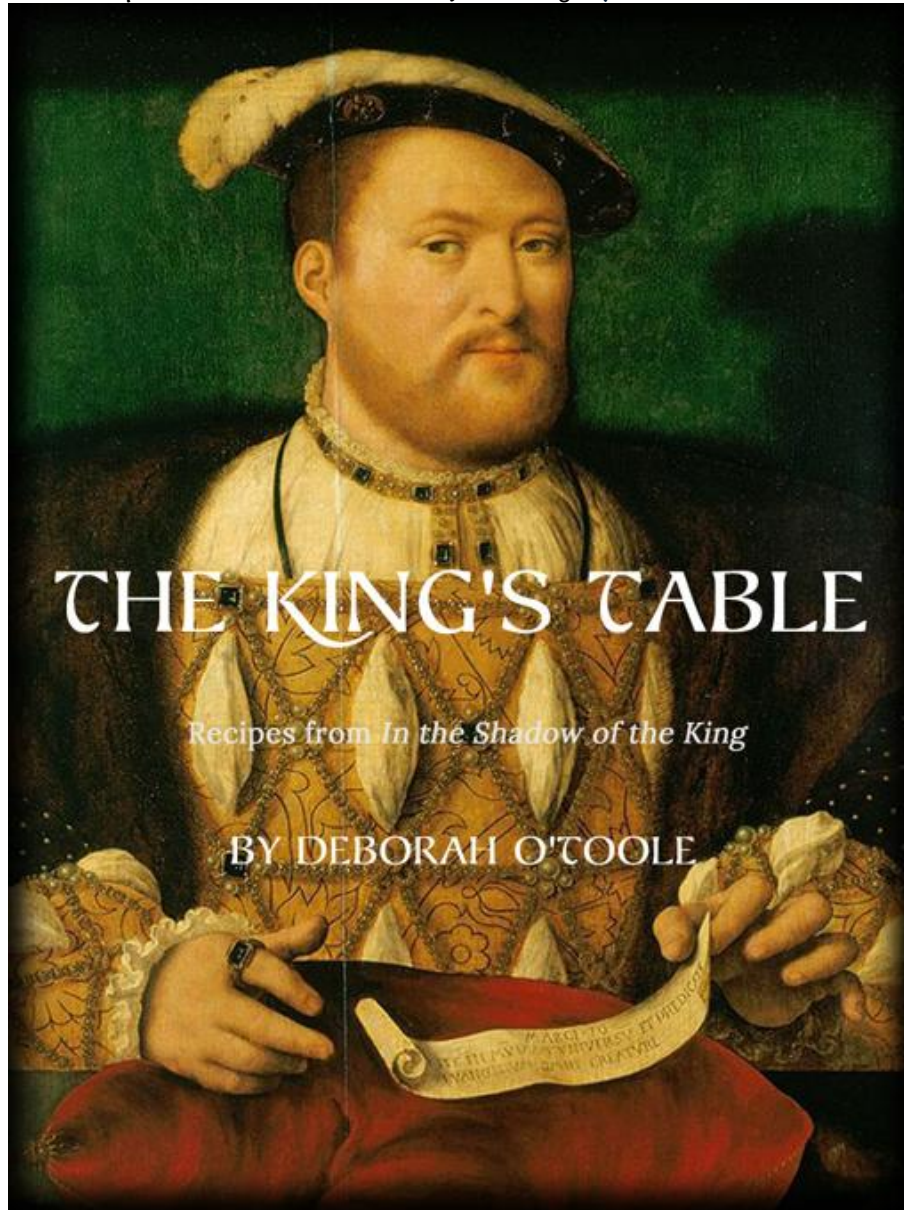


RECIPE LIST ONLY

~ THE KING'S TABLE ~

Recipes from *In the Shadow of the King* by Deborah O'Toole



"The King's Table" was written for entertainment purposes and expresses the sole opinions of the author. This e-book is not meant to be a professional chef's essay about Tudor cuisine, but rather an observation about the generalities of the era's food and recipes from an amateur home kitchen.

(C)Deborah O'Toole (2023).

Text in this document was set in the *Maiandra GD* font.

~ RECIPE INDEX ~

~ APPETIZERS ~

Artichokes in Olive Oil
Beef Olives
Chicken Pate Tudor
Oysters on the Half Shell
Salmon & Onion Salad

~ BEVERAGES ~

Almond Milk
Caudle (*Spiced Beer; also known as Buttered Beere*)
Hippocras (*Spiced Sweet Wine*)
Spiced Wine
Wassail

~ BREAD & PASTRY ~

Chestnut Bread
Cruste Rolle (*Fried Crackers*)
Ember Day Savory Tart
Gingerbread
Manchet Bread

~ BREAKFAST ~

Brewet Ayrenn (*Scrambled Eggs*)
Frumente (*Cracked Wheat*)
Poached Eggs in Golden Sauce
Rique Manger (*Eggs & Apples*)
Stuffed Eggs

~ ENTREES ~

Aloes of Beef with Pevorade Sauce
Baked Lamprey Pie
Chicken in Golden Almond Sauce
Cockles & Mussels
Decorated Meatballs
Fyllettes in Galyntyne (*Roast Pork in Breadcrumbs*)
Grilled Fish in Ginger Sauce (*Poivre Jaunet*)

Grilled Mackerel
Hedgehogs (*Meat Pudding with Almonds*)
Lamb & Ale Casserole
Mawmeny Chicken Stew
Mustard Shoulder of Pork
Poached Trout in Herbs & White Wine
Roasted Capon with Chestnuts & Vegetables
Spiced Beef
Tripe & Onions on Toast

~ **SIDE DISHES** ~

Bread Sauce
Compost (*spiced vegetables in honey & wine sauce*)
Cremonese (*Spinach Tart*)
Cress with Milk & Almonds
Marinated Leeks in Mustard Vinaigrette
Pea Pottage
Powder Douce (*sweet spice mix for Compost*)
Ris Engoule (*Rice in Beef Broth with Saffron*)
Steamed Asparagus in Orange Sauce
Turnips with Chestnuts

~ **SOUPS & STEWS** ~

Creamy Clam Chowder
Gronden Benes (*Ground Beans Stew*)
Poultry & Bacon Stew with Hazelnuts
Squash Broth
Stewed Mutton
White Chicken Broth

~ **SWEETS** ~

Chardwardon (*Pears in Red Wine Sauce*)
Cherry Sauce for Rice Porridge with Almonds
Eggs in Moonlight
Fygey (*Fig & Almond Pudding*)
Gur Cake
Maids of Honor Cheesecake Rounds
Mince Pies
Pine Nuts in Sugar (*Nucibus Pineis Saccharo Conditum*)

Pokerounce (*Bread & Honey*)
Rice Porridge with Almonds
Wafer Biscuits

~ IMAGES ~

• **Book cover image:** Book cover image: Original painting by Joos Van Cleve (about 1530-1535). The image is in the public domain in its country of origin and other countries and areas where the copyright term is the author's life plus 100 years or fewer. The image is also in the public domain in the United States because it was published (or registered with the United States Copyright Office) before January 1, 1925. Reproduction for use on a book cover is therefore also considered to be in the public domain in the United States.

• **Hampton Court Kitchen (logo):** Joy of Museums (2016). Licensed under the Creative Commons Attribution-Share Alike 4.0 International license, which allows users to adapt, copy, distribute and transmit the work with attribution.



• **Logo & Cover Art:** Webs Divine (<https://deborahotoole.com/websdivine/>).

~ ABOUT "IN THE SHADOW OF THE KING" ~

In the Shadow of the King by Deborah O'Toole is a semi-fictional account of the dramatic life of Sir Francis Bryan, confidant to King Henry VIII.

Sir Francis Bryan was a man of letters who distinguished himself as a cipher, diplomat, poet, sailor and soldier. He was also knight bannerette, chevalier, Lord of the Tor Bryan, chief gentleman of the privy chamber, Lord Chief Justice of Ireland and a gifted sportsman. He lost an eye during a jousting tournament and forever after wore a rakish eye patch, which merely added to his allure.

During his time in Henry VIII's court and one of the few who escaped the King's wrath, Bryan was dubbed the "one-eyed Vicar of Hell" by the King's chief minister, Thomas Cromwell, because of his apparent lack of scruples and legendary sexual exploits. Bryan had a well-earned reputation as a self-indulgent libertine, and was said to have been a willing accomplice in the King's tangled love affairs.

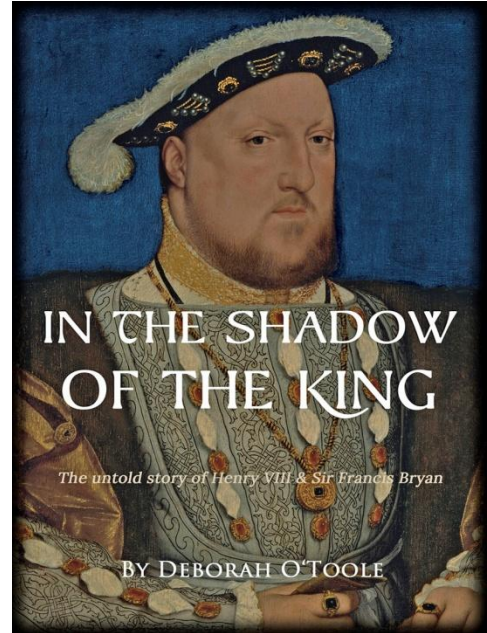
Bryan's irresistible charm masked an inveterate intriguer full of barely-contained energy. He could be duplicitous, manipulative and promiscuous as well as highly articulate, ferociously witty and generous when the mood struck him. In videlicet, he was the perfect courtier. Many observers were astounded by the familiarity he used towards Henry VIII, especially in speaking his mind. However, Bryan was no creature of principle. By bending his opinions to fit the King's policy, he managed to remain in favor throughout Henry VIII's reign.

In the Shadow of the King brings to life the story of Sir Francis Bryan, as told by one of his descendants in the twenty-first century.

The book was released by Club Lighthouse Publishing in June 2023.

For more, visit:

<https://deborahotoole.com/king/>



~ ABOUT THE AUTHOR ~

Deborah O'Toole is the author of *Celtic Remnants*, a novel of enduring yet impossible love and betrayal set in the turbulence of Ireland, glamour of London and wilds of Scotland. She is also author of *The Crypt Arisit*, *Glinhaven*, *In the Shadow of the King*, and *Mind Sweeper*.

In addition, she writes darkly abstract poetry (*Torn Bits & Pieces*) and short-story juvenile fiction (*Short Tales Collection*), and is the author of a series of historical essays, articles and book reviews for *Ambermont Magazine* and *Class Notes*.

Writing as Deidre Dalton, Deborah is author of the "Collective Obsessions Saga," which chronicles the extraordinary loves and dark obsessions between two families sweeping a span of more than 165 years, most of which are set against the backdrop of a magnificent seaside mansion in Maine. Books in the ten-part family saga include *Hearts in Sorrow*, *The Advent*, *Quixotic Crossings*, *The Twain Shall Meet*, *Enthrallment*, *The Keeper's Journal*, *Hearts Desires*, *The Twilight*, *Megan's Legacy* and *Limb of Iniquity*. The novels were released by Club Lighthouse Publishing.

Also writing as Deidre Dalton, Deborah is author of "The Bloodline Trilogy." The novels follow the uniquely magical yet ominous journey of three women through time. The trilogy includes *Bloodfrost*, *Bloodlust* and *Blood & Soul*. The novels were released by Club Lighthouse Publishing.

Using the pseudonym Shenanchie O'Toole, Deborah also writes for the cooking/recipe website Food Fare. She is writer and editor of a dozen cookbooks, along with more than forty titles in the *Food Fare Culinary Collection*.



Deborah O'Toole

<https://deborahotoole.com/>

Books by Deborah O'Toole

Celtic Remnants
The Crypt Artist
Glinhaven
In the Shadow of the King
Mind Sweeper

Writing as Deidre Dalton

THE BLOODLINE TRILOGY

Bloodfrost
Bloodlust
Blood & Soul

COLLECTIVE OBSESSIONS SAGA

Hearts in Sorrow
The Advent
Quixotic Crossings
The Twain Shall Meet
Enthrallment
The Keeper's Journal
Hearts Desires
The Twilight
Megan's Legacy
Limb of Iniquity

MISCELLANEOUS

Glinhaven Cookery

(Scottish-themed recipes mentioned or prepared by characters in "Glinhaven" by Deborah O'Toole).

Historical Essays by Deborah O'Toole

(Billy the Kid, Anne Boleyn, Jack the Ripper, Loch Ness Monster, U.S. Political Parties).

Larkin Community Cookbook

(Recipes mentioned or prepared by characters in the "Collective Obsessions Saga" by Deidre Dalton).

Short Tales Collection by Deborah O'Toole

(The Short Tales Collection includes eleven short stories written for children).

The King's Table

(Tudor-themed recipes mentioned or prepared by characters in "In the Shadow of the King" by Deborah O'Toole).

Torn Bits & Pieces

(Book of poetry by Deborah O'Toole).

For more, go to: <https://deborahotoole.com/books.htm>