

Cooking: Single Dish

Category Rules: The category is for entries consisting of a single dish which might be part of a larger meal or served on its own. This entry requires that an original recipe be researched and translated, and a working version created. Additional work should be completed regarding a menu and historical place of the dish or food in a menu. This category is for 100 per cent edible entries. It should not be used to submit Illusion Foods. Those entries should be entered in the *Cooking: Illusion Foods* category. Likewise do not enter *Brewing and Vinting* entries in this category.

Documentation addresses the scholarship of the entry. It must contain certain elements that address the historical origins of the dish and development of a modern version versus the historical or original dish. It should:

- Demonstrate an understanding of pre-1600 historical foods, methods of cookery, philosophies, etc.
- Discuss the intended environment for the dish (ex: royal feast, manor house, holiday feast), what occasion the dish is created for as well as presentation and serving method appropriate to the period.
- Include the original recipe and translation if not in English as well as the modern working recipe. Indicate if it is an original redaction or if was developed by someone else.
- Provide clear instructions, procedures, and method of working that can be followed.

Any herbs and spices used in the dish or decorating a dish **must** be listed in the documentation with their Latin botanical names and **must** be in compliance with the Prohibited and Restricted Herbs list.

Materials:

100 per cent food-grade materials must be used. Sanitary methods of preparation and preservation should be strictly adhered to even though they may not be authentic or period in terms of history.

Ingredients lists must be provided with the documentation.

Generally, all ingredients should be consistent with historical time and place of the entry. Substitutions should be explained in documentation. Do not use non-food grade materials or ingredients in the edible portions because they are "period".

Commercial molds are allowed, provided they are food-safe or intended for use with food. Molds should be brought to the event to be displayed with the entry, if the judges request. The entrant may develop their own molds using 100 per cent food grade materials.

Considerations should also be made for acquisition and preparation of materials. For example, a 16th century London cook would not be expected to grow or grind their own wheat or butcher their own meat.

Documentation (0 to 4 points):

- 0: No documentation provided with entry.
- 1: Minimal information consisting of time, place and style.
- 2: Minimal information consisting of time, place and style, plus use of general sources; reliance on tertiary sources with one or two secondary sources (ex: use of encyclopedia articles with additional use of a book or article that refers to a period source.). Materials and methods of construction used in the entry are described.
- 3: As in #2, plus a developed discussion making use of critical references; sources are largely secondary (ex: sources refer to period references; documentation discusses, compares, and contrasts the source's views). Materials and methods of construction used are described and the reasons for the choices made are discussed.

- 4: As in #3, plus explanation of original research/experiment and relation of source material to it. Primary sources (if available) and scholarly secondary sources are emphasized (ex: sources used are from the appropriate period for the entry, such as period manuscripts, paintings or artifacts). All points in the criteria are discussed briefly and clearly, with relation to this entry. Appendices are clearly marked to show what aspect of the entry they are intended to illustrate.

Methods and Materials (0 to 4 points):

- 0: Entry is completely modern with no relationship to period elements or practices.
- 1: Use of modern materials and methods to produce a work that would not be accepted in period but either bears some relationship to an authentic work or which might be useful within SCA Culture. Entry is inconsistent to period, location and persona.
- 2: Use of **both** modern materials and methods to produce a work that looks or feels authentic to the time period, location, culture and economic class for which it was constructed.
- 3: Use of **either** modern materials **or** methods to produce a work that looks or feels authentic to the time period, location, culture and economic class for which it was constructed.
- 4: Use of materials and methods entirely documentable to the period for which it was constructed, or the use of modern materials in a way that does not detract from the appearance and feels appropriate to the persona for whom the item was constructed. Substitutions of modern components and embellishment materials for materials which are no longer readily available will not be penalized so long as an effort has been made to substitute materials with a close appearance to the original. For example, the entrant may even have combined elements from several original contemporary recipes to create a new dish, provided that the documentation and research supports all the final product

Scope (0 to 6 points):

Rank the ambition, **not** the success, of the entry on a scale of 0 to 6 for **each** of the following elements and average for the total Scope score (Total of element scores divided by 3 or 4). Entrants who say they cannot physically do something due to handicaps will not be penalized. (picking fresh fruit; gardening; hand-grinding if arthritic, etc.)

- Ingredients: consider preparation (modern commercial substances vs. hand gathered, home grown or home prepared), number and difficulty of use. Source of ingredients. Where obtained, if not local. Were they ordered from abroad? Difficulty of finding. Attempt made to get best heirloom or artisan variety. History and understanding of the ingredient.
- Preparation methods: number and difficulty of techniques and strategies (boiling vegetables vs. baking in a brick oven). Little or no preparation required. Degree entrant went to or considered in best method of preparation.
- Presentation: How complex was the visual effect to achieve? How many elements to this presentation are there? How hard is to do what was done? Easy or very complex?

If Applicable:

- Wit: plays on medieval meaning, fanciful illusions, symbolism, puns with food.

Skill (0 to 6 points):

How well is the entry made? Rank the success of the entry on a scale of 0 to 6 points for **each** of the following elements and average for the total Skill score Consider the elements of Appearance, Aroma, Flavor and Creativity as follows. (Total of element scores divided by 5).

- Physical result: APPEARANCE. Does it look good? Does it taste good? FLAVOR Does it smell good? AROMA Do the separate components hold together?
- Presentation: Again APPEARANCE. A suitably medieval dish, presented in or on an appropriate dishes, attention to visual detail (finishing elements),. Well thought out.
- Appropriate CREATIVITY the combination of different elements: Is the selection of this dishes appropriate or representative to the occasion?
- Handling of ingredients: seasonings; initial preparation (grinding, dicing, crushing, whipping, shredding, etc.); temperature regulation (hot stays hot, cold stays cold).

- Integration: how well do the ingredients combine, given historical menu planning and styles (note combinations of seasonings and taste, looks; food types according to the cultural context and time, proportions, serving vessels and utensils, etc.)

Creativity (0 to 4 points): Consider the originality of the dish and presentation.

- 0: Rote-copied item with mistakes added.
- 1: Rote-copied item with no innovations or documented knowledge of the range of period style.
- 2: Logical combination of period elements with some innovation of embellishment or techniques, all logical to the period context when the item is constructed.
- 3: As in #2, plus much individual interpretation and interpolation, all logical to the period context in which the item is constructed; that is, within the range of possible styles with innovative combinations which appear to fit together. The combination of materials and techniques to produce a clever authentic meal. Something very unusual.
- 4: As in #3, plus each element/layer shows such consideration and choice. Elements work together in a cohesive fashion which is specific to the needs of the period culture for whom the item is constructed. Creative innovations in the combination of materials and techniques to produce a truly unique meal.

Judge's Observations (0 to 6 points): Rank the entry as a whole. How well do all the separately judged parts fit together? The entry's overall effect is judged in this section. This is the only section of the Criteria where the judge may allow her/his personality, private opinions and personal preferences to influence scoring. The judge may want to consider the research the entrant has done into the history of the dish and the overall quality and organization of the material presented.

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