

Recipe Citations

The Crossroads Inn — Sources & Adaptations

Stay at The Crossroads

2026

Recipe Citations

The recipes that appear in **The Ledger** at *stayatthecrossroads.com* are written in the voice of Gorrick — the inn’s baker, a former warlord. The voice is invented. The cooking is not.

Every recipe is adapted from a real, published cookbook or historical cookery text. The ingredient ratios, methods, and timing come from the sources below — tested, edited, and where useful, modernized for a contemporary home kitchen.

This document is the provenance record. If you cook from one of these recipes and want to read the original, the references are listed here.

Pottage

“A pottage is patience.”

Source: *The Forme of Cury* (c. 1390), edited from the original manuscript by Samuel Pegge, published 1791. The earliest substantial English-language cookbook, compiled by the master cooks of Richard II.

What changed: the medieval pottage called for ground almonds and saffron as enrichment. Gorrick’s version omits these and favors barley and root vegetables — a working-house pottage rather than a feast-day dish.

The Bread (Steamed Rye)

“Bread is the test of a cook. Anyone can stew. Bread tells you what kind of hands you have.”

Source: Fannie Farmer, *The Boston Cooking-School Cook Book*, 1896. The American touchstone for measured baking — Farmer pioneered the standardized teaspoon-and-cup system.

What changed: Farmer’s recipe steams a similar batter for the same time. Gorrick uses slightly less molasses and always buttermilk — sweet milk, in his view, “does not have the fight in it.”

Mulled Wine

“The spices forgive the wine. Use the wine you would not drink alone.”

Source: Hannah Glasse, *The Art of Cookery Made Plain and Easy*, 1747. A landmark 18th-century English cookbook, written for “every servant who can but read.”

What changed: Glasse’s original calls for claret warmed with spices and a hot poker. Gorrick prefers slow heat and no theatrics — the cup, not the show.

A note on attribution

If you spot an error in attribution or method, write to the keeper. She passes the message on.

The vignettes in The Ledger that are not recipes — stories, whispers, traveler accounts — are original to *The Crossroads Inn*. They are not based on outside sources and require no citation.

The Crossroads Inn — a Heartland Fantasy series by Jason Krebs. stayatthecrossroads.com