century", a long and distinguished publishing history. Needless to say, with so many publications, not including this excellent new translation, it was, and is, an important book. Dr. Nadeau describes the Montino's tone in the cookbook as "disciplined, passionate and determined" and one of "genuine excitement about the food he prepares" as well as "playfulness". Montino tells us he wrote the book "for apprentices, and women, who serve lords and do not know these things".

The recipes included in the book are varied and delicious, as the title suggests. Besides the recipes that Donna Green-Tye, Duquessa Juana Isabella de Montoya y Ramirez in the SCA, has graciously shared with us (see below) there are also many delectable recipes you will want to try. Beyond the important meat, poultry and fish recipes there are many pastry and dough recipes including "how to make an excellent dough for empanadas". It also includes a recipe for Puff Pastry, which is likely one of the first recorded. We are also treated to a very early Pate a Choux recipe or Cream Puff pastry. Again, it is among the first recipe for this delicate, cloud-like pastry. It should be noted the book includes two recipes for couscous "the only ones that appear in a Spanish-language cookbook" until 1913. The couscous recipe tells us how to make it from scratch, and the second is a recipe for meat and vegetables served on a bed of couscous. In her introduction to the work Dr. Nadeau details many "International References" including from Portugal, Italy, Germany, Flanders and England. She also notes there are a few recipes that include new world foods including recipes for turkey and squash. Although there are no tomatoes there is a recipe for what Nadeau describes as, a "pre-tomato gazpacho". Nadeau notes two original sauces that do not occur in any previous recipe collections. "Zurciga which is a type of egg-cheese sauce flavored with garlic, all spices, at times, nuts. It is ladled over egg dishes" and "moreta sauce, which is prepared for serving with fish". Please note, "All spices" is a specific spice mix used repeatedly throughout this work. Moreta is made with onions, lard, wine, vinegar, all spices, salt and garden herbs." The most amazing part of moreta sauce is that it is thickened with flour. This is the earliest recorded thickening with flour instead of the ubiquitous bread crumbs. A flour or rue thickening is usually attributed to La Varenne which was written in 1651, four decades later.

Dr. Nadeau also includes an extensive and detailed introduction. With almost 100 pages the introduction is broken into ten sections. 1) The cookbook as cultural Artefact 2) Spain and the Court in the Late Sixteenth and Early Seventeenth Century, 3) Martinez Montino's Biography and the Early Modern Spanish Kitchen, 4) Cookbook Organization, 5) Ingredients, 6) Taste at Court and the Emergence of Spanish Cuisine, 7) Curiosities of Martinez Montino's Cookbook, 8) Martinez Montino's Legacy, 9) Previous Editions, and 10) This Edition and Commentary. In the introduction Nadeau tells us that cookbooks are, "(f)irst and foremost . . . cultural artifacts". These books give us a glimpse into the everyday life of the courts they represent. They detail the produce, meats, grains, and other ingredients available at the time. They illustrate the cooking meth-



Photo by Master Grendal (Nicholas Marcelja)

odologies and technologies of the time period. And they tell us, through the commentary included along with the recipes, details about the people who cooked and ate the dishes articulated in the book. Although autobiographical material on cookbook authors and chef's during this time period are limited to non-existent Dr. Nadeau has given us almost 7 pages on his life including his possible "Galician" roots and his extensive career in the kitchens of the nobility of Spain. In the section on the organization of the cookbook we are told that "cleanliness is most necessary and important for any cook" and that "each time you enter through the kitchen door, try to have something to improve on." Words that the modern cook should continue to mind. The introduction also includes a section on the more than 5000 ingredients mentioned in the book. The author has separated them into 11 different categories. The largest number of ingredients mentioned falls into the grains category, which is only very slightly ahead of meat and poultry. Fruit, Veg, Nuts, and Seeds come in third and fourth and then sweeteners and Fish and Shellfish. The other five categories, Dairy Products, Fats, Herbs and Spices, Sauces and Stock and Pickles and Preserves, are much smaller than the previous six. No discussion on Spanish food would be complete without information surrounding the "Muslim/Morisco Heritage" and Nadeau includes a three-page discussion on the importance of this culinary transfer.

The cookbook itself is divided into several sections. The first section speaks to the "Certificate of Price", "The King (Privilege)", a "Prologue for the Reader", a "Notice" and a "Table on the Banquets". The next section, titled "Capitulo primero" or "Chapter 1", does not include any recipes and is sub-titled "On the cleanliness of the kitchen and the governance that the master cook should have in it." Chapter one also includes a "Treatise on how to serve at banquets", a section on "How to serve food in the kitchen", and continues with "Christmas Banquet", "A meal for the month of May", "A meal for September", and a "Late afternoon Supper". "Capitulo II" includes all the recipes. The Art of Cookery also includes three appendixes, 1) Kitchen Furnishings and Equipment, 2) On Measurements, 3) Images from Recipes Recreated, A glossary, a section titled "Works Cited" and a comprehensive Index. It should be noted that the third appendix includes a photograph by Donna Green-Tye who Dr. Nadeau also credits, along with the Society of Creative Anachronism in general, in her acknowledgement section.

While this book is only available in hardcover and is relatively expensive it is so worth the investment. You can also usually get a used, or slightly worn, copy at your favorite online book store. To search for a new or used book try [www.addall.com](http://www.addall.com) it is my favorite book aggregator.

Dr. Nadeau teaches medieval and early modern Spanish culture and literature at Wesleyan University in Illinois. Her research efforts focus on 16<sup>th</sup> and 17<sup>th</sup> century food representation in Spanish literature. Besides translating and editing *Arte de Cocina* she has also published *Women of the Prologue: Imitation, Myth, and Magic in Don Quixote*, many journal articles on Spanish Literature and food, published in Canada, England, Spain and Serbia. She also published a monograph titled, *Food Matters. Alonso Quijano's Diet and the Discourse of Food in Early Modern Spain*. Currently she is working on a study of urban spaces in Cervantes' fiction as well as another work on "how early modern Spanish artists incorporated New World food stuffs into their works and, in turn, influenced how those food items transformed Spanish cuisine." You can follow her journey in recreating early modern Spanish food on Instagram.

The below three recipes are from Donna's website on Early Modern Spanish Food

<https://sites.google.com/westkingdom.org/early-modern-spanish-food/home>. She has generously allowed them to be printed in this month's Eat This Book. Donna's expertise and passion for Early Modern Spanish Food has been long and ongoing. She, and her food, are a staple of Spanish food at the An Tir West War Cook's Playdate. Donna lives in the Bay area where she works in the Marine Insurance Industry. She shares her culinary creation with her husband, Andrew, and their Kitty cat. She is a member of the Bay Area Culinary Historians. Duquessa Juana Isabella de Montoya y Ramirez is a 16<sup>th</sup> Century Spaniard who likes to cook and make cheese! She was made a Laurel at the age of 18. Reigned twice as Queen of the West, in the previous millennium. And is also a Pelican of the Society. Besides Montino's book she also likes to play with the food from Nola and Sent Sovi. Currently she is working on a Spanish Thanksgiving feast for a class at the virtual West Coast Culinary Symposium. It will include recipes from Montino's book for turkey, squash and chestnut soup. Duquessa Juana is also known for her slightly post period chocolate drink, which I hope she will share with us in an upcoming column on the history of chocolate. Donna tells us that, "The recipes in Montino are cook-able and tasty. They are easy to make right from the text and you don't have to figure out all the weird things." She also is excited about all the pie recipes, "there are several different crust recipes with great instructions!" Dr. Nadeau shared pre-publication translations of the recipes with Ms. Green-Tye. Donna' says, "Particularly fun was the Chicken with Antlers. You cut a slit in the skin in the back of the chicken's neck and put the feet through that slit and work the chicken into what looks like a very uncomfortable yoga position. So very fun and tasty!"



Donna tells me that, "There are very few recipes for garbanzo bean dishes as they were considered a dish for the household staff, but there are many dishes that use garbanzo broth, especially during Lent."

### **Sweet Garbanzos with Quince**

Carolyn Nadeau's translation of Francisco Martinez Montino's, *The Art of Cooking, Pie Making, Pastry Making, and Preserving*: 1611 page 363

Translation:

Put the garbanzos on to boil, and when they are done, get some quince, the same amount as the garbanzos, peel them, remove the seeds, and cut them in half. Then cut thin lengthwise and widthwise slices from the quince halves. Next take fresh butter and fry onion and the quince until they are soft. Then add this to the garbanzos and season with all spices and cinnamon and a little vinegar and add simple syrup so that they are very sweet and have little broth. Then make some very thin strips of pastry dough, fry them and put a layer of strips on a plate (although this can be served without them) and another of garbanzos with cinnamon and sugar. In this way you will fill the plate. And note that this dish should be sufficiently sweet and sufficiently sour. If you do not have good butter made it with good oil; if you do not have quince, make it with sour apples.

Redaction:

Fry chopped onions in butter.

Add quince. (I had home canned some quince when they were in season, so they were already cut and cooked.)

Add one can of garbanzos (chick peas).

Season with Francisco's spice mix\* and cinnamon and a little vinegar

Add a bit of honey to make it sweet and sour.

As an expedient for camping, I used pre-made empanada skins for the dough strips.

Several empanada skins were sliced into ribbons and fried. The garbanzo mix and the fried dough were placed in the dish in alternating layers and dusted with cinnamon sugar.

I particularly liked this one. The taste was not in the least bit like nachos, but with the crispy fried dough and the spiced legumes, the texture bore a marked semblance to nachos.

\*Francisco's spice mix is 4 parts black pepper, 4 parts ginger, 2 parts nutmeg, 1 part cloves, and a bit of saffron.



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Photo by Donna Green-Tye



### Another Stuffed Capon

Carolyn Nadeau's translation of Francisco Martinez Montino's, *The Art of Cooking, Pie Making, Pastry Making, and Preserving: 1611* page 189

Translation:

Prepare a capon for stuffing, chop off the neck and feet. The stuffing should be made out of veal or kid and don't sear it in a frying pan. Instead mince the raw meat with the right amount of fatback, eggs, and spices as you would for meatballs. Add in bits of beef marrow and hard-boiled egg yolk. And if you'd like to add pine nuts, that would also be good. Put the stuffing between the skin and flesh and in the cavity. Put it on to cook. Then make some pinwheels with leftover stuffing from another capon. Add chopped egg yolks and cook the pinwheels in a covered tart pan. When the capon and the pinwheels are done make sops from milk bread or from the whitest

bread you have and soak it just with broth. When it has become very spongy, set the capon on it so that the bird is half way buried in it. Then make some slits in the breast and place the pinwheels in those slits and the remaining ones around the capon. Sprinkle on top some lemon or orange juice and add some fried poultry liver or some veal or kid sweet breads. If you want to garnish with lemon wheels you can, but first remove the peel so it won't be too bitter. To avoid using two capons, you can take some of the breast meat from the same capon to make the pinwheels.

Redaction:

Rinse a small chicken (2 ½ lb) and pat dry. Reserve liver.

Prepare stuffing as follows:

Mix ground goat (kid) meat (1/2 lb) with chopped bacon, egg, ¼ tsp salt and 1 tsp Francisco's spice mix (see above). Add diced butter (2 Tb), hard-boiled egg yolk, and pine nuts (2 Tb).

Carefully separate the skin from the meat along the breasts and put some stuffing mixture in there.

Put most of remaining stuffing in the cavity. Tie the legs together to hold in the stuffing.

Save off one cup of stuffing for the pinwheels.

Sprinkle salt on the chicken and then baste with lemon juice.

Scrub a lemon to remove the outer layer of peel then slice as thinly as possible. Place the lemon wheels on the chicken.

Roast the bird; 20 min per pound at 350.

Make dough for the pinwheels and roll out into a rectangle. (I used 2 empanada skins left over from another project.)

Add chopped hard-boiled egg yolk to the stuffing mixture.

Spread mixture on the dough and roll tightly.

Wrap the cylinder in aluminum foil to hold its shape. Put the roll on a pan and bake ... 350 for 30 minutes.

Line a serving platter with very soft bread (like brioche) and pour any juices from the roasting pan from the chicken over the bread.

Nestle the chicken into the bread on the platter.



Slice the pinwheel cylinders so they are about the size of cookies.

Cut slits into the chicken breast and insert pinwheels.

Arrange remaining pinwheels on the platter around the chicken.

Fry the reserved chicken liver, chop and sprinkle them on and around the chicken.



Since I'm just feeding two people, I used a small chicken



I for  
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substitute butter  
beef marrow.  
Both are tasty  
mal fats, but but-  
is cheaper and  
easier to find.

Photos by Donna Green-Tye

### Stuffed Squash for Fish Days

Francisco Martinez Montino, 1611, The Art of Cooking, Pie Making, Pastry Making, and Preserving

Translation:

Slice the squash into pieces, the size of medium sized tartlets, and remove the insides without perforating the sides. Parboil then in salted water and add in some of the chopped squash from the head for the filling. Once parboiled, put it in a strainer. Fry onions slice lengthwise in a little butter. Add the squash that was cut into small pieces and sauté it all in the frying pan and add a little bit of whole green herbs. Once everything is thoroughly sautéed add in a lot of raw eggs and stir with a spatula over the flame until the eggs are well cooked. Turn it out onto the cutting board and mince it all. Add a



little bit of breadcrumbs and cheese, make sure it's good. Season with all spices and a little sugar and cinnamon. Add raw eggs but don't make it too thin. Fill the squash tartlets and top with a little grated cheese. Place them in a covered tart pan greased with butter, dab the tops with a little butter, and place the covered tart pan on the fire with heat above and below it; let in bake like this and serve on sweet cheese sops. If you want to serve it on an individual plate when it's done cooking, add to the covered tart pan itself garbanzo broth, enough to reach the tops of the squash tartlets. Season the broth with green herbs and spices. And if you want to include sour grapes, and not add cheese to the filling it will be very tasty and look like stuffing for chicken. The sour grapes should not be added until the stuffing is completely finished so that the grapes remain intact. And if your lord does not like whole sour grapes, then add sour grape mash to the stuffing. It will turn out the same. When filling the squash, you can also make deep slits in the middle so that they look like tiles. Set them in the covered tart pan, fill them, and add hard-boiled egg yolks on top. Serve the round ones and the long ones all together with some torrijas in between them. It will look good.

#### Redaction:

Slice the squash in half lengthwise and clean out seeds.

Parboil the squash dishes and the insides in salted water.

Strain the squash.

Scrape out insides of squash leaving the peels intact.

Cut one onion lengthwise and fry in 3 oz butter.

Cut squash insides (what was hollowed out) into small pieces and sauté with the onions.

Add whole green herbs (parsley & cilantro).

Once the squash and onions are well cooked, add two raw eggs and scramble dry.

Turn the mixture out onto a cutting board and chop fine.

Add a ¼ cup breadcrumbs and good cheese; ¼ cup chevre.

Season with spices 2 tsp, a little sugar 1 Tb and cinnamon 1 tsp and ½ tsp salt.

Add one raw egg but don't make it too runny.

Fill the squash and top with grated cheese.

Grease a baking pan with butter and put the squash in.

Dab tops with butter.

Bake at 350 for 30 min.

Serve on sweet cheese sops.

Next time I would use 3 tsp spice mix and a stronger cheese.

#### Alternate cooking method:

Braised filled squash in garbanzo broth, filled almost to the top of the squash.

Season the broth with green herbs and spices.





Alternate stuffing:

Add sour grapes, or mashed sour grapes, and omit cheese.

Grapes should be added at the end to remain intact.

Put hard boiled egg yolks on top.

Serve on torrijas.



“Eat this book” is a column produced for An Tir’s Kingdom newsletter, The Crier. I hope to help you build your food history library. If you have a comment, book, country, or a time period you would like explored please write to me at: [info@vastrepast.com](mailto:info@vastrepast.com)

Visconti Eduardo Lucrezia is a mid-15<sup>th</sup> Century Italian Renaissance Court and Kitchen Punk. He is obsessed with the food from the Italian Peninsula, specifically the recipes of Martino and Platina. He is a member of the Order of the Laurel, the order of the Pelican, a Baron of the Court of An Tir and a Lion, An Tir.

*Author Photo by Tessina (Geneva Borland) release on file.*

David Huffman-Walddon owns a technology consulting company, Renaissance Strategic Consulting, Inc., and an Arbonne health and wellness business. He has written on food history for The Journal of Italian Food and Wine and Petits Propos Culinaires. He has given papers on the food of the Italian Renaissance at the Oxford Symposium on Food and Cookery and the Renaissance Society of America. His weekly food history and tradition column, The Vast Repast, was syndicated in Washington, Oregon, California and British Columbia. Eat This Book has run almost every month in The Crier, An Tir’s official newsletter, since March of 2021.



# The Art of Cooking, Pie Making, Pastry Making, and Preserving

*Arte de cocina, pastelería, vizcochería y conservería*

**Francisco Martínez Montañón**

A Critical Edition and Translation  
by Carolyn A. Nadeau



Book covers off public sites

# *A word about supplements from your Kingdom Chronicler:*

*“Each month the Kingdom Chronicler is encouraged to produce a full color PDF supplement, no larger than 10 MB, which will be posted to the website as a separate file.*

*The Supplement may contain additional information such as articles, photographs, court reports, and other materials of general interest to the public. “*

So, do YOU have an idea for a supplement? Something about An Tir you think deserves a more deep dive than the Crier can manage to fit in?

If so we would love to hear from you! I will be happy to publish supplements on topics of interest to An Tir.

My personal Wish List ideas include:

**Youth activities** - I would LOVE to see a regular supplement dedicated to the children and youth of our Kingdom; crafts, garb ideas, games - whatever our younger members would like to see and I will be thrilled if it were to be written BY our younger members!

**Arts & Sciences** - do you make the things? Are you willing to write up an article about it? Either a how to, or a “why I did it like this” or even a research paper would be a welcome addition.

**Kingdom Officers** - Is there information you would like to share with the populace? Gate procedures? Reporting tutorials? Information for the populace on what your office actually does? I would be happy to put it in print for you!

Any subject that is near and dear to your heart and inflames your passions will most likely do the same for someone else, and I would like to help you share your passions and inspire others.

The supplement is supposed to showcase the very best of An Tir, and I need your help to make that happen. While I am happy to edit and publish them, I am not going to write them all myself! I want to showcase *your* works!

I accept submissions in Word, Google Docs and other word processing formats.

Images may be submitted as PNG, JPEG or any image format

All images submitted will need a release form on file prior to publication.

Email me at [criereditor @ antir.org](mailto:criereditor@antir.org) with any questions or suggestions you may have.

Thank you!

Baroness Suzanne de Chinon

Chronicler, Kingdom of An Tir







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## Quarterly Board Meetings

The Board of Directors is considering the possibility of a return to live meetings in late 2023. Groups interested in hosting a meeting should contact the Executive Assistant ([ea@sca.org](mailto:ea@sca.org)) for information on meeting requirements and how to submit a bid.

## Meeting Schedule:

*Meetings will be held online until further notice.*

Second Quarter 2025

Third Quarter 2025

Fourth Quarter 2025

Kingdom Crier Deputy:  
TBD