

**C**rencher  **B**oard

*Falcon Chronicle Entry 6*

*Simple Creative Sketches Young at Heart Coloring Book*

Dynamos Press  
Chiloquin Oregon



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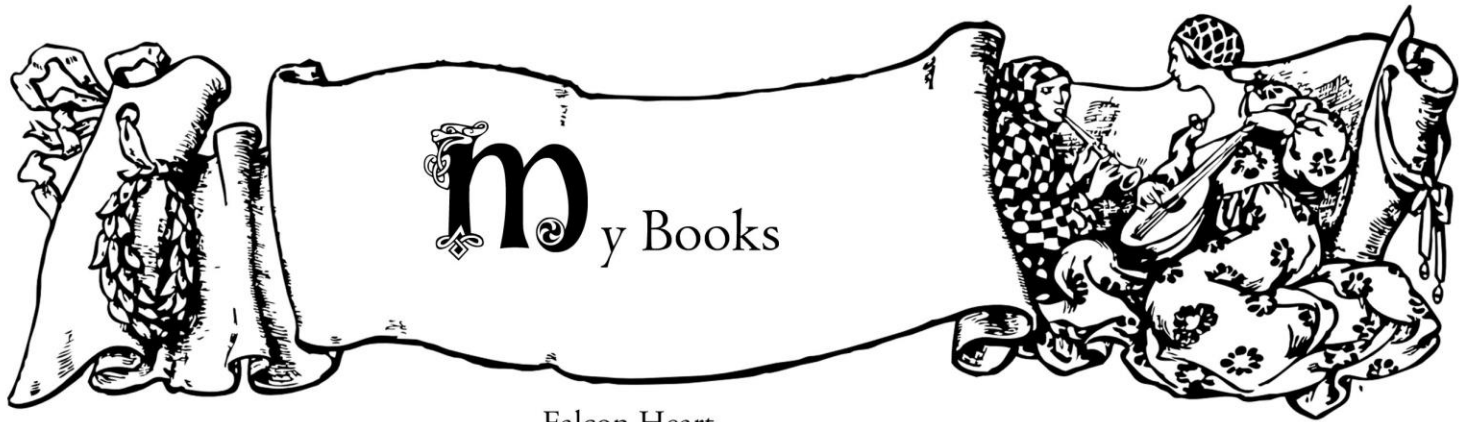
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Keywords: coloring castles, coloring cookbooks, medieval coloring books for adults, historical coloring books, pencil coloring books, creative coloring inspirations, creative coloring plants and animals.

Trencher and Board: Simple Creative Sketches Young at Heart Adult Coloring Book,  
Falcon Chronicle Entry 6/ Azalea Dabill. -- 1st ed.  
ISBN 978-1-943034-09-3



Falcon Heart

Falcon Flight

Path of the Warrior

Cieri's Daughter

Kingdom's Fall

Lance and Quill

(More companion stories coming soon)

## Coloring Books

Trencher and Board

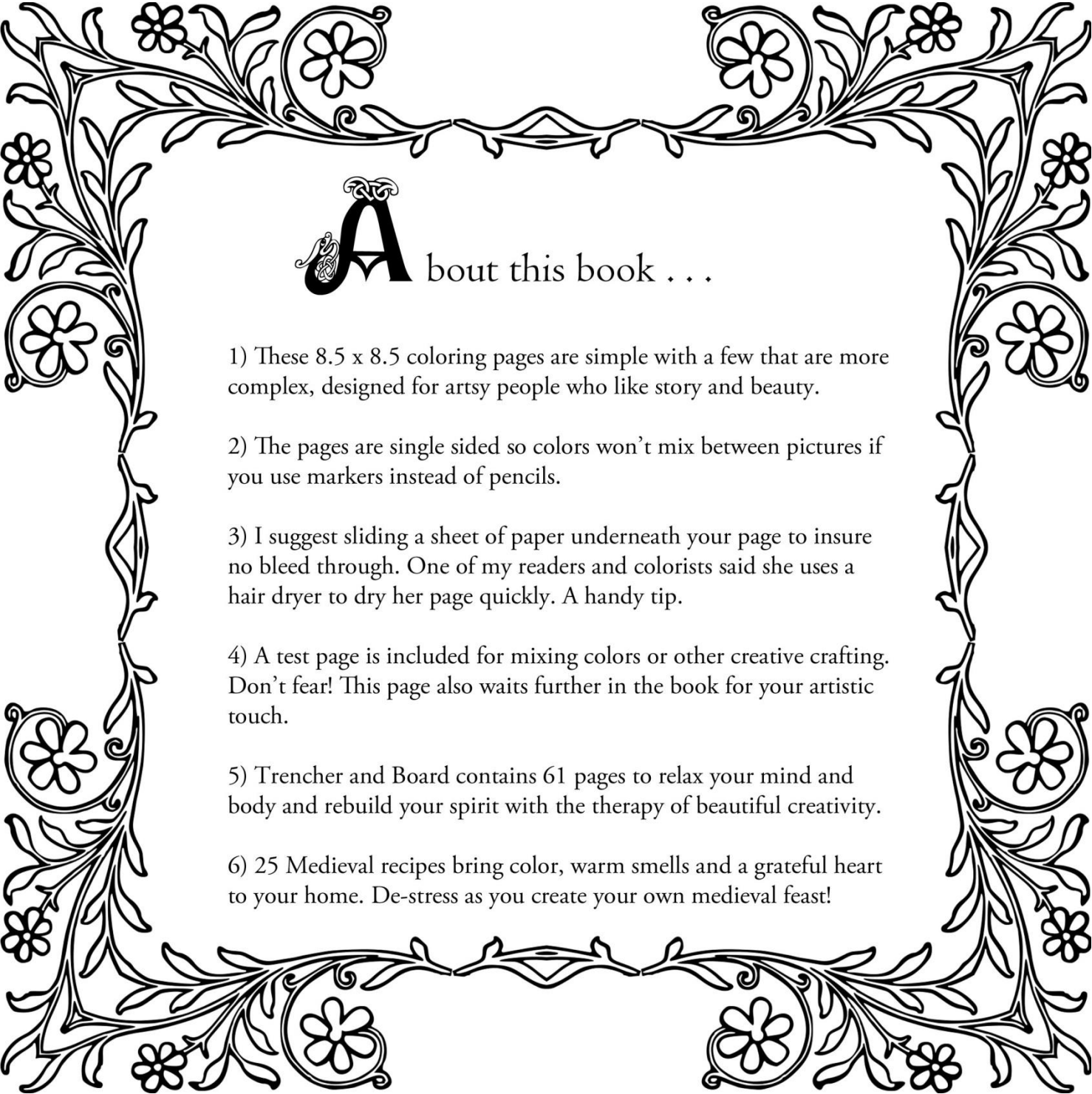
(And coming soon)

Medieval Journey Part I and II

Nightshade and Knitbone

Falcon's Ode

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# A bout this book . . .

- 1) These 8.5 x 8.5 coloring pages are simple with a few that are more complex, designed for artsy people who like story and beauty.
- 2) The pages are single sided so colors won't mix between pictures if you use markers instead of pencils.
- 3) I suggest sliding a sheet of paper underneath your page to insure no bleed through. One of my readers and colorists said she uses a hair dryer to dry her page quickly. A handy tip.
- 4) A test page is included for mixing colors or other creative crafting. Don't fear! This page also waits further in the book for your artistic touch.
- 5) Trencher and Board contains 61 pages to relax your mind and body and rebuild your spirit with the therapy of beautiful creativity.
- 6) 25 Medieval recipes bring color, warm smells and a grateful heart to your home. De-stress as you create your own medieval feast!



ut out to slide between Pages

**F**or testing Colors

Test page

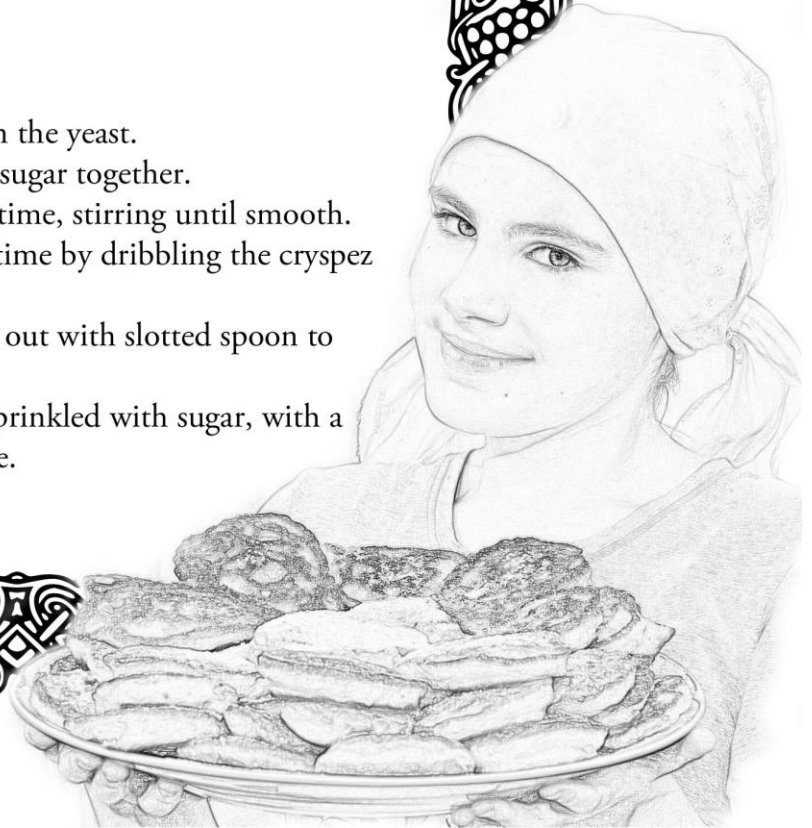


ryspez

Cryspez, or medieval pancakes, are deep fried in oil. Eat with fruit sauce as a dip. Plum or another, to your taste.

1/2 C milk  
1/2 tsp dry granular yeast  
1 egg white  
1/2 C flour  
2 TBS sugar

Warm the milk and dissolve in the yeast.  
Beat the egg white, flour, and sugar together.  
Add yeast mixture a little at a time, stirring until smooth.  
Deep fry a few spoonfuls at a time by dribbling the cryspez mix into hot oil.  
Turn when browned and take out with slotted spoon to drain on paper towels.  
Serve hot pancakes in a dish sprinkled with sugar, with a side of your favorite fruit sauce.  
Makes 10 - 12 cryspez.



**F**ood was a simple yet grand affair . . .







n the castle or stronghold in the Middle Ages.

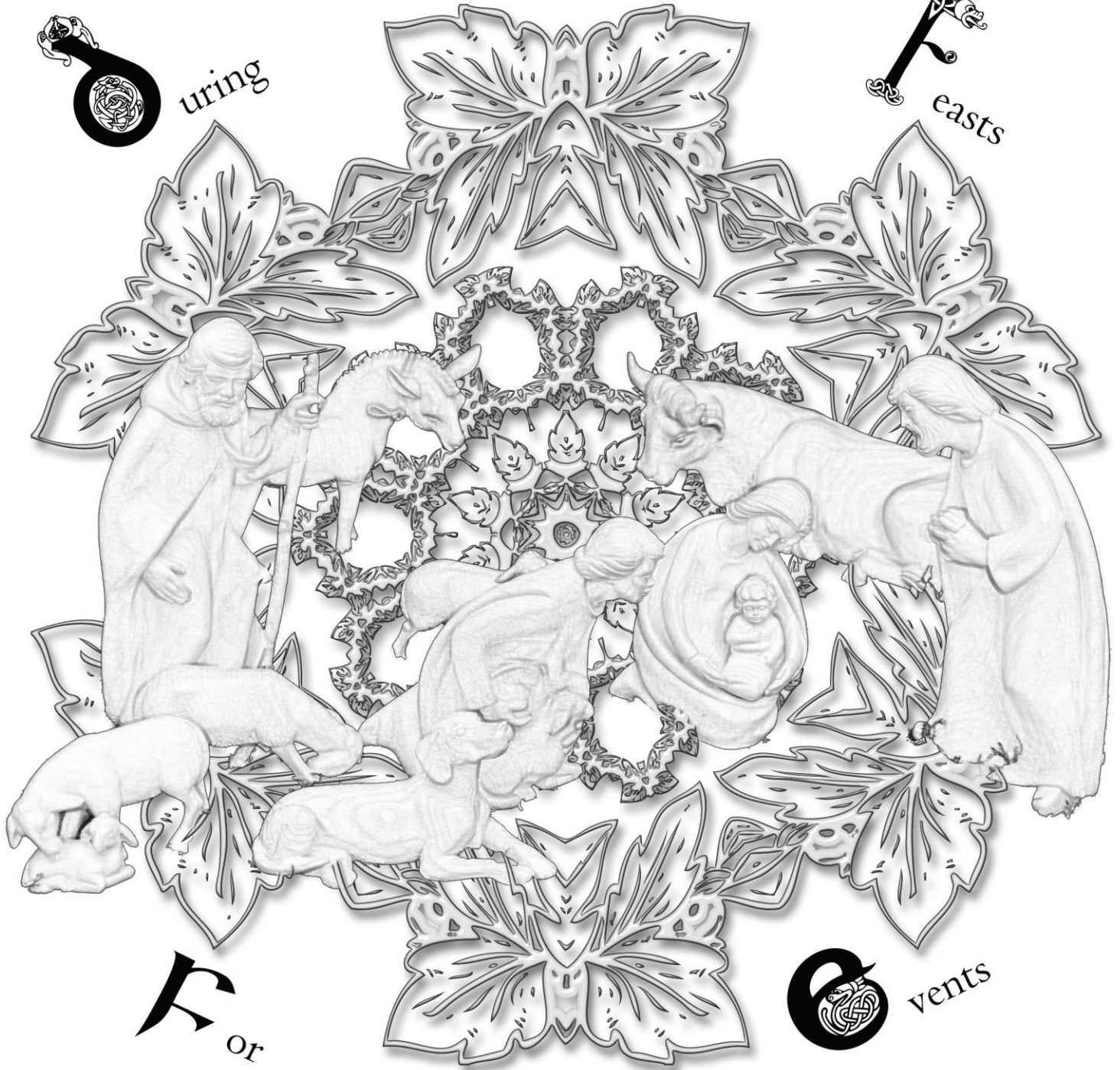




uring



easts



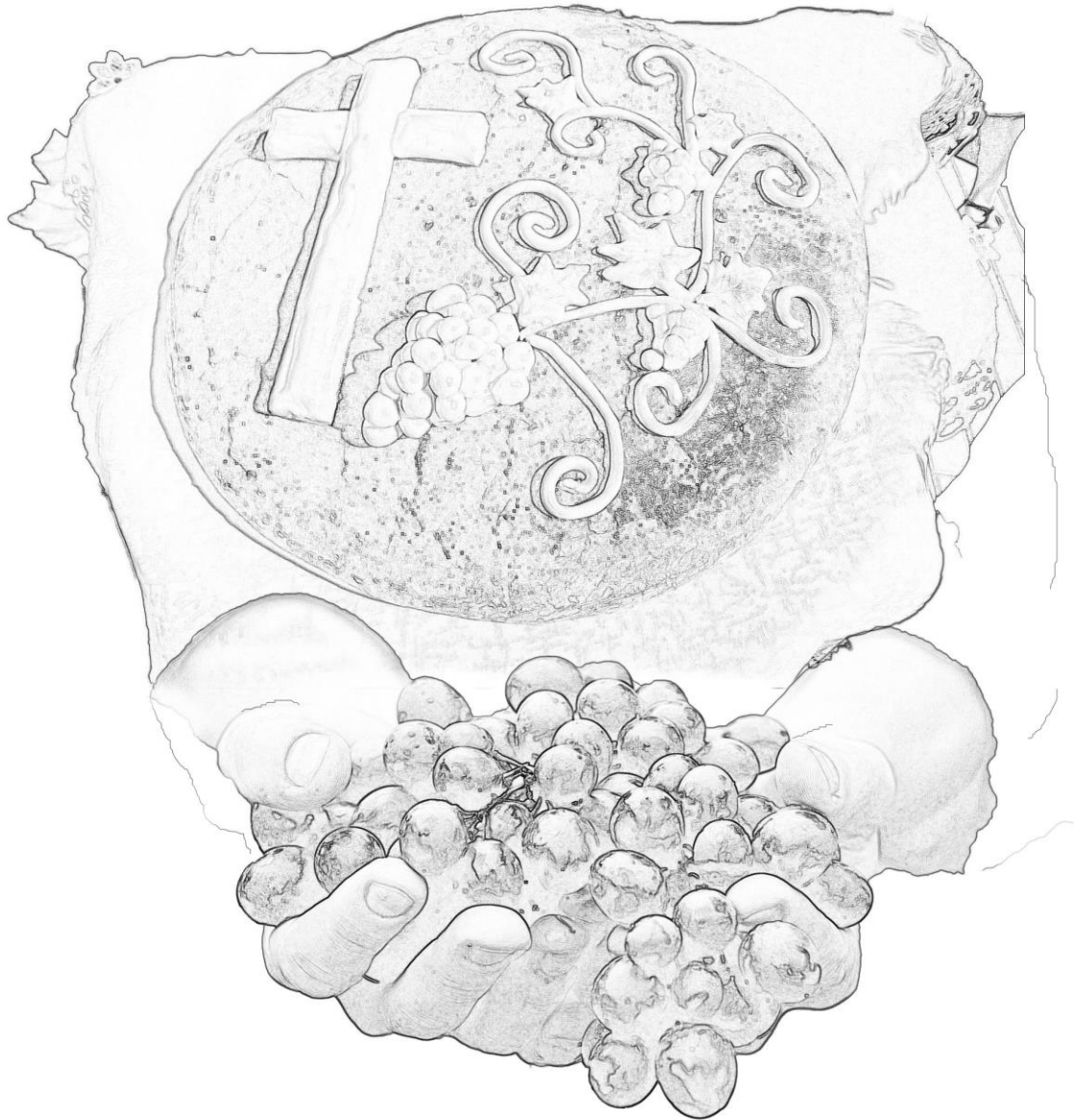
For



vents



read was a staple.



**A**s were barley and oats for stews and confections with rosewater and nuts.

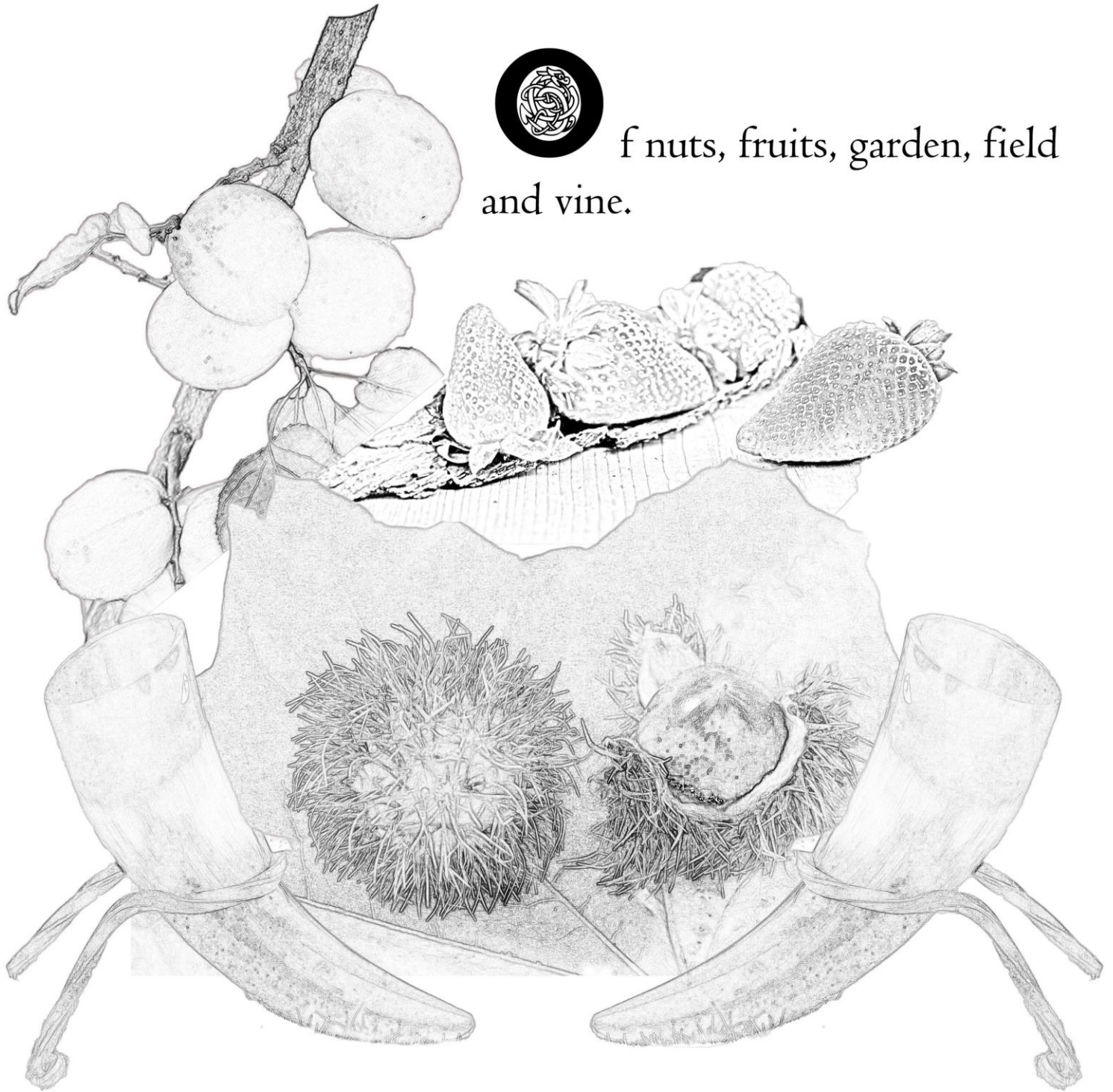


**I**n autumn, tree, hedgerow and  
earth yeilded treasure . . .

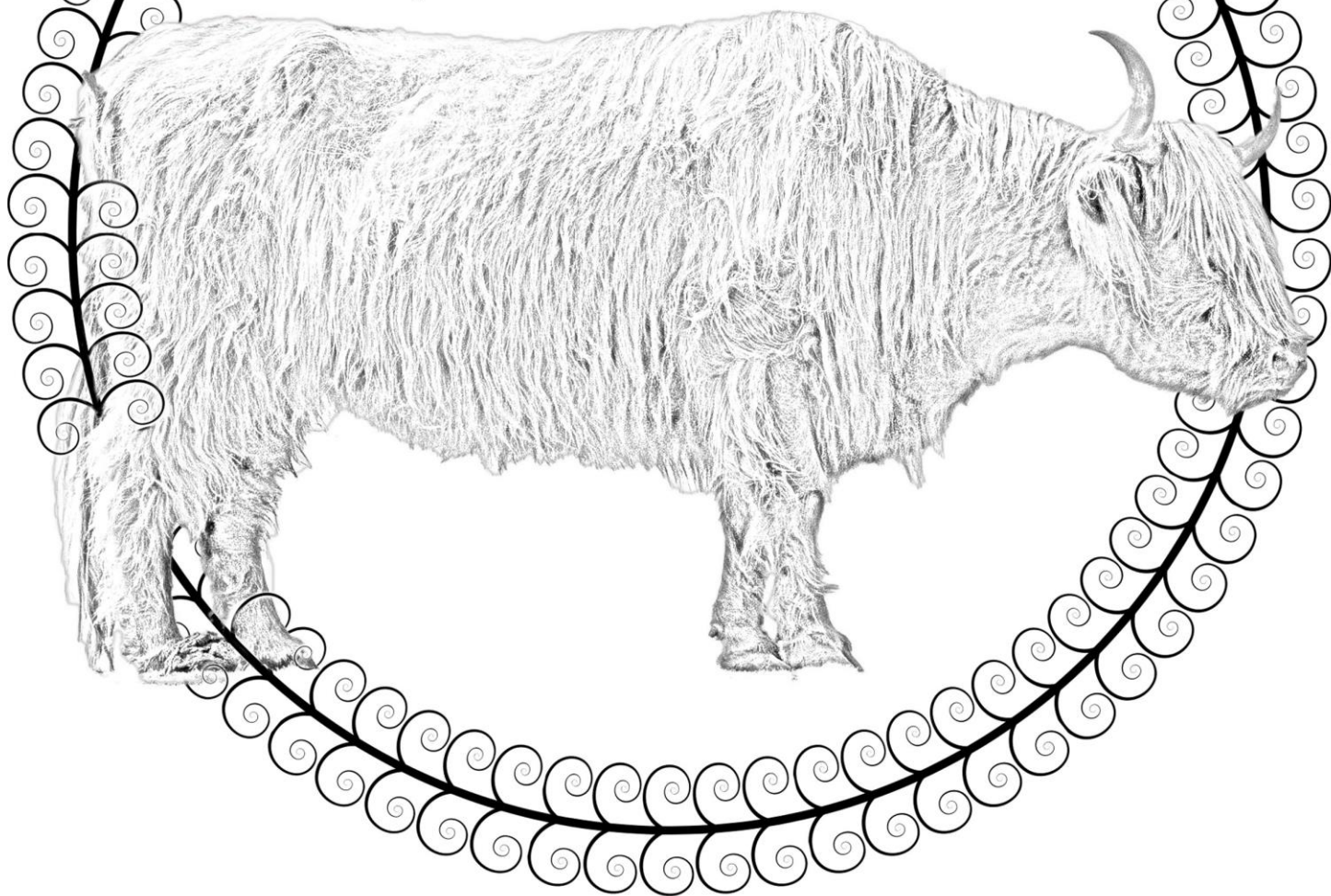




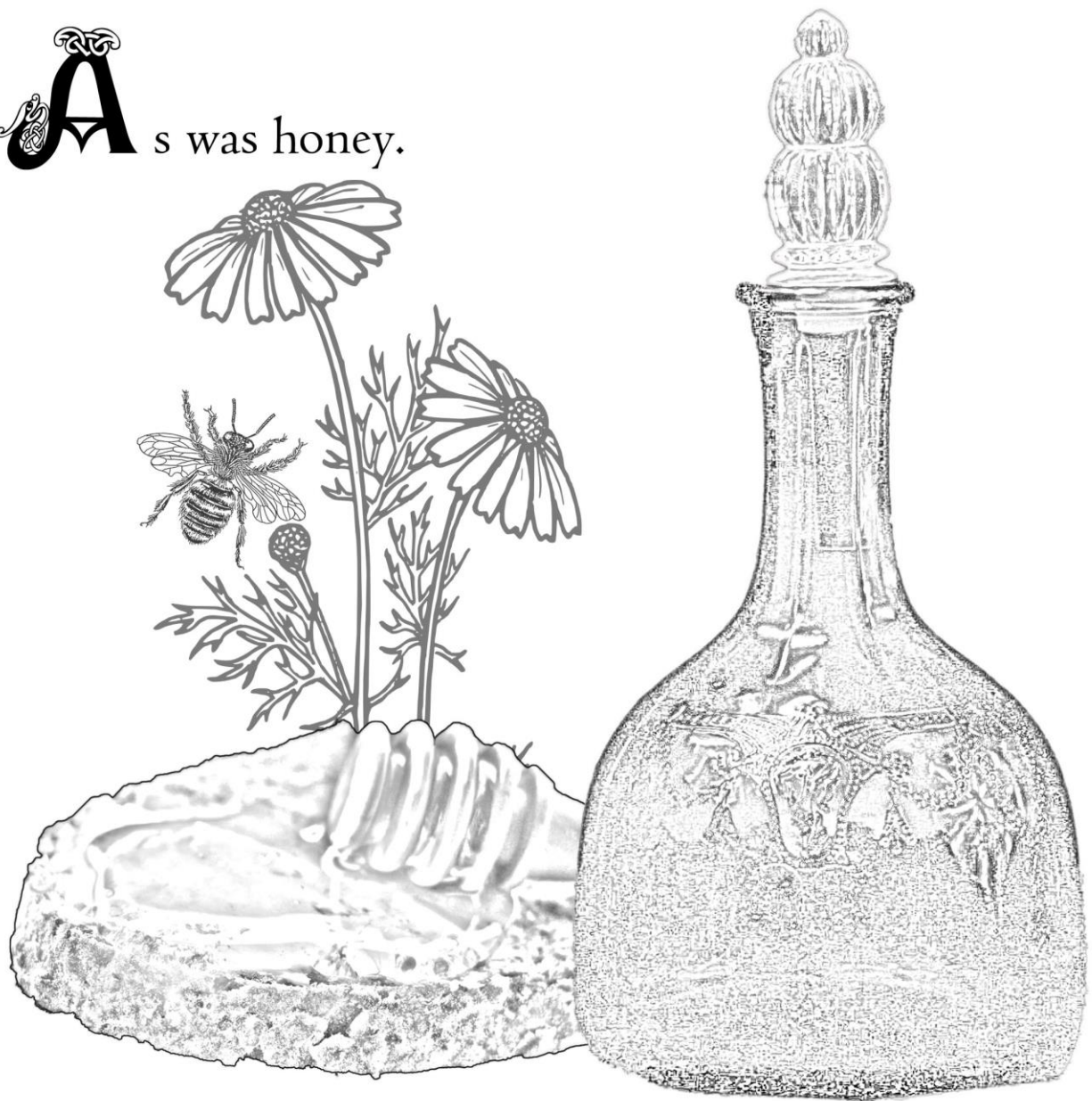
f nuts, fruits, garden, field  
and vine.



**m**eat was a treat for the  
poor . . .



**A**s was honey.







he Cooks hawk . . .



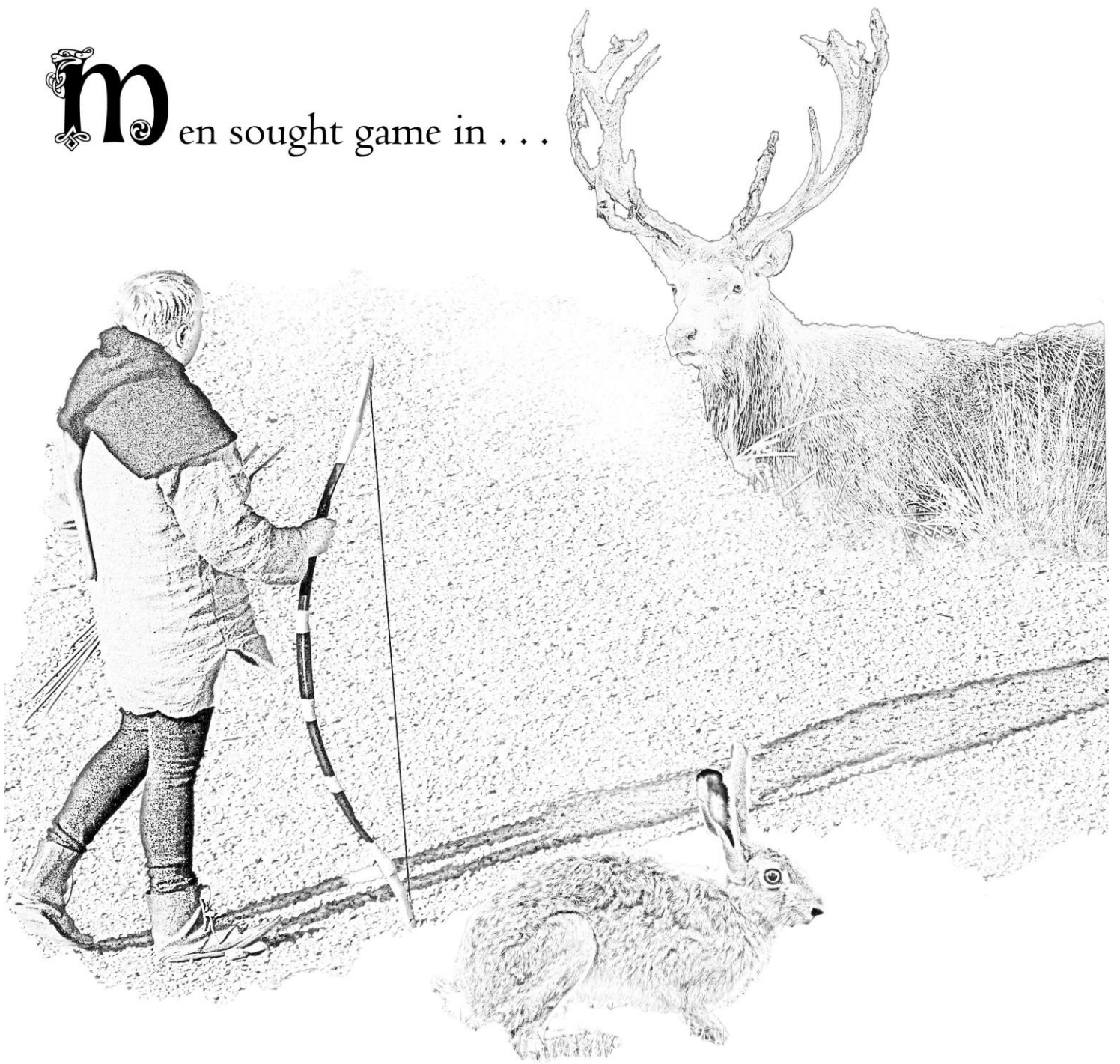
**B**rought  
ducks

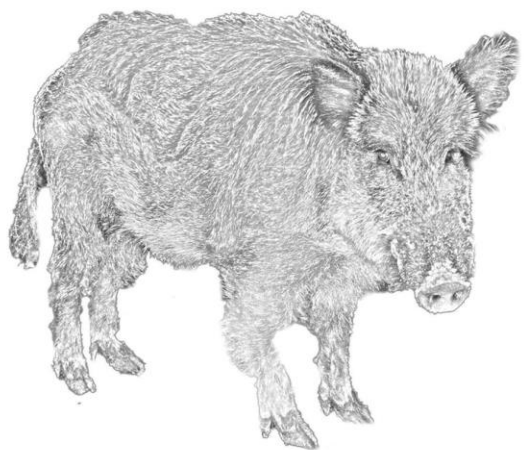
for

**H**e  
pot.



**m**en sought game in . . .



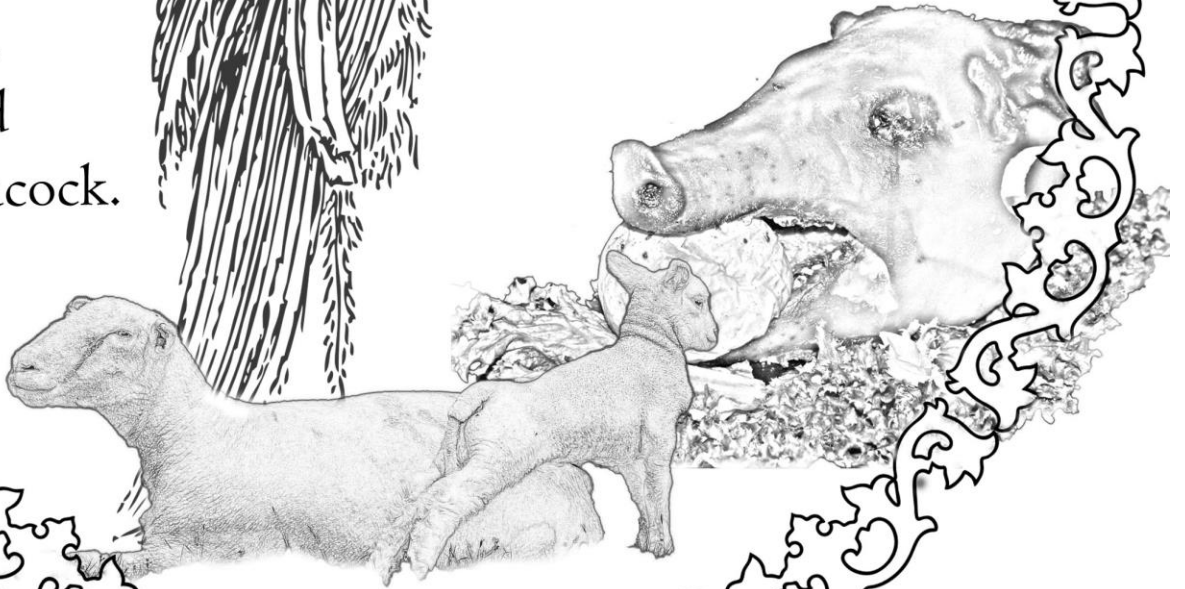
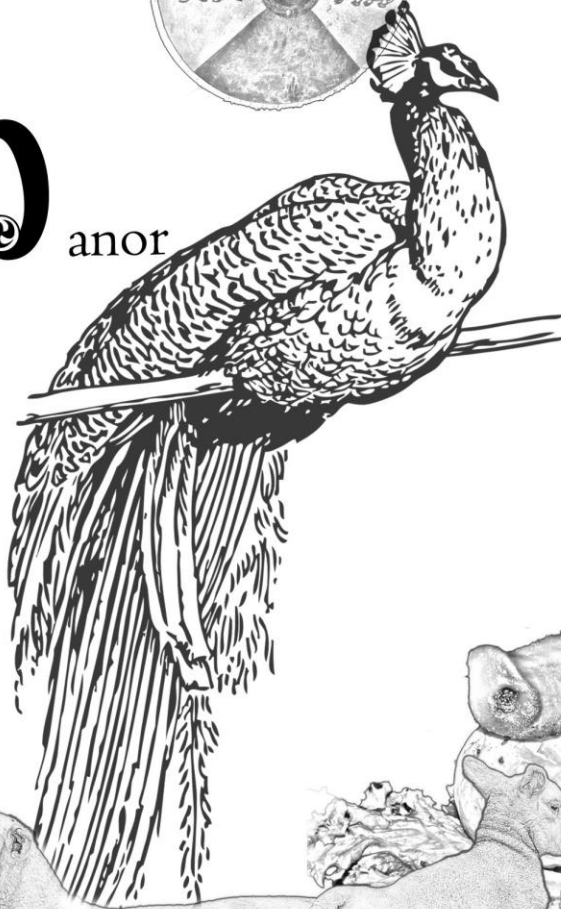


**C**he forests,  
rivers, and fields.



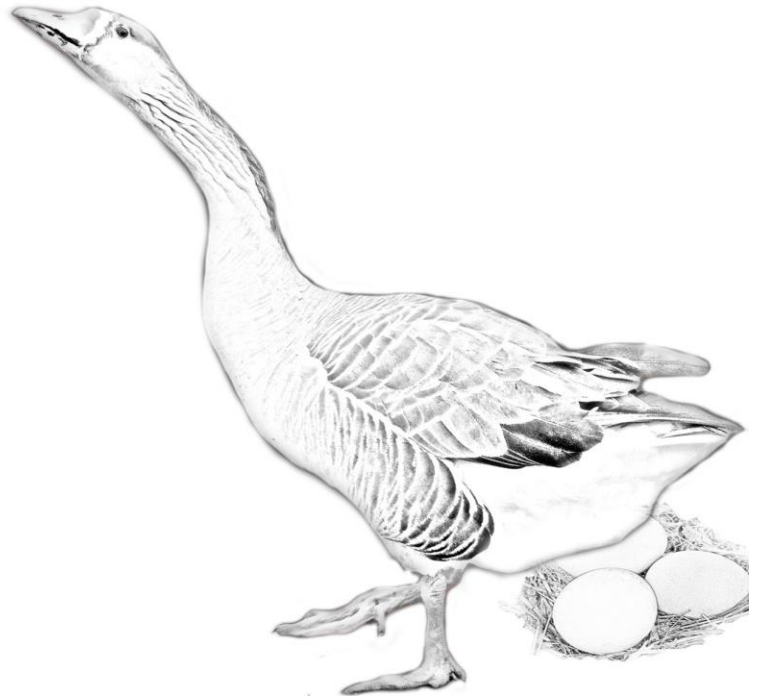
**m**anor

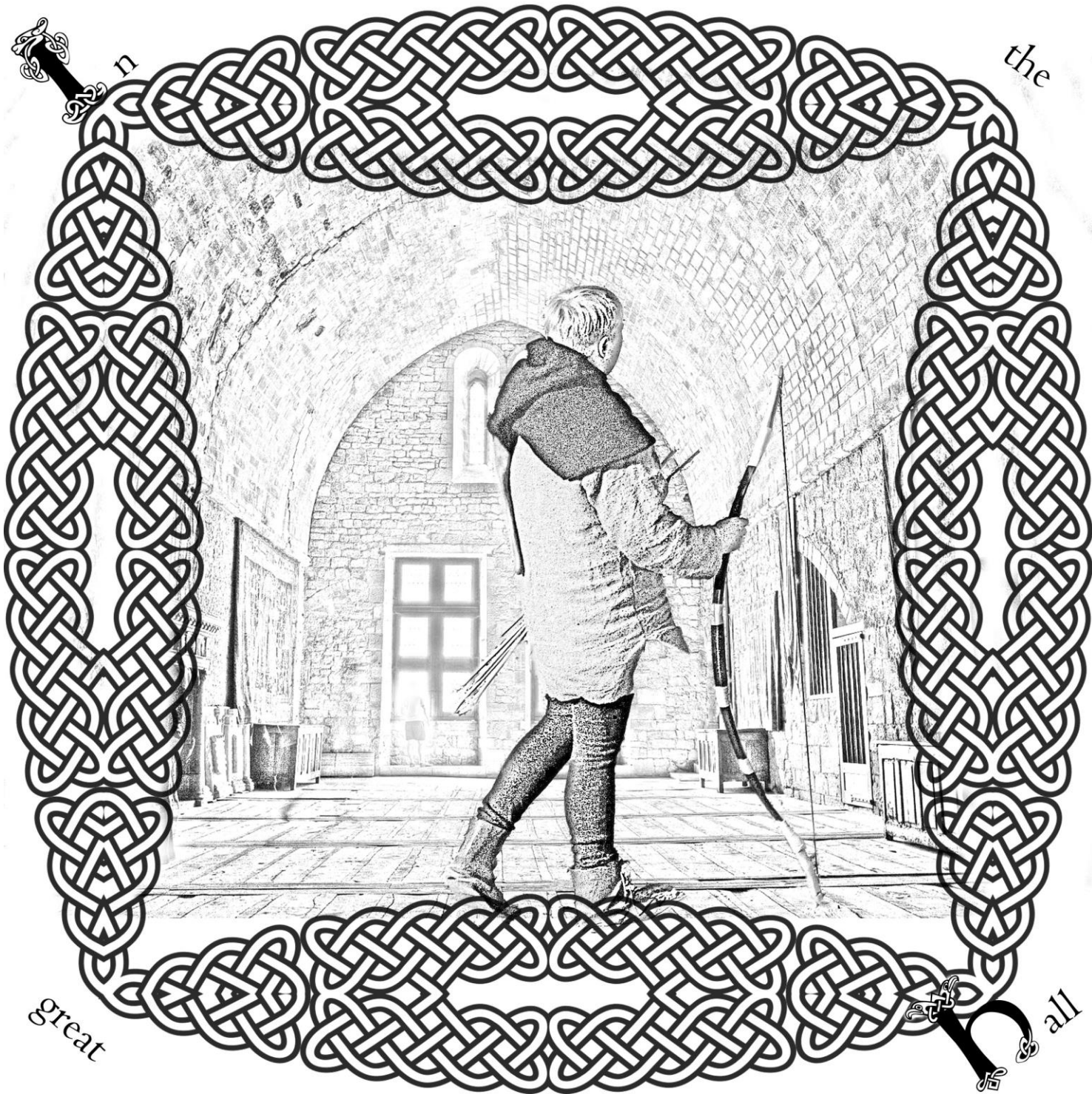
lands gave  
ox,  
mutton,  
pork,  
and  
peacock.





he farmyard supplied chicken,  
eggs, geese, and hardworking hands.





the

great

all



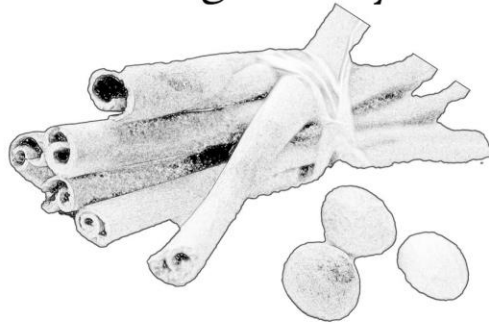
**G**arlic, watercress, cumin, and ginger.  
Herbs and spices add the earthy, the exotic, and the majestic to dishes that tempt the strongest warrior . . .

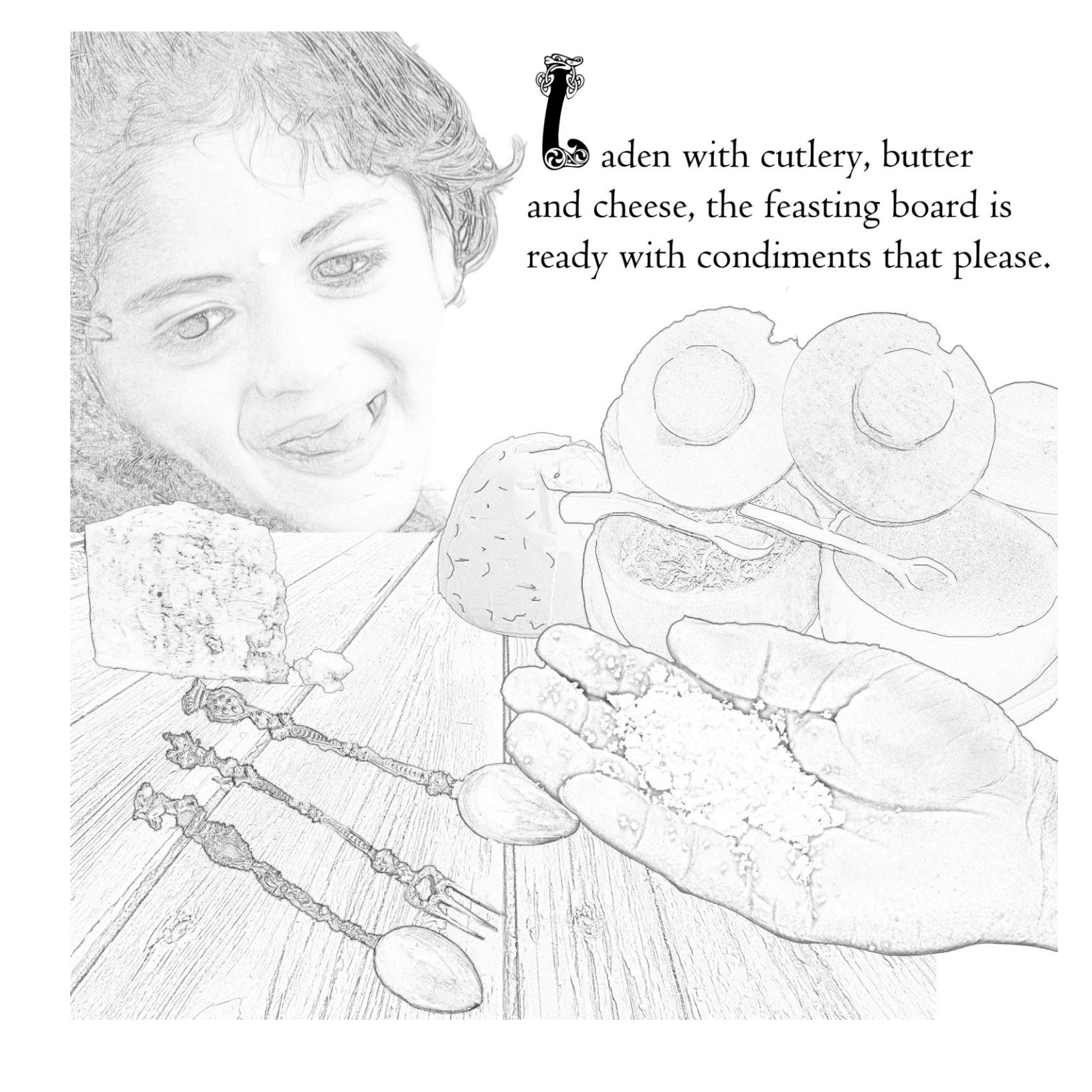






**C**o the shyest maid. Saffron, cloves . . .  
cinnamon, nutmeg . . . thyme and pepper.



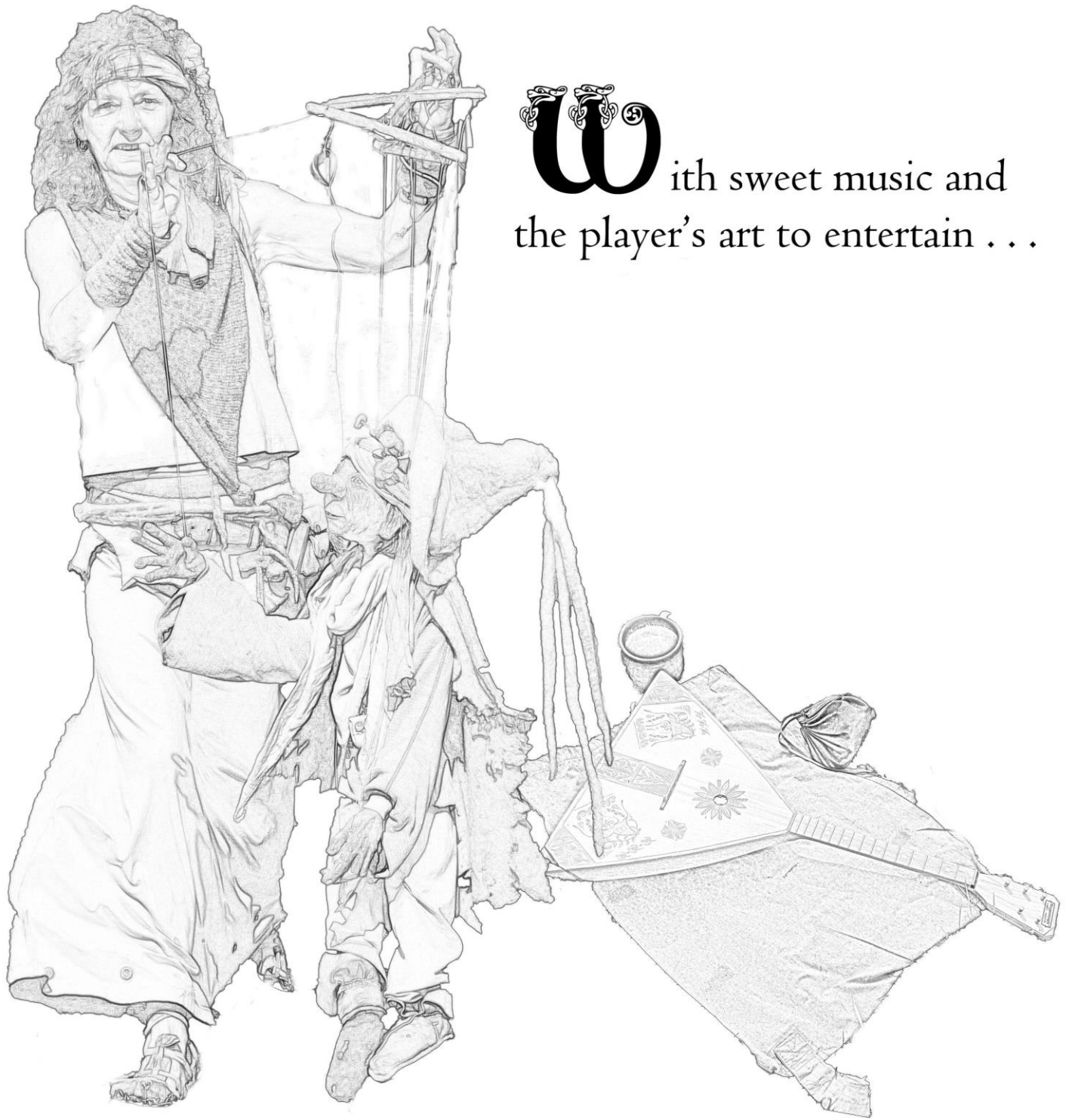


Laden with cutlery, butter and cheese, the feasting board is ready with condiments that please.



ulinary delights arrive from the kitchen beside  
the hall . . .

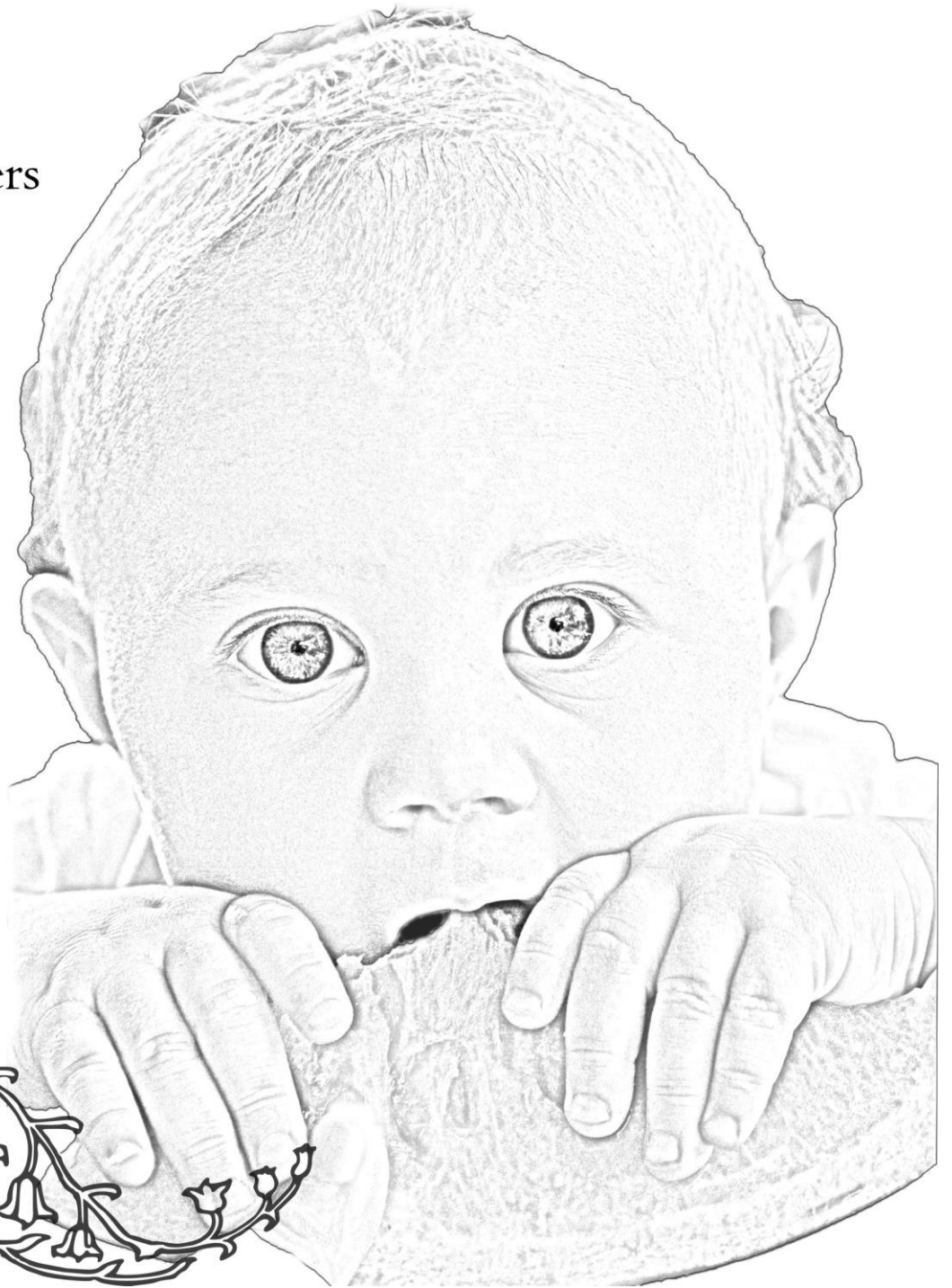




**W**ith sweet music and  
the player's art to entertain . . .



he feasters  
are ready.





Because water was often unsafe, milk, mead, ale  
or wine wet the way . . .



F

or bread or flatbread with honey . . .





eggs, ham and peas on a trencher . . .



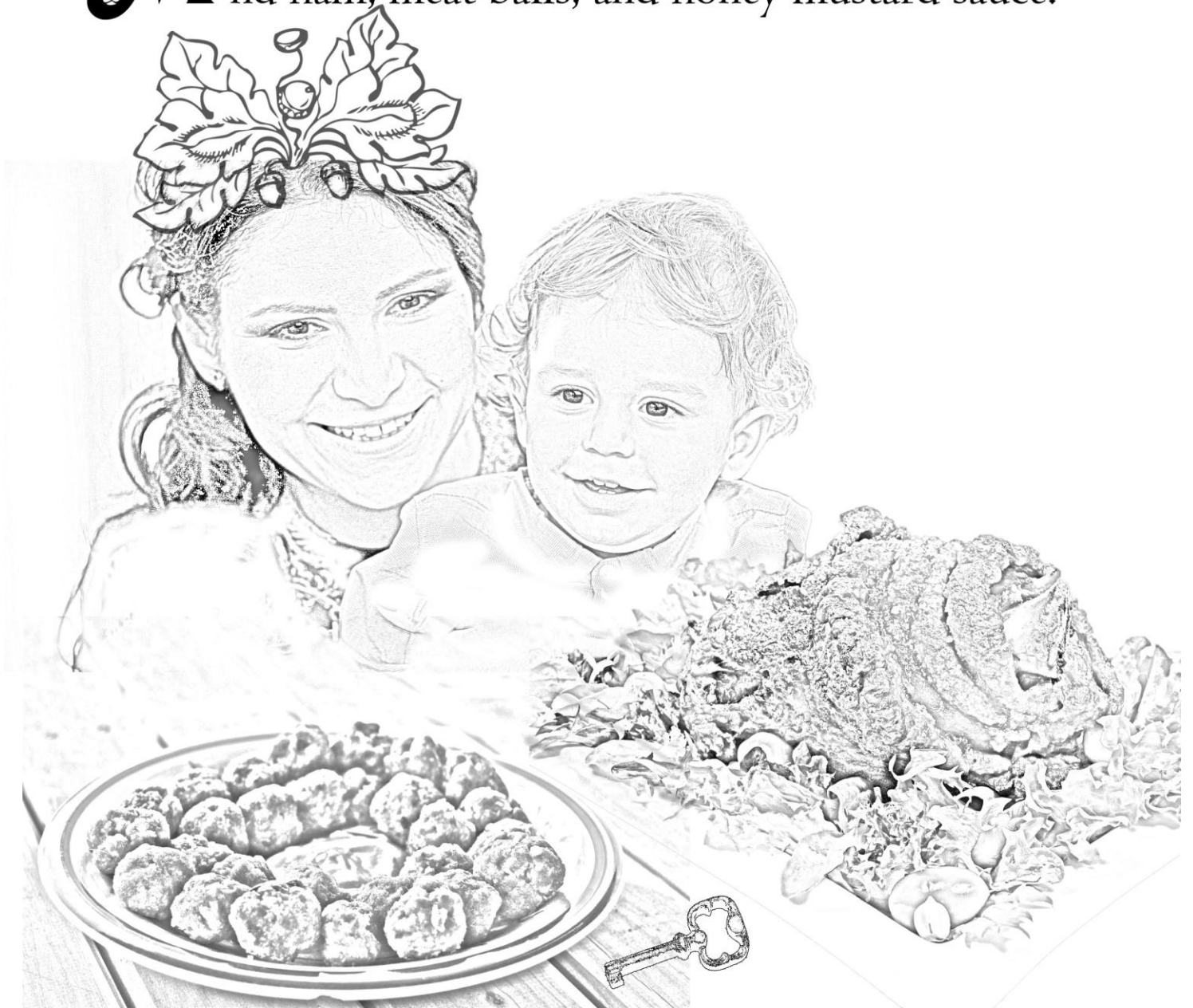


F

ish cakes . . .



**A**nd ham, meat balls, and honey mustard sauce.



**m**ushroom and pea  
soup and quiche warmed  
a man's soul.



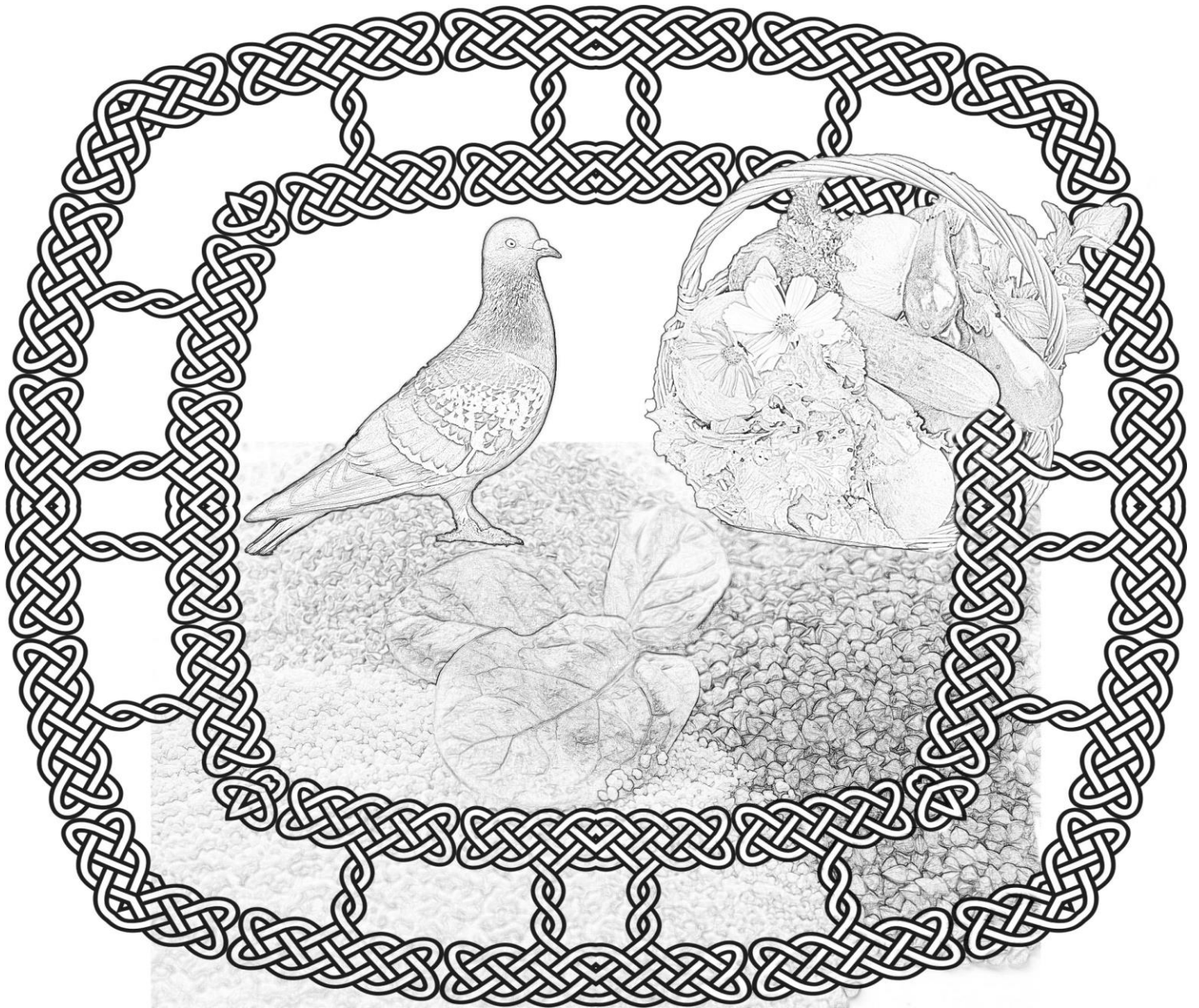


**R**oast beef, bear, and  
pork with raspberry sauce and  
greens was eaten with . . .



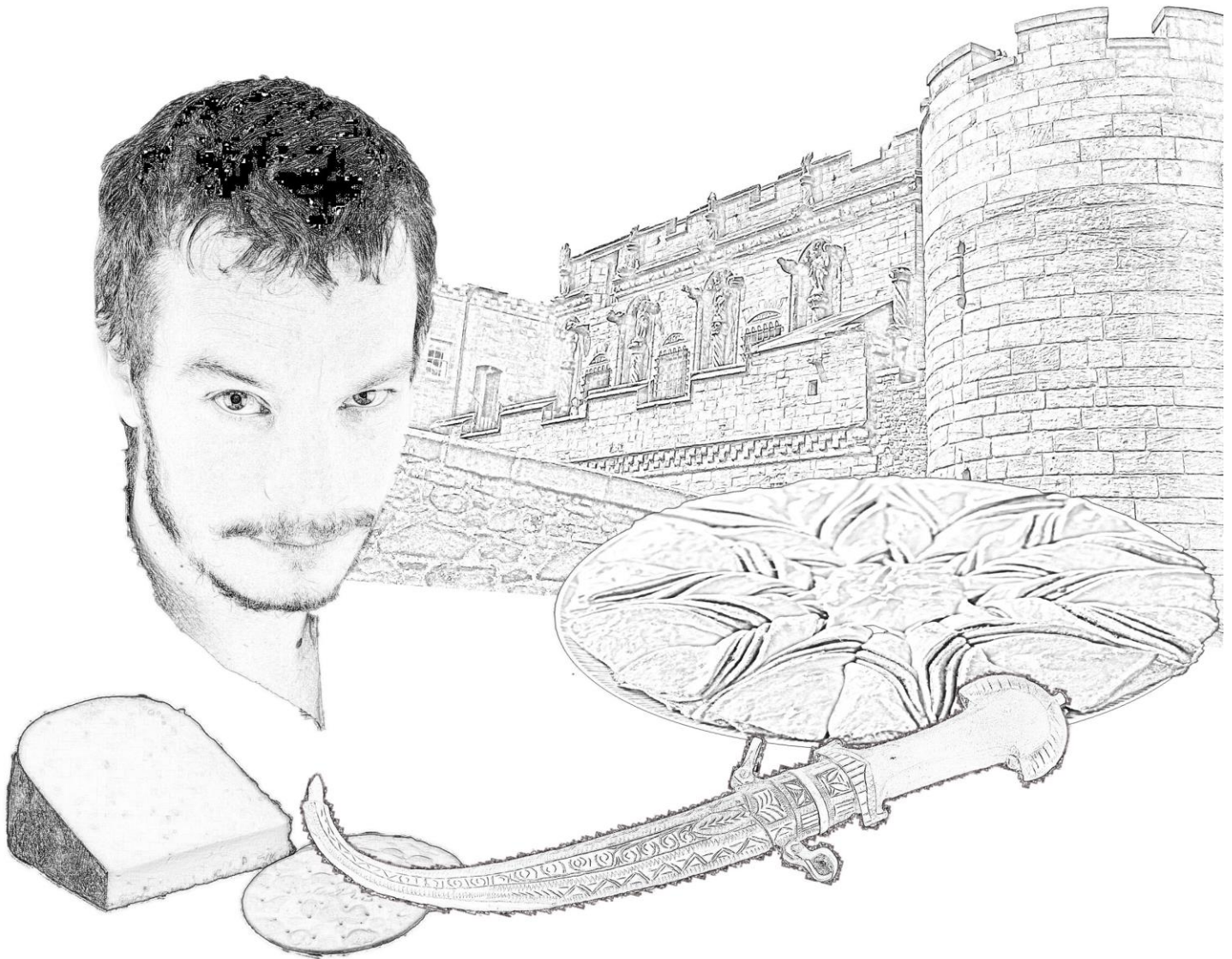


egetables, pigeon, and grains of many sorts.





heese, considered the heaviest food, topped off  
sweets . . .





With apples to help  
the digestion.



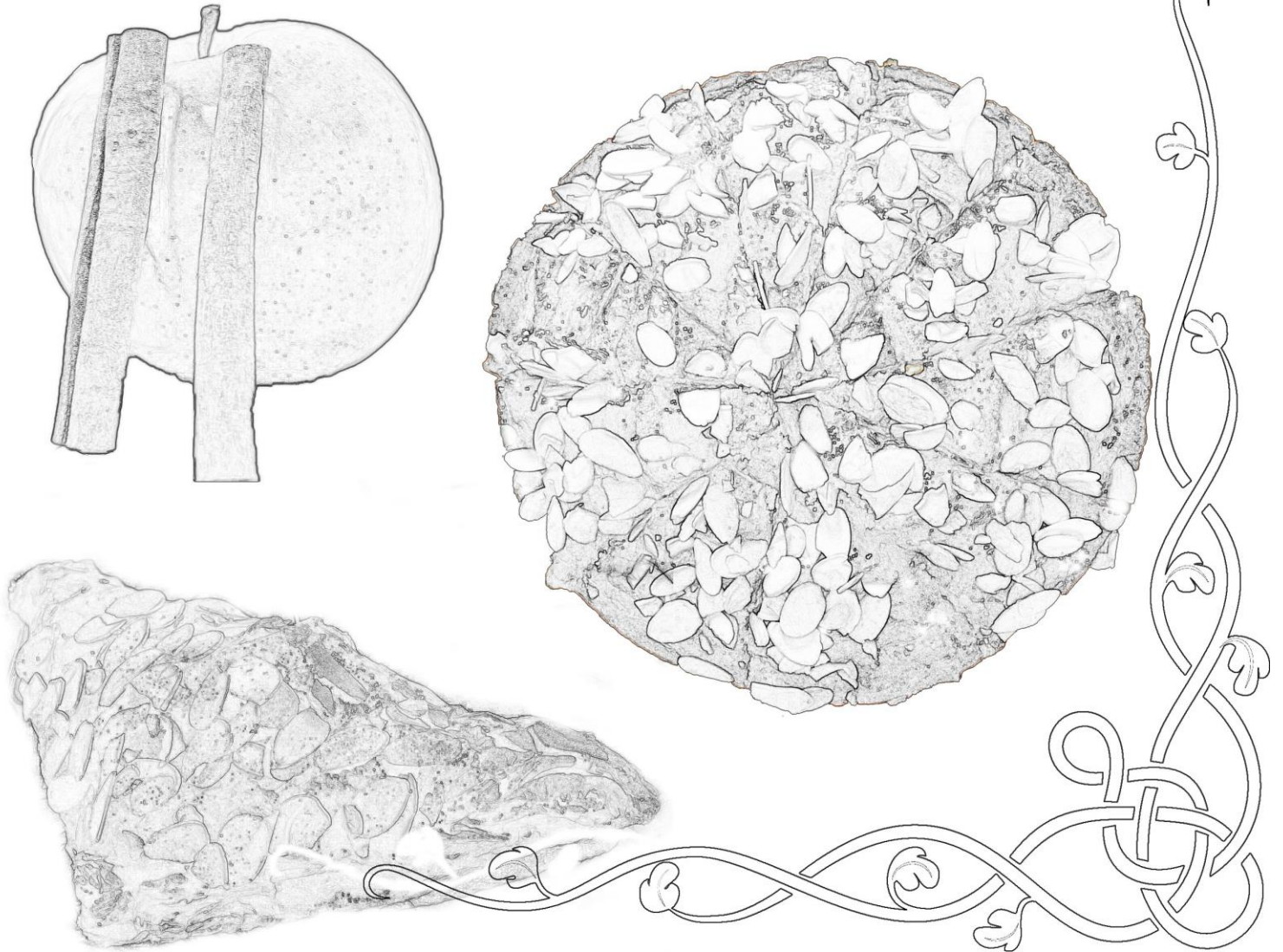


ry these recipes and make your own medieval feast!





**A** lmond pokerounce, baked apples in wine, and  
cinnamon honey treats . . .



# Pokerounce

## Vegetarian Norman Dessert

Similar to Kablava, a medieval sweetmeat for the end of a meal. Use warm honey, not boiled.

Scant 3/4 C honey

1/2 tsp ground ginger, cinnamon, nutmeg

1/2 tsp galingale (add ginger for substitute if unavailable)

A pinch of ground black pepper for heat that does not detract from taste

A handful of pinenuts/almonds

4 thick slices of brown bread (See Viking Bread recipe on the following pages)

Put honey and spices in a saucepan and warm (don't boil) over low heat. Overheating will caramelize the mixture.

Lightly toast bread, cut in squares and arrange on serving plates. Sprinkle nuts and drizzle on honey



## Baked Apples in Wine

4 Cooking apples

4 tsp honey

1/4 C scant sultanas or raisins

2 TBS Scottish porridge oats

Wine, or water, enough to cover the bottom of a quart baking dish

Mix raisins, honey, and oats in a bowl.

Wash and core apples. Score skin around the middle of the apple. Sit in the baking dish, upright.

Stuff oat mixture into the apples. (This recipe does not call for cinnamon, but you might want to try it, to taste.)

Put dish in oven at 375 F for about 40 minutes.



A West Stow Anglo-Saxon Village recipe.

1 C and a scant 2 TBS of Scottish porridge oats

1/2 C and a scant 2 TBS unsalted butter

1/4 C chopped dried apricots or apples

4 TBS honey

1 tsp ground cinnamon

(Cakes are crumbly. You may have to adjust ingredients to find best results.)

Heat oven to 355 F.

Over low heat, melt butter in a saucepan.

Remove from burner and mix in dried fruit, honey, and oats.

Spoon onto greased cookie sheet and flatten a little with a fork.

Bake 10 - 12 minutes.

Carefully put cakes on a wire rack to cool.

\*Converting from grams to cups sometimes requires two measures of the same ingredient.



## mber Day Tarts

(Rather like a sweet quiche.)

### Main Dish:

2 large onions

1 TBS melted butter

4 eggs

2 TBS breadcrumbs

A pinch [1/8 tsp or less] of saffron, galingale, and mace (Ginger may be substituted for galingale but will add heat.)

1/8 tsp sugar

1/2 tsp salt

2 TBS currants

### Pastry:

Chop onions semi-fine and parboil about 5 minutes.

Strain, add butter, and cool.

Mix other ingredients then add onions.

Makes one 8 inch pastry or twelve smaller pastries.

Roll out pastry and for individual pastries, cut out small circles with a cup or lid and put on a patty tray.

Spoon mixture into pastry cups.

Bake at 350 F for 30 - 40 minutes for single pastry, and 15 - 20 for smaller pastries. Enjoy!





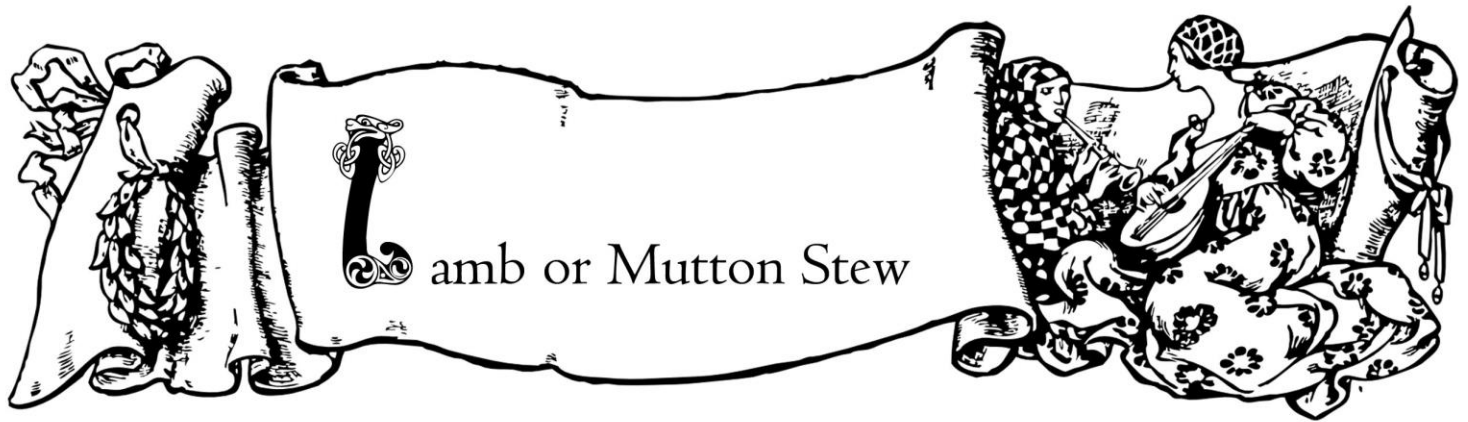
## weet Frumenty

Good served with roast meats and vegetables for winter celebrations.

1 C scant cracked wheat or bulgar  
1 pint of ale or stock  
1 - 2 eggs  
1 - 2 handfuls of dried currants  
1/2 tsp of nutmeg, ginger, and cinnamon  
3 - 4 TBS cream  
Extra water or stock to add if needed during cooking  
A generous pinch of saffron is optional

Soak cereal in cooking liquid until it begins to swell, or several hours.  
Add spices, then boil until the cereal is soft.  
Take off the heat, add currents, and cool slightly.  
Add in beaten cream and eggs on low heat. Do not boil.  
You want eggs to combine, not cook.  
Serves 6.

On Twelfth Night, what a sight on the platter hight, borne up with  
server's might. Candles alight, around frumenty to smite with  
warrior's appetite.



3 lbs lamb or mutton  
4 onions, minced  
2 leeks, chopped (optional)  
3 turnips, peeled and chopped  
1 TBS butter or lard, for browning meat  
1 pint beef bullion or stock  
1 - 2 TBS fresh parsley, chopped  
1 tsp salt, or to taste  
1/2 tsp chopped sage and mint  
1/4 tsp mace

Chop the meat into small pieces (parboil if using mutton, to tenderize) and brown meat.

Add onions, turnips, and leeks and brown.

Add beef stock/bullion.

Stir in spices and bring to a boil.

Turn down to a simmer for 40 - 50 minutes or until tender.

Serves 6 - 8

# mushroom Soup

12 oz of field mushrooms. Those with dark gills taste best.

(Don't use wild gathered mushrooms unless you're an expert.

The one below is a morel.)

1 pint milk

2 TBS butter for frying

1 TBS flour

Wash and chop/chunk mushrooms.

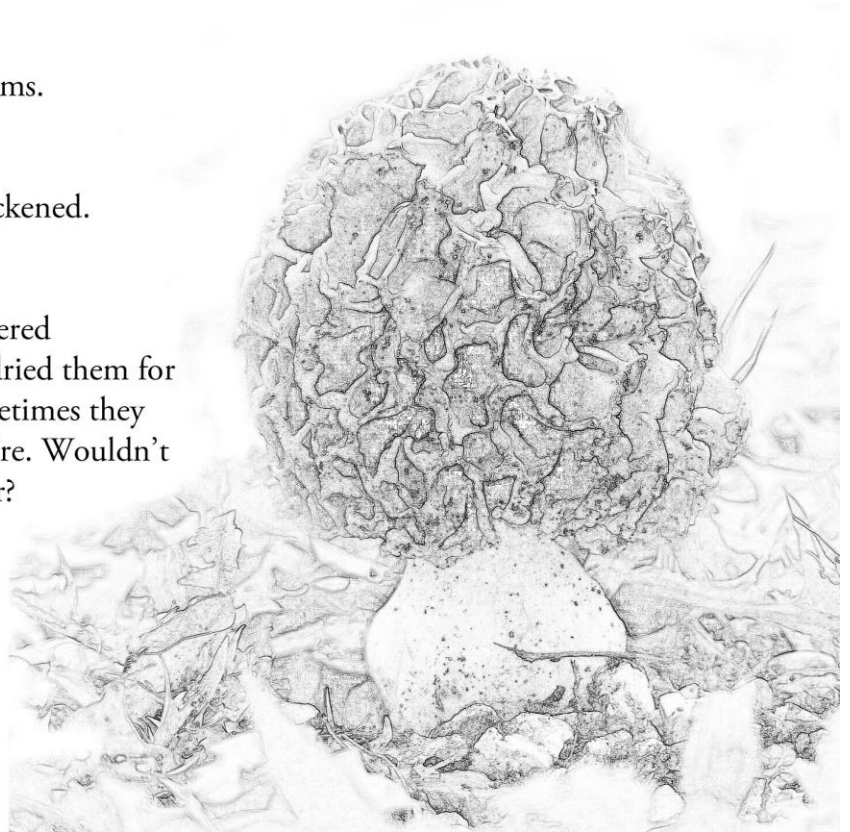
Fry until soft.

Turn on low and add flour.

Then add milk and stir until thickened.

Season with salt and serve.

In the Middle Ages, people gathered mushrooms in the fall and sun-dried them for food in the winter months. Sometimes they were hung on a string near the fire. Wouldn't that add a delicious smoky flavor?





# Pumpes (Meat Balls)

2 lbs ground veal, pork, lamb or other meat

2 eggs

1 tsp salt

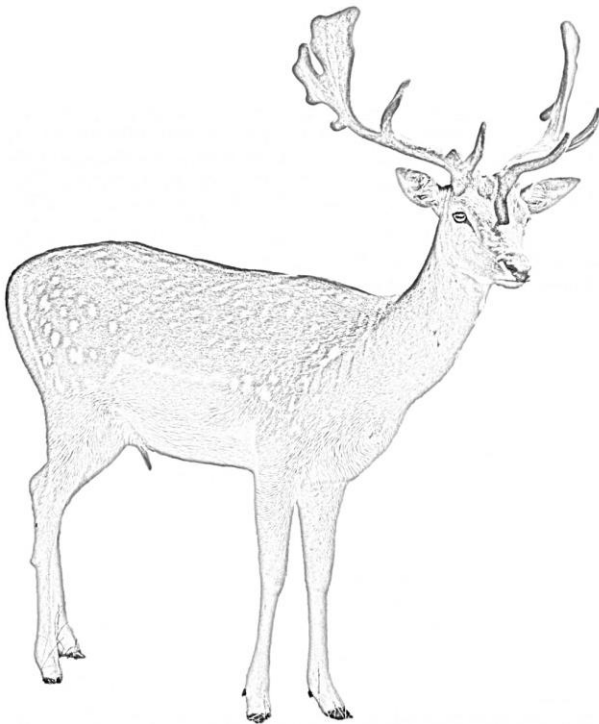
1/2 tsp galingale, ginger, and mace ( if you don't have galingale, increase ginger)

1/4 tsp cinnamon and cardamom

1/8 tsp ground cloves

2 TBS chopped parsley

Variation: Add 3 handfuls of currants and black pepper



Place ground meat in a bowl with beaten eggs and stir.

Add spices and chopped parsley.

Shape into balls about 2 inches wide.

Either boil in water 5 minutes then grill until brown, OR fry until done.

Medieval cooks did not use measurements but judged amounts with skill, by eye.



## Boiled Peas and Ham

About 1 and 1/2 C fresh or frozen peas

A good 1 lb boned ham joint

1/2 tsp horseradish sauce

1 spoonful of linseeds

A pat of butter

2 clean cloths or tea towels

2 pieces of cooking string

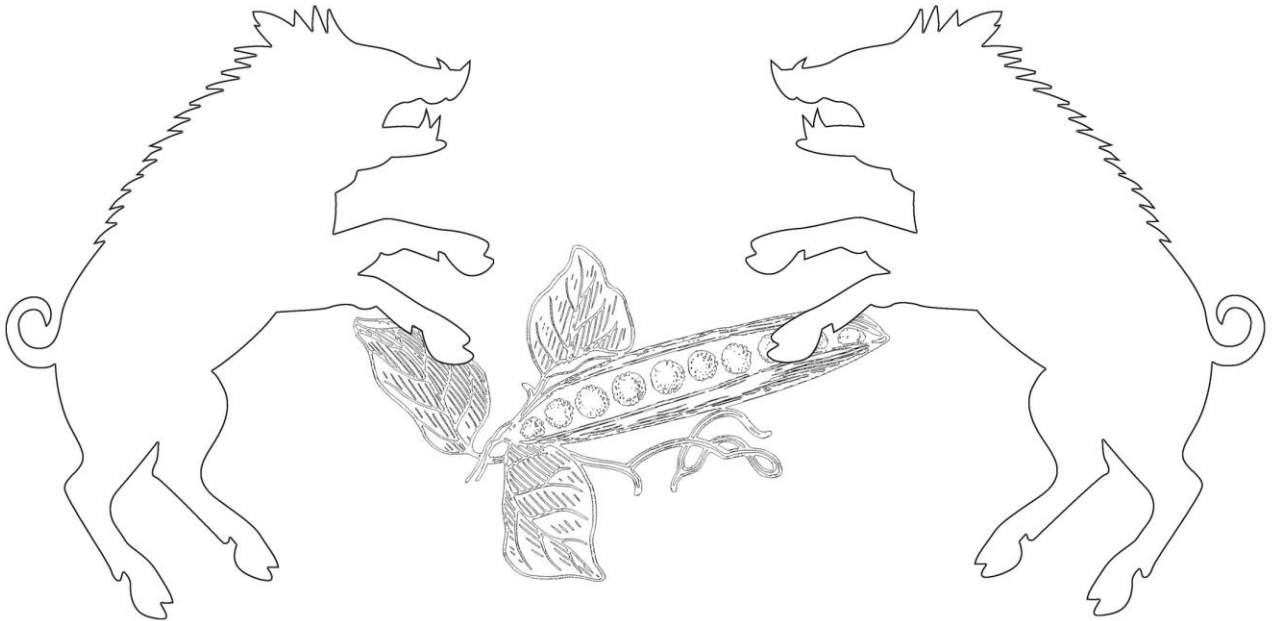
Boil a large pan of water. (Big enough for peas and ham together.)

Mix peas, butter, linseeds and horseradish.

In one cloth, put pea mixture and tie up securely.

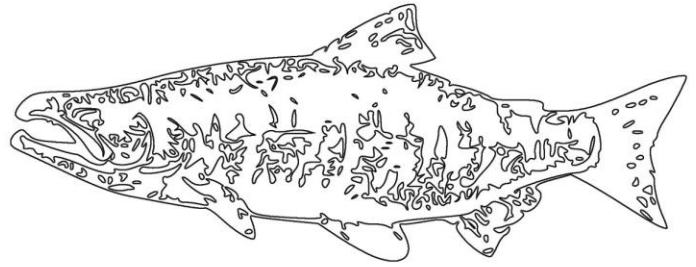
Tie the ham into the second bag.

Submerge both in the boiling water and cook about 1 and 1/2 hours.





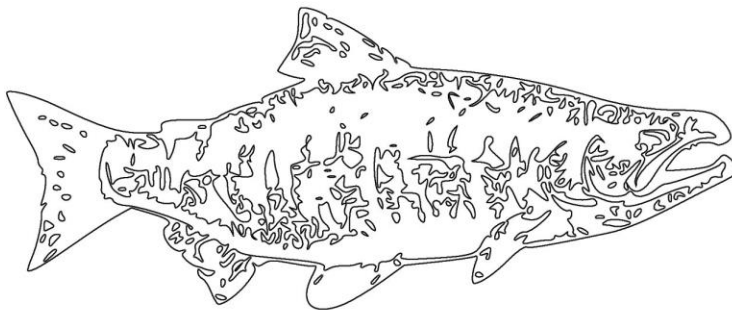
## Salmon Cakes



14 oz of Salmon or other fish  
1 large egg, beaten  
1 TBS onion, minced  
About 2 - 3 TBS oatmeal (regular or quick)  
2 - 3 TBS of vegetable oil (I prefer olive)

Cook salmon or fish through, in pan, and cool.  
Break fish into small flakes in a dish, then add onion and egg.  
Mix in oatmeal. (Add oats until mix forms firm patties in your hands.)  
Form patties into about 2 inch rounds.  
Heat oil in frying pan, add the patties and brown gently on low heat.  
Turn carefully so cakes do not break.  
Drain cooked cakes on paper towels.  
Serve with watercress or seasonal vegetables.

Aelfric, a writer and English abbot (955 - 1010) mentions salmon in an osterhlaef or seafood loaf recipe. The modern writer of this recipe adds, "The oatmeal gives them a light crunchy texture, quite different from fish cakes made with potato."





## Trout in Green Sauce

2 whole trout, gutted  
2 slices lemon, parsley sprigs  
2 - 3 handfuls of spinach  
1 handful of watercress  
2 TBS fresh, chopped parsley  
2 TBS fine home-prepared breadcrumbs  
1/2 tsp salt  
1/8 tsp ginger and pepper  
1 TBS lemon juice  
1/4 C water (add a bit at a time so sauce isn't runny)

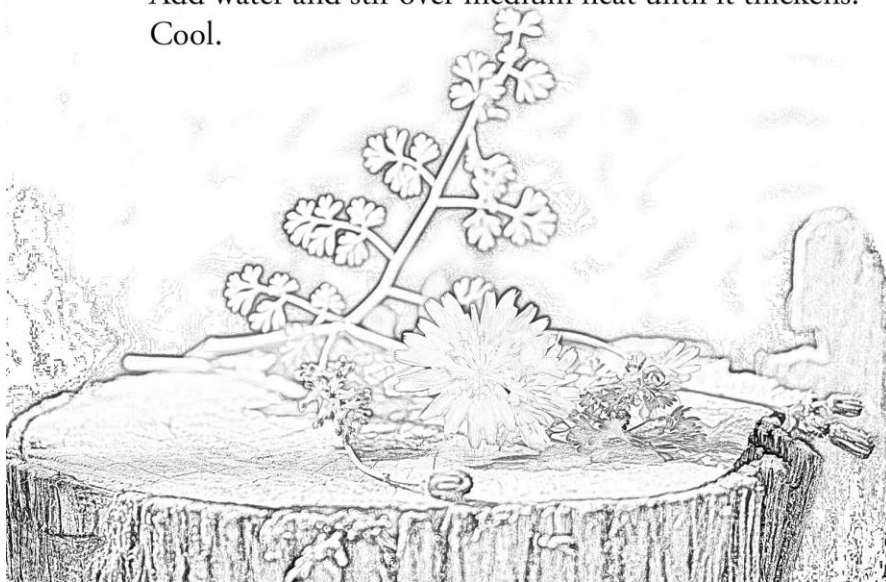
### Green Sauce:

Boil spinach 10 seconds.  
Put breadcrumbs in cooking pan.  
Add chopped parsley and blanched spinach, then  
lemon, spices, and chopped watercress.  
Add water and stir over medium heat until it thickens.  
Cool.

### Fish:

Put trout in cold water in fish kettle or sided pan with lid.  
Add lemon and parsley.  
Bring water to boil then lower to a simmer so fish will steam under closed lid in 8 - 12 minutes.  
Remove trout carefully and use a new deep dish for the coming step.  
Wet your hands to avoid tearing the fish skins and put cocktail sticks horizontally through the underside of the fish to keep them in 'swimming' position.  
Put fish in the bottom of the deep dish and spoon green sauce around it, filling the bottom.  
Use rose petals, rosebuds, or nasturtium flowers to decorate, then serve.

Serves 2 - 4





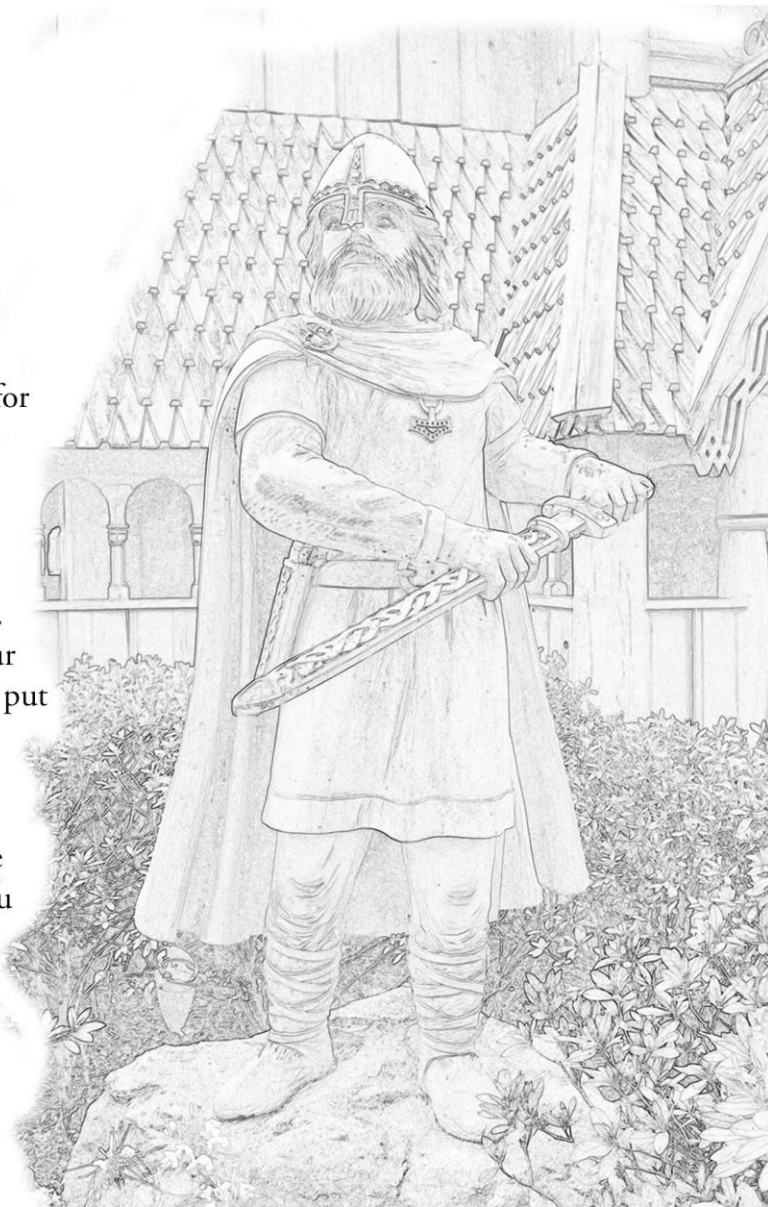
## iking Bread

A heavy bread, good with honey.

3 C whole wheat flour  
2 C all-purpose flour  
1 tsp baking soda  
1 tsp salt  
2 C water  
3/4 C rolled oats, plus another 1/3 C oats for  
on top

Mix dry ingredients then add water.  
Stir with a wooden spoon until stiff.  
Knead with damp hands until all flour is in.  
Form dough into a round and put it on your  
baking stone, sprinkle with 1/3 C oats, and put  
it in a cold oven.

Turn oven to 375 F for one hour.  
Then remove bread, cool a little, and drizzle  
honey over wedges or ripped chunks. (If you  
want to eat it Viking style.)



# Girdle Bread

A pan bread:

Rich, soft, and slightly fluffy inside, like pita.

1 C whole flour, sifted or use white flour or a combination  
A pinch of salt  
2 TBS cold butter  
2 eggs, lightly beaten  
1 - 2 TBS ale or use a little yeast  
A little milk

Add a pinch of salt to sifted flour.

Rub in butter with fingers until "crumbs" form.

Add eggs and ale OR yeast and stir.

Add enough milk to make a soft dough.

Break dough into 4 pieces and shape on floured surface.

Let rest 10 minutes to rise.

Grease your griddle or frying pan and add bread one or two at a time.

Turn occasionally. Serves 4

# edieval Pottage

This vegetable soup, thickened with oats and flavored with herbs, was a nutritious staple that people in medieval Britannia ate often. Greatly variable, depending on seasonal vegetables and herbs, every pottage can be a new delight. Choose well!

About 1 quart water or stock

Choose a selection of these vegetables: 1 to 1 and 1/4 C chopped cabbage, carrots, celery, green beans, leeks, onions, parsnips, sorrel, or turnips

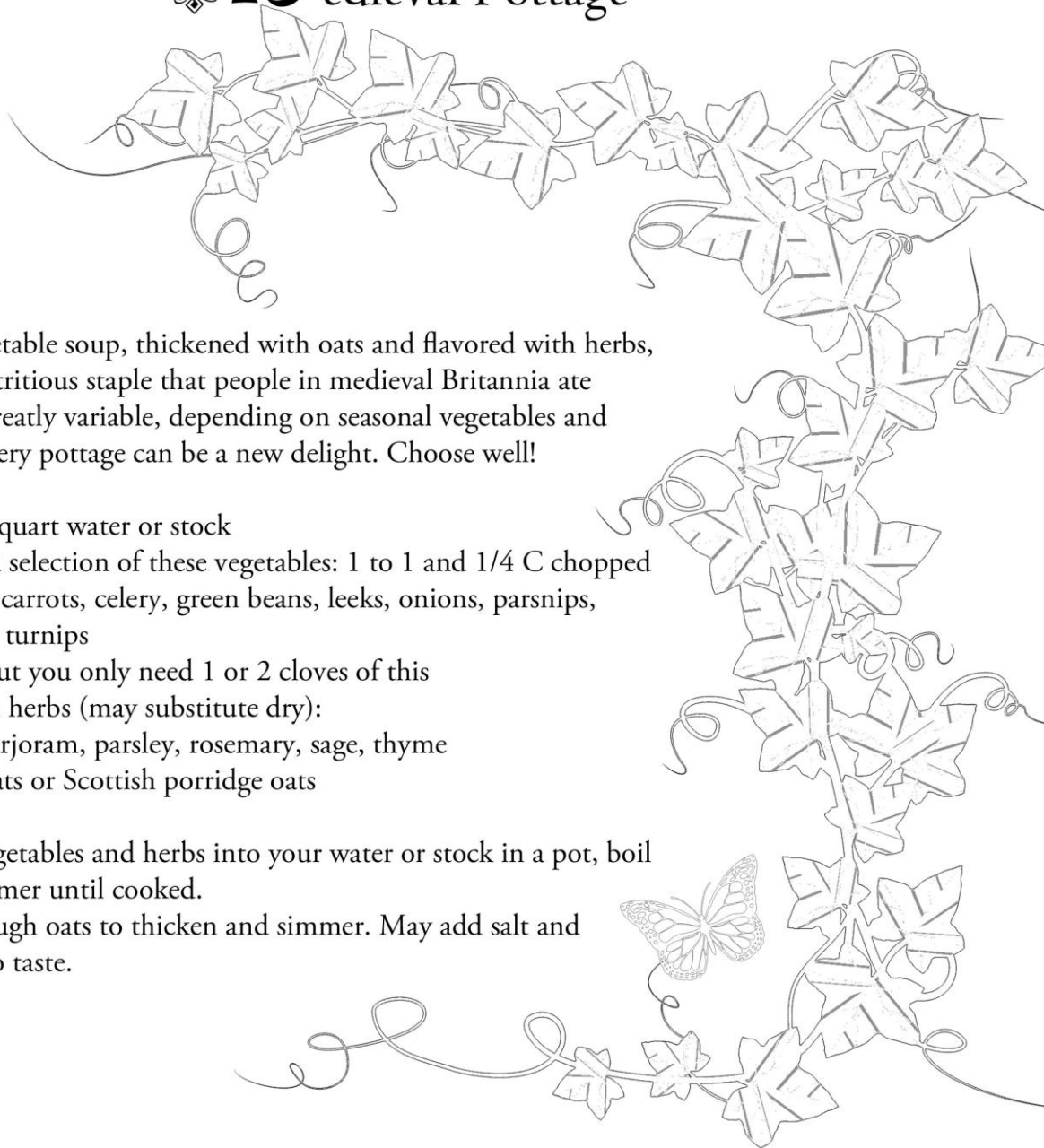
Garlic, but you only need 1 or 2 cloves of this and fresh herbs (may substitute dry):

Basil, marjoram, parsley, rosemary, sage, thyme

2 TBS oats or Scottish porridge oats

Chop vegetables and herbs into your water or stock in a pot, boil then simmer until cooked.

Add enough oats to thicken and simmer. May add salt and pepper to taste.

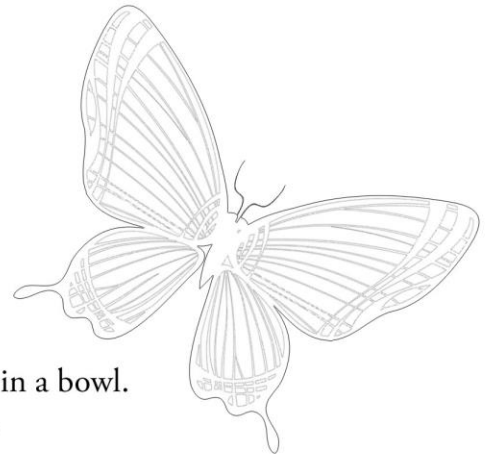




In medieval times, “herbs” meant anything green. Only the poor ate root vegetables, for they were unworthy, the lowest foods.

This recipe is variable. Use your imagination to garnish your trencher at your feast!

Lettuce of various kinds  
Dandelion greens  
Watercress  
Fresh basil, oregano, mint, or nasturtium  
Any other green you can think of that you like  
Tomatoes, cucumbers, carrots, onion



Wash, cut and put your favorite greens and vegetables in a bowl.  
Toss, and add Raspberry Dressing from the next page.

Eat with a main dish like Trout in Green Sauce or Pumpes, with Girdle bread.

Enjoy!



# Raspberry Dressing

A dressing for salad, delicate enough you may want to add half the vinegar, then to taste.

8 oz fresh raspberries

1 C water

1/4 C white wine vinegar

6 TBS honey

1/2 tsp ground ginger

In a pan, combine raspberries and water and bring to a boil then simmer about 20 minutes.

Cool and mash, strain pulp and keep juice.

Mix in honey and ginger.

Add half the vinegar and mix, then taste. Add more vinegar until you gain desired tartness.

Cover and chill for 1 hour.

Serves 12- 14



# **h**oney Mustard Sauce

Use on meat, fish, or with a green salad.

1/4 C water

2 TBS honey

2 TBS prepared (dried and ground) mustard

1/2 tsp ground cinnamon

1/8 tsp ground black pepper

1/4 C white wine vinegar (or raw apple cider, which I prefer)

Mix mustard with water, honey, cinnamon, and black pepper.

Add half the vinegar, and then add to your taste.

Chill at least 1 hour. May be left in a cold place up to a few seven-days (weeks).



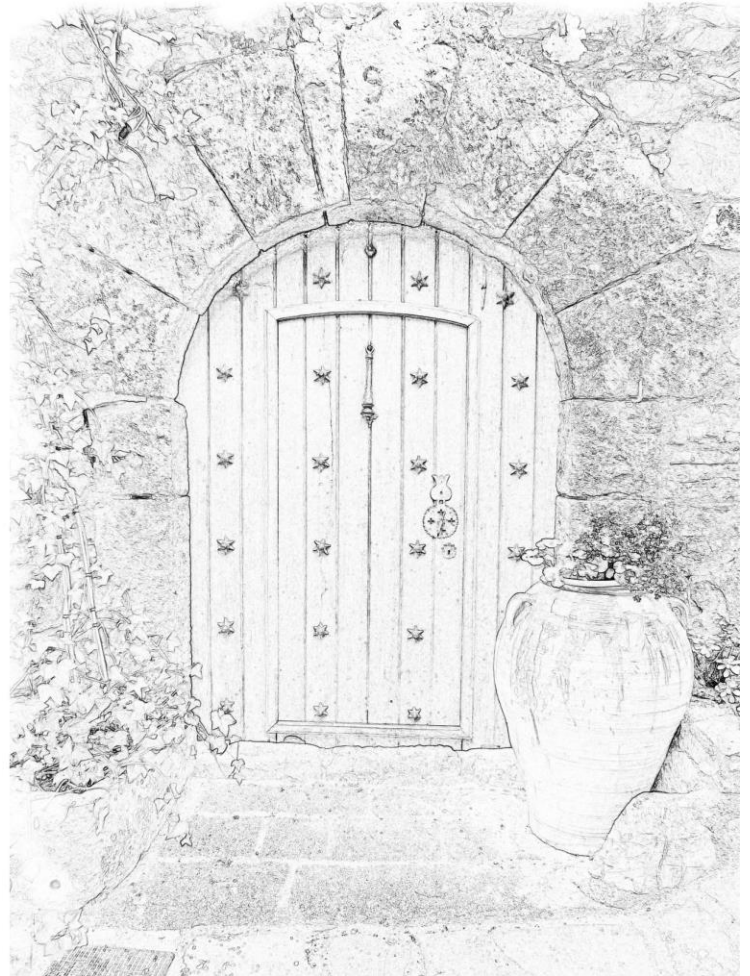
# Apricot and Honey Conserve

Before sugar, in the Anglo-Saxon age, honey preserved and sweetened. Fermented honey created mead. If you use white grape juice in the recipe instead of mead, keep conserve in the refrigerator, for it won't last as long.

1 C honey  
1 C mashed fresh apricots  
4 tsp crab apple or lemon juice  
1/2 tsp sweet cecily seed (or substitute cinnamon)  
2 TBS mead or white grape juice

Mash or puree all ingredients together. Pour into heated jars or pots and cover well.

After opening, conserve lasts a seven-day or so; unopened, up to 6 months (if you used mead).





## Roasted Little Chickens with Sauce

This dish was taken from the Bayeux tapestry, where it portrays spit-roasted birds.

2 small chickens  
1 - 2 tsp lard  
Salt and pepper (if desired)

Sauce:  
1 and 1/4 C red wine vinegar  
1 lemon  
1/2 tsp cinnamon and ginger

Rub fat over the birds' skin, with salt and pepper if desired.

Roast at 375 F for 20 - 30 minutes.

Baste birds somewhat near the end of cooking.

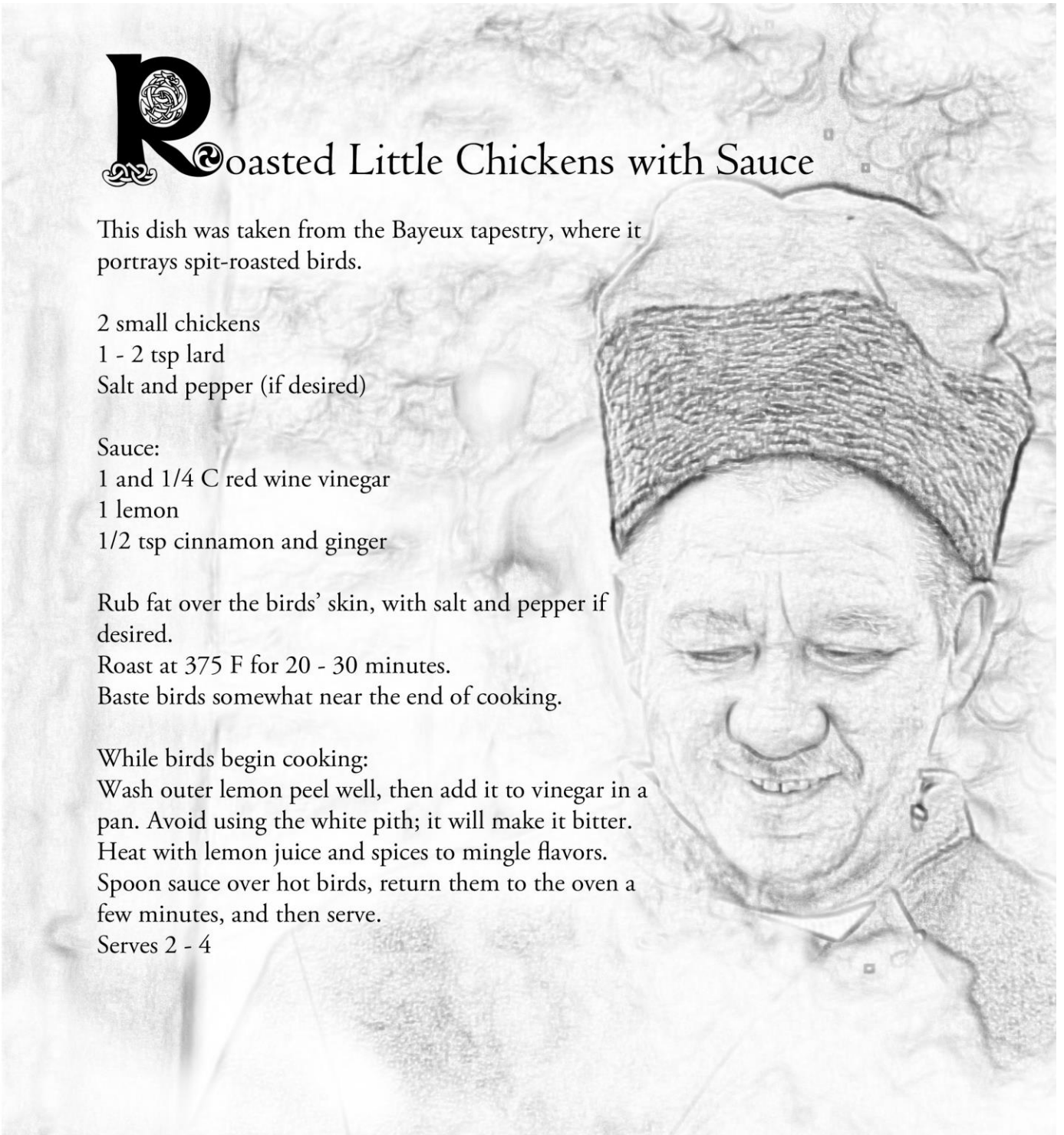
While birds begin cooking:

Wash out lemon peel well, then add it to vinegar in a pan. Avoid using the white pith; it will make it bitter.

Heat with lemon juice and spices to mingle flavors.

Spoon sauce over hot birds, return them to the oven a few minutes, and then serve.

Serves 2 - 4



# asy Cheese

Not strictly a real cheese, for there is no rennet, so this recipe must be used within two days.

1/2 - 1 gallon full fat unpasteurized milk

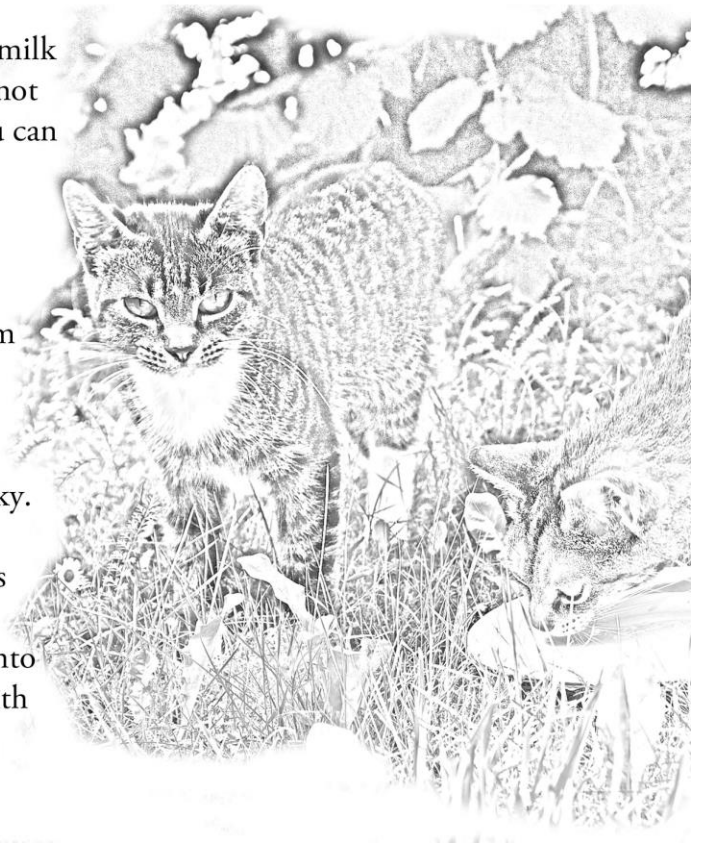
Varied additions for a delightful range of flavors: salt and pepper, chives, onion, garlic, dried apricots, chopped apple, etc.

In a sealed container (to keep out bacteria) leave unpasteurized milk in a shady place outside for 1 - 2 days.

Check daily until the milk begins to separate but the milk has not gone off. Milk should smell slightly sour but not unpleasant - if it is, start again with new milk. Or you can add a little lemon juice, which speeds the process but makes a sharper cheese.

Pour the lumpy milk into the middle of a rinsed (hot water - no soap) clean cloth, laid across a medium bowl. Gather the edges of the cloth around the curds and tie securely with a cord. Hang the cloth bag just above the bowl so the liquid whey can drip 24 hours. Then the curds in the bag should be firm but not sticky.

Mix the curds well in a bowl, adding cheese flavorings at this point. Then press the cheese into a food ring and present a whole baby cheese, or make the curds into cheese balls, molding the curds in your hands. Use with bread, salad, or apple slices. Delicious!





## Cheese Spread

It is said that Anglo-Saxons often ate bread with butter, new cheese, or a spread, as we do. This Cyse Syfling, or cheese spread, contains rosewater, thought to aid the digestive humours. The Cookit! website where I obtained this recipe says, “This is surprisingly tasty. We weren’t sure what rosewater and cheese would taste like together but it is a subtle and fresh combination.”

8 oz or 1 C plain cottage cheese  
8 oz or 1 C cream cheese (softened)  
1 TBS white wine vinegar  
1 tsp rose water  
1/2 tsp salt  
1/4 tsp ground black pepper

Cream two cheeses until smooth.  
Add other ingredients and mix.  
Put in sealed container.  
Chill one hour before serving.  
Makes 4 generous servings.



A black and white photograph of a woman with long hair, wearing a crown made of many roses. She has her eyes closed and a gentle smile. The background is a textured, light-colored surface, possibly stone or paper.

# Rosewater

First used by the Persians for flavoring food, rosewater is famous in the sweet called Marzipan. The Romans used rosewater to freshen their living quarters, other medieval peoples used it for its uplifting properties and as a refreshing “handwater.” Some of the builders of Baghdad added it to mosque mortar, with other spices, to sweeten the noon air when the sun released the scent.

Two to three quarts of fresh rose petals

Clean water (distilled, if possible)

Ice cubes

A large pot with a convex lid, a quart-size stainless steel or glass bowl, and a chimney brick

Put the brick in the middle of the pot and set the quart bowl on top. Arrange the rose petals around the brick, adding enough to reach the top. Add water until petals are covered. Put the pot lid on upside down over the bowl and bring the water to a boil, then lower heat to a slow simmer. (When the water boils, empty two or three trays of ice cubes into the inverted lid of your home distillery. The condensing rose water will flow to the center of the underside of the lid and drip into the collecting bowl.

Don't simmer your roses too long or the rosewater will be diluted. When you have a pint, stop—and taste the rosewater.

Elizabeth Manus says in *Rose Water—An Age-Old Flavoring for Dinner and Dessert*, “The best rosewater comes from the freshest, most fragrant petals.” Centifolia, damask, and gallica roses make the best rosewater.

# Rye Bread - part I

Rigen Hlaf, or rye bread Part I

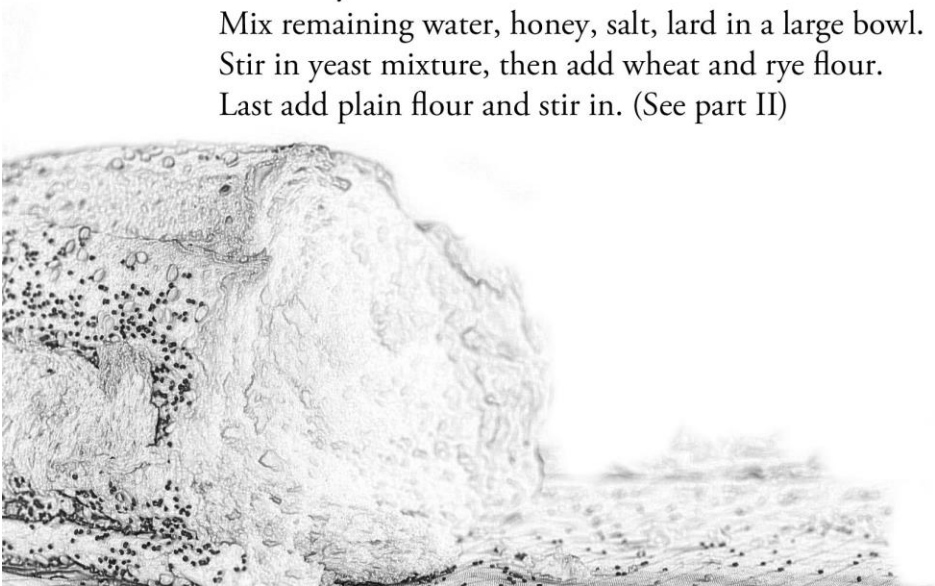
2 tsp dry active yeast  
1/4 C warm water  
2 TBS honey  
1 and 1/2 tsp salt  
1 C water  
2 TBS lard  
1/2 scant C whole wheat flour  
1/3 C rye flour  
1 and 1/3 C plain white flour  
1/2 tsp flax or poppy seeds  
2 TBS milk

Dissolve yeast in warm water.

Mix remaining water, honey, salt, lard in a large bowl.

Stir in yeast mixture, then add wheat and rye flour.

Last add plain flour and stir in. (See part II)





# Rye Bread - part II

Tip dough out on a lightly floured kneading surface and knead about 8 minutes, or until elastic and smooth.

Grease a bowl with butter, put in dough and cover with clean cloth and let rise in a warm place until double in bulk, about 1 hour. After the dough rises, punch it down and turn out on a floured surface. Then put it back in the bowl to rise 10 more minutes.

Knead and shape into a loaf and put in a greased loaf tin, or shape into a ball and put on a greased baking sheet or a baking stone. Cover with a cloth and let rise 30 minutes. Brush loaf with milk and sprinkle with seeds of your choice.

Bake in a 375 degree oven for 45 minutes, until done through and golden. Take the bread out of the oven and cool on a wire rack. Spread with butter and enjoy!



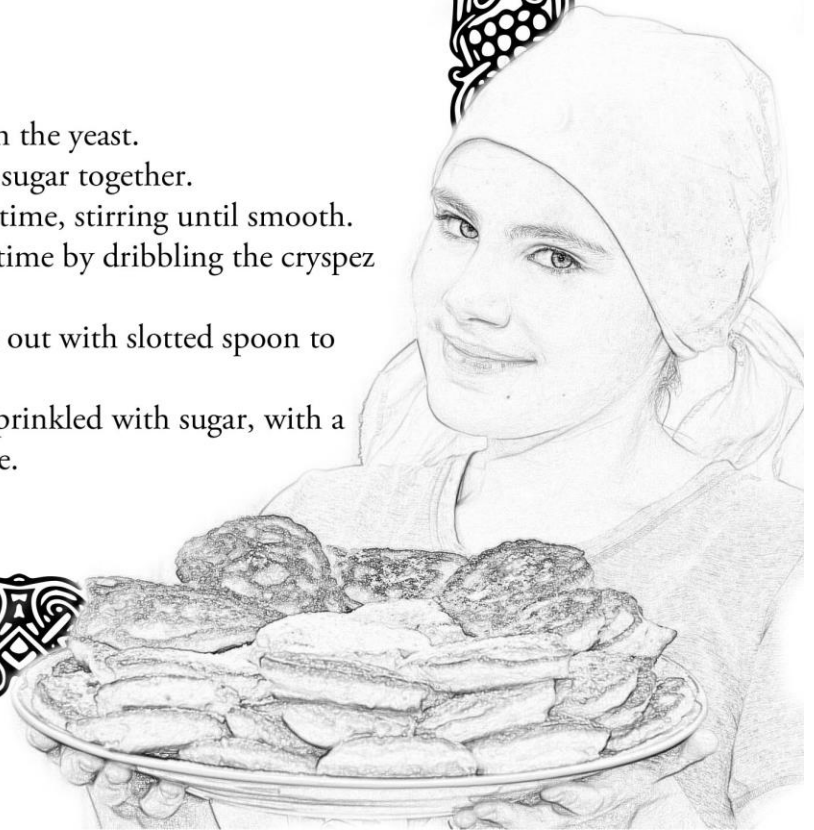


cryspez

Cryspez, or medieval pancakes, are deep fried in oil. Eat with fruit sauce as a dip. Plum or another, to your taste.

1/2 C milk  
1/2 tsp dry granular yeast  
1 egg white  
1/2 C flour  
2 TBS sugar

Warm the milk and dissolve in the yeast.  
Beat the egg white, flour, and sugar together.  
Add yeast mixture a little at a time, stirring until smooth.  
Deep fry a few spoonfuls at a time by dribbling the cryspez mix into hot oil.  
Turn when browned and take out with slotted spoon to drain on paper towels.  
Serve hot pancakes in a dish sprinkled with sugar, with a side of your favorite fruit sauce.  
Makes 10 - 12 cryspez.





Thank you for joining me on this coloring adventure . . .



## Books

Falcon Heart  
Falcon Flight  
Path of the Warrior  
Cieri's Daughter  
Lance and Quill  
Kingdom's Fall

(More companion stories coming soon)

## Coloring Books

Trencher and Board

(And coming soon)

Medieval Journey Part I and II  
Nightshade and Knitbone  
Falcon's Ode

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