

Cooking: Multiple Dish – Preserved Foods

Category Rules

Food Preservation refers to any of the methods used to prevent food from spoiling while maintaining food safety: curing, drying, smoking, cooling, fermenting, salting, pickling, and potting in ceramic or glass containers or in wooden barrels, created in a domestic setting to prolong shelf life rather than eaten fresh at harvest or slaughter. An entry consists of **one course with four or more dishes**. Each dish must be labeled with original recipes and working version of the recipe. Other requirements:

- Demonstrate knowledge of modern safe food-handling practices as well as the historical origins and development of pre-1600 foods, cooking methods, philosophies, etc. as they apply to preservation and their place in a menu, and that safely preserving food represents a separate skill set beyond cooking.
- Demonstrate an understanding of how the specific foods would have been used in a meal or diet of the relevant time period.
- You may combine two recipes to create one preserved dish, such as a decorated cheese that is further decorated with homemade sausages or butters, or count that as two out of four dishes. The combination and choice of all four dishes will be considered. The authenticity of a multi-dish entry considers each dish and its individual documentation. Also, show that all four dishes would have been served or are appropriate to the same area, time, season, region, and social status. Discuss the occasion for the dishes (royal feast, manor house, holiday feast), as well as appropriate presentation and serving method. This is especially important for preserved foods.
- Each dish must be labeled in the documentation with four original recipes and translations (if not in English) and four working versions created. Indicate if they are your redactions or someone else's. Write a modern recipe that can be duplicated for each item with clear instructions. Discuss choices made as well as any variations or experimental data.
- Any herbs and spices used must be listed in the documentation with their Latin botanical names and must be in compliance with the Prohibited and Restricted Herbs list. Ingredients lists must be provided with the documentation and any substitutions explained. Common allergens should be clearly labeled.
- All bacteria, molds, and starters must be labeled and stated in the documentation and recipes. Commercial starters, or combinations of commercial starters, must be clearly labeled. 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. The entrant may develop their own molds.
- 100% food-grade materials must be used. Strictly follow sanitary methods of preparation and preservation even if not authentic. Do not use non-food grade materials or ingredients in the edible portions just because they are "period."

Judges should allow for acquisition and preparation of materials. 16th-century London cooks would not have been expected to raise their own cattle or maintain an orchard, but one creating cheeses would have known the differences between milk from cows, sheep, or goats.

Research and Documentation (Score: 0-4 points)

- 0 No documentation provided with entry. Face-to-face judging adds very little information.
- 1 Minimal information is provided for time, place style. Face-to-face judging adds some background.
- 2 As in #1, generalized sources are given with no emphasis on primary and/or scholarly resources. In face-to-face judging, no further understanding of the resources is evident. Materials and methods of construction of the entry are described.
- 3 As in #2, there is a good balance of resources: primary and/or scholarly sources well supported by other resources. Documentation and/or face-to-face judging provides well developed discussion of research. Materials and methods of construction are described and the reasons for the choices made are discussed.
- 4 As in #3, in-depth and extensive documentation provides a good balance of resources, emphasizing primary (if available) and/or scholarly resources backed up with a significant selection of other resources. Documentation and/or face-to-face judging provide a good explanation of original research and experimentation related to the research. Face-to-face judging indicates a keen grasp of the

research and the entrant can discuss it easily with active engagement. Appendices included in documentation (if any) help provide further pertinent information to subject and time period.

Materials and Methods (Score: 0-4 points)

- 0 Entry is completely modern with no relationship to period elements or practices.
- 1 Use of modern materials and methods to produce an item that would not be accepted in period but either bears some relationship to an authentic work or might be useful within SCA culture (ex: wines made with non-period ingredients).
- 2 Use of **both** modern materials and methods to produce a work that looks, feels, or tastes authentic to the intended time period or culture.
- 3 Use of **either** modern materials **or** methods to produce a work that looks, feels or tastes authentic to the intended time period or culture without explanation of any substituted materials.
- 4 Use of totally authentic materials and methods (hand-prepared materials, etc.) to produce a work that looks, feels, or tastes authentic to the intended time period or culture. Any substitutions and the period materials/methods are thoroughly explained. Substitutions of modern components and embellishment 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 combine elements from several original contemporary recipes to create a new dish, provided that the documentation and research supports the final product.

Scope (Score: 0-6 points for each bullet item)

Rank the **ambition**, not the success, of the entry for each of the following elements. An entry might have few ingredients but a months-long or very involved process. Achievement in every single category doesn't make an entry highly ambitious; high-scoring entries demonstrate careful thought and planning of each detail.

- Ingredients: lists are clear, choices explained, logical substitutions made where appropriate, attempt to recreate historical characteristics of ingredients.
- Preparation: clarity of steps, explained choices, safe and logical adaptations where appropriate, number of techniques needed to accomplish the end result.
- Presentation: complexity of visual effect, number of elements, etc. Preserved items often appear simple while they may require long periods of intense work and rest.
- Extent gone to ensure authenticity of techniques used.

Skill (Score: 0-6 points for each bullet item)

How well is the entry made? Rank the **success** of the entry for each of the following elements:

- Sensory characteristics: aroma and flavor and texture are appropriate to the products.
- Preparation: is the preserved item appropriately prepared and preserved?
- Ingredients: handling, choice of seasonings; initial preparation (grinding, dicing, crushing, whipping, shredding, etc.); temperature regulation (hot stays hot, cold stays cold).
- Historic context: combination of preserved dishes, period menu planning/styles (note combinations of flavors, looks; food types according to the cultural context, proportions, serving vessels/utensils, etc.).
- Experimental Data: is evidence and data (if trials were completed only) interpreted accurately?

Ingenuity (Score: 0-4 points)

Judge the ingenuity of the entry. Was the entrant resourceful and inventive in the approach to creating their entry? Does the entry reflect the entrant's vision of period context? Is original thought, contemplation, interpretation, and vision evident according to the entrant's period?

Judge's Observation (Score: 0-6 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 judges may allow their personality, private opinions, and personal preferences to influence scoring.