

This handout was mainly notes for me to teach from and something for people to follow along and take notes. It is not comprehensive and should be taken as a guideline only.

Modern/New World foods to avoid:

Potatoes, Tomatoes, Green Beans  
Corn (including corn oil, corn starch and corn syrup)  
Bell Peppers  
Capsian peppers (cayenne ect...)  
Vanilla  
Baking Powder, Baking Soda  
Chocolate  
Turkey  
Pecans, Peanuts  
Bananas & other tropical Fruits  
Coconut  
Coffee

Casseroles:

Common in period  
Mixed veggies, frequently chopped up  
Meats in sauces and then baked

Veggies:

Usually prepared with several spices  
Frequently with almond milk  
Frequently with pork fat, bacon or another animal fat  
Boiled, fried, simmered  
Steamed veggies served on their own was not done  
Veggies in pies: Mushrooms, Onions sometimes with eggs  
Leeks, Turnips, Asparagus, Parsnips, Chickpeas  
Fennel, Fava Beans, Peas, Carrots...

Meats:

Hacked into "Gobbets"  
Well spiced  
Frequently served in sauces  
Meat pies  
"Meat in a bun" pasties  
Sausages  
Avoid "Deli Meat"  
Frequently mixed with raisins and seasoned with cinnamon, ginger ...

Pottages:

Stewed Fruits  
Grains  
Pureed Veggies

Cakes:

Almost non-existent, fairly complicated  
A few that have lots of dried fruits in them, but not what we think of as cakes

Cookies:

Almost non-existent  
Some shortbreads, but not what we think of as short bread

Pies:

Lots & lots of pies  
Fruit: Apple, pear, date, raisin, fig, grape, apricot  
Ground almond pies  
Custard pies

Fried foods:

Rissoles – fruit or meat filled "dumpling"  
Battered & fried fruits  
Fritters, herbed and fruited

Think Spices:

Cinnamon  
Cloves  
Nutmeg, Mace  
Saffron  
Cumin  
Ginger  
Cardamom  
Coriander  
Caraway  
Salt, Pepper  
Garlic

Nuts:

Walnuts  
Pine Nuts  
Almonds  
Hazelnuts  
Pistachios

Herbs:

Mint  
Marjoram  
Thyme  
Sage  
Flat Leafed Parsley  
Rosemary  
Lavender  
Cilantro (leaf of Coriander)  
Basil