

THREE QUICK & SIMPLE MEDIEVAL RECIPES

SHORTBREAD COOKIES:

Mix together- $\frac{3}{4}$ c. margerine

2 c. flour

$\frac{1}{3}$ c. sugar

Knead mixture until it stays together.

Press or roll onto an ungreased pan.

Press cut lines and decorative designs
into dough with a knife or fork.

Bake at 350 degrees, until just brown at edges.

Cut into squares immediately and allow to cool.

WINTER TEA:

(Some people are allergic to herbs- so use with care!)

Wrap the following in cheesecloth:

2 T. Rose hips

2 T. sloe berries

1 t. ginger

1 t. thyme

$\frac{1}{2}$ t. sage

Steep these in a large pot of hot water until it tastes strong enough to you. Add a sliced lemon and honey to taste.

FRESH PEA SOUP:

Heat a number of cups of chicken stock to boiling.
(Canned or bouillon should be salty enough, salt to taste if using homemade stock.)

Add an equal number of cups of fresh or frozen peas (canned won't work well). Cook just long enough to heat the peas thoroughly, then scoop them out and press them through a food sieve. (Modern folk who are pressed for time might pour them into a blender with a little of the stock and puree them.) Leave a few whole peas in the stock as a garnish.

Return the pureed peas to the chicken stock, season with summer savory to taste. Serve hot. The result should be a delicious, bright green soup.