



ACADEMY OF HISTORICAL ARTS

Training Meals and Recipes

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VERSION AND COPYRIGHT INFORMATION

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Introduction

These are the recipes for the standard meals that are prepared at events run by the Academy of Historical Arts. They have been designed to provide hot meals to event participants, meals that are healthy with plenty of nutrition and energy. However, please do note that none of the Academy's instructors hold qualifications in nutritional science, and that we have arrived at these recipes through trial and error and through life experience.

Each meal should also be scalable; by increasing or decreasing the amount of the ingredients proportionately, the meals can be scaled up or down to feed an appropriate number of people. They are intended to be relatively simple and swift to prepare, and also quite cheap. The normal food budget that applies during Academy events is £1 per person per meal, and so these meals have always managed to come in well under budget at our various events. This is not to say that cheap meals are bad; these meals have seen hundreds of Academy students through some very intensive events and have actually inspired several students to improve their own normal diets.

More recipes may be added to this document as we experiment with other options at our events. Please feel free to use these recipes for yourself or for your own events. If you enjoy these meals and would like to contribute to the Academy of Historical Arts with a charitable donation then please have a look at how to do this on our website: <http://www.triquetra-services.org/donations.html>

The Academy of Historical Arts and its instructors do not accept any liability for mistakes that anyone might make when preparing these meals. Above all else when using these recipes, use common sense and observe due safety in the kitchen.

Training Scramble (feeds around 15 people)

This is a good breakfast meal that feeds a lot of people quite easily. If prepared on its own and not in conjunction with the training carbonara meal then 1 kg of bacon can (and probably should) be substituted for the 1 kg of sausage in the list of ingredients. Bacon is a cheaper and more effective meat than sausage for this meal, and is considerably easier to prepare and cook; however, if planning this meal for breakfast and the training carbonara for later in the day, then the breakfast should involve sausage and the carbonara should involve bacon.

Ingredients:

- 18 eggs
- 1 kg sausages
- 500 g mushrooms
- 500 g onions
- mixed herbs
- frying oil
- (potentially 1 litre of milk)
- (potentially bread)

Equipment:

- 2 frying pans (the more wok-like the better)
- 2 spatulas (one for the meat pan, one for the vegetable pan)
- chopping board and chopping knives
- mixing bowl and cup
- 2 serving ladles (one for the meat pan, one for the vegetable pan)

Put some oil into two pans and heat gently.

Dice the onions and mushrooms finely (the smaller the better) and put them into the first pan to fry. Chop the sausages into reasonably small chunks and put them into the second pan to fry. Stir both pans regularly so that the food does not stick to the metal.

When the vegetables are nearly finished cooking, one by one crack each egg into a cup and pour into a bowl. This guards against one bad egg spoiling the whole

meal, as a bad egg can simply be emptied out of the cup, the cup cleaned, and the meal as a whole remains unaffected. Once all the eggs have been cracked and poured via the cup into the bowl, pour the bowl of eggs into the first frying pan with the vegetables. Pour some mixed herbs into the mixture. Let the eggs begin to start frying, then scramble them. Keep agitating the eggs so that they do not stick to the pan and so that they mix well with the herbs and vegetables.

Alternatively, pour 1 litre of milk into the bowl of eggs and add the mixed herbs to the bowl. Beat the eggs, milk and herbs together with a fork before pouring the mixture into the pan with the vegetables.

Finally, once the contents of the scramble pan and the sausage pan have been cooked, they may be mixed together or can be served separately if there are vegetarians in the group who cannot eat the sausage meat.

Sliced bread can be offered beside the training scramble to help bulk out the meal.

The advantage of adding milk to the scrambled eggs is that it bulks out the scramble to some extent and allows for larger portions to be provided. The disadvantages are that the milk separates during the scrambling process and produces a whey-like liquid at the bottom of the pan, and that the addition of milk to the recipe means that milk needs to be purchased and stored, increasing the cost of the meal per person and also creating storage issues that must be addressed.

Training Carbonara (feeds around 15 people)

This meal makes an excellent hot lunch. It is nutritious and filling, and people seem to find it to be the tastiest of the training meals. It is quite simple to prepare if there are no vegetarians present, and even if vegetarians need to be catered for it is still not particularly difficult. The most important thing to bear in mind when preparing this meal is to ensure that the potatoes are sliced as thinly as possible. Thinly sliced potatoes can be ready with just 40 minutes of heating; thickly sliced potatoes can require two hours or more! Lazy slicing means that the meal will take considerably longer to cook and therefore due attention should be paid to slicing everything as thinly as possible.

Ingredients:

- 2.5 kg potatoes
- 1 kg bacon
- 1.5 litres cream
- 1 large bulb garlic (or 2 small bulbs)
- 500 g flour
- 500 g mushrooms
- 500 g onions
- 500 g leeks
- mixed herbs and salt
- frying oil

Equipment:

- 1 large pot (for potatoes)
- 1 medium pot (for the sauce) and a sieve
- 2 pans (for vegetables and bacon, the more wok-like the better)
- 3 spatulas (one each the vegetables, bacon and sauce)
- chopping boards, chopping knives and a pair of scissors
- 4 serving ladles (one each for meat, vegetable, potatoes and sauce)

Half fill the large pot with water and bring to the boil, or at least as warm as is feasible under the circumstances. As this is heating, slice the potatoes very thinly. Thick lumps of potato take much longer to cook than thin slices and so the thinner the slices the better and more efficiently everything will cook, and the less time everything will take. Once the potatoes are all sliced and the water is hot, put the potatoes into the pot. If more water needs to be added then do so. Sprinkle two teaspoons of salt into the pot.

Dice the mushrooms, onions and leeks as finely as possible. Chop the garlic quite finely. Using the scissors, cut the bacon into small strips (the smaller and thinner the better). Large chunks take longer to cook and so the whole cooking process may be accelerated by making all of the vegetables as small as possible. As a health and safety note, bacon can cause problems if it is not cooked properly throughout, and so making these strips as small and thin as possible will eliminate the chance of food poisoning.

If there are no vegetarians in the group then there is no need to separate the meat and the vegetables, and this makes the cooking process easier (also, one a single pan is needed instead of two). Put the bacon into the pan with two thirds of the garlic and let it begin to fry. Once the bacon is nearly done, add the rest of the vegetables. The bacon will produce its own fats as it cooks so no oil will be needed for any part of this process.

If there are vegetarians in the group then the vegetables and meat need to be cooked separately. Put some oil into one pan and heat gently. Put the vegetables and a third of the garlic into this pan and allow them to start frying. Put the bacon into the second pan with another third of the garlic. The second pan needs no oil as the bacon will produce all of its own fats as it cooks. Allow it to begin frying.

To make the sauce, pour all of the cream into the remaining pot. Add plenty of mixed herbs and the remaining third of the garlic. Sieve the flour while stirring until the cream begins to thicken. Do not keep adding the flour; the sauce will thicken further as heat is applied, and so it just needs to look like it is beginning to thicken at this stage. Ensure that everything in the pot is mixed together well. Put the pot on the heat and keep stirring, making sure that no lumps of flour form in the sauce. If it starts to become too thick then add some more water to thin it again. Once the sauce is ready and hot, the bacon and vegetables are ready, and the potatoes are hot and soft, everything is ready to serve. Drain the water from the pot of potatoes.

If vegetarians are present then the best method for serving is to give people a ladleful of potatoes, a part-ladle of vegetables, a part-ladle of sauce and a part-ladle of bacon (or not as the case might be). However, if no vegetarians are present, then all of the vegetables and bacon can be added to the sauce to make it a proper carbonara. Then everyone can be served with a ladle of potatoes and a full ladle of sauce including vegetables and meat.

Training Stew (feeds around 20 people)

This is a very simple meal that works very well as dinner. It can be prepared with very little effort and can be scaled up to feed a larger number of people with little extra time or effort beyond simply chopping more vegetables for the pot. The bulk of the preparation time is taken with the boiling of the stew to soften all of the potatoes, vegetables and barley. Ensure that everything is diced finely; small cubes will take about an hour to cook, but large cut pieces can increase the softening time to between two and three hours. Disciplined, fine dicing is your friend when preparing this meal.

Ingredients:

- 2.5 kg potatoes
- 800 g mince
- 500 g mushrooms
- 500 g onions
- 500 g leeks
- 500 g carrots
- 500 g barley (preferably the sort that does not require soaking)
- 1 large bulb garlic (or 2 small bulbs)
- 1 tub “Swiss bouillon” stock
- mixed herbs
- (potentially bread)

Equipment:

- 1 large pot
- 1 pan
- chopping boards and chopping knives
- 2 serving ladles (one for the stew, one for the mince)
- 1 spatula

Fill the pot about a third full with water and begin to heat. Cube the potatoes into small pieces and add them to the water when it is hot. Add the barley as well.

Dice the mushrooms, onions, leeks and carrots. Add to the pot. Dice the garlic and add half of it to the pot. Fill the pot with water until it is nearly full. Add plenty of mixed herbs (be generous) and an appropriate amount of Swiss bouillon (following the instructions on the tub).

Put the mince into the pan with the remainder of the garlic and some mixed herbs. Begin to fry it, using the spatula to break apart the strands and to mix in the garlic and herbs. The mince will release its own fats and so frying oil will not be required.

If there are no vegetarians present, then once the mince has browned and is ready, add it to the stew and let it all cook together so that the flavours all permeate. Add the fat from the mince as well as this will help improve the taste of the stew liquid.

The mince will generally take only a few minutes to become ready, and the stew will take about an hour to cook and for all the potatoes, vegetables and barley to soften. Adding the mince to the stew will not result in the mince becoming overcooked but rather will result in the meat flavouring the rest of the stew nicely.

If there are vegetarians present then the mince cannot be added to the stew. Once the stew is ready, people can receive a ladleful of stew and a part-ladle of mince if they want the meat as well.

Sliced bread can be offered beside the training stew to help bulk out the meal.