

The Feast of Three Princes

*A First Meal,
From Viking Age Scandinavia*



*Compiled and adapted by
Arnbjorg Níalsdóttir (Sheree Fuller)
with Friderich Grimme (Carl Haicken)*

Table of Contents

Introduction	2
Recipes	
1. Fläsk-Och Stew	3
2. Salmon with Leeks	5
3. Barley Flatbread	7
4. Lamb, Encased and Roasted	8
5. Rotmos	10
6. Simple Boiled Greens	11
7. Nut Patties	12
Shopping List	13
Suggestions for Preparation	14
Sources	15

Introduction

The greatest challenge for any reenactor trying to recreate Viking age Scandinavian food is the total lack of recipes from this region of the world during this era. The earliest surviving cookery book in any Scandinavian language dates between and 12th and 13th centuries, and appears to be a translation of an earlier text not of Scandinavian origin.¹

Our understanding of what the Viking Age Scandinavians might have eaten and how they might have prepared their meals comes from the work of scholars who have put together archeological and textual evidence to paint a picture of a plausible Viking age cuisine. Of particular help to our efforts are Daniel Serra & Hanna Tunberg's excellent book *An Early Meal: A Viking Age Cookbook and Culinary Odyssey*² and Carolyn Priest-Dorman's web page *Viking Resources for the Re-enactor*³.

It is our hope that this collection of plausible Viking age recipes will serve as an accessible and tasty introduction to the past. Enjoy.

¹ (Grewé and Hieatt, 2001, pg. 1-2,11)

² 2001, ISBN 978-91-981056-0-5. We really can't recommend this book enough. The appendices provide an excellent summary of available foodstuffs.

³ <https://www.cs.vassar.edu/~capriest/vikresource.html> accessed 26 10 2020.

Fläsk- Och Stew⁴

1 pound Pork Shoulder (or other fatty cut of pork)
2 ounces Salted Butter
1½ teaspoon Mustard Seeds (or Mustard Powder)
2 Leeks
1-2 bunches Spinach or Kale (perhaps mixed with some Mustard Greens)
2 ounces Salt Pork
10 ounces Pearl Barley
3 ounces Thyme (fresh or dried)
4 cups water

Preparation time: 10 minutes the night before & 30-40 minutes day of.

Cooking time: 1-1 ½ hours

The night before.

- 1) Pick through the barley for any foreign matter. Then rinse the barley in a sieve.
- 2) In a large bowl, cover the barley with cold water and set it to soak overnight. Be sure to leave plenty of room in the bowl, as the barley will expand.

On the day.

- 1) Drain the barley from the water in a sieve.
- 2) In a medium pot, set 4 cups of water to boil.
- 3) Cut the pork into ½ inch cubes
- 4) Add the pork to the pot and boil it for 20-30 minutes, until cooked through. Save the resulting stock for use later in the recipe.
- 5) Thoroughly wash the leeks. If the outer layer is tough, it may be removed. Make sure you have removed all dirt or sand from the leeks in the washing.
- 6) Cut off the roots and the tough green parts of the leek, leaving only the white and light green parts. Then cut the leeks into ½ inch pieces and reserve for later use.

⁴ This recipe is adapted from Serra and Tunberg's recipe for Boar Stew. (Serra and Tunberg, 2013, pg. 78) The ingredients and some proportions have been modified to make the dish more accessible to the American grocery consumer.

- 7) Finely dice the salt pork and set aside with the leeks.
- 8) Crush the mustard seeds in a mortar.
- 9) In a large pot over medium heat, melt the butter in a pot with the mustard seeds, taking care the seeds do not burn.
- 10) Add the leeks and salt pork to the pot. Allow this to fry for 2-3 minutes, enough for the leeks to soften and pork to get a touch of golden color. Stir constantly to avoid burning.
- 11) Add the pork stock (the water you cooked the pork in) and the barley to the pot. Stir to combine and cook for 30 minutes.
- 12) When the barley is almost done add the meat and let it simmer for an additional 15-30 minutes until ready, stirring to avoid burning. (You may need to add additional water or stock to avoid the stew drying out.) The barley should be soft and thick, and the pork tender.
- 13) Remove any woody stems from the thyme, leaving the tender shoots and leaves. Chop the thyme and sprinkle it over the stew. (If using dried thyme, simply sprinkle it over the stew).

This stew may be prepared a couple of days in advance and kept in the refrigerator. On the day of the feast, it may be reheated by simmering over medium-low heat until boiling hot.

Salmon with Leeks⁵

3/4 pound Salmon
1/2–3/4 pound White of Leeks (1–3
Leeks depending on size)
1 tablespoon Salted Butter
1 small Onion
1 handful Fresh Dill
1/4 teaspoon Mustard Seeds (or
Mustard Powder)
1/4 – 1/2 teaspoon Salt
2 1/2 cups Water(split)



Preparation time: 20–30 minutes

Cooking time: 30–45 minutes

- 1) In a medium pot, set 2 cups of water to boil.
- 2) Thoroughly wash the leeks. If the outer layer is tough, that may be removed.
- 3) Cut off the roots and the thick green parts of the leek, leaving only the white (or light green) part.
- 4) Slice the white of the leek into thin medallions.
- 5) Blanch the sliced leek in boiling water for five minutes. Remove, strain and reserve for later.
- 6) Wash and chop the dill. Reserve for later.
- 7) If using mustard seeds, roughly grind the mustard seeds in a mortar and reserve.
- 8) Peel and chop the onion.
- 9) Skin and, if necessary, debone the salmon. Cut the salmon into 2 inch cubes.
- 10) In a pot or saute pan over medium heat, melt the butter.
- 11) Add the onion and cook until translucent.

⁵ This recipe is extrapolated from a 15th century recipe from the Netherlands. The techniques of the recipe lent themselves to methods available to Viking age cook (Serra and Tunberg, 2013, pg. 22-25), but there have been significant modification to the ingredients, and thus taste, to make the recipe more appropriate to ingredients available in Viking age Scandinavia (Serra and Tunberg, 2013, pg. 159-166, and Priest-Dorman, 1999)

- 12) Carefully add the leeks, salmon, salt, ground mustard seeds and $\frac{1}{2}$ cup of water to the onions. Bring to a simmer and allow the salmon to poach until it is cooked through. Turn the salmon to make sure it cooks through.
- 13) Once the salmon is cooked through, and the water has reduced a bit, add the chopped dill and allow to cook a minute or two more.
- 14) Remove to a bowl and serve warm.

Barley Flatbread⁶

1 cup Barley Flour
1/4 cup Rye Flour
1/4 cup Whole Wheat Flour
1 teaspoon Salt
1/2 – 2/3 cup Water
(Optional: 2–3 teaspoons whole or ground Caraway Seeds)
Butter or Fresh Cheese (for service)



Preparation time: 20–30 minutes

Cooking time: 10–15 minutes

1. Mix the flours, salt and (and caraway seeds) in a large mixing bowl. Mound the mixture in the bottom of the bowl and make a whole in the center of a mound.
2. Carefully pour half the water in the flour mixture. Combine the water with the barley flour mixture by hand to form a rough dough. Slowly add water as needed until the dough becomes a smooth, pliable mixture you can work by hand.
3. Work or knead the dough for 10–15 minutes by hand.
4. Place a cloth over the bowl and let the dough rest for at least 30 minutes.
5. Uncover the dough and transfer it to a floured work surface. Work the dough a little bit. Then roll it into a large ball.
6. Cut the ball into 4–6 pieces. By hand roll each piece into a smaller ball.
7. By hand or with a rolling pin, roll each dough ball into a flat, thin disk.
8. In a dry frying pan over the medium heat, cook each disk for 5–7 minutes, until one side begins to brown. Flip the disk and cook the other side for another 5–7 minutes. Check the bread often as they burn easily.
9. Serve warm with butter or fresh cheese.

⁶ Barley based flatbreads appear to have been common in Viking age Scandinavia (Serra and Tunberg, 2013, pg. 24-25, 156-157, and Hanson 2002). Numerous cooks have offered recipes for flatbreads or other unleavened Barley breads, including Serra and Tunberg (2013 pg. 156-157), Rive VikingCentre (unknown) and Priest-Dorman (1993). Our recipe's mixture of barley, rye and wheat (as well as the option to add caraway seeds) is plausible based on available ingredients rather than on any specific archeological find.

Lamb, Encased and Roasted⁷

2-2½ pound Lamb Roast

2 teaspoons Kosher Salt

⅔ cup Dried Cranberries⁸

(you can try fresh cranberries though they are very tart)

2-3 sprigs Fresh Thyme or 1 tablespoon dried thyme

1½ cups Barley or Spelt Flour

1½ cups Whole Wheat Flour

1½ cups Water

Preparation time: 20 minutes

Cooking Time: 45 minute - 2 hours



- 1) Combine the flours and half the water by hand to make a firm dough. Slowly add additional water, working it in by hand until the dough is smooth and pliable but not sticky.
- 2) Mix the cranberries and thyme together.
- 3) Roll out dough on floured surface to double the size of roast, cover with half the berry mixture
- 4) Place lamb on the dough and cover with the rest of the berry mixture.
- 5) Encase the lamb with the dough and seal the ends together.
- 6) Place the roast on a foil lined high-lipped roasting pan.
- 7) Bake the roast in a 300 degree oven for between 45 minutes (rare) and 2 hours (well done).



⁷ This recipe is adapted from Serra and Tunberg's recipe for Cooking Pit Goat. (Serra and Tunberg, 2013, pg. 52) The ingredients and some proportions have been modified to make the dish more accessible to the American grocery consumer, with the biggest change being the change of goat to lamb.

⁸ While cranberries are New World, they act approximate substitute for the lingonberry, which is generally not available in the groceries of the United States outside of the jam aisle. For those with a sweet tooth, one might use fresh blackberries or raspberries.

- 8) After removing the roast from the oven, let it rest for 10-20 minutes.
With a sturdy knife crack the crust (which may well be as hard as armor).
- 9) Have a high sided serving dish ready as the crust will hold in the juices.
These must be saved and used as a simple gravy (au jus) for the lamb.
Also, scrape the inside of the crust to remove any herbs and berries which have adhered to it.
- 10) Carve the roast and place it on a serving dish. Pour the saved roasting juices and berries over the top. (The dough should be discarded or fed to the livestock.)

Rotmos⁹

1 pound Turnips

1/4 - 1/2 pound of heirloom carrots and/or parsnips

2-4 Tablespoons salted butter. (to taste)

3-4 cups water (enough to cover the vegetables)

Preparation Time: 10-15 minutes

Cooking Time: 45 - 60 minutes

1. In a medium or large covered pot, set the water to boil.
2. Wash and peel the turnips and other root vegetables.
3. Cut the turnips and other root vegetables into roughly 1" chunks.
4. Add the turnips and other root vegetables to the boiling water. Boil them until they are soft (approximately 30-45 minutes. A table fork should pass easily into them).
5. With a slotted spoon or spider, remove the vegetables from the water, allowing the water to drain. Place the drained vegetables into a sturdy bowl large enough for mashing.
6. Add the butter to the vegetables.
7. Thoroughly mash the vegetables and butter together. The consistency, chunky or smooth, is up to your taste. Check the taste and add more butter if so desired. (Alternately, you may use a food processor to puree the vegetables and butter together.
8. Serve warm.

This dish may be prepared the night before and kept in the refrigerator. Reheat in a pot over low heat, stirring to avoid burning.

⁹ Rotmos is a traditional Swedish dish which comes down to us in the modern age. (Duxbury, 2020) Literally translating to 'root mash' a quick web search will find numerous variations on the recipe. Our version avoids new world ingredients, instead using root vegetables which would be available in Viking age Scandinavia (Serra and Tunberg, 2013, pg.59, 160-165. Priest-Dorman, 1999. Nationalmuseet i København (accessed 24 10 2020).

Simple Boiled Greens

1 bunch Kale

(optional: 1 handful of mustard greens and/or water cress)

2-3 cups water or stock (meat or fish, as you choose)

(optional: Butter)

Preparation time: 5 minutes

Cooking time: 10-20 minutes

- 1) In a large pot, set the water or stock to boil.
- 2) Wash and roughly chop the vegetables.
- 3) Add the vegetables to the water/stock and boil until tender. If you are using multiple types of greens, add the kale first, as it tends to take a bit longer to cook.
- 4) Drain and serve (with butter on top).

Nut Patties¹⁰

3 ounces shelled Hazelnuts
1 ounce shelled Walnuts
2-3 tablespoons Barley Flour
1-2 tablespoons lukewarm Water
1 tablespoon Honey, plus more to drizzle

Preparation time: 20 minutes

Cooking Time: 12-16 minutes



1. Finely grind the hazelnuts and walnuts in a mortar or a food processor.
2. By hand, combine the ground nuts, barley flour and honey into a stiff, crumbly dough or paste. Then slowly add the water and work it in by hand until the paste/dough comes together into a malleable form. The amount of water needed may vary quite a bit. It is better to start with a little water and then slowly add a little more, working the paste/dough between additions of water.
3. Form the dough into golf ball sized balls. Then use a spatula or large spoon to flatten the balls into thick patties.
4. In a dry frying pan over the lowest possible heat, toast the patties for 7-10 minutes, until one side is golden brown. Flip the patties and toast the other side for another 7-10 minutes. Check the patties often as they burn easily.
5. Serve warm, drizzled with honey.

¹⁰ This recipe is adapted from Serra and Tunberg's recipe for Hazelnut Treats. (Serra and Tunberg, 2013, pg. 102), though the changes to ingredients creates a different flavor, and our choice of drizzling honey makes this more recognizable as a sweet by the modern diner.

Shopping List

Following is a consolidated list of the ingredients for all of the dishes included in this booklet. Most of the ingredients in these recipes are readily available in most large American grocery stores. If you can get fresh, seasonal produce from a farmers market, your meal will be all the better for it. Barley flour and Rye flour are commonly found in the specialty grains section of your grocery (often called the Bob's Red Mill section, due to the prominence of that brand). Many dry goods can also be ordered quickly from large online sellers (Amazon.com, Walmart.com, etc.).

Vegetables

Dill (fresh, 1 bunch), Kale (or spinach, 1-2 bunches), Leeks (3-5 depending on size), Onion (1 small), Turnips (1 pound), Parsnips and/or Heirloom Carrots (1/2 pound), Optional: Mustard Greens and/or Water Cress (1 bunch)

Meat & Fish

Lamb Roast (2-2 1/2 pounds), Pork Shoulder (or other fatty cut of pork, 1+ pounds for cubing), Salt Pork (1 package), Salmon (fresh or frozen, 3/4+ pounds),

Dairy

Salted Butter (1 pound), Optional: Farmer's Cheese or other soft cheese

Spices

Mustard Seeds or Ground Mustard, Thyme (fresh or dried), Optional: Caraway Seeds,

Dry Goods

Barley Flour (1¹/₂+ pounds, Spelt Flour may be substituted), Pearl Barley (3/4+ pounds), Rye Flour (1/4 pound), Whole Wheat Flour (1 pound), Dried Cranberries (11+ ounces), Salt (Kosher or Sea salt is best), Shelled Hazelnuts (3 ounces), Shelled Walnuts (1 ounce)

Oils & Liquids

Beef, Fish Pork or Vegetable Stock (1-2 quarts, If you can use homemade stock, your recipes will be much better), Honey

Suggestions for Preparation

It is believed Viking age Scandinavians relied on the pot and hearth for much of their cooking, with cooking pits and some ovens being used. You will spend most of your time cooking this meal on your stovetop for this reason.

Pre Preparation: The Fläsk- Och Stew, Rotmos and Nut Patties can be prepared several days in advance and stored in the refrigerator for reheating on the day of the event. Reheating can be done either on the stovetop or in an oven in covered dishes on medium heat. The Salmon with Leeks, Barley Flatbread, Lamb and Simple Boiled Greens should be prepared the day of the Feast.

Slow Cooking: The Fläsk- Och Stew would work well in a slow cooker if you have one available.

Sources

Duxbury, John. "Root mash, Rotmos." *SwedishFood.com*, Swedish Food, 2020, <http://www.swedishfood.com/swedish-food-recipes-side-dishes/192-root-mash>. Accessed 24 10 2020.

"Flatbread in Three Ways." *Ribe VikingeCentre*, Ribe VikingeCentre, <https://www.ribevikingecenter.dk/en/learn-more/viking-slow-food/recipes/flatbread-in-three-ways.aspx>. Accessed 26 10 2020.

Grewe, Rudolf, and Constance B. Hieatt, editors. *Libellus de Arte Coquinaria: An Early Northern Cookery Book*. Tempe, Arizona, Arizona Center for Medieval and Renaissance Studies, 2001.

Hansson, Ann-Marie. "Pre - and protohistoric bread in Sweden : a definition and a review." *Civilizations*, no. 49, 2002, pp. 183-190. *Open Edition Journals*, <http://journals.openedition.org/civilisations/1432>. Accessed 26 10 2020.

"Herbs, spices and vegetables in the Viking period." *National Museum of Denmark*, Nationalmuseet i København, <https://en.natmus.dk/historical-knowledge/denmark/prehistoric-period-until-1050-ad/the-viking-age/food/herbs-spices-and-vegetables/>. Accessed 24 10 2020.

Muusers, Christienne, Editor and Translator. "Wel ende edelike spijse (Good and Noble Food) - Manuscript UB Gent 1035." *Coquinaria*, CHRISTIANNE

MUUSERS, 1 10 2019,

<https://coquinaria.nl/kooktekst/Edelikespijseo.htm>. Accessed 9 10 2020.

Priest-Dorman, Carolyn. "Archaeological Finds of Ninth- and Tenth-Century Viking Foodstuffs." *Viking Resources for the Re-enactor*, Carolyn

Priest-Dorman, 19 5 1999,

<https://www.cs.vassar.edu/~capriest/vikfood.html>. Accessed 26 10 2020.

Priest-Dorman, Carolyn. "Viking Barley Bagels: Unleavened Barley Buns."

Viking Resources for the Re-enactor, 1993,

<https://www.cs.vassar.edu/~capriest/vikbagels.html>. Accessed 26 10

2020.

Serra, Daniel, and Hanna Tunberg. *An Early Meal: A Viking Age Cookbook &*

Culinary Odyssey. Furuland, Sweden, ChronoCopia Publishing AB, 2013.