



GEORGE R. R. MARTIN'S
A GAME OF THRONES

A FEAST OF
ICE & FIRE

THE OFFICIAL COMPANION COOKBOOK

Sampler

CHELSEA MONROE-CASSEL & SARIANN LEHRER
Introduction by George R. R. Martin

The Wall



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

Modern Applecakes

Makes 8 jumbo muffins + Prep: 15 minutes + Baking: 30 minutes

Essentially apple coffeecake muffins, these have crumble tops with a crunch that contrasts with the softness of the cake itself. The apples melt as they bake, imbuing the cake with an incredible moistness and apple flavor.

For the Cake:

½ cup (1 stick) unsalted butter	1 teaspoon baking powder
1 cup granulated sugar	1 teaspoon baking soda
2 eggs	½ teaspoon salt
1 teaspoon vanilla extract	1 cup sour cream
2 cups all-purpose flour	2 to 3 tart apples, peeled, cored, and diced

For the Topping:

¾ cup packed brown sugar	2 tablespoons unsalted butter, chilled
1 teaspoon ground cinnamon	½ cup chopped walnuts

Preheat the oven to 350°F. Grease the cups of a jumbo muffin pan.

In a large bowl, cream together the butter and sugar until light and fluffy. Beat in eggs and vanilla. In a separate bowl, combine the flour, baking powder, baking soda, and salt. Gradually add the dry mixture to the creamed mixture, alternating with sour cream and mixing well after each addition. Stir in the apples. Scrape the batter into the prepared muffin pan, filling each cup two-thirds full.

For the topping, combine the brown sugar and cinnamon. Cut in the butter until crumbly, then stir in the nuts. Sprinkle the topping evenly over the batter-filled cups, pressing gently to mix it with the cake. Bake for 30 minutes, or until a toothpick inserted near the center comes out clean. Allow to cool.



The North



Ben Stark laughed. "As I feared. Ah, well. I believe I was younger than you the first time I got truly and sincerely drunk." He snagged a roasted onion, dripping brown with gravy, from a nearby trencher and bit into it. It crunched.

—A GAME OF THRONES

Onions in Gravy

Serves 4 to 6 + Prep: 5 minutes + Cooking: 30 minutes

Gravy, as we think of it today, evolved out of the ancient practice of using the drippings left from roasted meats to flavor other dishes; over time, it became a sauce in its own right. Here we have added whole onions to the gravy to make it more of a side than a sauce. However, as delicious as this recipe proves to be, it is at its best when paired with something. Bread, sharp cheeses, and roasted meat all suit admirably.

10 ounces boiler or pearl onions	1/3 cup apple cider
1 tablespoon honey	1 tablespoon flour
1 tablespoon unsalted butter	3 cups beef stock
1 sprig (about 1 teaspoon) of a finely chopped fresh savory herb, such as savory, rosemary, or thyme	Splash of brandy (optional)

Clean and peel the onions. Cut seven of the onions into quarters and set the remaining whole onions aside.

Place the honey into a deep frying pan over medium heat, along with the butter, herbs, and quartered onions. Stir to make sure the onions are covered with the butter and honey mixture, and cook for around 8 minutes, or until the onions begin to turn a nice golden brown. Stir all the while to make sure they don't burn.

Add the cider to the pan in three splashes, pausing for the liquid to heat between each splash. This will help deglaze the pan, dissolving all the lovely, sticky, tasty stuff into the gravy.

Sprinkle the flour over the pan and stir to make sure it fully incorporates into the gravy. Then add the stock and the reserved whole onions, and bring the mixture to a simmer. Continue to cook, stirring occasionally, for at least another 5 minutes, then reduce until it has reached the consistency you desire. At this point, check the taste; add the brandy if you're using it, season with salt and pepper according to your preference, and serve.



The South



The wedding feast began with a thin leek soup, followed by a salad of green beans, onions, and beets. . . .

—A STORM OF SWORDS

Modern Leek Soup

Serves 4 + Prep: 5 minutes + Cooking: 45 minutes

The addition of potatoes to this relatively modern recipe results in a creamy, rich texture that shows off the leeks to their best advantage. Thick and hearty, this soup is an ideal cold-weather comfort food.

- | | |
|---|---------------------------------------|
| 4 tablespoons (½ stick) unsalted butter | 2 large potatoes, peeled and chopped |
| 2 leeks (white and light green parts only), well washed and chopped into thin rings | 4 cups chicken broth |
| 1 small onion, peeled and finely chopped | Salt and ground black pepper to taste |
| | Chopped fresh parsley for garnish |

Heat 2 tablespoons of the butter in a large saucepan over medium heat. Add the chopped leeks and onion and cook, stirring, for about 5 minutes, or until the vegetables are soft but not brown.

Add the potatoes and cook for another 2 to 3 minutes, then add the chicken broth. Bring to a boil, then reduce the heat, cover, and allow to simmer for 35 minutes.

Using either a potato masher or an immersion blender, puree the soup until all the chunks of potato break down. Add the remaining butter. Season with salt and pepper, garnish with parsley, and serve.



King's Landing



Later came sweetbreads and pigeon pie and baked apples fragrant with cinnamon and lemon cakes frosted in sugar, but by then Sansa was so stuffed that she could not manage more than two little lemon cakes, as much as she loved them.

—A GAME OF THRONES

Elizabethan Lemon Cakes

Makes 36 small cakes + Prep: 5 minutes + Baking: 15 minutes

Falling somewhere between cakes and cookies, these chewy lemon delights are both addictive and easy to make. They have an elegant simplicity and a delicate sweetness that renders them the ideal companions for afternoon tea, whether in London or King's Landing.

To Make Lemon Cakes. ½ lb flour, ½ lb fine sugar, the peel of two lemons, or one large one; 3 oz. butter; 3 eggs; ½ the whites. Break the butter into the flour and stir them with a knife. Make them the bigness of a gingerbread button. Grate the lemon peel with a piece of the sugar. Butter the tins. Take them of the tins whilst warm. Place them upon the tins about 2 inches distance because they spread in the oven. Two minutes will bake them.

—LUCAYOS COOKBOOK, 1690

2½ cups flour, plus more as needed	1 egg
2 cups granulated sugar	2 egg yolks
6 tablespoons unsalted butter	⅓ cup confectioners' sugar
Grated zest from 2 lemons	1½ teaspoons milk

Preheat the oven to 350°F and grease a large baking sheet.

In a large bowl, combine the flour and granulated sugar. Cut in the butter, then add the zest and the whole egg and yolks. Mix thoroughly, adding more flour as needed, until the dough is no longer sticky and can be easily shaped by hand.*

Roll the dough into balls about 1 inch across and place them on the prepared baking sheet at least 2 inches apart, giving them room to spread as they bake.

Bake for 15 minutes, until the tops are just slightly golden. Allow the cakes to cool for a minute before moving them to a cooling rack.

Mix the confectioners' sugar and milk to a smooth consistency. Once the cakes have cooled, use a spoon to drizzle the icing over the cookies.

*If the mixture seems too dry, add a little water or lemon juice until the dough comes together.



Dorne



A serving man brought [Doran Martell] a bowl of purple olives, with flatbread, cheese, and chickpea paste. He ate a bit of it, and drank a cup of the sweet, heavy strongwine that he loved.

—A FEAST FOR CROWS

Chickpea Paste

Serves 4 to 6 + Prep: 10 minutes total

Commonly known as hummus, this dish is a staple in the Arabic world, and has been since ancient times. Equally good as a side with larger meals, this puree is perfect for a light lunch, scooped up with bits of flatbread. It's so simple to make at home that it could quickly become a favorite snack!

1 or 2 cloves garlic

One 19-ounce can garbanzo beans,
with half the liquid reserved

¼ cup lemon juice

2 tablespoons tahini

1 teaspoon salt

2 tablespoons olive oil

Aleppo pepper, or paprika (optional)

In a food processor, chop the garlic, then add the garbanzo beans, reserving about 1 tablespoon whole beans for garnish. Add the lemon juice, tahini, and salt to the mix. Blend until creamy and well mixed, adding reserved bean liquid as needed.

Transfer the mixture to a medium serving bowl. Make a decorative imprint in the top, drizzle with olive oil, and sprinkle with Aleppo pepper to taste. Garnish with the reserved garbanzo beans.



Across the Narrow Sea



*Dany broke her fast under the persimmon tree that grew in the terrace garden. . . .
Missandei served her duck eggs and dog sausage, and half a cup of sweetened wine mixed
with the juice of a lime. The honey drew flies, but a scented candle drove them off.*

—A STORM OF SWORDS

Honey-Sweetened Wine

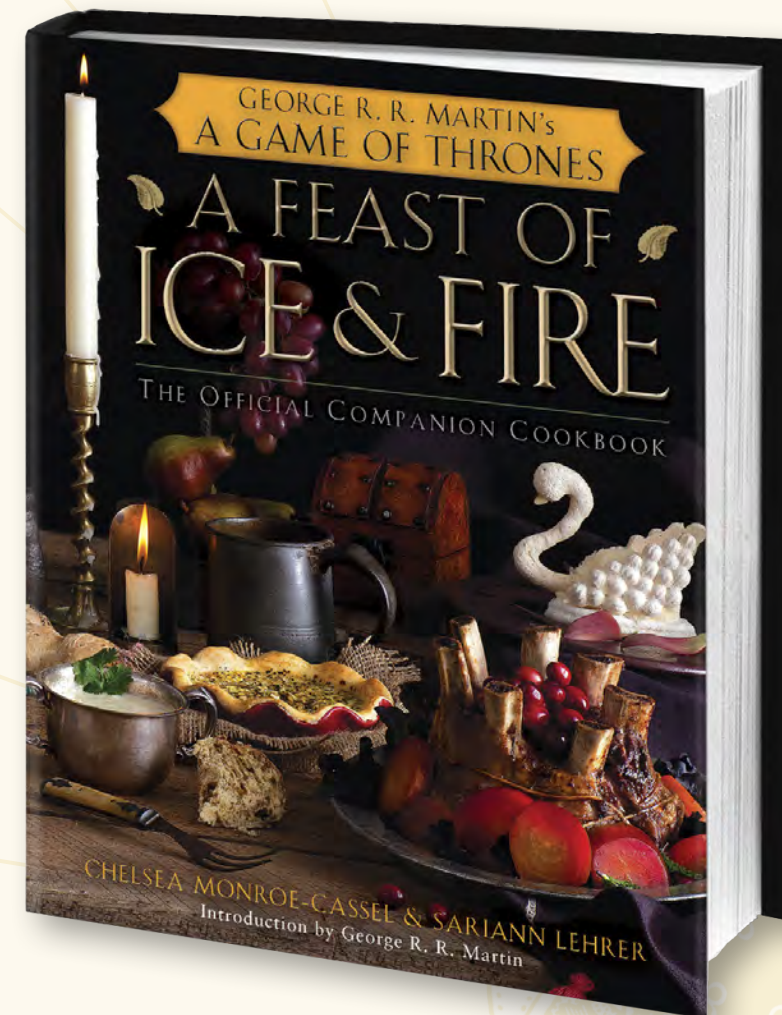
Makes 3 servings + Prep: 5 minutes

Chilling: 2 hours to overnight

This beverage is a variation on ancient Roman mulsum, and is very refreshing and drinkable on a warm summer morning.

In a glass or pitcher, mix the wine and honey. The ratio is roughly 1 tablespoon honey per glass of wine, but add the honey slowly and sweeten to your taste. Squeeze the juice from one or two of the lime wedges into the mixture, and stir until everything has been incorporated. This beverage can be made ahead of time and chilled. To serve, pour it into three decorative glasses and garnish with the lime.

Discover more sumptuous recipes
in the official cookbook companion to
A GAME OF THRONES



Exhaustively researched and reverently detailed,
A Feast of Ice and Fire lovingly replicates a stunning range of
cuisines from across the Seven Kingdoms and beyond.

AVAILABLE FROM BANTAM BOOKS WHEREVER BOOKS ARE SOLD.