

Sbitten recipe

Ingredients:

- ½ C honey
- 1 tablespoon whole cloves
- 3 cinnamon sticks, cracked in several pieces
- 1 teaspoon ginger
- 16 ounces blackberry jam
- 10-1/4 Cups water (or red wine)
- ¼ teaspoon nutmeg
- 1 mint leaf (optional)

Preparation:

1. In a medium saucepan, combine the honey, cloves, cinnamon, ginger, blackberry jam, water or wine, nutmeg, and mint leaf (if using). Slowly bring this to a boil over medium heat, stirring frequently until honey and jam completely dissolve. Remove from heat.
2. Let the sbitten come to room temperature. Strain the liquid through cheesecloth, pressing on the solids, and transfer to an airtight container or bottle. Refrigerate and reheat when serving.



Knights Gambit 2019

February 1–3, 2019

Dalwhinnie Fields

Hosted by Shire of Thorngill

Kingdom of Meridies

Feasterat:

Mistress Muirghean inghean Rioghain

Breakfast:

Stuffed French Toast Casserole (French bread, cream cheese, sugar, eggs, milk, vanilla, sugar, brown sugar)

Breakfast casserole (shredded hash browns, diced ham, eggs, milk, salt, pepper, grated cheese)

Feast:

Starters (on the table)

Marinovannye ovoschi (Pickled vegetables- mushrooms and beets)

Mushrooms—Mushrooms, water, salt, sugar, cloves, pepper, dill seed, white vinegar

Beets—beets, cider vinegar, water, sugar, pepper, cloves

Pelmeni (boiled dumplings) with sour cream – egg, vegetable oil, salt, water, flour, ground beef, onion, ground pepper to taste

Rizhky Khleb (Honey rye bread) with butter- water, dark honey, yeast, rye flour, salt, caraway seeds, butter, flour

First Course

Tsiplyata (Garlic Roasted chicken)- chicken, garlic cloves, salt, black pepper, olive oil

Kasha Rice with cheese – rice, water, grated cheese, butter, salt

Lobyi (Green beans in sour cream sauce) - string beans, butter, tomatoes, sweet basil, sour cream, salt, black pepper

Second Course

Govyadina i podliva (beef in gravy) – beef, water, salt, pepper, mushrooms, onion, butter, flour

Lapsha (Egg noodles)- purchased egg noodles

Morkov' (Carrots in honey-dill sauce) – carrots, honey, dill

Dessert Course

Medovik (honey cake) - butter, Honey, baking soda , flour, eggs, Sugar, sour cream, Heavy cream, Powdered sugar, vanilla extract

Syrniki (sweet cheese fritters) with jam- cottage cheese, eggs, white sugar, flour, oil for frying, jam

Beverages

Tea—Sweet and Unsweet **Water**

Sbiten—Water, jam, honey, cloves, nutmeg, ginger

Syrniki (Sweet Cheese Fritters)

Ingredients:

1 cup small curd cottage cheese, drained
2 eggs, beaten
3 tablespoons white sugar
2 tablespoons semolina flour
3 tablespoons all-purpose flour, plus extra for dusting
1/3 cup canola oil for frying

Preparation:

1. Mix together the cottage cheese, eggs, and sugar. Stir in semolina and all-purpose flour, and work into a soft dough.

NOTE: Make sure the cottage cheese is well drained.

2. Turn the dough onto a floured surface and roll into a 1-inch thick log. Slice the log into 8 pieces, then pat each piece in additional flour to form a patty.

3. Heat the oil over medium heat until hot. Fry the syrniki in hot oil until golden brown on each side, 3 to 4 minutes per side.

Serve with sour cream and jam or preserves.

Medovik (Honey Cake)

Ingredients:

Cake Layers:

7 Tbsp. butter
4 Tbsp. Honey
1 Tsp. Baking Soda
3-1/2 C Flour
3 Eggs
3/4 C Sugar

Cream:

1 C Heavy Cream
1 Tsp. Vanilla
1-1/2 C Powdered Sugar
2-1/4 C Sour Cream

Preparation:

1. Preheat oven to 350F (175C).
2. In a heat proof bowl beat eggs with sugar until light and fluffy add butter and honey. Set the bowl over a bain-marie (double boiler). Stir until butter is completely melted and sugar is dissolved.
3. Add baking soda to the honey and butter mixture and whisk. Gradually add flour and mix with a wooden spoon until dough forms.
4. Knead the dough on a lightly floured surface. Divide into 8 equal pieces. Shape each piece into balls. Roll each piece into very thin layer, trim the rolled dough using a 7-Inch (18 cm) cake ring/cake pan. Set aside excess dough to be baked later.
5. Pierce each layer with a fork. Bake for 7-8 minutes or until golden. To save time, while baking one tray, roll out other dough pieces. Bake the leftover dough as well (it may take less time), let cool, then process baked leftovers into fine crumbs. **Notes:** * To reduce time, you can bake few layers at the time. But only on one baking tray.
6. Make the cream: in a large bowl pour heavy cream, vanilla extract and powdered sugar. Beat to medium-stiff peaks. Fold whipped cream into the sour cream until smooth.
7. Once the cake layers are cooled you can assemble the cake. Spread about 3 tablespoons of cream on one layer, Stack the second layer on top and repeat until you have 8 layers. Spread extra cream on top and sides. Spread reserved cake crumbs on top and sides of the cake.
8. Refrigerate the cake overnight.

Stuffed French Toast Bake

Total: 50 mins

Prep: 25 mins

Cook: 25 mins

Ingredients:

16 oz. loaf French bread, cut into 24 slices
8 oz. package cream cheese, softened
4 eggs
1 cup milk
1/2 cup sugar, divided
1 tsp. vanilla
3 Tbsp. brown sugar
3 Tbsp. butter, melted

Preparation:

1. Spray a 13x9" glass baking dish with nonstick cooking spray or grease with unsalted butter.
2. In medium bowl, combine cream cheese and 1/4 cup of the sugar. Mix well.
3. Spread 2 tablespoons cream cheese on one side of 12 bread slices. Top with remaining bread, making 12 sandwiches. Place sandwiches in prepared baking dish in a single layer.
4. In a large bowl, beat together eggs, milk, remaining sugar, and 3 tbsp. brown sugar. Pour over sandwiches. Let stand at room temperature for five minutes, then carefully turn sandwiches over, cover tightly and refrigerate for 2-12 hours.
5. When ready to eat, preheat oven to 400 degrees. Uncover baking dish and drizzle sandwiches with melted butter. Bake at 400 degrees for 28-33 minutes or until golden brown.

Serving suggestion: Sprinkle with powdered sugar or syrup.

Easy Breakfast Casserole Recipe

Ingredients:

24 oz. frozen shredded hash browns
16 oz. cubed ham
8 oz. sharp cheddar cheese-shredded
12 large eggs
1 cup milk
1 tsp salt
½ tsp ground black pepper
Cooking spray

Preparation:

1. Preheat oven to 350 degrees.
2. Add the frozen potatoes, ham and cheese to a large bowl.
3. Toss to combine. Pour the mixture into a 9"x13" baking dish that has been sprayed with cooking spray.
4. In a large bowl, whisk the eggs with the milk, salt, and pepper.
5. Pour the egg mixture over the hash brown mixture. Pat everything down with the back of a wooden spoon.
6. Bake for one hour, uncovered. The center should be set and the edges should be golden brown.

Leave out ham for those with pork allergies.

Morkov' (Carrots)

Ingredients

1 lb. Carrots
3-4 Tbsp. Honey
1/2 tsp. Dill

Preparation:

1. Bring a gallon of water in a large pan to boil over high heat. Drop in the carrots and bring back to a boil. Lower the heat and cook for 8 to 10 minutes, or until the carrots are tender. Drain the carrots and set aside.
2. Add honey and dill to carrots to taste.

Govyadina i podliva (Beef in Gravy)

Ingredients:

2 lb. Beef
2 C Water
1/2 lb. Mushrooms, diced
1 small to medium Onion, diced
1 tsp. Salt
Pepper to taste
2 Tbsp. Butter
1/4 C Flour

Preparation:

1. Preheat oven to 350 degrees.
2. Place all ingredients except butter and flour in roaster pan. Cook for 3-4 hours. Pull meat and vegetables from broth.
3. Slice or shred beef.
4. In a small pan melt butter and make a roux with flour. Add small amount of broth to roux and blend well. Add mixture to broth to form gravy.
5. Add beef and vegetables to gravy and serve forth.

Serve over lapsha (egg noodles) or rice.

Pickled Beets

Ingredients:

4 cups sliced, peeled, cooked beets

Pickling mixture:

1 cup unfiltered apple cider vinegar
1 cup water
2-3 tablespoons sugar
1 tablespoon black peppercorns
1 teaspoon cloves

Instructions:

1. Place the beets and onion slices in alternate layers in a 2 large wide mouth mason jars.
2. Bring all pickling mixture ingredients in small saucepan and bring to a boil.
3. Pour the mixture over the beets while hot, nudging the spices down so they get evenly distributed in the jar.
4. Refrigerate the jars. Serve the beets leaving the liquids and the spices in the jar.

Pickled beets will be ready in just 2 days!

Russian Marinated Mushrooms

Ingredients:

2 lbs. Mushrooms: young, small spongy wild mushrooms or small (white or brown) button mushrooms. If the mushrooms are large, slice them.

Marinade

2 cups mushroom stock, saved from step 1
1+1/2 tea spoon fine salt
1 tea spoon sugar
10 cloves
10 black pepper corns
1 bay leaf
2 pinches dill seed
2 teaspoons white 5% table vinegar

Glass quart size jars, washed and sterilised in boiling water

Preparation:

1. Wash, cut to bite size, boil and simmer mushrooms in a small amount of water for 10 minutes. Drain the mushrooms and put them aside. Save the mushroom stock to make a marinade.
2. Return the mushroom stock into the pot and bring to boil. Add remaining ingredients, except vinegar, as per the list above. Mix well until the salt and sugar are fully dissolved.
3. Add the boiled mushrooms into the marinade. Bring to boil and simmer for 5 minutes.
4. Scoop out mushrooms with slotted spoon from marinade and put them into jars (you need to fill them to the top). Pour the hot marinade on top.
5. Add 2 teaspoons of vinegar into each jar. Seal the jars with the lids, turn them upside down and keep warm (wrapped in a blanket) until cool. Store canned marinated mushrooms in a dark cupboard at the room temperature.

The mushrooms are ready to eat within 24 hours.

Serve as a cold starter or as a side vegetarian dish. Pickled mushrooms with vinegar are a traditional accompaniment to vodka. Enjoy!

Lobyi (String Beans In Sour Cream)

Ingredients:

1 lb fresh string beans
4 tbsp butter
3 ea tomatoes, peeled and seeded
1 tbsp sweet, fresh or dried basil leaves finely chopped
1 c sour cream
salt, black pepper

Method:

1. Bring a gallon of lightly salted water in a large pan to boil over high heat. Drop in the string beans and bring back to a boil. Lower the heat and cook for 8 to 10 minutes, or until the beans are tender. Drain the beans, wash them under cold running water and set aside.
2. Put tomatoes in boiling water just for couple seconds. Place them under cold running water and peel. Cut them in half crosswise and squeeze the halves gently to remove seed, then chop them.
3. Melt the butter in a heavy skillet set over high heat. Stir in the tomatoes and basil, raise the heat, and boil rapidly for 1 or 2 minutes.
4. Stir in the green beans and simmer 1 or 2 minutes until heated through.
5. In a bowl, beat together the sour cream, salt and a few grindings of black pepper. Taste for seasoning and stir in the vegetables. Serve at once.

If you prefer less sour cream reduce the amount.

Rice Kasha with Cheese

Ingredients:

1 1/2 c rice
3 c water
7 oz grated cheese
2 tbsp butter
salt

Preparation:

1. Wash rice under running water.
2. Fry it in butter until light brown.
3. Pour in water and bring to boil, add salt and cook on low heat for 40 minutes.
4. Before serving, sprinkle with grated cheese.

Russian Pelmeni

Ingredients

Dough:

1 egg
1 teaspoon vegetable oil
1 teaspoon salt
3/4 cup warm water, approximately
3 cups all-purpose flour
1 tablespoon all-purpose flour

Filling:

18 ounces ground beef
1 small onion, chopped
1 1/2 tablespoons ice-cold water
1 tablespoon coarse salt
freshly ground pepper to taste

Directions

1. Combine egg, vegetable oil, and salt in a measuring cup; add enough water to fill to 1 cup. Pour into bowl, add 3 cups flour, and knead into a smooth, elastic dough. Cover with a kitchen towel and rest for 30 minutes.
2. Dust a baking sheet lightly with 1 tablespoon flour.
3. Combine ground beef, onion, water, salt, and pepper in a bowl and mix filling thoroughly by hand or using a fork.
4. Roll out a portion of the dough very thinly on a lightly floured surface and cut out 2 1/2-inch rounds. Keep the rest of the dough covered with a towel to avoid drying out. Place 1/2 to 1 teaspoon of filling on one side of the dough circle. Fold dough over and seal the edges using fingers, forming a crescent. Place on the prepared baking sheet. Repeat with remaining dough and filling. Freeze pelmeni for 30 minutes to prevent them from sticking together.
5. Bring a large pot of lightly salted water to a simmer and drop small batches of frozen pelmeni into simmering water. Cook and stir until the meat is cooked and pelmeni float to the top, about 5 minutes. Continue cooking for an additional 5 minutes. Transfer to serving plates using a slotted spoon.

These dumplings are a common convenience food - big batches can be frozen and quickly boiled or fried on demand.

Rizhsky Khleb (Russian Rye Bread)

Ingredients:

1 1/4 cups lukewarm water (105°F to 115°F)
2 tablespoons honey
2 teaspoons instant yeast
1 1/2 cups medium rye flour or pumpernickel
2 teaspoons salt
1 tablespoon caraway seeds
3 tablespoons unsalted butter, melted
3 cups All-Purpose Flour

Directions

1. Pour the warm water into a mixing bowl and add a teaspoon of the honey.
2. Stir in the yeast and rye flour. Let this sponge work for at least 20 minutes, until it's expanded and bubbly.
3. Add the remaining honey, the salt, caraway seeds, butter, and enough of the unbleached flour to create a dough that begins to pull away from the sides of the bowl. At this point, cover the dough with a towel or plastic wrap, and let it stand for about 5 minutes.
4. Turn the dough out onto a lightly floured or lightly oiled work surface, and knead until it's smooth and elastic, about 10 minutes. Halfway through, give the dough a rest while you clean out and butter your mixing bowl.
5. Shape the dough into a ball, place it in the buttered bowl, turning to coat, and cover the bowl with plastic wrap and a towel. Allow the dough to rise for about 1 1/2 hours, or until it's not quite doubled in bulk.
6. To complete the bread: Punch the dough down and divide it in half. Shape each half into an oval, place them on a lightly greased or parchment-lined baking sheet, cover, and let rise for about 30 minutes.
7. Preheat the oven to 375°F.
8. Bake the bread for about 45 minutes, or until the crust is dark brown, and the interior temperature of the loaves measures 190°F to 200°F on an instant-read thermometer. Remove the bread from the oven, and cool it on a wire rack.
9. Store, well-wrapped, on the counter for 4 days, or freeze for up to 3 months.

Rye doughs will always be a bit sticky, so resist the urge to keep adding flour to eliminate this inherent stickiness; adding too much flour will

Tsiplyata (Garlic Roasted Chicken)

Ingredients:

2-3 pounds chicken quarters
10-12 garlic cloves
2 tsp of kosher salt or sea salt
1.5 tsp freshly cracked black pepper
4 tbsp olive oil + 1 tsp olive oil

Preparation:

1. Preheat oven to 350 degrees.
2. Add garlic, salt, black pepper and 1 tsp of olive oil to a blender or food processor. Process until a smooth paste forms. Add more olive oil if necessary to get the mixture smoother.
3. Pat dry the chicken quarters and slather the garlic mixture onto the chicken quarters. Making sure to cover all nooks and crannies, most importantly getting plenty of the garlic mixture under the skin of the chicken.
4. Place chicken into roasting pan and cover. Put in preheated oven.
5. The chicken will be done when the juices run clear.