

ADMIN Tim23:59

Thank you - looks like we've only got a small number tonight. Oh well - more opportunity to chat!
Thank you to Michelle for your talk, and thanks for joining us tonight. Could I start the questions by asking - how did you get interested in Henry Buttes?

Michelle Enzinas23:59

I'm totally in. I just don't know why 😊

Claire Ridgway00:00

We don't hate her, she's a lovely lady, it's just that her novels cause a lot of headaches.

Lorna Wanstall00:00

I think there is a sort of love/hate relationship with SWMNBN is concerned

Claire Ridgway00:00

Yes, let's talk about Henry Buttes.

Michelle Enzinas00:00

I downloaded a bunch of cookbooks from EEBO and his stood out to me. It was funny and weird but so accessible

Claire Ridgway00:00

*talk

ADMIN Tim00:01

EEBO?

Julie Lindner-Reid00:01

She writes great fiction, but not historical fiction. SWMNBN, that is. The times were dramatic enough, they don't need to be exaggerated.

Michelle Enzinas00:01

Early English Books ONline

Lorna Wanstall00:02

So what sort of recipes were there in the book

Michelle Enzinas00:02

I just started researching late medieval and tudor cooking at that time.

Michelle Enzinas00:02

err 15-20 years ago

Claire Ridgway00:02

I loved his justification for eating meat. Why did God make animals out of meat if we weren't supposed to eat them? Ha!

Michelle Enzinas00:03

Figs with vinegar; dates with sour orange juice, oysters on coals--simple middle class stuff

Lorna Wanstall00:03

well there is that to it

ADMIN Tim00:03

I completely agree with that justification.

ADMIN Tim00:04

We eat a lot of figs here from the local trees, not tried them in vinegar though... sounds interesting!

Claire Ridgway00:04

What was the most unusual recipe in the book?

Lorna Wanstall00:04

was there any mention of larks tongues and things like that

Julie Lindner-Reid00:04

Forgive my ignorance, but were figs very common in England at that time?

Michelle Enzinas00:04

No, not larks tonigues

Claire Ridgway00:05

Hi Roland!

Michelle Enzinas00:05

I believe so. Figs are found in recipe books all over the place, including earlier works like *Forme of Cury* (I believe, I could be wrong)

Lorna Wanstall00:05

Hi Roland

Michelle Enzinas00:05

Buttes is 1599.

Julie Lindner-Reid00:05

Thanks!

Claire Ridgway00:05

Figs are my favourite fruit - yum!

Michelle Enzinas00:05

Henry was confident enough that he could get them to serve to have figs as his first dish

Michelle Enzinas00:06

Henry has a huge number of vegetable dishes

ADMIN Tim00:06

It is hard for us today, with modern transporation, to understand how well connected England was with the continent.

Roland Hui00:07

Hi everyone! Can you give us a bit of background about Buttes - for those of us unfamiliar with him?

Lorna Wanstall00:07

How many courses were there at a Tudor banquet

Lorna Wanstall00:08

and what exactly would you expect to have food wise

Michelle Enzinas00:08

Henry Buttes was a Chancellor of Corpus Christi College of Cambridge in the 1600s but before that he was a Master at the school and wrote a book called "Dyets Dry Diner"

Lorna Wanstall00:09

Hi Stephen

Claire Ridgway00:09

His idea made me think about the churches in the UK that sell cookbooks of recipes by parishioners to raise funds. I have one in my kitchen.

Michelle Enzinas00:09

For a Tutor banquet I believe there would be two courses, with 25 dishes for each course, plus maybe at a spice course

Claire Ridgway00:09

Hi Stephen!

Stephen Sigler00:10

Hi Lorna, Claire

Michelle Enzinas00:10

Clare I agree!

Roland Hui00:10

Are the recipes easy to cook by modern standards?

Lorna Wanstall00:10

Spice course?

Laurie00:11

So you mentioned that the majority of the recipes in Buttes' book were for middle-class citizens, but it sounds like upper class may have also eaten similar foods, but more extravagantly prepared?

Claire Ridgway00:11

Did you say that Buttes' was 8 courses?

Michelle Enzinas00:11

Roland, yes. they translate well. If you want to do them in the cooking technology of the day you need some tips about direct to coals cooking, or clay pot cooking, and how to make a cooking fire or coals vs a camp fire

Michelle Enzinas00:12

Laurie, exactly.

Michelle Enzinas00:12

Probably better quality. And Buttes didn't serve swan

Claire Ridgway00:12

I think it's amazing that he cooked and served it without staff or kitchen. A lot of effort!

Buttes was 8 courses.

Lorna Wanstall

I think nearly all meat dishes had some sort of a sause with them

Michelle Enzinas

1. Fruits
2. Herbs
3. Flesh
4. Fish
5. White Meats
6. Spice
7. Sauce
8. Tobacco

Roland Hui00:15

What's your favorite recipe Michelle?

Michelle Enzinas00:15

Lorina: Buttes were parboiled, and roasted with spices. He served the sauces you might have with them in the sauce course because he was doing a themed meal

Lorna Wanstall00:16

It sounds like Buttes wasn't afraid to experiment with different food

Michelle Enzinas00:16

Roland: Of Buttes? hands down: Garlic Sauce

Garlic Boil it thoroughly and eat it with oil, vinegar, or other meats.

Henry Buttes, Dyets Dry Dinner (1599)

Julie Lindner-Reid00:17

There was a tobacco course? Was that like an after-dinner smoke, or...?

Michelle Enzinas00:17

Lorna: I think he wasn't for sure. He seemed the curious sort

Laurie00:18

Are there any sweet dishes included? Or just savory?

Michelle Enzinas00:18

Julie: Tobacco was considered a drink. It was to replenish or reinvigorate the diners after eating so much

Roland Hui00:18

Are any Elizabethan ingredients mentioned, that today we are not sure what they actually were?

Lorna Wanstall00:19

So almost like one would drink peppermint tea to help unbloot a person

Michelle Enzinas00:19

Laure: the whole spice course was candied

Michelle Enzinas00:19

ruit course was sometimes fruit mixed with fruit or sugar or other thngs

Laurie00:19

Ok makes sense!

Claire Ridgway00:20

The white meat course - did you say that white meat was dairy products like cheese? So was it like us having a cheese course today?

Michelle Enzinas00:20

Roland: well the whole Brassica family is different to us than it was to them, but not that much. Some of the fish you won't find in totday's market, or not in mine anyway. Like sturgeon

Michelle Enzinas00:21

That garlic sauce is to die for btw

Roland Hui00:22

Are dessert recipes given by Buttes?

Michelle Enzinas00:22

Claire: yes, milk, cream, butter (mixed with rose water candy), cheese and cheese curds

Lorna Wanstall00:22

why was it called a white meat course, when it was cheese,

Claire Ridgway00:22

Interesting!

Michelle Enzinas00:23

Roland: he doesn't mention any pies or cookies but there are things like plums with rose water candy, or fruit salads, stewed dates, and candied spices

Claire Ridgway00:23

I suppose it was white and came from the animal but wasn't "flesh"??

Lorna Wanstall00:23

true.

Michelle Enzinas00:23

Lorina: I think milk products were called white meat, at least by Buttes

Michelle Enzinas00:24

Roland: my cookbook based on Buttes work includes tarts and stuff

Michelle Enzinas00:24

from the same time period

Laurie00:24

Sounds like alot of treats that Elizabeth I would have liked!

Claire Ridgway00:25

Sorry to change the subject slightly, but do we know why Buttes committed suicide? It seems so sad that he never saw the church finished.

Lorna Wanstall00:25

Yes good queen bess was rather fond of sweet things, too fond

Michelle Enzinas00:25

Clare: No. there is some belief that the plague a few years earlier got to him, like survivors guilt.

Claire Ridgway00:26

So very sad.

Lorna Wanstall00:26

Seems so sad that such a talanted man should end his own life

Michelle Enzinas00:26

indeed

Claire Ridgway00:27

What were candied spices? I know we do things like preserve ginger in syrup, was it that kind of thing?

dare say it involved sugar somewhere along the line

Michelle Enzinas00:29

well teh hampton court kitchens have a special kitchen where they candy stuff with thin layers of disolved syrup. I know Buttes didn't have a special candying kitchen so he probably bought candied pepper, cloves, and other spices.

Michelle Enzinas00:29

or made them quickly

Claire Ridgway00:29

Ah, ok, thanks.

Claire Ridgway00:30

You mention his book being called a claptrap because of the entertainment side of it. What kind of things did it include?

Michelle Enzinas00:30

I'm trying to think of a good example...

Michelle Enzinas00:31

Asparagi

Story for Table-Talk

Dioscorides218 says, that Sparage causes barrenness: but it is not probable, since it nourishes very much, and manifestly

provokes Venus.

It is very soon sodden: and therefore Caesar²¹⁹ speaking of any thing, that was soon done, had this proverb usually in his mouth. Citius quam Asparagi coquantur; idest²²⁰; Sooner than Sparage can be sodden. As much in effect, as while you can say, what's this? In the turn of a hand: in the twinkling of an eye²²¹.

Michelle Enzinas00:32

here let me remove the footnote numbers

Michelle Enzinas00:32

Asparagi

Story for Table-Talk

Dioscorides says, that Sparage causes barrenness: but it is not probable, since it nourishes very much, and manifestly provokes Venus.

It is very soon sodden: and therefore Caesar speaking of any thing, that was soon done, had this proverb usually in his mouth. Citius quam Asparagi coquantur; idest; Sooner than Sparage can be sodden. As much in effect, as while you can say, what's this? In the turn of a hand: in the twinkling of an eye.

Michelle Enzinas00:33

Clap trap could also mean the "medical" advice

Claire Ridgway00:33

A bit like Christmas dinner in our house when I try and ask trivia quiz questions except a bit more cultured! Things to discuss... Thank you!

Michelle Enzinas00:34

exactly

Michelle Enzinas00:34

each item being served has a story for table talk

Lorna Wanstall00:35

Anymore of dinosaurs ufo's Unidentified Food Objects and I'll be seeking medical advice I can tell you

Claire Ridgway00:35

That's a really good idea for entertaining.

Michelle Enzinas00:35

Lorna dinosaurs?

Lorna Wanstall00:35

Dinosaur is what I call my husband

Michelle Enzinas00:36

ah

Lorna Wanstall00:36

basically cause he is

Michelle Enzinas00:36

LOL

Roland Hui00:36

Michelle - are there foods the Tudors enjoyed that we today might find not to our taste?

Michelle Enzinas00:37

Roland: apparently peacock was not very good. Eating the bones of things or the heads doesn't seem to be to modern tastes

Michelle Enzinas00:37

Roland: apparently peacock was not very good. Eating the bones of things or the heads doesn't seem to be to modern tastes

Michelle Enzinas00:38

Roland: I think food is part cultural too, so how it is served, is as much a part of "ew weird" as anything else.

Lorna Wanstall00:38

what about Lampreys

Roland Hui00:38

At least the peacocks made nice table centerpieces!

ADMIN Tim00:39

They serve the heads of rabbits in our village paella each year. Claire always gives them to me... not much to eat, and quite offputting!

Michelle Enzinas00:39

Roland: I remember the first time I made my daughter Kraft Dinner instead of noodles and cheese from scratch. She was beyond grossed out

Laurie00:39

How much were the various spices and seasonings used to hide the taste of food that had gone bad?

ADMIN Tim00:39

Mind you, I think we live in the Tudor era sometimes.

Lorna Wanstall00:39

Don't like rabbit

Michelle Enzinas00:39

Tim! Really!? wild!

ADMIN Tim00:39

Yep.

Lorna Wanstall00:40

Well you are surrounded by about a million tudor books or tudor themed nik nacs

Michelle Enzinas00:40

Laurie: they ate food much fresher than we did. Murdered same day. Picked same day. Thier gut health was similar to ours

Michelle Enzinas00:41

Laurie: bad food made medieval people sick

Claire Ridgway00:41

There is more of a connection with where food comes from here in rural Spain. Lots of families still raise a pig each year and then have a fiesta to slaughter it and deal with the carcass.

Laurie00:41

Interesting, yes!

Lorna Wanstall00:42

was there a lot of food poisoning

Roland Hui00:43

Were sausages known in Tudor England?

Michelle Enzinas00:43

Lorina: I believe that humour theory helped with food poisoning prevention. Par boiling a dry humoured chicken before roasting would make sure it was cooked through

Michelle Enzinas00:44

Roland: susages were known forever and always

Michelle Enzinas00:44

Roland, deal with the carcass as Clare says above would mean sausages, just like they did in the meddle ages

Roland Hui00:45

About Lorna's question about food poisoning - it was mentioned that same bad lettuce produced food poisoning at Jane Grey's wedding banquet

Claire Ridgway00:45

I'm always disappointed that the pudding section of a medieval/Tudor cookbook is meat puddings rather than desserts!

Michelle Enzinas00:45

Roland: are you sure it was lettuce and not rue?

Michelle Enzinas00:46

Claire: there are tudor era steamed puddings and quaking puddings that are sweet.

Julie Lindner-Reid00:47

CLaire--I'm a little behind, but... I'm stuck in rural Iowa, and the non-farmers do the same thing.

Raise a cow or pig (or both), then have it butchered. Lots of people raise chickens too, for eggs. ad of course there's a lot of hunting (ugh), so venison is much easier to come by than lamb or duck.

Roland Hui00:47

Not sure about the lettuce, but I think the word 'lettuce' was used by some ambassador reporting the incident at Jane's wedding. Her husband Guilford got ill I believe.

Claire Ridgway00:47

I've done a Tudor style bread and butter pudding and that was lovely.

Lorna Wanstall00:47

I'm not too sure Claire but I believe what we now have as christmas pudding which as we know is very rich and sweet, used to be a meat pudding in the days of yore

Laurie00:47

Sounds good Claire!

Claire Ridgway00:48

That's interesting, Julie. I love being part of a rural community, I feel more connected to Tudor history as well as more connected to the food I eat.

Michelle Enzinas00:48

Roland: Rue is a herb and is poisonous to half the population but the other half love the flavour.

Claire Ridgway00:48

I didn't know that about rue!

Michelle Enzinas00:49

Lorna: I think minced meat pie was more meat but I am sure that Christmas pudding is victorian and was always dried fruit and things

Michelle Enzinas00:50

Claire that's a wonderful thing. Do you do much preserving yourself?

Claire Ridgway00:50

Our Christmas pud does come from the Victorians mainly but I think the Tudors ate a "pudding" made from meat, spices and oatmeal and then cooked in the gut of a boar around Christmas time.

Lorna Wanstall00:50

Yes again not to sure but believe Prince Albert brought it over

Julie Lindner-Reid00:51

I have to run---but thanks to you all, and especially to Michelle for answering all our questions! Cheers!

Claire Ridgway00:51

I do jams and chutneys, and figs in rum syrup.

Claire Ridgway00:51

Bye Julie!

Michelle Enzinas00:51

Julie: thank you

Lorna Wanstall00:51

Thank you claire

Michelle Enzinas00:51

Claire but I don't think they called it Christmas Pudding, just "dinner"

Claire Ridgway00:51

No, I don't think so.

Michelle Enzinas00:52

Claire ok

Claire Ridgway00:52

Just a meat pudding.

Claire Ridgway00:52

Can't say I fancy trying it!

Michelle Enzinas00:52

I don't research high festivals

Lorna Wanstall00:52

tried boar last year wasn't impressed

Michelle Enzinas00:52

I'm keen to try it

I think normal everyday food is far more interesting.

Claire Ridgway00:53

When I ate meat wild boar sausages were rather nice.

Laurie00:54

Do you find yourself incorporating some of these cooking techniques into your own cooking now?

Michelle Enzinas00:54

people over cook boar

ADMIN Tim00:54

Boar?! Would love to try that. They hunt them in the woods near where we live.

Lorna Wanstall00:54

I love venison though

Michelle Enzinas00:55

Laurie: absolutely. I have food allergies and I respond better to old world foods than new world

Michelle Enzinas00:55

Tim: are you scared you will run into one?

Lorna Wanstall00:56

there is far too much of this prepackaged stuff these days, we always buy fresh fruit and veg

Claire Ridgway00:56

We'll have to get you to do a talk on cooking techniques of the time, that would be interesting, and hearing about how you've incorporated things into your own diet today.

ADMIN Tim00:56

We've been here 10 years, and I have only recently seen three of them (I was in our car driving down the mountain). So, not too worried.

ADMIN Tim00:56

Well, I suppose we should begin to wind down the chat - looks like people have left anyway. Thank you so much for your time, everyone!

Michelle Enzinas00:56

Laurie: I'd use more cooking techniques but there was a fire ban last summer

Michelle Enzinas00:57

Thank you for all teh questions

Laurie00:57

Thanks so much Michelle!

ADMIN Tim00:57

Thank you so much for your talk, Michelle. I recommend that everyone listens to it again. THANK YOU EVERYONE FOR COMING!

Michelle Enzinas00:57

anytime

Roland Hui00:57

thank you Michelle for the interesting discussion 😊

Lorna Wanstall00:57

thank you michelle, please feel free to drop in our forum and make a post on anything that tickles your fancy

Claire Ridgway00:57

Thank you, Michelle, and you definitely need to talk to us again as your talk and this chat were both fascinating.

Laurie00:58

Thanks Claire and Tim

Michelle Enzinas00:58

Tim should I be the last to leave? 😊

ADMIN Tim00:58

Quick note for everyone ... I've just put the final Tudor Monarch book onto the site here: <https://www.tudorsociety.com/tudor-monarchs-book-series/>

Michelle Enzinas00:58

Roland thank you

ADMIN Tim00:58

Michelle, you're free to leave when you want! Thank you so much for your time.

Claire Ridgway00:58

Thank you everyone for coming!

ADMIN Tim00:58

Have a greeat weekend!

Michelle Enzinas00:58

bye bye!

Laurie00:58

thanks Tim! some good reading for the weekend!

ADMIN Tim00:59

Magazine will be out over the weekend. Enjoy...