



## Alresford Historical and Literary Society

www.alresfordhistandlit.co.uk



Dear Chamber of Trade members,

May we encourage everybody to take part in 'Winchester Heritage Open Days' (<https://www.winchesterheritageopendays.org/>), a free ten-day festival from Friday 10<sup>th</sup> – Sunday 19<sup>th</sup> September with a theme this year of 'Edible England'?

Below is a draught of what will be an invitation to our contribution:

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### Bishop de Lucy Commemoration Mediaeval Dinner 7.30p.m. Wednesday 15<sup>th</sup> September 2021



New Alresford was founded in 1199 by Godfrey de Lucy, Bishop of Winchester. As our contribution to the Winchester "Heritage Open Days Festival", with its theme of "Edible England", we will celebrate his memory with a mediaeval feast. With current restrictions this will need to be a Zoomed event – please get together for dinner with your choice of period food and drink; many recipes are available online, and King John's territories at the time included many fine wine areas of France, so there is plenty of choice. While dining there will be a brief address about the fascinating bishop and we hope that it will be an

enjoyable evening discussing our various menus, be they potage with small ale, pies, stews or creatively aristocratic.

Perhaps this will become an annual event – as Burns Night is to Dumfries then de Lucy Night can become to Alresford!

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We hope that this will generate ideas for an enjoyable week that will also encourage trade. For our dinner, it may be that some people would be interested in a pre-prepared ingredients or meal pack to take home. Please contact me if you will have any scheme that we can publicise to our members.

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Some sources for inspiration:

<https://anglo-norman.net/eating-your-anglo-norman-words/>  
<http://blog.english-heritage.org.uk/dine-like-a-norman/>  
<https://blog.britishmuseum.org/how-to-cook-a-medieval-feast/>  
<https://medievalbritain.com/category/type/medieval-life/medieval-recipes/>  
<http://www.medievalcuisine.com/Euriol/my-recipes/recipes-by-region/english-recipes>  
<https://listverse.com/2019/04/08/10-medieval-recipes-eaten-by-kings-that-you-can-try-at-home/>

For more detail:

<http://www.medievalcookery.com/etexts.html?England>

If you fancy brewing your own:

<https://brewminate.com/medieval-english-brews-recipes-for-13th-and-14th-century-unhopped-english-ales/>