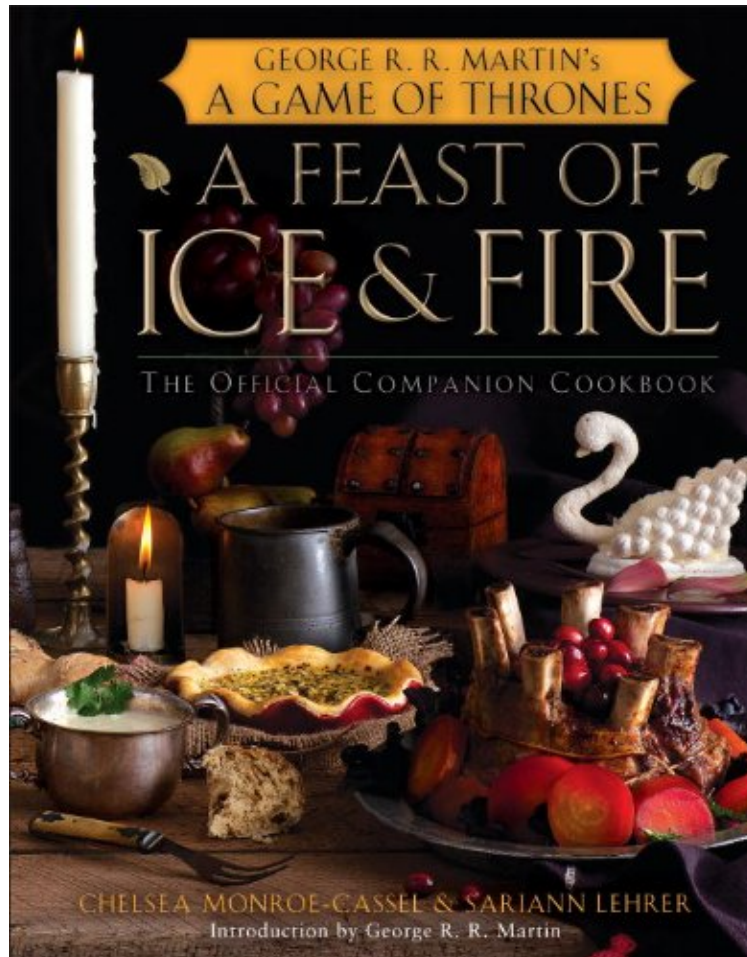


(Get free) A Feast of Ice and Fire: The Official Game of Thrones Companion Cookbook

## A Feast of Ice and Fire: The Official Game of Thrones Companion Cookbook

*Chelsea Monroe-Cassel, Sariann Lehrer*  
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#6396 in Books Penguin Random House 2012-05-29 2012-05-29 Original language: English PDF # 1 9.41 x .75 x 7.66l, 1.90 #File Name: 0345534492240 pages Ever wonder what it's like to attend a feast at Winterfell? Wish you could split a lemon cake with Sansa Stark, scarf down a pork pie with the Night's Watch, or indulge in honey fingers with Daenerys Targaryen? George R. R. Martin's bestselling saga A Song of Ice and Fire and the runaway hit HBO series Game of Thrones are renowned for bringing Westeros's sights and sounds to vivid life. But one important ingredient has always been missing: the mouthwatering dishes that form the backdrop of this extraordinary world. The Game of Thrones A Feast of Ice and Fire Companion Cookbook Hardcover Book will redefine dinner . . . and lunch, and breakfast! Measures about 9 2/5-inches tall x 7 7/10-inches wide. 240 pages. Ages 17 and up. | File size: 29.Mb

**Chelsea Monroe-Cassel, Sariann Lehrer : A Feast of Ice and Fire: The Official Game of Thrones Companion Cookbook** before purchasing it in order to gauge whether or not it would be worth my time, and all praised A Feast of Ice and Fire: The Official Game of Thrones Companion Cookbook:

441 of 448 people found the following review helpful. The real deal ASOIAF cookbook! By D. C. Obratsov I unfortunately ordered *The Unofficial Game of Thrones Cookbook: From Direwolf Ale to Auroch Stew - More Than 150 Recipes from Westeros and Beyond* before this one (my incessant need to buy anything asoiaf-related), and it was a disappointment. Recipes that weren't related to the book, no pictures, no glossy pages....pretty much BORING. This, on the other hand, the "official cookbook." It was made by diehard blog fans and GRRM even gives you an introduction. I'm going to break the book down so that you can decide whether or not this book is for you.

**INTRODUCTION** - you get a short and sweet introduction from GRRM **LOOK/STYLE** - this book is gorgeous, with glossy pages and tons of pictures. Looks beautiful!

**STOCKING YOUR MEDIEVAL KITCHEN** - this will tell you how to properly prepare your kitchen for these recipes (it's not too difficult or expensive) and common substitutes for medieval ingredients. For example, they tell you that aurochs should be replaced with beef or bison (aurochs are extinct). They also tell you how to make sauces that may be required for recipes (examples - roux, medieval pastry dough, medieval fish sauce).

**RECIPES BY REGION** - the book breaks down recipes for you by region. Pretty cool, huh? There's the Wall, the north, the south, King's Landing, Dorne, and across the Narrow Sea.

**BOOK RELEVANCE** - recipes are taken from meals straight from the book, and the book is even quoted.

**DIFFICULTY** - since a lot of these recipes are obviously medieval-esque, it's not always easy. There are lots of pies, soups, and wine, and not always the most common ingredients. However, some of the recipes have two versions: a "medieval" and "modern." For example, there is Medieval Leek Soup and Modern Leek Soup. They have different tastes, and the medieval one calls for Poudre Forte (which they tell you how to make in the "stocking your medieval kitchen.") They do this for a LOT of recipes and I think it's a really neat idea, since medieval dishes can be too unusual for some people's palates or too complex to make. Basically, this book is just all-around amazing. With its beautiful, glossy pictures and pages, varieties of recipes, and best of all - GRRM's stamp of approval, you can't go wrong with this.

0 of 0 people found the following review helpful. Beautiful pictures, delicious recipes

By Miranda Becica Beautiful pictures, delicious recipes, fantastic tidbits of information, and this cookbook is easy to read - what's not to love? I found the recipes very faithful to the meals written within GRRM's universe, and the skill level of the recipes range from beginner to advanced, making it perfect for any ASoIaF fan that wants a more immersive experience. Some of these recipes have even become staples within my household - the honeyed chicken is just to die for!

1 of 1 people found the following review helpful. Interesting and useful

By PPK Whether you enjoy George R.R. Martin's epic Ice and Fire saga or are just a fan of historic cooking, this book is for you. All the recipes are fairly easy to make and quite tasty (if you don't like a particular flavor, they also lend themselves to improvisation and modification). Each recipe is presented in a "modern" version as close to the book description as they could get and a historic, "base" version from which to build. And the historic recipes are presented on their original form, so some are in Latin, some in French and so on. Luckily for all those who don't happen to read 17th century French so well, they also include an easy-to-read English version. The recipes also include a snippet from the Martin novels that describes the food, so it really puts you into it. By the way, I strongly recommend the Sister's Stew. It is very easy to modify to suit your taste and is amazing. The flavor is quite unique, but I found the more I ate, the more I wanted.

Ever wonder what its like to attend a feast at Winterfell? Wish you could split a lemon cake with Sansa Stark, scarf down a pork pie with the Nights Watch, or indulge in honeyfingers with Daenerys Targaryen? George R. R. Martins bestselling saga *A Song of Ice and Fire* and the runaway hit HBO series *Game of Thrones* are renowned for bringing Westeros sights and sounds to vivid life. But one important ingredient has always been missing: the mouthwatering dishes that form the backdrop of this extraordinary world. Now, fresh out of the series that redefined fantasy, comes the cookbook that may just redefine dinner . . . and lunch, and breakfast. A passion project from superfans and amateur chefs Chelsea Monroe-Cassel and Sariann Lehrer and endorsed by George R. R. Martin himself *A Feast of Ice and Fire* lovingly replicates a stunning range of cuisines from across the Seven Kingdoms and beyond. From the sumptuous delicacies enjoyed in the halls of power at Kings Landing, to the warm and smoky comfort foods of the frozen North, to the rich, exotic fare of the mysterious lands east of Westeros, theres a flavor for every palate, and a treat for every chef. These easy-to-follow recipes have been refined for modern cooking techniques, but adventurous eaters can also attempt the authentic medieval meals that inspired them. The authors have also suggested substitutions for some of the more fantastical ingredients, so you wont have to stock your kitchen with camel, live doves, or dragon eggs to create meals fit for a king (or a khaleesi). In all, *A Feast of Ice and Fire* contains more than 100 recipes, divided by region:

The Wall: Rack of Lamb and Herbs; Pork Pie; Mutton in Onion-Ale Broth; Mulled Wine; Pease Porridge

The North: Beef and Bacon Pie; Honeyed Chicken; Aurochs with Roasted Leeks; Baked Apples

The South: Cream Swans; Trout Wrapped in Bacon; Stewed Rabbit; Sisters Stew; Blueberry Tarts

Kings Landing: Lemon Cakes; Quails Drowned in Butter; Almond Crusted Trout; Bowls of Brown; Iced Milk with Honey

Dorne: Stuffed Grape Leaves; Duck with Lemons; Chickpea Paste

Across the Narrow Sea: Biscuits and Bacon; Tyroshi Honeyfingers; Wintercakes; Honey-Spiced Locusts

Theres even a guide to dining and entertaining in the style of the Seven Kingdoms. Exhaustively researched and reverently detailed, accompanied by passages from all five books in the series and full-color photographs guaranteed to whet your appetite, this is the companion to the blockbuster phenomenon that millions of

stomachs have been growling for. And remember, winter is coming so don't be afraid to put on a few pounds. Includes a Foreword by George R. R. Martin

"The combination of headnotes and recipes [in *A Feast of Ice and Fire*] almost reaches the Elizabeth David level of 'put down this book, get out of bed and start cooking.' ...And with their adherence to the imagined geography of Westeros, the authors also might actually outdo Alice Waters in local and seasonal cooking." -Newsweek

About the Author: Chelsea Monroe-Cassel and Sariann Lehrer co-run *Inn at the Crossroads*, a popular food blog based on *A Song of Ice and Fire*. Both avid fans of the fantasy genre, they bring to the table a unique combination of artistry, historical knowledge, and love of food.

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### Breakfast on the Wall

When day broke, Jon walked to the kitchens as he did every dawn. Three-Finger Hobb said nothing as he gave him the Old Bear's breakfast. Today it was three brown eggs, boiled hard, with fried bread and ham steak and a bowl of wrinkled plums.

**Serves 1**  
**Cooking:** 15 minutes  
**Pairs well with** Black Bread (page 83), Iced Blueberries in Sweet Cream (page 44), dark ale

This is a simple, hearty breakfast sure to give a good start to any day. The ham steak is more of a commitment than the other parts of the dish, but each element of the meal works well with the others. The eggs can be either fully hard-boiled, or left slightly soft so as to better pair with the fried bread, while the prunes add an appealing touch of sweetness that counters the salt of the ham.

**1 breakfast ham steak**  
**1 tablespoon oil**  
**3 eggs**  
**2 slices rustic bread**  
**2 tablespoons unsalted butter**  
**A handful of prunes**

Sear the ham steak in a skillet with the oil until it starts browning, then set it aside on the serving plate and keep it warm. To cook the eggs, place them in a small saucepan and cover with a finger's breadth of water. Bring the water to a simmer (not a boil), and simmer for 6 minutes. Cool the eggs rapidly by running them under cold water for 1 minute, and set them on the serving plate. For slightly softer eggs, cook for an initial 4 minutes. Melt the butter in the skillet you used for the ham and fry the slices of bread. Transfer the bread to the plate, add the prunes, and you're ready to break your fast!

### Applecakes

Jon was breaking his fast on applecakes and blood sausage when Samwell Tarly plopped himself down on the bench. "I've been summoned to the sept, Sam," said an excited whisper. "They're passing me out of training. I'm to be made a brother with the rest of you. Can you believe it?"

**Medieval Applecakes**  
**Makes about 24**  
**Prep:** 20 minutes  
**Dough rising:** 1 hour  
**Frying:** 30 minutes  
**Pairs well with** Breakfast on the Wall (page 15), black pudding, cold milk

The clear predecessors of the modern doughnut, these medieval applecakes are soft, chewy, and bursting with warm, nutty apple filling. Called *krapfen* in Germany, the fluffy fried morsels are filled with nutty apple goodness.

**Einen krapfen. So du wilt einen vasten krapfen machen von nzen mit ganzem kern. und nim als vil epfele dor under und snide sie wrfeleht als der kern ist und roest sie mit ein wenig honiges und mengez mit wrtzen und tu ez uf die bleter die do gemaht sin zu krapfen und loz ez backen und versaltz niht.**

**ein buch von guter spise, 1350**  
**1 cups milk**  
**2 teaspoons dry yeast (1 packet)**  
**2 egg yolks, beaten**  
**3 to 4 cups unsifted flour**  
**Pinch of salt**  
**4 tablespoons (stick) unsalted butter, softened**  
**4 medium apples, peeled, cored, and diced**  
**4 tablespoons honey**  
**1 tablespoon Poudre Forte (see page 6)**  
**1 tablespoon ground cinnamon**  
**cup chopped nutswalnuts, pecans, pine nuts, and chestnuts are all lovely**  
**Oil for frying**  
**Confectioners sugar, for sprinkling (optional)**

Warm the milk just slightly to the touch and then add the yeast to it. Let the mixture sit for 5 minutes until the yeast has foamed up. Add in the egg yolks, 3 cups of flour, the salt, and the butter. Mix thoroughly by hand until you have a soft dough that pulls away from the sides of the bowl, adding extra flour if needed. Turn the dough out onto a floured countertop or board, and knead for several minutes, pushing with the heel of your hand, then gathering the dough back into a lump, adding more flour if necessary. Allow the dough to rise under a clean dishcloth for around an hour.

Meanwhile, in a medium saucepan, combine the apples, honey, spices, and nuts. Cook together over medium-low heat until the honey has been absorbed. Set aside and allow to cool slightly.

On the floured countertop, roll out the dough to  $\frac{1}{8}$ -inch thickness, dividing the dough in half if space is limited. Using a 2-inch round cutter, stamp out disks of dough, reserving the scraps to roll out again. When you have made as many disks as possible, use a pastry brush or your fingers to wet each of them with water. On half of the dough disks, place about 1 teaspoon of the filling, then place another round on top. Press the edges together firmly to seal, and allow them to rise for around 20 minutes.

Heat 1 inch of oil in a pan over medium-high heat. Gently lower each cake into the hot oil with a slotted spoon. Fry until the dough is golden on both sides, about 4 minutes. Drain on paper towels, and sprinkle with a little confectioners sugar, if you like.