

Episode



5 CYPRUS



Clothing – Fashion in the Middle Ages

To show clothing and its evolution during the Middle Ages, and to imagine how people of different social classes dressed inside castles, we thought of creating advertisements for clothing stores.

Early Middle Ages

MEDIEVAL FASHION: The store where you will find tunics, cloaks, and ankle-length dresses made of wool and linen. Our fabrics are high-quality, simple, and natural, without elaborate decoration!



We focus on comfort, durability, and practicality! With us, you will find the best prices for clothes you can wear every day. Whether you are farmers or aristocrats, our garments will suit whatever you need to do. In our collection, you will find authentic early medieval clothing.

You can find us in all major cities as well as small villages in Cyprus! We can also show you how to make them yourselves.

High Middle Ages

HIGH MEDIEVAL FASHION STORE: Lords and ladies, don't keep living in the Early Middle Ages—come into the 12th century! In our shop, you will find clothes that will make you stand out from poor farmers and craftsmen.

Here, our garments are unique and multi-layered! We offer embroidery like in Byzantium, patterns, and elaborate decoration. Our collection includes everything from undergarments to tunics. Our fabrics are silk and luxurious. We even have furs made from real animals! Style and beauty in every noble appearance—leave comfort to the poor to do your work! Your job is to look beautiful!

You can find us in the major cities of Cyprus!

Late Middle Ages

EXCLUSIVE BOUTIQUE: Lords and ladies... how will you show your superiority? How will you stand out among all the other aristocrats and wealthy people? We have the solution for those who want to stand out and be the stars of the 13th century—if, of course, you have the money!

In our shop, you will find clothes that will make you unique and incomparable! Garments with exceptional details such as long trains, bat-shaped sleeves, and elaborate headdresses. Fabrics like velvet and silk, brocade, and embroidered textiles imported directly from Constantinople. Gold and silver threads will make you shine and sparkle, just like the noblewomen of the City. You will also find fabrics dyed in vivid colors such as green, red, and blue.

We are not cheap—but we are high quality! The poor can go elsewhere or make their own! We want to dress personalities like you!

You will find us only in the capital, Nicosia! Delivery to your castle is also available with our fastest horse—arriving in just one month!!!

ST CHEF – COOKING TV SHOW

TEAM COMPETITION RICH TABLE vs POOR TABLE

Presenter 1: Welcome to another episode of our spectacular show ST Chef! Today we have an amazing challenge for you! Our two teams will travel back in time—to the Middle Ages! Ready?

TEAMS: YES!!!!!! LET’S GO CHEF!

Presenter 2: You have two hours to prepare a three-course meal—starter, main course, and dessert—for a medieval feast!

TEAMS: Great!

Presenter 2: But... here’s the difficulty: one team will prepare food for the rich, and the other for the poor!

TEAMS: Ohhhh... what do you mean?

Presenter 3: You must study the diet of the rich and the poor during the Middle Ages and use only the appropriate ingredients for your dishes. Let’s see who does what. The brown team will prepare the poor’s meal, and the gold team will prepare the rich’s meal!

Brown Team (Poor Table)

Brown Team: So chef, we must not use meat, spices, or any imported foods.

Presenter: Exactly!

Menu:

Starter: Lentils with spinach, carrot, and rice

Main Course: “Departure-style” fish with cream

Ingredients:

- 600 g cod fillet (skinless)
- A pinch of sea salt
- 125 g ground almonds



- 2 tsp rice flour or cornflour
- 3 tbsp water with dark yellow saffron or food coloring
- 1/2 tsp ground ginger
- 3/4 tsp white sugar

Drink: Beer

Dessert: Semolina halva with nuts

Gold Team (Rich Table)

Gold Team: Oooh... so we can use meat, spices, and ingredients imported from the East!

Menu:

Starter: Smoked ham with cheese and wine

Main Course: Lamb skewers and lamb chops, yogurt, and spiced rice

Ingredients:

- 6 fairly thin beef steaks
- Oil or fat for grilling

For the sauce:

- 2 tsp red wine vinegar
- 1–2 tbsp Seville orange juice
- 4 tbsp red wine
- A pinch of black pepper and ginger
- Ground cinnamon

Drink: Wine – Commandaria

Dessert: Rose pudding, biscuits, cheeses, nuts

For the pudding:

- Petals of one white rose
- 4 level tbsp rice flour or cornflour
- 275 ml milk



- 50 g powdered sugar
- 3/4 tsp cinnamon
- 3/4 tsp ginger
- 575 ml cream
- A pinch of salt
- 10 dates (pitted, finely chopped)
- 1 tbsp chopped pine nuts

For the biscuits:

- 20 g cinnamon
- 20 g nutmeg
- 5 g cloves
- 400 g flour
- 250 g butter
- 150 g brown sugar
- 200 g chopped sweet almonds
- 2 whole eggs
- A pinch of salt
- Water as needed

Presenter: Well done, teams!! Your menus are amazing. Let's begin! The winning team will win a trip to Rome! Good luck!