

The design of a gastronomy
book, called

How the Future King of England Ate Peacock in Vilnius



The book

Idea of this publication is to connect Lithuania and England via food and dishes, which have migrated from one country to the other and back. The book contains 26 different stories and recipes. Every story begins with a different letter of English alphabet.



Alexander Roslin, Portrait
of Izabela Czartoryska née
Fleming, 1774.

The idea for design

We have focused on 26 letters, designing and handcrafting each letter so it visually represents the essence of a story.





The recipes

Each recipe is printed on a separate card. This stresses the variety and uniqueness of the stories.



Rimvydas Laužikas
Antanas Astrauskas

How the Future King of England Ate Peacock in Vilnius: the Shared Cultural, Political and Culinary History of Britain and Lithuania

the Shared Cultural, Political and Culinary
History of Britain and Lithuania

Rimvydas Laužikas
Antanas Astrauskas

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Storming Gibraltar in
Nesvizh (Nesvyžius)

Horsey in Lithuania p. 1



D. 58

regulation



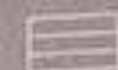
Wulfstan of Hedeby

Mead is a classic Lithuanian and Baltic fermented honey beverage, introduced to every Lithuanian in stories, myths and legends from early childhood. It is believed that mead was first made as far back as the Mesolithic Period, or Middle Stone Age, once the glaciers had receded and climactic conditions were favourable for the



1066

The Battle of Stamford Bridge and the Battle of Hastings



1009

First recorded mention of the name Lithuania

proliferation of wild bees. Mead making has thrived in Lithuania ever since. On medieval maps, Lithuania was one of those forested and little known Eastern European lands known to be full of "honey-flowing woods" (*silva melliflua* in Latin). The wild bees in these lands produced enormous quantities of honey, cultivated by keepers versed in the trapping of hives and their relocation to specially carved tree hollows, from which honey would be collected and exported to Western Europe.

The first to bring news of this "land of honey" to England was the ninth-century merchant Wulfstan, who sailed from Hedeby, then the capital of the Danish Vikings, to Truso, an Old Prussian town on the Baltic Sea. Wulfstan left behind a brief account of the Balts, whom he called "Esti" or Aistians, which was later included in a translation into Anglo-Saxon by Alfred the Great of *Historiae Adversus Paganos*, an early treatise on Christianity by Paulus Orosius. According to Wulfstan:

"Eastland is very large, and there are many towns, and in every town there is a king. There is also very much honey and fishing. The king and the richest men drink mare's milk, but the poor and the slaves drink mead. There is very much war among them; and there is no ale brewed by the Estum, but there is mead enough".

Lithuanian mead was first mentioned in 1377 by the Wigand von Marburg, chronicler of the German Teutonic Order, in his account of a siege of Vilnius. At the time, the Lithuanian ruler, Algirdas (1296-1377), had opened talks with the enemy surrounding his capital and offered his mead reserves to the 12,000 crusaders besieging the city. The drunken crusaders, having failed to take Vilnius Castle, burned the surrounding city and retreated to the lands of the Teutonic Order.

From later sources, we know that two types of mead were made in Lithuania: one using fermented domestic yeast and another with freshly squeezed berry juice. Mead making also included traditional systems using mixtures of honey and water to dilute the mead



Zrazy à la Lithuanienne

If one were to investigate which historical Lithuanian dishes have been the most popular among foreign chefs, recipe books and restaurant menus abroad, we would undoubtedly find the frequent appearance of two "brand names": "à la Lithuanienne" and "à la Radziwill". The two terms are often used synonymously, as the Radziwill family was one of the most famous Lithuanian

aristocratic dynasties, which left behind a legacy of contributions to culture, science, politics and, of course, local cuisine. Legend has it that, at one particular banquet, the Radziwills' chef served a beef dish of unparalleled flavour. The delighted guests rose to their feet, lifting their glasses and exclaimed: "Za Radziwillow!" "To the Radziwills!" It is said that this toast gave the dish its new name: *zrazy*. The real story is somewhat less inspired. Linguists link the name of this dish to a Polish word for a small slice or piece, since *zrazy* were originally more similar to stew. Regardless, the dish was and continues to be a popular in both Lithuania and Poland. We can find recipes for *zrazy* in almost every recipe book published from the seventeenth to the nineteenth centuries. One anonymous nineteenth-century author identified a multitude variations on the original recipe: simple *zrazy* (resembling baroque meat stew), pounded *zrazy* (a layered, lasagne-like stew where pasta is replaced by slices of meat), chopped *zrazy* (made from croquette-like pieces of meat), *zrazy en croute* (reminiscent of French pâtés) and *zrazy* rolled in cabbage leaves, like dolmades.

Lithuanian *zrazy* originated with the spread of French cuisine in the latter half of the eighteenth century, when the fashion of serving enormous stewed or roasted cuts of meat (sometimes consisting of an entire lamb or deer), from which each guest would cut his own serving, began to subside, giving way to the serving of individual portions. *Zrazy à la Radziwill* (in the Lithuanian style) were unique in that the meat was served rolled and stuffed. In the Lithuanian manor houses of the nineteenth century, *zrazy* were considered a light snack and an essential component at any breakfast or lunch table. According to the renowned Polish and Lithuanian poet Adam Mickiewicz (Adomas Mickevičius):

*"Elder ladies, up earlier, had coffee before;
For themselves they've prepared now a tasty encore,
A concoction from heated, with cream thickened, beer,
In which curds, densely floating, of cream cheese appear.
For men there's a choice of smoked meats on a platter:*



B

Bolingbroke's Flag in Lithuania

By the thirteenth and fourteenth centuries, Lithuania remained the only non-Christian state in Europe. It should come as no surprise, then, that such a medieval country like Lithuania played a role in the Crusades against Lithuania, whose people were not Christians.



1918-28
Women's suffrage
movement

Islands at the Edge

of the World

Theatrum Orbis Terrarum was a collection of medieval maps documenting all the lands known to Europeans at the time, marking the world's known boundaries before the great Age of Discovery. At one edge of this world, often called the "Occident", there were the lands called Anglia and Scotia, and at the other, in the "Orient", there was "Littaw" or "Lithvania". The first were true islands, separated from the European continent by Oceanus Germanicus. The second was its own kind of island, cut off from the Continent not by water, but by forests and hills, as Lithuania brushed up against the Hercynian Forest and the Rifs Mountains.

Life on an island shaped a particular temperament — a slower, more guarded way of life than elsewhere on the Continent. At the same time, an island's limitations nurtured a desire to venture beyond them, to see what lay over the horizon, on the other side of the waters or massive forests. For this, the inhabitants of the British Isles needed ships, and Lithuanians — trusty steeds. The former were stronger at sea, the latter — on land. And indeed, such was the nature of the only formal armed clash between these two

countries, occurring in the 17th century, when the Duchy of Courland, a vassal of the Lithuanian Grand Duchy, established its colonies in Gambia, in Western Africa. It is one thing to found a colony, however, and another thing entirely to sustain one. In the 17th century, the interests of Russia, Sweden, Lithuania and Poland collided in North-eastern Europe. For all four, the burdens of never-ending war meant that any interests in colonization became secondary. In the spring of 1661, British warships appeared off the coast of Gambia. The commander of the Courland fort guarding the colony had but seven soldiers at his disposal. Defence was impossible, but surrendering without a fight was dishonourable. So, before capitulating, the Courland fort fired a single shot at the English frigates in a show of courage and resolve.

Life on these "islands" in Europe's moderate climate zone, in relative isolation from the Continent, shaped the foundations of both the English and Lithuanian culinary traditions. Both favoured food that was simple, filling, somewhat ridiculed by neighbouring countries with more refined palates, and, most interestingly, came to be mutually appreciated.

Albert bisquits



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Albert Bisquits



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Bolingbroke's Flag
in Lithuania



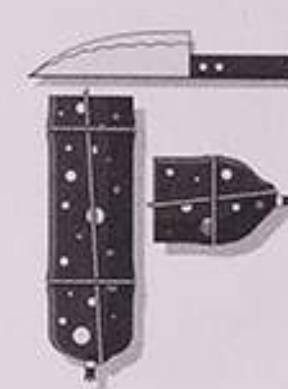
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Custard
(Crème Anglaise)



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English Dough



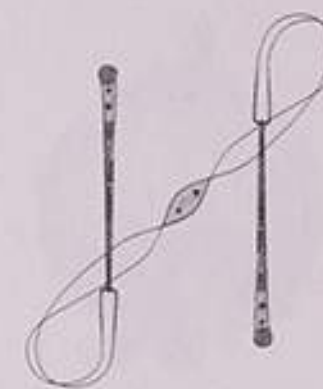
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Eel



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Food Export



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Storming Gibraltar in
Niasvizh (Nesvyžius)



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Horsey in Lithuania



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Immigrants from
Lithuania



p. 54
John Lettou
(John of Lithuania)



p. 58
The Scots Congregation
in Keydon



p. 62
Little Britain

3 l
water

1 kg
honey

1 kg
rye flour

Spices

ted dried orange rind, ginger,
namon, a pinch of cloves and
other spices to taste)

honey cakes

aving 500 g of the honey in 3 l of water. Add enough rye
ough that will not stick to your hands. Knead well and
e layer into the oven until the dough is completely dry.
umble it up to make the flour for the Jašiūnai Estate
500 g of honey and add the spices. Boil the honey and
ixture is dark and begins to thicken. Take the honey and
pour the mixture into the prepared flour while mixing
ckens, pour it quickly, while still warm, into a shallow
s, cut into slices. Rinse the cutting knife regularly with
king to the dough.

Chlodnik (or Šaltibarščiai) – traditional cold beet soup



1
eel cleaned, sliced
and slightly salted

1 l
strong vegetable broth
(court-bouillon)

1 cup
olive oil

garni
crayfish

Jellied eel

Boil the eel in a saucepan of court-bouillon. Allow the m
and place it in a serving plate. In a separate bowl, whisk
and the olive oil until the mixture becomes white. Immedi
eel, making sure to cover the entire fish. Garnish the eel v
chons, and clarified and solidified beef stock gelatine.
provided in a separate sauce boat.



Meat and noodle soup

Jasūnai Estate honey cakes

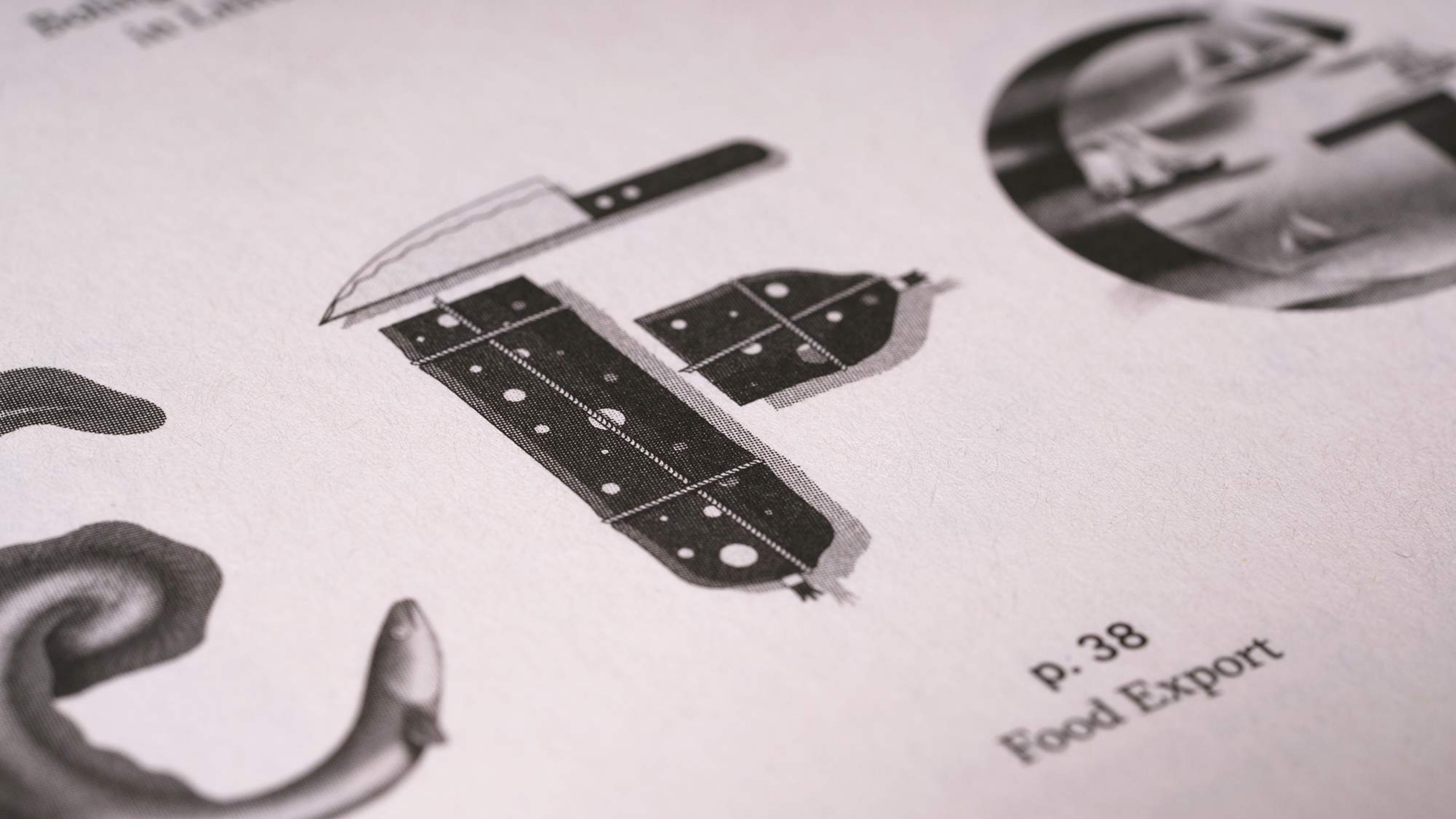
Chicken (or Salmon) - traditional cold beer soup

Swedish crackers

Meat

Jewish bagels

Zugars & la Nelson (fermented beef)



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Food Export