

# A Middle Earth

## Feast

*Inspired by The Lord of the Rings and The Hobbit*

Food is such a fun part of life, and J.R.R. Tolkien captured this with beauty and humor. From the dwarves raiding Bilbo's pantry to Pippin missing his second breakfast, food in Middle Earth represented comfort, friendship, and, in a way, hope. Feasting meant joy.

To create an immersive movie or book experience, I've put together a meal fit for the Shire and Gondor alike. Some recipes are my own, and some are adapted from others, but all are easy, hearty, and entirely husband and kid approved. I hope you enjoy this Middle Earth feast!

### Menu:

Buttery Boiled Taters

*Po-Ta-Toes. Boil 'em, mash 'em, stick 'em in a stew!*

Stuffed Mushrooms

*They will break you...*

Pan-Seared Salted Pork, Sausages, Onions, and Tomatoes

*The salted pork is particularly good.*

Lembas Bread

*One bite can fill the stomach of a grown man.*

Strawberries and Cream

*I remember the taste of strawberries.*



## Buttery Boiled Taters

Ingredients:

- 1 1.5 lb. bag baby yellow or red potatoes
- 1 stick butter
- Salt to taste
- 1 tsp black pepper
- 1 sprig fresh rosemary (1 tsp dried works, too)

Recipe:

- Make sure the potatoes are scrubbed and washed.
- Boil for 20-30 minutes, or until they're easily pierced with a knife.
- Drain water, and add butter, salt, pepper, and fresh rosemary.
- Turn heat to low, cover, and let simmer for 10 minutes, taking care not to let them stick and burn.
- For a Louisiana twist, leave out the rosemary and add a dash or five of Creole seasoning. (Ask me sometime why I believe Hobbits would be Southerners.)

## *Pan-Seared Salted Pork, Sausages, Onion, and Tomatoes*

True salted pork is not a staple in my area of the country, but its cousin is a dear friend. Ladies and gentlemen, may I introduce you to the most Americanized version of salted pork to fit your Middle Earth meal...bacon. Yup. Can't beat it.

### Ingredients:

- 10-14 strips bacon
- 1 package cooked sausage (Can also use ham, sliced ¼ inch thick)
- 1 large yellow or white onion
- 1 package fresh cherry tomatoes

### Recipe:

- Fry bacon in a large skillet until crisp. Chop the onion in thick slices while it fries.
- Then, remove bacon and drain most of the grease, leaving only a light coating.
- Turn heat to medium and sauté the onions.
- While they cook, cut your sausages into 2-3-inch links, then cut in half lengthwise.
- Pan-sear your sausage on both sides to desired stage of blackened.
- Remove links and add whole washed tomatoes, stirring gently until softened but the skin remains intact. Remove promptly and stir together.
- Sprinkle with pepper if desired.

## *Stuffed Mushrooms*

### Ingredients:

- 1 lb. whole mushrooms
- 8 oz. cream cheese
- 2/3 cup shredded parmesan cheese
- 1 tsp sage
- 1 tsp rosemary
- ½ tsp onion powder
- ½ tsp salt
- ½ tsp pepper

### Recipe:

- Preheat oven to 400 degrees.
- Wash mushrooms well. Remove stems.
- Mix all ingredients and stuff into mushroom caps.
- Bake for 15-20 minutes, until golden brown.

\*Adapted from Tasting with Tina - [Cream Cheese Stuffed Mushrooms - Tasting With Tina](#)

## *Strawberries and Cream*

### Ingredients:

- 1 carton strawberries
- ½ cup granulated sugar
- 1 pint heavy whipping cream
- ½ cup powdered sugar
- 1-1 ¼ tsp vanilla

### Recipe:

- Wash the berries and slice.
- Mix with sugar and let sit in the fridge for at least 4 hours.
- In a stand mixer with the whisk attachment, mix heavy cream, powdered sugar, and vanilla on med-high until stiff peaks form.
- Dollop a heaping spoonful on a plate and top with sugared strawberries.

# Lembas Bread

## Ingredients:

- 2 1/2 cups all-purpose flour
- 1 tablespoon baking powder
- 1/8 teaspoon salt
- 1/2 cup butter, softened
- 3/4 cup brown sugar
- 1 1/2 teaspoons cinnamon
- 1 teaspoon honey
- 2/3 cup heavy whipping cream
- 1 teaspoon vanilla extract



Our Middle Earth Feast, minus bacon and strawberries and cream. The scone-like Lembas bread is especially scrumptious with a drizzle of honey butter and a hot cup of coffee or tea.

I sincerely hope you enjoy these literary-themed recipes. If you try one, let me know how it goes!

## Recipe:

- Preheat oven to 425 degrees.
- Line a cookie sheet with parchment paper to prevent sticking.
- Whisk the first three ingredients in a large bowl.
- Add butter and mix at medium speed (a stand mixer works best for this).
- Add sugar and cinnamon and mix well.
- Add honey, cream and vanilla and mix on low until it forms a thick dough.
- Roll dough on floured surface until about 1/2 inch thick. Cut into 3-inch squares and place on cookie sheet.
- Carve an “X” on the surface of each square, careful not to go too deep.
- Bake for twelve minutes.

\*Adapted from Insanely Good Recipes - [Lembas Bread From Lord of the Rings - Insanely Good \(insanelygoodrecipes.com\)](http://insanelygoodrecipes.com).

“If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.” – J.R.R. Tolkien, *The Hobbit*

“Always remember that hope, like light, shines brightest in the dark.” – *Rensong’s Call*