



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

By Chelsea Monroe-Cassel, Sariann Lehrer

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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 honeyfingers 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. 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 King's Landing, to the warm and smoky comfort foods of the frozen North, to the rich, exotic fare of the mysterious lands east of Westeros, there's 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 won't 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; Sister's Stew; Blueberry Tarts
- **King's 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

There's 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

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Editorial Review

Review

"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. —a game of thrones

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 4½ 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 in 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?"

—a game of thrones

Medieval Applecakes

Makes about 24

Prep: 20 minutes Dough rising: 1½ hours 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 nützen mit ganzem kern. und nim als vil epfele dor under und snide sie würfeleht als der kern ist und roest sie mit ein wenig honiges und mengez mit würtzen 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

1¼ cups milk

2¼ teaspoons dry yeast (1 packet)

2 egg yolks, beaten

3 to 4 cups unsifted flour

Pinch of salt

4 tablespoons (½ 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

½ cup chopped nuts—walnuts, 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 ¼-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.

Users Review

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Nicol Thomas:

The book *A Feast of Ice and Fire: The Official Game of Thrones Companion Cookbook* can give more knowledge and also the precise product information about everything you want. Why then must we leave a very important thing like a book *A Feast of Ice and Fire: The Official Game of Thrones Companion Cookbook*? Some of you have a different opinion about book. But one aim that book can give many facts for us. It is absolutely appropriate. Right now, try to closer together with your book. Knowledge or facts that you take for that, you could give for each other; you may share all of these. Book *A Feast of Ice and Fire: The Official Game of Thrones Companion Cookbook* has simple shape but the truth is know: it has great and massive function for you. You can look the enormous world by open and read a book. So it is very wonderful.

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Haley Thacker:

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William McCoy:

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