Meats

Simply Roasted Chicken with a savory bread pudding (Czech, late medieval) – This recipe was developed from descriptions in period manuscripts morphed through my grandmother’s (Czech) method for cooking fowl. It works as well for goose, duck, game bird, turkey, as it does for chicken. Amounts and cooking times will need to be adjusted for birds other than chicken. (This method is written for someone who has never roasted a whole bird!)

- 1 whole chicken (plucked, not singed) neck, heart, liver and gizzard included. Weigh the bird if there’s no “poundage” label.
- 1 whole medium to large onion, plus two slices from another.
- ¼ pound butter
- Salt
- Pepper, powdered dried horseradish or other “hot” spice. (original was probably horseradish)
- Caraway seed
- Powdered, dried mushroom (optional)
- Good, clear water
- Cook pot and covered roaster

Method

1. Figure cooking time as 20 minutes per pound of bird.
2. Wash the fowl, including the body cavity with clean, warm water
3. Cut off the tail stub, the last joint of the wings and any extra fat around the body cavity opening.
4. Wash the “extra bits” (neck, tail stub, etc.) and put in a crock or pot.
5. Cover with water, add about ¼ cup of water and 1 tsp “hot” spice.
6. Add any liquid that drains from the carcass.
7. Set over a low fire and simmer until done, stirring occasionally to make sure it doesn’t stick. This becomes and addition to gravy, savory bread pudding (think stuffing) Set in the fridge to cool. When the bird is at any point past step 20, “pick” any meat from bones. Discard bones.
8. Take a roasting pan large enough to hold the bird and set the carcass in it.
9. Turn it cavity up and salt the inside well, and add about 1 tsp “hot” spice.
10. Add about 1/8 cup caraway and 1/8 cup mushroom powder (if).
11. Flip the bird over several times to distribute flavorings, then set it open end up.
12. Stuff the butter all the way down into the body cavity.
13. Jam the onion in after it. Depending on the size of bird/onion, you may need to cut it into quarters, but get the whole thing in there.
14. Lay the bird, breast down, in the roasting pan. If the onion tries to migrate, tie the ends of the legs together with cotton string. (Be sure it’s cotton, linen, hemp or other natural fiber!)
15. Lift one end of the bird and slide an onion slice under it, then do the same at the other end. This keeps the skin from burning to the roaster.
16. Sprinkle with salt, pepper, plenty of caraway and mushroom powder.
17. Add 1 cup of water to the roasting pan and put in a 350 degree oven.
18. Bake at 350 until done.
19. At the ½-way point of the cooking time, flip the bird to breast up. If the onion slice comes with it, no problem. Baste the bird with pan juices and sprinkle with salt, pepper, plenty of caraway and mushroom powder.
20. From that point on baste every ½ hour with the pan juices. If those start to dry up, add more water.
21. Breast skin should brown and begin to crisp, juices should run clear when you poke a breast or inner thigh, and a thermometer poked in solid meat and avoiding bone should read at least 165F.
22. Breast skin can be crisped more by removing the lid after the bird is up to temperature and setting under the broiler for a few minutes. This can dry the meat, so be careful.
23. Cut string on legs, if needed and remove onion.
24. Place on a serving plate, cover and keep warm. (I have a ceramic plate and table roaster that can be set to 120F for this) Messe him forth and smite into gobbets as needed, once the pudding is ready. If you have a second set of hands, let those do this part while you’re getting the bread pudding ready.

Note 1 – Prepared horseradish may be used as double the amount of powdered.

Note 2- In the late middle ages this method would have been used except that the “bits” would be in small metal pot over the fire and the bird in a covered crock in the fireplace/firepit. To recreate the latter in modern terms this can be done in a crockpot, with the bird standing on its neck (body cavity up!). No cooking time is given here because crockpots and birds vary so greatly. Try it first when you have plenty of time! Use the doneness test above. You probably will not have to add water after the first bit, but it can help to dribble some of the juices into the body cavity at about the ½-way point of cooking.

**Savoury Bread Pudding** (stuffing that’s not cooked in the bird)

- Extra bits, picked and bones discarded
- Liquid from “bits” and roaster.
- The cooked onion.
- Minute Rice (see how to figure amount below)
- Bread crumbs
- Optional - Any savory things you might want to add. Good ones are chopped parsley or other green herbs, more onion, spring onion, crunched up hazelnuts, frozen carrots, frozen peas, canned mushrooms, chopped celery up to 1/3 of the total.

**Method**

1. Butter a baking dish.
2. Measure the liquids and put into a microwave-safe large cup, reserving 1 cup of liquid.
3. Figure breads crumbs/rice amount by taking the liquid amount and dividing in ½. Then divide that number by 3. Measure that amount of minute rice, and twice that of bread crumbs and add to the liquids.
4. Put into the microwave for 1 minute and stir. Repeat. If parts are still dry, repeat, otherwise put into a large mixing bowl. The mixture should be slightly sloppy.

5. Chop the extra bits, meat and organ meat and add.

6. Then add the optional ingredients and stir well. Put into your buttered baking dish and press down. If there’s still some left over, refrigerate and bake later.

7. Place the pudding in the oven (which should still be hot!) and bake at 350 until the bits at the top begin to brown and crisp and the center reaches 165F. If the pudding looks to be drying out (this can happen!) add some of the reserved liquid. (You can stir if it puddles, but then it’s going to stick to your baking dish….)

8. Usually this takes about 15-20 minutes, but amounts vary so much by this point that it’s hard to guess… Scoop into a serving dish and serve with the bird.

Note 3 – The savory pudding amounts are so variable that I usually set up one for the *next* bird and keep it in the freezer until I’m roasting again, then have it ready to pop into the oven for the last 30 minutes of the bird’s cooking time. I’ve been doing this for 50 years so I can get it into the oven in about 5 minutes, if I have to, but if you’re following a recipe it’s going to take you longer. It’s ok to cheat the first time and use Stovetop. 😊
Chicken with Lemons

Ingredients

- Whole chicken (this can be done in the oven as chicken parts)
- Salt
- Mace
- Cinnamon
- Lemon or lemon zest.
- Sprinkle of beef bouillon

Method

1. Take a whole chicken and wash it.
2. Salt the inside and sprinkle in and out with mace and cinnamon.
3. Put it into a crockpot that barely fits it, so it’s standing on end with 1/2 cup of water and let cook on high, basting regularly inside and out to get the mace, cinnamon and salt all over it. Move the bird occasionally so that it doesn’t stick to the pot.
4. When it is up to 155°F, baste one more time and sprinkle it with lemon zest.
5. When it reaches 165, turn off the pot, take off the lid and let it stand for 10 minutes before you lift it out, then serve.

201 How to prepare a capon with lemons - From Das Kuchbuch de Sabina Welserin

First take a capon, which should have been stabbed two days before, in this way it becomes tender. When it is cold, let it freeze and pluck it beforehand. When it is not cold, it should not be plucked before it is needed. Afterwards wash it clean and put it in a thoroughly clean ox bladder and tie it up well with raffia, so that no water can get inside. And salt the capon inside and put some mace and cinnamon thereon, after that put it into a pot and fill it with water and let it cook until it is done. Afterwards take the capon of the bladder along with the broth. And remove the wings, thighs and heart and lay it in a dish and cut two lemons into very thin slices and put them all over the capon and pour over it the capon broth which was in the bladder. If there is not enough, one can also pour a good meat broth over it. And set it over the heat and cover it with a bowl and let it cook, not too long, or else the broth will become bitter from the lemons. When it is ready, one should serve it. It is a good dish.
Pork Roast with onion sauce – Recipes Czech, from descriptions from the 1500’s descriptions and French, Le Viandier

- 2 ½ lb Pork roast (tenderloin)
- 3 large onion, chopped
- 1/4 cup caraway seed
- 1/2 cup of sauerkraut juice
- ½ cup white wine vinegar
- Garlic powder
- Salt
- 1 stick butter
- ½ cup white wine
- 2 Tbsp prepared horseradish
- Salt to taste

Method

1. Put the roast into a crockpot on high.
2. Pour 1 cup of the onion and the sauerkraut juice and vinegar over the roast. Salt lightly and sprinkle with garlic powder and caraway seed. (Can sub juice and/or vinegar with white wine.)
3. After 2 hours turn the roast other side up and spoon juices over.
4. After another 2-3 hours check the temperature of the roast. If it is at least 150F, turn to “keep warm” and do the rest of the steps as soon as possible.
5. Melt butter in a large frying pan.
6. Add the rest of the onions, white wine.
7. Simmer until onions are transparent.
8. Add the drippings and pan scrapings and onions from the crockpot and bring up to temp.
9. ½ hour before serving, pull the roast, platter and slice.
10. Serve the sauce on the side.

Sauce from Le Viandier - 31. Roast pork. - Eaten with verjuice. Some make a sauce (to wit, add garlic, onions, wine and verjuice to the roast drippings in the pan). In a pie; eaten with verjuice.
Pasteis de Galinha, Anja’s version (makes 8)

- 1 pound ground pork
- Bacon (didn’t have)
- scant sprinkle cloves
- 1 unit saffron
- sprinkle pepper (horseradish)
- sprinkle ginger
- sprinkle dried coriander
- ¼ cup broth
- ¼ cup Butter/bacon fat (use bacon fat since I had no bacon)
- 1 egg yolk (see optional for egg white)
- Two commercial roll-out pie dough

Method

1. Chop or grind the bacon.
2. Sauté the pork in butter with the bacon until it’s not clumping.
3. Optional – to not waste the egg white, whip it into the broth before adding to the meat.
4. Turn head down. Add spices and broth and let simmer until the meat is cooked through and then turn off and let stand 15 minutes.
5. Drain and let stand until cool enough to handle.
7. Take 1 pie crust and cut it into ¼’s.
8. Add meat to each section and fold dough over.
10. Mess up the egg yolk and brush the pastries with it. Any left over can be added to the drained juices.
11. Bake at 350 for 12-15 minutes until crust is browned well, but not burning.
12. Serve hot or cold. If serving cold, refrigerate immediately.
13.

Tomem carneiro, alcatra, ou lombo de porco fresco, e uma fatia de toucinho de fumeiro, para dar gosto. Piquem tudo muito bem. Com cravo, açafrão, pimenta, gengibre, coentro seco, caldo de limão ou de agraço, e uma colher de manteiga faz-se o refogado, ao qual se deitam a carne e o toucinho picados. Cozinha-se em fogo brando. Depois de pronto deixa-se esfriar e fazem-se os pastéis, bem recheados; pincele-os com gema de ovo e leve-os a assar em forno quente. Do mesmo modo se fazem os pastéis de galinha. Os pastéis ficarão mais gostosos, se recheados com carne crua. - Um Tratado da Cozinha Portuguesa do Século XV in http://objdigital.bn.br/Acervo_Digital/livros_eletronicos/cozinhaportuguesa.pdf

Take lamb, rump, or fresh pork loin, and a slice of smoked bacon, for taste. Chop everything very well. With the cloves, saffron, pepper, ginger, dried coriander, lemon or sauce broth, and a spoon of butter, sauté the minced meat and bacon. Cook over low heat. Once ready, let it cool and make the pastries, well filled; brush with egg yolk and bake in a hot oven. In the same way, chicken pasties are made. The pastries will be more delicious, if filled with raw meat.
**Bierok (Runza) (German traditional, known in descriptions pre-1600)** These are a traditional lunch or supper dish, eaten cold or hot, as you please.

**Bierok filling**

- Sauerkraut
- Ground beef/pork/lamb mix
- Onion
- Barley
- Salt
- Spices (pepper, horseradish, mustard, caraway or what suits you)

1. Cook the meat with the onion, drain and cool.
2. Cook the barley until soft and cool.
3. Rinse a double handful of sauerkraut and drain thoroughly, patting dry on paper towels to get the liquid out.
4. Mix the meat, barley, salt and spices in a small bowl.

**Bierok dough**

- 1 tbsp sugar
- 300 ml warm water (1 ¼ cups)
- 1 package of active dry yeast (2 ¼ Tbsp)
- 500 g all-purpose flour, plus extra for dusting (4 cups)
- 1 tsp salt
- 1 tbsp olive oil, plus extra for greasing

1. Make dough in breadmaker.
2. Roll dough to 16 inches
3. Cut in 4x4 squares with a pizza cutter or knife (should have 36 approximately)
4. Put a scoop of sauerkraut in each, then a scoop of the meat mixture.
5. Bring edges together and pinch shut.
6. Grease baking sheet or use parchment.
7. Place each on baking sheet, sealed side down.
8. Let rise until they “puff”.
9. Bake at 350 until they brown, but don’t burn. (To get the time for your oven, do just a couple at first and cut open to check for doneness.)
RECIPE FOR BASIC MEDIEVAL/RENAISSANCE MEAT PIE - from Gode Cookery

- 1 ½ lbs. meat (beef, pork, venison, rabbit, poultry, etc. or any combination), parboiled and in small chunks, ground, or mashed
- 1 9" pie shell (lid optional)
- cooked chicken pieces (wings, thighs, etc.) (optional)
- 4 egg yolks
- ½ to 1 cup meat broth (quantity depends on the dryness of the other ingredients - use your discretion. The final mixture should be on the wet side.)
- splash of red or white wine
- 1 to 2 cups TOTAL of any of the following, separate or in combination: minced dates, currants, raisins, minced figs, ground nuts (almonds, walnuts, etc.), grated cheese, etc. The variety of ingredients & the total amount used depends on personal taste.
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 - 2 Tbs. TOTAL of any of the following spices, separate or in combination: ginger, allspice, cinnamon, cloves, nutmeg, cardamom, cubebs, galingale, etc. The variety of spices & the total amount used depends on personal taste.

Mix well all ingredients except chicken. Place in pie shell and top with either a pastry lid or the cooked chicken pieces. Bake in a 350° F oven for 45 minutes to an hour, or until the pastry is golden brown and the filling set. Serve hot or cold. Serves 6-8.
Mortar Chickens, Meister Hans 1460 cookbook

- Chicken breast, cooked and cooled
- 1 egg
- medium pinch Saffron
- 1 tsp Horseradish or pepper
- 1 tsp Aniseed
- Fat or oil (used bacon fat)

Method

1. Muddle the egg.
2. Sprinkle ground saffron onto egg and let sit for a few (best overnight!) for the saffron to "color".
3. Mix egg and spices.
4. Using a food processor (or a small knife and then a mortar) chop the chicken to mush.
5. Add egg mix and process until well mixed.
6. Chill mix if you're going to try to roll this out.
7. Divide into 6 sections for patties or 12-15 for "nuggets".
8. Roll into balls and smash flat, about 1/2 inch at most.
9. Heat oil/grease. You need at thin layer and will have to add fat between patties.
10. Drop patties/nuggets onto oil. Not at a high temp, or they'll burn to the pan very fast. I used "3" on my dial of 3-8.
11. Loosen from pan within a minute. AT about 3 minutes it will be browning on the bottom and can be carefully flipped to the other side. These are *very* tender and will tend to fall apart if you handle them like a burger!
12. Fry until done (check inside temp with thermometer…. 165F-180)
13. Serve on a bread trencher with a butter pat under the fritter on top of the bread

Recipe #62 Von mörser hüner die mach also - Of mortar chickens, make them thus

Take a roasted chicken, dismember it small and take the sheer meat of it. And take a thin batter of eggs and of pepper, anise, pepper and saffron and pound it all together in a mortar. Fry it in a little fat, those are mortar chickens.
Chicken and Apple Salad – Anja’s version – 17th Century, England –

- 1 ½ cups of chicken bits (picked from carcass)
- 2 TBSP frozen lemon bits
- 1/8 tsp dried lemon peel
- 1 chopped apple
- 1/3 cup chopped onion
- 1/2 tsp fresh parsley
- 1/2 tsp salt
- 1 tsp wine vinegar
- 1 tbs olive oil

Method

Hacky-choppy and toss in a bowl, finally adding salt, vinegar and oil. Toss well.

“Take a hen and roast it, let it be cold, carve up the legs, take the flesh and mince it small, shred a lemon and a little parsley and onions, an apple, a little pepper, and salt, with oyle and vinegar; garnish the dish with the bones and the lemon peel and so serve it”.

Bibliography: The Court and Kitchen of Elizabeth commonly called Joan Cromwell, 1664 in https://archive.org/details/courtkitchinofel00unse/page/n17/mode/2up

Driver, Christopher and Berriedale-Johnson, Michele – Pepys at Table, Seventeenth Century Recipes for the Modern Cook, 1984, Bell & Hyman, London.


Take capons (chicken) and roast him right that he be not half-enough (half-cooked) and hew him to gobbets and cast him in a pot. Do thereto clean broth. (Add strained broth) Seeth him that he be tender. (Simmer) Take bread and the self-broth and draw it up together (drain the chicken and put bread in the broth). Take Powder Forte and Saffron and salt and cast thereto. (add it...) Take eggs and seeth them hard (hardboil some eggs). Take out the yolks and hew the white therein. (Separate whites and yolks and chop the white.) Take the pot from the fire and cast the white therein. Messe the dishes therewith (plate the chicken, pour the sauce over.) Lay the yolks whole and flour it with cloves. (Set the whole yolks around attractively and sprinkle the whole thing with ground clove.)

Use what broth you have, vegetable broth or make a broth from: carrots, turnips, parsnips, rosemary needle, a bay leaf, leeks, leftover salad greens, dandelion, onions, shallots, garlic, sorrel, cress leaves, vegetable thinnings, carrot tops, radish tops, beet leaves, nasturtium leaf, dandelion leaves and any other odd bits you have around …and a little salt. In other words, chop it up, put it in a pot of water, bring to a boil and them simmer until done. Strain, reserving the vegetables and return the broth to the pot.

Add:

- Two frozen chicken breasts
- Water (if they’re not covered by the broth)

When the chicken is thawed and mostly cooked, shred with a fork, simmer until completely done with mustard, caraway, horseradish, garlic and salt.

Put the chicken in a re-heatable serving dish. Put 2 cups of the broth with a big pinch of saffron and a handful of breadcrumbs, into the pot. Stir and let heat for a couple of minutes after stirring.

Put the rest of the broth into a canning jar and fridge. (This made enough broth for two batches)

Meanwhile have 4 hardboiled eggs chopped fine.

Add to the broth and stir well.

Pour the sauce over the chicken and “flour” with the ground clove…

Set the reserved vegetables on the serving dish beside the rest and put several pats of butter on them before heating the whole until hot.
**Spoon dish of chicken** – from Meister Hans 1460 cookbook – 2 servings

- 2 chicken breast
- water
- Salt
- 1 cup Almond milk (make from the boiling broth)
- Sugar (optional)
- ½ tsp Galingale/Ginger

**Method**

1. Boil chicken breast in salted water until cooked through.
2. Grind in a food processor.
3. Spread on a dehydrator tray and run for 8 hours.
4. Grind in the food processor again, so you have “chicken flour”.
5. Put into a microwave safe bowl or cup.
6. Add almond milk and galingale and cook in nuker, one minute at a time until it boils and thickens.
7. Serve hot over bread, cooked barley or rice.

**Recipe #130 Ain gemueß von hünern mach also - A spoon dish of chicken make thus**

Item you shall take a boiled chicken and when it is boiled, take that boiled chicken and take the white (meat) of the breast and tear it apart finely (zer czaiss das). And when you have torn it apart, lay it in a pan and dry it well over a fire. And when it is dry, pass (zertreib) it through a sieve or pound it small in a mortar so that it becomes like a flour. And (take) pure almond milk and (with) the boiled milk (make/use for) sauce (prüie). If you would have it sweet, add sugar to it and let it boil a little.
Blomenschir (blancmange) - Anja’s version

- 1 cup of almond flour
- salt
- 4 cups water
- 4 boneless skinless chicken breast
- 1 cup of rice
- \( \frac{1}{4} \) cup sugar
- Splash rosewater
- Nutmeg
- Put chicken in crockpot.

Method

1. Put chicken pieces in a large crockpot and turn it on high.
2. Pour almond flour over the chicken, then water.
3. Add a sprinkling of salt.
4. Cook until chicken is done, 4-5 hours. You can cut it up at the half-way point to make it cook faster.
5. Pull the chicken out, and fridge, returning liquid to pot.
6. Turn the crockpot to low.
7. Add rice to the liquid in the crockpot.
8. Cook until rice is past the crunchy point, at least 2 hours.
9. Add sugar, rosewater, and a sprinkling of freshly ground nutmeg.
10. Stir well and cook for 20 minutes. If there is too much liquid (this should be the consistency of thick oatmeal,) measure how much extra and then add some minute rice or rice flour. You could even stir in more almond flour.
11. Dice chicken and add back in. Turn back to high.
12. Stir well.
13. The dish should be thoroughly heated in about 20 minutes and then will “hold” for another 2 hours on low.
14. This may be frozen and re-heated in a microwave. To prevent toughness in the re-heating, freeze in smaller (2-cup or less) portions.
Blanc Desire

1 Blanc desire. Milke of aleaundes, flour of rys, braun of chapoun, gynge retried, sucre, hwit wyn; vchen of Hos schulen boillen in a clene possenet, & sophen idon in pe vessel hwaryn hit schal beon imad, in a stude wybouten vulpe; & poume gernet to streyzen abouen.

2 Vert desire. Milke of aleaundes, flour of ris, braun of chapoun, red wyn, sucre, percelie; pe colour schal beo grene.

3 Anesere. Milke of aleauns, flour of rys, braun of chapoun, aleaundes qwYTE ifried & idon þrin, & aleauns ifried & ipiht abouen; pe colour schal beo 30elu wyþ saffron.

4 Viaunde despyne. Milke of aleauns, flour of ris, braun of chapoun, festicade ane pertie istried abouen, poudree of clouwes idon þeryn so þat hit þeue god flaour of þe festicade; þe colour schal beo 30elu.

White Dish from Syria - Almond milk, rice flour, chicken meat, crushed ginger, sugar, white wine. Boil in a clean pot and let stand. Serve in a clean bowl. Strew pomegranate seeds on top.

Green Dish from Syria - Almond milk, rice flour, chicken meat, sugar, red wine, parsley. Boil in a clean pot and let stand. Serve in a clean bowl. The color shall be green.

Yellow Dish from Syria - Almond milk, rice flour, chicken meat, almonds fried with skin on and almonds fried and strewn about. Make it yellow with saffron.

...and no clue on #4, but it looks like it's supposed to be blue....

Green Dish from Syria - Anja's version

1. Make almond milk from 1 cup almond flour, 2 cup of wine, 2 TBSP sugar. Let stand 1 hour to overnight.
2. Make more almond milk from 1 cup almond flour and 1 cup water, 2 TBSP sugar. Set aside to use, if necessary, or to drink, if not.
3. Strain. Cook your chicken in this, then strain (reserve the juices for soup.)
4. Chop the chicken up and refrigerate.
5. Take your parsley and puree it, adding a little of the 2nd almond milk if you need to, to make a fairly thin stuff.
6. Warm gently (I zapped it in the microwave, 1 minute at a time for 4 minutes). Add a little rice flour, 1 tsp at a time, to make a runny sauce. Let stand to thicken.
7. About 15 minutes before serving, put the warmed chicken in a wide, flat bowl (I warmed it for 3 minutes in the nuker) and pour the warm green sauce over it. Garnish with something contrasting. I used nasturtium blossoms.
Eggy Things

Eggs poached in milk from Martino manuscript via Eduardo (and warped, like ya do....)

- 2 inches of milk in a pot on medium heat
- Some dill ('coz I'm Czech and out of saffron)
- 6 eggs
- salt
- 1/2 cup of breadcrumbs

Method

1. Heat milk, slowly, in a small saucepan, covered.
2. Once it is simmering (up into the 160'sF) gently break 3 eggs into the milk, one at a time.
3. Simmer for at least 10 minutes, or 15 for really hard-cooked.
4. Remove eggs to small bowl and cook the others.
5. Remove the 2nd set.
6. Add enough breadcrumbs to thicken the liquid.
7. Salt to taste.
8. Put a slice of bread into the bottom of a bowl.
9. Add some eggs and pour the sauce over.

It's not a particularly flavorful dish, unless you like sops... which is what this turned into. The eggs are tasty and a yummy texture, much more moist than hard-boiled. The sauce would have been pretty good with 1/2 the crumbs.
A Spoon dish of Egg (Meister Hans 1460 cookbook)

- 16 eggs
- 1 tsp Flour + 1 tsp Flour
- 1 tsp Sugar
- 1 tsp Salt
- Pinch saffron

Method

1. Hardboil eggs, let cool, then separate yolks and whites.
2. Use a food processor to chop the whites very small.
3. Add salt, sugar and flour to whites and process until you have a mush. You can add a tiny bit of milk or broth (1/4 tsp at a time) if it doesn’t mush.
4. Load a potato ricer with the mush. Butter a plate (optional) and then use the ricer to make the “worms”, going back and forth across the plate until it’s all used up.
5. Wash your ricer out.
6. Repeat to make the yolk mush, and then reload the ricer and make the worms again going crossways to the whites’ mush.
7. If you find this too bland, this can be served with gravy or mustard on the side.

Recipe #31 - Aber ein gemüß mach also - Another spoon dish make thus

Item (take) 32 eggs, boil them so they become hard. Take the whites of them, chop them small, grind white flour into it and pass it through a cloth. (Add) sugar and a little salt. You shall pound the yolks separately and add a little flour to it, and add a little saffron and sugar and pass it through a cloth.

For each mush you must have a cup-shaped bowl (becher schal) that has several holes. Put the white into one bowl. Put the yolks into another separately. You must have a lid for each bowl with which you can push it through (the holes). And you should push it so that the little worms become as long as the serving bowl. Draw it away from yourself a little, and the other one towards you, and end with (that) pull. And take a bowl and draw it across even more strongly, back and forth lengthwise. But take the white and after the white, the yolk, as long as you have of that.

Making the roast garlic sauce

The garlic was roasted earlier. It was spun in a food processor with 2 TBSP of butter. 1/2 cup of water went into the fry pan and then the butter/garlic mixed was melted into it and cooked. 1 TBSP of flour was added to thicken and stirred until it thickened.
Anja’s version of Papyns – Medieval Eggs Benedict! (adapted from several online sources.

- 1/2 cup flour
- 1/2 stick of butter
- Several pinches of saffron
- 6 eggs
- Box chicken broth
- 3 tbsp sour cream
- Flour
- Small rolls for trenchers (Kaiser, Turk’s head or some raised bread, not hamburger buns or dinner rolls)

Method

1. Pour at least 2 inches of the broth (it was our whole box) and bring to a very soft boil in a saucepan with a cover.
2. Stir in sour cream and bring up to simmer again.
3. One at a time, break each egg carefully into the broth, being sure not to break the yolk.
4. Allow the eggs to poach just until the yolks have cooked; remove from the water with a slotted spoon and put into a heat-proof bowl.
5. In the saucepan, melt the butter and add the saffron. Turn off heat and let stand for about 20 minutes.
6. Add flour, shaking or sifting into hot butter so that it cooks & thickens, but does not brown, stirring constantly (it helps to have an extra hand, Mrs. Weasley’s wand or a prehensile tail for this step!) then begin adding the broth back until you have a smooth, gravy-like sauce.
7. Heat slowly until the color changes as the saffron finishes cooking into the sauce. The color of the sauce needs to be a golden yellow, so adjust the saffron or food coloring as needed. Stir frequently to prevent sticking or scorching.
8. Season with salt and pepper to taste.
9. To serve, place ½ a small roll in the bottom of a bowl, add 1/3 of the poached eggs, and a blob of the sauce. You can also top with crunched bacon or chopped ham.

Papyns.—Take fayre Mylke an Flowre, an drawe it þorw a [leaf 9.] straynoure, an set it ouer þe fyre, an let it boyle a-whyte; þan take it owt an let it kele; þan take ȝolkys of eyroun y-draw þorwe a straynour, an caste þer-to; þan take sugre a gode quantyte, and caste þer-to, an a lytil salt, an sette it on þe fyre tyl it be sum-what þikke, but let it nowt boyle fullyche, an stere it wyl, an putte it on a dysshe alle a-brode, and serue forth rennyng. FIFTEENTH CENTURY COOKERY BOOK. I. HARLEIAN MS. 279, ab. 1420 A.D.
Fried sides

CURD FRITTERS – https://www.plimoth.org/learn/plimoth-online-historyhome-tm/recipes

Curds are a soft cheese like cottage cheese or ricotta. These fritters are a lot like thin pancakes or crepes. This recipe is from the 1594 cookbook The Good Huswifes Handmaide for the Kitchin. pp. 47-48.

To make Curde Frittors

Take the yolks of ten Eggs, and breake them in a pan, and put to them one handful Curdes and one handful of fine flower, and straine them all together, and make a batter, and if it be not thicke ynoough, put more Curdes in it, and salt to it. Then set it on the fyre in a frying pan, with such stuffe as ye will frie them with, and when it is hot, with a ladle take part of your batter, and put of it into the panne, and let it run as smal as you can, and stir then with a sticke, and turne them with a scummer, and when they be fair and yellow fryed, take them out, and cast Sugar upon them, and serve them foorth.

Modern Version

5 eggs
½ cup curds (ricotta, cottage or other soft cheese)
½ cup wheat flour
salt
cooking oil or butter
sugar (optional)

Make a thin batter with the eggs and equal amounts of curds and flour. Season with salt. Heat a small amount of cooking oil in your frying pan. When the oil is hot, pour in the batter and tip the pan to make the batter spread very thin (that’s what “let it run as small as you can” in the recipe means). They should be like crepes. When brown on one side, use your knife to flip them over or slide them onto a plate and flip them over into the pan. Add more oil to the pan when needed. Serve with sugar sprinkled on the top if you wish.
Lanncz – fried lamb mush – (Meister Hans 1460 cookbook, trans Volker Bach)

- ½ cup of minced or ground lamb
- 1 egg
- ½ tsp salt
- Breadcrumbs (if needed) added 2 tsp
- Frying fat (mine is a mix of bacon fat and butter, carefully saved from previous dishes)

Method

1. Muddle egg and add meat
2. Stir well.
3. Add salt and stir well.
4. If too liquid add breadcrumbs. (with this amount of lamb, it was)
5. Stir well and let stand while the oil heats.
6. Pour about ½ onto a cutting board and moosh it around with a knife until you have a 2-4 inch by ½ and inch bit to shove off into the fat.
7. Repeat until you have what you pan will hold (mine was 5)
8. Let fry until one side starts to brown and then flip them. (took 3 minutes on the first side, two on the 2nd).
9. Put onto a trencher or something to catch the hot fat.
10. Eat while still warm.

Recipe #74 Ain essn von hühnern das man nennet lanncz – A dish of chickens that is called lanncz

Item take chicken livers and stomachs and cut them thinly and deep-fry (pachs) them in fat. Add to them fat, pepper, eggs, caraway, and salt. Stir it together as soft as (the filling for) filled eggs (and) push (streich) them into boiling fat in a pot so that they stay whole. That way they are fried until done. Then serve it, this is called lanncz. In the same way, you can prepare young chickens or lamb.

(I read this as meat fritters bound with egg. I am not entirely sure the meat is fried twice or just once, but I would tend towards once. The verb ‘streich’ is particularly interesting, it suggests a consistency similar to spaetzle batter since the action it implies is spreading the mass on a board and slicing off a piece of it that is them deftly pushed into the hot fat without allowing it to fall apart. It suggests a soft but cohesive batter that suggests raw meat cut into very small pieces to me. This might well be worth trying out in a variety of ways.)
Lanncz – fried chicken liver mush – (Meister Hans 1460 cookbook, trans Volker Bach)

I started with chicken livers cooked in broth, when I did the giblets. They were cooled and sitting in jellied broth, which I think is why I needed the bread crumbs.

- 2 chicken livers (cooked)
- 1 egg
- ½ tsp salt
- ½ tsp caraway
- ¼ tsp horseradish
- Breadcrumbs (if needed) added 2 tsp
- Frying fat (mine is a mix of bacon fat and butter, carefully saved from previous dishes)

Method

1. Chop and then mash the livers.
2. Muddle egg and add.
3. Stir well.
4. Add spices and salt and stir well.
5. If too liquid add breadcrumbs.
6. Stir well and let stand while the oil heats.
7. Pour about ½ onto a cutting board and moosh it around with a knife until you have a 2-4 inch by ½ and inc bit to shove off into the fat.
8. Repeat until you have what you pan will hold (mine was 3)
9. Let fry until one side starts to brown and then flip them. (took 3 minutes on the first side, two on the 2\textsuperscript{nd}).
10. Put onto a trencher or something to catch the hot fat.
11. Eat while still warm. (I had this with pickled mushrooms and onions)

Recipe #74 Ain essn von hüern das man nennen lanncz – A dish of chickens that is called lanncz

Item take chicken livers and stomachs and cut them thinly and deep-fry (pachs) them in fat. Add to them fat, pepper, eggs, caraway, and salt. Stir it together as soft as (the filling for) filled eggs (and) push (streich) them into boiling fat in a pot so that they stay whole. That way they are fried until done. Then serve it, this is called lanncz. In the same way, you can prepare young chickens or lamb.

(I read this as meat fritters bound with egg. I am not entirely sure the meat is fried twice or just once, but I would tend towards once. The verb ‘streich’ is particularly interesting, it suggests a consistency similar to spaetzle batter since the action it implies is spreading the mass on a board and slicing off a piece of it that is them deftly pushed into the hot fat without allowing it to fall apart. It suggests a soft but cohesive batter that suggests raw meat cut into very small pieces to me. This might well be worth trying out in a variety of ways.)
BENES YFRYED

Ingredients

- Beans - 1 can of pre-cooked butter beans (to make this quicker, and because those were the closest I have to broadbeans)
- Oil or fat – I used bacon fat about ½ cup (and drained off quite a bit!)
- Onion – One half medium onion
- Garlic – ½ a dozen small cloves
- Powder douce, about a teaspoon
- Salt to taste

Method

1. Drain the can of beans through a colander and rinse well, then let drip mostly dry.
2. Chop your onion fine and mince the garlic.
3. Heat your oil or grease in a medium frying pan.
4. Add the onion and garlic and cook until beginning to get soft.
5. Add beans and heat thoroughly.
6. Taste and add salt, if needed.
7. Sprinkle with powder douce and serve hot.

BENES YFRYED. XX.IX. I. - Take benes and seep hem almost til þey bersten. take and wryng out þer water clene. do þerto Oynouns ysode and ymynced. and garlec þerwith. frye hem in oile. oþer in grece. & do þerto powdour douce. & serue it forth.

Beans, fried – Take beans and boil them almost till they burst. Strain off the water. Add chopped onion and minced garlic and fry in oil or grease. Sprinkle with powder douce.

Inspired by Boiled and Fried Beans Recipe from 1390! - https://www.youtube.com/watch?v=Z4SHSSaCK20&feature=youtu.be&fbclid=IwAR2ezpp2ii_2_umgaTwhoOh5JEog3OEAEwWBHhfxnmu7sySVatc-m98ig - Nick Saint-Erne (recipe from Forme of Cury)
Cheesy things

Tarte de Bry – from *Forme of Curry*

Ingredients

- Purchased pie crust
- 1 serving of saffron (lg pinch) & water (1/4)
- 12 Oz Brie
- 4 egg yolks (too many, going to cut down next time)
- ¼ cup
- Good pinch of ginger
- Good pinch of salt
- Mini piemaker

Method

1. Soak the saffron in water overnight, cover, sitting out.
2. Cut 4 crusts from one purchased pie crust, then repeat with the other.
4. Add sugar, ginger, salt and saffron water and beat until creamy and smooth, which takes 10-15 minutes on low.
5. Turn speed to “beat” for two minutes, then turn off.
6. Spoon batter into a measuring cup.
7. Heat the pie maker and press one round of dough into each “pocket”.
8. Put ⅛ of the mixture into each crust (should be ½ full).
9. Close and cook until internal temp is over 165.
10. Repeat with remaining ingredients.

*Tart de Bry. Take a crust ynche depe in a trap. Take yolkes of ayren rawe & chese ruayn & medle it & þe yolkes togyder. Do þerto powdour gynger, sugur, safroun, and salt. Do it in a trap; bake it & serue it forth.*
Cheese Dumplings from Anna Wecker, (translation Volker Bach)

1. **156 Knoedlein von dem Kaeß - Dumplings of cheese**

Anja’s version

- 1 quart beef broth
- ¼ cup red wine
- 2 cup Bread crumbs
- 1 cup Grated gruyere
- 1 TBSP dried shallots
- 1 tsp Ginger (instead of pepper)
- 1/ tsp Cinnamon (instead of mace)
- Saffron (didn’t have)
- salt
- 4 egg
- ½ cup milk

Method

1. Set broth to boil, gently.
2. Add wine
3. In a small bowl mix bread crumbs and spices.
4. Add milk and then eggs on by one and stir until you have a thick, rather crumbly dough.
5. Let stand for ½ an hour. If it’s not sticky enough, add a little milk, but not much.
6. Take dough by the spoonful, roll into balls and set gently into the middle of the boiling broth.
7. Put the lid on (I did 9-10 in a batch), and let come back to a boil. (Makes 24-30, meatball size.)
8. When all rise to the surface, give them another 3-5 minutes at a boil, then using a straining spoon lift out into a bowl and sprinkle with salt. Put in the next batch.
9. Eat hot, or if you’re not going to eat them right away, store dumplings tossed with a little melted butter, separately from the broth and in the fridge. Reheat in the microwave, or fry on butter.

Grate bread and cheese, two parts bread, but the third cheese, and make it properly with eggs, not too thin so that it does not run. Pepper it well and also add mace and saffron. Put them into boiling meat broth, always into the center of the boil (alle mal fornen in den wall) and let it boil very slowly. Beforehand quickly fry it brown in fat. This gives a very good broth that you may well give to a sick person who eats cheese.

And if you have a very weak soup, grate a little cheese and throw it into the boiling water (in den wall). It boils together. Press it out with a spoon, it immediately produces a good flavour as though it were spiced.
But this should not be a common peasant cheese, but of the good Swiss or Italian cheeses, also Dutch and their like. When they turn hard, they are useful for such things.

OMGS, these were *so* good! They had a little wine flavor, just a touch of spice and you could taste the cheese. Yummmmmm. I ate 6 before I stopped...
Almond cheese – Edited Recipe - Almond cheese – Edited Recipe - Makes approximately a quarter of a pound of "cheese"

Make thick almond milk, first

- 5 cup ground almonds
- 2 cup water

1. Put in food processor and whirl until creamy.
2. Strain through a fine sieve to get the almond bits out.
3. Then put the following into a pot and heat to boiling. Be careful not to overheat or burn.

- 2 cups thick almond milk
- 1/2 tsp. salt
- Pinch saffron, rubbed (optional)

4. Heat for five minutes and then add vinegar to your almond milk. It will immediately thicken and start to curdle. You can also add a dash of wine to the mixture instead of vinegar. Continue to cook for another five minutes or so stirring so that the milk doesn't burn.

- 1/2 TBSP. red wine vinegar
- Sugar or salt to taste
- Flavorings (powder douce, garlic and rosemary, or whatever suits you) Suggested 2 tablespoons of sugar plus 2 teaspoons of the powder douce
- Garnish (comfits, flowers, fresh herbs, etc.)

5. Remove from heat and strain through a cheesecloth for several hours or overnight.
6. When the dripping has stopped, remove the almond mixture from the cloth and place it in a bowl. Discard liquid.
7. Add sugar (or salt) to taste in the bowl. If the mixture is a bit too dry or crumbly wine can be added as well. Flavorings can be added in the bowl (stronger) or while cooking (milder)
8. Garnish

The flavor is good, in fact it tastes like pumpkin pie without the pumpkin! The texture is good, like a cream cheese spread. There's a slightly bitter aftertaste that is either the amount of cinnamon, or the red wine vinegar, mostly likely, but after the first bite, you don't notice it at all.

Excerpted from [http://www.florilegium.org/files/FOOD-DAIRY/Al-Milk-Cheese-art.html](http://www.florilegium.org/files/FOOD-DAIRY/Al-Milk-Cheese-art.html)

a fyne xij. Fride Creme of Almaundys. — Take almaundys, an sta?«pe hem, an draw it yp wyth thykke mylke, y-temperyd wyth clene water; throw hem on, an sette hem in fe fyre, an let boyle onys : fan tak hem a-down,an caste salt )7er-on, an let hem reste a forlongwey or to, an caste a lytyl sugre Jier-to ; an P'an caste it on a fayre lynen clothe, fayre y-wasche an drye, an caste it al a-brode on fe clothe with a fayre ladel : an let Je clothe
Recipe can be found here: Full text of "Two fifteenth-century cookery-books. Harleian ms. 279 (ab. 1430), & Harl. ms. 4016 (ab. 1450), with extracts from Ashmole ms. 1429, Laud ms. 553, & Douce ms. 55" (http://www.archive.org/stream/twofifteenthcent00aust/twofifteenthcent00aust_djvu.txt)

For more information on this and similar recipes, please visit Dan Myers "Medieval Cookery" at http://www.medievalcookery.com

111 If you would make almond cheese - Welserin

Take a half pound of almonds and rose water and sugar and clarified butter. And set it in a dish and pour almond milk over or on it, then it is ready.
**Tart of cheese and eggs**

- 8 oz Cheshire cheese or similar (We used a savory tvarog)
- 2 eggs
- 2 oz butter

**Method**

1. Measure your cheese into a medium mixing bowl.
2. Zap the butter until melted. (I use a coffee mug for 30 seconds.)
3. Pour the butter over the cheese.
4. Use a fork to attempt to mix (it's going to be frustrating....)
5. Add your egg and keep going. As it comes closer to room temp it will start to mix.
6. Let stand for 10 minutes, covered, and mix again. This time it ought to mix pretty well.
7. Prepare crusts and fill as in the Jam Tarts above.
8. At 10 minutes, check the center temp of one tart with a thermometer. It needs to be over 165F.
9. Close the pie maker up and let bake a little longer. If the crusts were still pale, maybe 5 minutes. If they were already browning, no more than two.
10. The centers should need appear liquid when you shake the pie-maker.
11. Remove pies. Let cool for 10 minutes before serving warm, or refrigerate and serve cold.

_Take good fine paste and drive it as thin as you can. Then take cheese, pare it, mince it, and braye it in a morter with the yolks of Egs til it be like paste, then put it in a faire dish with clarified butter, and then put it abroade into your paste and cover it with a faire cut cover, and so bake it: that doon, serve it forth._

_Bibliography: A BOOK OF COOKRYE. Gathered by A. W., 1591 in [https://jducoeur.org/Cookbook/Cookrye.html](https://jducoeur.org/Cookbook/Cookrye.html)

Brears, Peter - Cooking and Dining in Tudor and Early Stuart England, Prospect Books, 2005._
**Kitchen Hrudka, crockpot version** - Hrudka is "fresh" cheese, so make it just day or two before you plan to serve. This dish is referred to back into the 13th century in Central and Eastern Europe, but doesn’t show up with a description, much less a recipe until the 17th century. It’s considered to be a “traditional” Ukrainian Easter dish, now.

**Ingredients:**
- Eggs, 12. Organic taste best
- Whole milk, 1 litre (1 quart)
- Salt, 1 tsp.
- Cheese cloth
- Optional, if you like sweet: Vanilla, 1/2 tsp. Sugar, 1/2 cup
- Optional, if you prefer savory: chives, spring onion, garlic, 1 more tsp salt or
  (optional) 2 tsp cheese salt.
- Colander in larger bowl
- Cheesecloth
- Crockpot

**Here we go:**

1. Prepare colander lined with two layers damp cheese cloth or muslin.
2. Put milk into crockpot and turn to high.
3. Whisk eggs in two batches and add to the milk. Whisk.
4. Stir in sugar, vanilla and/or saffron. (No saffron left…)
5. At 45 minutes it was at 110F.
6. At 1 ½ hours it hit 175, so I turned it down to low and stirred it well. It’s not separating yet.
7. At 2 hours, whey still not clear.
8. At 2/12 hours scoop cheese curds into cloth-lined colander. (Was still at 160F)
9. Drain for 10-15 minutes. (Reserve whey for bread) Whey was much cloudier than when stovetop cooked.
10. Gather cheesecloth at top. Squeeze from top down, to make round shape.
11. Taste and see if it’s sweet enough. I added ¼ cup brown sugar and some nutmeg at this point.
12. Suspend it over bowl overnight in the fridge.
13. Arrange on platter and slice. Garnish with parsley, eggs, cherry tomatoes, edible flowers!
14. Fry leftover slices of Hrudka in olive oil or butter.
Vegetable Sides

Pompeii Leeks with Olives (adapted from Apicius)

- 100 ml water, 3/8 cup
- 100 ml oil, 3/8 cup
- 1 large leek, trimmed, washed, sliced into rings
- 200g green olives, ½ cup
- 100 ml strong white wine, 3/8 cup
- garum or salt

1. Bring the water, and oil to the boil in a saucepan, put in the leek and let it stew.
2. Stone the olives and chop roughly into quarters.
3. Add them to the leek when the water has evaporated.
4. Leave to stew in the oil.
5. When hot remove the olives and leek from the oil and place in a heated serving dish.
6. Stir in the wine and garum or salt and serve.
**Fennel Bulb in mead** – a description online and a leftover fennel bulb made a tasty dish that’s sorta-kind-a-let’s-pretend-anyway, Norse dish. This tastes just unusual enough to make it worthwhile and it’s just sweet enough that modern palates think it’s interesting.

- 1 fennel bulb, just the white part
- Enough sweet mead (don’t use dry) to cover.
- 1 cube cone sugar (or 1 tsp dark sugar)

**Method**

1. Slice the fennel bulb to make rings, and then continue slicing the stems.
2. Cut the rings so that no piece is longer than 1 inch.
3. Drop the fennel into a high-sided frying pan, set the sugar in the middle and pour the mead over until the fennel is covered.
4. Heat until the liquid begins to steam, stirring occasionally.
5. Turn the heat down until it just simmers, put on a lid, and let cook until tender, about 20-30 minutes.

**Note** - If you reduce the liquid that’s left over you get a tasty topping for bread, or ice cream.
**Compost** – This made a *huge* amount! Too large even for a feast! When I made this the 2nd time I started with all the ingredients down to the pear, put 1/3 in the freezer, added 1/3 to a pottage that I was doing and then added the rest of the ingredients to what was left. We managed to eat that up in a couple of weeks, although this will keep up to a month in the fridge, although the texture goes strange.

(The Forme of Cury, c. 1390) Take rote of parsel. pasternak of rasenns. scrape hem waisthe hem clene. take rapes & caboches ypared and icoine. take an erthen panne with clene water & set it on the fire. cast all þise þerinne. whan þey buth boiled cast þerto peeres & parboile hem wel. take þise thynges up & lat it kele on a fair cloth, do þerto salt whan it is colde in a vessel take vineger & powdour & safroun & do þerto. & lat alle þise thinges lye þerin al nyzt oþer al day, take wyne greke and hony clarifid togider lumbarde mustard & raisouns corance al hool. & grynde powdour of canel powdour douce. & aneys hole. & fenell seed. take alle þise thynges & cast togyder in a pot of erthe. and take þerof whan þou wilt & serue forth.

Compost Recipe Courtesy of Daniel Myers

3 parsley roots (replaced with fennel bulb)
3 parsnips (only had two)
3 carrots
10 radishes
2 turnips
1 small cabbage (3/4 of it)
1 leek (just the white and light green part)
1 pear
1/2 tsp. salt
1 cup vinegar
1 pinch saffron, ground
1 cup greek wine (sweet Marsala) <--I used white wine
1/2 cup honey
1 Tbsp. mustard <--Pear mustard from feast
1/2 cup currants (used craisins by mistake)
1 tsp. cinnamon
1 tsp. Powder Douce
1 tsp. anise seed
1 tsp. fennel seed

Peel vegetables and chop them into bite-sized pieces. Cooked in crockpot about 4 hours. Remove from water, place on towel, sprinkle with salt, and allow to cool. Then put vegetables in large bowl and add saffron, and vinegar. Refrigerate for several hours. Then put wine and honey into a canning jar along with the other spices. Nuke for one minute and shake well, so that the honey mixes in. Pour over veg and keep cold.
Apicius Beets – Anja’s version

Betas: Condisas porrum coriandrum cuminum uvam passam farinam et omnia in medullam mittes ligabis et ita inferes ex liquamine oleo et aceto

Beets: Chop leeks, coriander, cumin, raisins, flour and put all in the middle, tie and serve thus with fish sauce, oil and vinegar

So, my version

Ingredients, amounts are going to vary

- 1 large beet
- 1 medium leek or (since I had a small one, added white of 6 spring onions)
- About 2 TBSP breadcrumbs
- About the same ricotta
- Ground cumin, small pinch
- Coriander and mustard seed, ½ tsp mixed.

Method

1. Scrub beet.
2. Chop off root, leaves, and cut 1/3 down from the stem end.
3. Hollow out and but put innards and leaves by for soups.
4. Bruise seeds in mortar
5. Make a mix of chopped leek, bread crumbs & ricotta. Sprinkle with seeds and cumin and mix well.
7. Add a splash of red wine.
8. Put top back on and tie closed.
9. Wrap in foil and bake at 350 for about an hour. Done when a skewer slides in, easily.

Extra – Any leftover filling can be mixed with the beet innards. Add breadcrumbs and spice as necessary. Place in a baking cup and top with ricotta. Wrap in foil and proceed as above.

Note - Why did I add the cheese and wine since they’re not in the original recipe? They show up in lots of dishes in the same book. Just my preference. Especially since no one here will eat the fish sauce!

...and they weren't perfect, by any means. More tweaking required! The flavor was good, but the filling was very dry. I guess more liquid is needed, because the breadcrumbs gave it the right texture. Couldn't taste the wine at all. Maybe use the wine in with the filling? I need to get better at hollowing out the beets, too, but my eye isn't good about how deep I was going and I didn't want to go through to my hand! The foil, probably made the tie unnecessary, but if you're going to do several in a baking tin, I'd still tie them. The filling doesn't expand very much (that's why breadcrumbs instead of flour....)
Carrot Pudding, 17th Century, England (adapted from www.queensmeal.blogspot.com)
Divided original by 4 and that was still 3 meals worth for us!

Ingredients

- 1 cup breadcrumbs
- 1 cup frozen carrots.
- 2 eggs
- ¼ stick butter
- 1 TBSP white wine
- 1/4 cup? 1/2 cup? milk
- 1 TBSP sugar
- Grated nutmeg

Method

1. Thaw carrots.
2. Put breadcrumbs in food processor. Add carrots (drained, if necessary).
3. Process until both are “crumbs”.
4. Add eggs and process.
5. Melt butter, add and process.
6. Add milk and sugar and process.
7. Put into a casserole dish that can be covered and bake at 350 until it reads over 165 in the center and is no longer liquid. (1 hour for the 4x.)

Take a twopenny lofe grated; and the same quantity of raw caret grated very small; mix them together; and put to it the yolks of eight eggs, and the whites of 3 beat them well and put them in, then stir in a quarter of a pounde of butter being melted, and a little sack; and grated nutmeg; put in milk enough to make it of a good thickness, about a pinte I believe will be enough; sweeten it pretty sweet to yr tast, mingle all well together; and bake it in a dish, half an hour will do it; when you draw it, poure a little melted butter with Sack in it; one ye top of it. - Bibliography: Wood, Jacqui - Rebecca Price, The Compleat Cook, 1681
**Honey Ginger Carrots** – (developed from descriptions but likely) These were probably boiled in a pot, but a crock next to the fire or in the oven is also highly likely. (Sweet Carrots, Maple Carrots, etc.) This is a standard for House Capuchin Potlucks. It’s one that almost anyone will eat, including small children. If you can afford rainbow carrots (usually in the organic or specialty vegetable section) it comes very close to what folks would have had on the table. This can also be done with parsnips and non-modern beets (iow, not the super-sweet, staining things) There are equivalent recipes in many of the standard medieval/renn cookbooks.

**Ingredients**

- Water
- 2 pounds carrots (fresh or frozen, “coined” for a feast)
- Honey
- Ground ginger (you can use fresh in other recipes, but not by this method….)
- Nutmeg (freshly ground and optional)
- Crockpot
- Grinder for nutmeg

**Method**

1. Put 2 inch of water in crockpot.
2. Add carrots. (Frozen need to be pre-thawed)
3. Sprinkle with ginger.
4. Sprinkle again and stir.
5. Drizzle with honey, more or less to taste.
6. Grind nutmeg over the carrots.
7. Cook on low at least 4 hours, until carrots are tender. (Frozen 3 hours) Stir at least once and make sure the water level doesn’t go too low and let the carrots burn.

**Variations**

- Add ¼ cup of red wine or rum (OoP)
- Use Maple Syrup instead of honey (OoP)
- Add ¼ cup candied ginger pieces, chopped to no more than ½ inch in any dimension
- Sprinkle the dish before serving with Turbonado sugar, Muscovado or any dark, large-crystal sugar.
- Add ¼ cup of dried (or fresh) cherries (very Central Europe)
Butr'd Lange Wortes de pesoun - recipe is located at "Two fifteenth-century cookery-books, Harleian ms. 279 (ab. 1430), & Harl. ms. 4016 (ab. 1450), with extracts from Ashmole ms. 1429, Laud ms. 553, & Douce ms. 55" Thomas Austin

- 1 cup frozen peas
- 1 medium onion
- 3 cups assorted "wortes" (see note)
- Pinch saffron
- salt
- 1 stick butter

Method

- Take the peas and "nuke" them in your broth. In my microwave it takes about 3 minutes.
- Chop your onion and worts while that's going.
- Strain the peas out of the broth and add your worts. Cook for 5 minutes. (They may need longer to cook to your taste.)
- Strain the worts. (Save the broth for soup.)
- Crush the peas with a spoon. Add a little of the broth to make them into a kind of sauce and stir them into the worts.
- Top with butter and serve hot. You can reheat in the nuker, but do it 1 minute at a time, so you don't burn it. Or you can keep them in some kind of a warmer, if you have one. They hold really well for several hours.

Note - "Wortes" means herbs and "what ya got". Go pick over your garden, check the lawn and rummage in the fridge. This time I had frozen spinach, cabbage & carrots from a coleslaw mix, a few sprigs each of thyme, oregano, parsley and chives, green onions (chopped from tip to root), sorrel, lettuces that were going to seed, a plantain leaf, etc.

.j. Lange Wortes de pesoun.—Take grene pesyn, an washe hem clene an caste hem on a potte, an boyle hem tyl þey breste, an þanne take hem vppe of þe potte, an put hem with brothe yn a-noþer potte, and lete hem kele; þan draw hem þorw a straynowre in-to a fayre potte, an þan take oynony, and screde hem in to or þre, an take hole wortys and boyle hem in fayre water: and take hem vppe, an ley hem on a fayre bord, an cytte on .iij. or iiij., an ley hem to þe oynony in þe potte, to þe drawyd pesyn; an let hem boyle tyl þey ben tendyr; an þanne tak fayre oyle and frye hem, or ellys sum fresche broþe of sum maner fresche fysshe, an caste þe per-to, an Safron, an salt a quantyte, and serue it forth.
Pottages/Soups/Stews

Quick Chicken and Mushroom soup (from descriptions)

- 2 cups Chicken Broth (made in this case from the giblets and necks of the chickens, plus some salt)
- Chopped chicken bits (liver, heart, and bits of meat from the necks) (optional)
- 1 onion
- 1 cup barley
- 1 large can mushrooms

1. Strain the broth, first, if you made your own. Discard most of the giblets. Pick the accessible meat from the necks.... or just ignore this and toss all of it....
2. Measure the broth.
3. Taste to see whether it needs salt.
4. Chop onion and add.
5. Add barley and simmer until barley is soft.
6. Drain mushrooms and add to soup.
7. Add spices if you wish, but this had none.

[Original Recipe] – Perrey of Pesoun. XX.III. X.

Take pesoun and seep hem fast and covere hem til þei berst. þenne take up hem and cole hem thurgh a cloth. take oynouns and mynce hem and seep hem in the same sewe and oile þerwith, cast þerto suger, salt and safroun, and seep hem wel þeratt þerafter and serue hem forth. – Forme of Cury, Pegge, Samuel, England, 13th Century

[Translated Recipe] – Take peas and seeth them fast and cover them til they burst, than take up them and cool them through a cloth. Take onions and mince them and seeth them in the same way and add oil, cast in sugar, salt and saffron and seeth them well thereafter and serve them forth.

[Modern Version]

- **Prep Time:** 10 minutes
- **Cooking Time:** 10 minutes
- **Servings:** 8 times

**Ingredients:**

- 2 lbs. frozen peas
- 1 medium onion, minced
- 1 Tbsp. olive oil
- 1 Tbsp. sugar
- 1 Tbsp. salt
- Pinch of saffron

**Instructions:**

1. Bring peas to a boil.
2. Add onions and reduce to simmer.
3. Add remaining ingredients, continue to simmer for five minutes. Then serve.

**References:**


[FYI by Anja – It was pointed out that it’s most likely that this was originally made with field peas, which are hard to get in the US unless dried, and that a better recipe would use split peas. I
don’t agree. This is going to be closer to the fresh field peas than the mush that results from dried split peas.]
Anja's version of the Leek soup for a Fat Day

Ingredients (8 potluck servings)

- 5 leeks (2 inch) or 8 1" (too much!!! This many would have made 24 servings!)
- beef broth 2 cups
- clove pinch
- nutmeg 3 grinds
- cinnamon 1/2 tsp
- Pepper (on the side)
- bacon fat

1. Using a 2 quart pyrex measure, boil 1 quart of water.
2. While that's going chop your leeks.
3. Once it boils toss the leeks into the water and let stand 5 minutes, then drain.
4. Melt bacon fat in the bottom of a deep frypan.
5. Toss the drained leeks in the fat until they begin to change color.
6. Add spices.
7. Pour broth over until just covered and stir.
8. Turn heat to low (you're trying to simmer), cover and cook or 10 minutes until the leeks are soft.
9. Can be kept warm in a crockpot for a couple of hours.
**Potato Garlic and Mushroom soup** – I found a reference in a letter from 1607 to this soup. This is my version, but with the same ingredients.

- 2 cups beef broth (original said "broth")
- ¼ cup of frozen minced garlic (original was "garlic")
- ½ Tsp ground caraway ("spice")
- 1 tsp mustard seed ("spice")
- ¼ cup dried, ground mushroom ("mushrooms")
- 3 cups frozen, diced potatoes ("spanish tuber")
- 1 medium onion
- Salt, if needed (not listed, but in everything)
- Black pepper (not listed in the original, but common), but I used 1 tsp dried horseradish instead.
- Cream (optional, not in the original, add 2 TBSP to each serving of warmed soup, if used)

**Method**

1. Start the broth warming and add garlic, caraway, mustard and mushroom.
2. Dice onion and add.
3. Once it’s boiling start adding potatoes, ½ cup at a time. Wait until it re-boils to add the next.
4. When the potatoes are all in, turn the heat down to simmer and let cook for 30 minutes to an hour.
5. Serve hot, adding cream if you wish to each serving.
Sweets

Sour cherry cooked in wine from "The Science of Cooking, a Medieval Transylvanian Cookbook" (late 1500s Transylvania) (Hard copy: http://www.lulu.com/spotlight/GlennGorsuch)

The next dishes are made from sour cherry

(646) Sour Cherry cooked in wine.

Remove the sour cherries’ stems, ash them, put them into a pot, pour some wine and add some honey, cook it. Add some ground cinnamon if you have it, but if you don’t have any you can do so without. Slice a bread into cubes, fry it in butter.

Put the bread cubes into the sour cherries pot, and serve it when hot. If you’re cooking for a fasting man, toast the bread and put it onto the plate, then the sour cherry; add sugar once served.

Anja’s Version

- 1 can of sour cherries
- 1/2 cup white wine
- sprinkle of cinnamon (I’ve been using nutmeg more recently)
- 1/4 cup honey
- 4 Diamond sweet rolls from Fred Meyer
- butter
- Sugar to taste

Method

1. Take a can of cherries and strain(reserve juice).
2. Put the wine, honey and cinnamon in a quart canning jar and heat enough to dissolve the honey into the wine.
3. Add the strained cherries and put into the fridge, overnight, or at least 4 hours....
5. Melt butter in a medium (high-sided) frying pan and fry the cubes in it.
6. When they're crisped divide into bowls.
7. Warm the cherry stuff in the nuker (1.5 minutes)
8. Add sugar once they're in bowls, if necessary. (ours didn’t)
9. Garnish with sweet cicely, fennel fronds or 100's of 1000's.
Elizabethan Naughty Cake – from https://www.youtube.com/watch?v=W81cj0559pc – No bake! (No clue how good their documentation is on this… I suspect it’s bad. 😐) But this is a very “kid-able” dish, both that they like it and they can help. Watching a 3 year old stomp Nilla wafers in a Ziploc is entertaining!

- ½ cup chopped mixed dried fruit
- ¼ cup of glace cherries
- 1/3 cup of chopped nuts
- ½ cup of crumbled Nilla wafer (recipe specifies “biscuit”….)
- 1 tsp nutmeg
- ¼ tsp cinnamon
- 1/3 cup butter
- 3 TBSP honey

Method

1. Crunch or chop fruit, cherries, nuts and cookies.
2. Mix.
3. Add spices and mix.
4. Take a square of cling wrap and lay it over a 7 inch plate or pie pan.
5. Heat butter and honey in microwave for 1 minute. Stir.
6. Repeat.
7. Mix butter/honey mix and fruit mix together very thoroughly.
8. Dump out onto cling wrap.
9. Fold edges up and over and squash the mix together hard.
10. Let cool.
11. Slice and serve.
**Precedella** – (adapted from Tasting history [https://www.youtube.com/watch?v=uA98IonYvb4](https://www.youtube.com/watch?v=uA98IonYvb4))

- 2 ½ cups flour
- 2 eggs
- 1/3 cup wine
- 12/ tsp anise
- ¾ cup sugar
- ½ tsp salt

**Method**

1. Mix flour, salt, anise together
2. Mix eggs and sugar together
3. Mix wine in.
4. Mix in dry in three parts, lightly.
5. Divide into 8 parts (12 parts for dessert serving)
6. Roll into ropes, adding flour if necessary, then twist into pretzel shape.
7. Brush with egg wash.
8. Put on silpat and bake at 350 for 15-20 minutes, until cookies are browned and crisp.
Basic Marzipan

- 1 pound confectioner’s sugar
- 1 pound almond meal
- ¼ to ½ cup of vanilla extract (recipe follows) or rosewater or orange blossom water
- Food processor with blade
- 2 to 2 ½ cup air-tight container
- Hard spatula

1. Put almond meal in one side of food processor and sugar into the other side.
2. Pulse until mixed well, shaking or stirring as needed.
3. Dribble the vanilla down the “snoot” of the food processor, slowly, with it running on medium speed. It will first resemble crumbs, then begin to clump and the food processor will slow, audibly.
4. When it suddenly starts rolling a ball of stuff around, stop dribbling and turn off the food processor.
5. Scrape the dough into a 2 to 2 ½ cup airtight container, getting even the dry stuff that sometimes remains on the bottom. Dribble a few drops of your vanilla onto this last, then seal up and let stand at least overnight before using.

Note – If you don’t have a container this size, press the dough into itself, tightly and dribble a few drops of vanilla on top.

Vanilla extract

- 3 good vanilla beans
- Fifth of rum
- Sharp knife

1. Open your rum bottle
2. Using the sharp knife, split two beans lengthwise and drop into the bottle.
3. Chop the other into ½ inch pieces and drop into the bottle.
4. Put in a cool place and agitate daily for at least a month before using. Keep the beans in the bottle.
5. Beans may be used a 2nd time, then dump the chopped bean (use it in coffee!), chop the split beans and add back and split another to add to the bottle
A mock pear – Meister Hans 1460 cookbook - Recipe # 129 Ain essen gestalt als die piern mach also - Make a dish shaped like a pear thus

Item take well-selected Italian raisins and pound them in a mortar. Take blanched almond kernels and pound them together with that. Mix ginger and sugar into it. When that is done, knead it in your hand so that it is shaped like a pear and stick a stalk into it.

Ingredients

- 1 1/2 cup raisins
- 1 1/2 cup almond meal
- 1 tbsp ground ginger
- 2 1/2 cup of confectioner’s sugar
- 1/3 cup Rose water
- 1 whole clove and one that has just the spikes

Method

1. Put raisins plus ginger into a food processor and pulse until well ground.
2. Add almond meal and sugar and pulse until well mixed.
3. Dribble rosewater down the “snoot” of the food processor until contents reach the consistency of marzipan.
4. Let sit overnight.
5. If the mixture is too damp, still, knead in more almond flour/sugar 1 TBSP at a time.
6. Shape like a pear/pears, about 2 inch tall.
7. Add the broken clove to the bottom with the spikes sticking out and the whole one, ball in, for a stem.
8. Set on its side in a candy paper.
**Easy Traditional Jam Tarts** Written by [Elaine Lemm](#) - Updated 05/14/20 (edited for our version)

**Ingredients**

- Purchased pie crust
- 1 cup *strawberry jam*(or any fruit jam, or lemon curd) for 4.

**Method**

1. Let crusts come to room temperature or zap for 10 seconds at 30% power in the nuker.
2. Cut, using mini-pie large cutter.
3. Once pie-maker is hot, put 4 crusts into the pie-maker and press down with the press....gently.
4. Put 1/4 cup jam in each crust.
5. Use a fork to make sure it spreads all the way across the crust.
6. Repeat until all the pastry is used up—you can squish the pastry trimmings back together and re-roll as needed.
7. Bake in the pie maker for 12-15 minutes or until golden brown. Remove from the pie-maker and leave to cool completely. Yes, completely, or you'll have burned fingers and mouths!
8. Once cooled, serve and enjoy!
Peach Tarts (recipe adapted from Rombauer's Joy of Cooking) (makes 4)

- 1 can of peach halves
- 4 prepared crusts for mini-pie maker
- 1 egg
- 2 TBSP flour
- 2/3 cup granulated sugar
- 1/3 cup melted butter

Method

1. Drain the peach halves, the drier the better. Pat them down with paper towels, even.....
2. Start the pie-maker heating.
3. Quickly whisk the rest of the ingredients together.
4. Once the pie maker is hot, put in the crusts and push down with the tool.
5. Center a 1/2 peach, face up, in each crust.
6. Pour 1/4 of the batter over each and close the pie maker. As you're pouring put the batter directly into the center of the peach and let it ooze over the sides into the bottom. Trust me, it will. Pour slowly, so it can let bubbles out of the way.
7. Let bake for 12-15 minutes and check the crusts. If they're dark brown, you're done, if they're pale, give it another 5 minutes.
8. Pull out of the pie maker to a pad of paper towel. Let cool, undisturbed, for at least 15 minutes before serving. Don't just hand these to people, serve in a bowl with a spoon. They're a little liquid....
Almond Tarts - Anja's version - They're a light, delicate flavor. It made 15 tarts.

- 4 eggs
- ½ cup sugar
- 2 cups cream
- 1 tsp extract (I'm going to get some almond extract for the next batch)
- 4 TBSP almond flour, try 6?
- Nutmeg
- Rosewater
- Sugar
- prepared crusts

Method

1. Mix eggs, sugar, cream extract and almond flour together.
2. Drop crusts into mini pie maker.
3. Fill cups ½ full
4. Top with nutmeg, rosewater and/or sugar when the tarts are starting to firm up.

Raspberry Tarts - Just fill 3/4 full and bake. They don't need a top crust. Makes 8

- prepared crusts
- Can raspberry pie filling.
Classic English Egg Custard Tart Recipe adapted - Written by Elaine Lemm – Adapted by Anja on 7/19/20

- Yield: Makes 16 mini pies

Ingredients

- 3 commercial pie crusts
- 4 eggs (muddled)
- 1/3 cup sugar
- 1 ¾ cups heavy cream
- ¾ cup water
- 1/4 teaspoon vanilla extract
- 1 teaspoon whole nutmeg, freshly grated

Steps to Make It

1. Roll and cut mini-crusts.
2. In a large bowl beat the eggs and egg yolks lightly with the sugar.
3. Warm the cream 1 minute at a time in the nuker for 3 minutes, then pour the beaten eggs into the cream, stirring constantly. Be careful not to overheat the cream, or it will curdle the eggs.
4. Heat the mixture, 1 minute at a time in the nuker for another 3 minutes.
5. Add the vanilla extract if you are using it and mix well.
6. Heat up pie maker.
7. Put in crusts.
8. Pour the egg and cream mixture into each crust, 1/3 cup per. Sprinkle with the grated nutmeg making a generous, even layer.
9. Close lid and bake for 15-20 minutes. Check at 15. When the crust is done, it’s done, but you can also use a thermometer to measure up to 190F.
10. Serve slightly warm or leave to go cold but not fridge cold—store in an airtight tin but never the fridge.
Microwave Lemon Curd - This is "sloppy" compared to the long-cooked lemon curd you usually see. Like "nuker jam" it doesn't set quite as hard as usual. Btw, this also works as a lemon meringue

- 2 XL eggs
- 1 cup sugar
- 1 cup lemon juice
- 1/2 cup butter
- pinch of lemon zest (if desired)
- 1/2 gallon microwave bowl or pyrex cup (It will boil over with anything smaller!)
- whisk
- thermometer
- 3 1 cup, wide-mouth canning jars and lids
- Spatula

Method

1. Break eggs into bowl and whisk.
2. Add sugar and whisk until combined.
3. Melt butter, add to bowl and whisk until combined.
4. Add lemon juice and zest and whisk until combined.
5. Scrape down the sides and makes sure everything is combined.
6. Cook in microwave on full power for one minute. Pull out, whisk and repeat.
7. At the 4th repetition use the thermometer after whisking. You're aiming for 185F.
8. Repeat until it reaches that temp.
9. Set on heatproof surface and whisk again. Let it sit while you line up the canning jars.
10. Pour into canning jars, leaving 1/2-1/4 inch headspace. If you scrape out your bowl they should be filled, exactly.
11. Put seals on, then rings, loosely.
12. When cool, tighten down and refrigerate.
Apples with Sweet Cicely (added 1/2 cup red wine)

Ingredients:

- 1 1/2 pounds cooking apples
- honey or other sweetener to taste, about ¼ cup honey
- 2 cups water
- 2 teaspoons minced fresh sweet cicely

Core and chop apples. Put into a crockpot and add honey. Cook overnight. Use a potato masher to roughly mash down. Stir the sweet cicely into the apples and cool in the pan. Serve warm or cold with whipped cream.
Mushed spiced apple

- 2 apples on the sour end of eating apples (Gala's)
- 1 tsp poudre douce
- freshly grated nutmeg
- 1/4 cup brown sugar
- handful of pecans
- sprinkle of 100's of 1000's. (optional)
- 2 pats butter

Method

1. Slice/core apples. Peel or not as you please. (I like the peel texture.)
2. Put in a large nuker-safe bowl.
3. Add pecans and stir.
5. Zap for 7 minutes.
6. Mash.
7. Serve warm with butter pat on each serving and garnish with candies....
Pear pudding – Combined set of recipes

- 6 Bartlett pears, as ripe as possible
- 2 cups pinot grigio (sweet white wine)
- ¼ tsp clove
- 3 TBSP honey
- 3 lebkuchen (hard gingerbread cookies, cheap molasses cookies can sub)

Method

1. Core and slice pears.
2. Toss into crockpot with the rest of the ingredients and cook on low overnight, stirring occasionally. Let cool so it can be handled.
3. Put a colander over a bowl and pour the pears in. Stir to let the liquid through.
4. Put the solids in another bowl and stir in breads crumbs, 1/4 cup at a time. Let stand 15 minutes and stir before adding more. Ours took only 1/2 cup to get it to pudding consistency.
5. Heat before serving. Add 1 TBSP butter per cup.
Fig pudding - Welserin

- 1 cup wine
- 2 3 inch cookies lebkuchen (hard gingerbread cookies, cheap molasses cookies can sub)
- Bread crumbs
- Malt extract (opt)
- Pinch Saffron
- Almond crumbs (didn’t use)
- 4 large Dried figs
- Dried currants to fill up cup, maybe ¼ cup
- Butter

1. Heat wine 2 minutes in microwave
2. Add saffron to wine and let stand for 5 minutes.
3. Add lebkuchen and let stand for ½ an hour. If the cookies don’t seem to be softening, pull them and chop up and toss back in.
4. Take stems off figs and chop (I cut into ¼’s and cut cross-ways). Put into a one cup measure.
5. Add currants to the one cup line. Shake and check level…
6. Pour onto wine mixture and let stand for a bit.
7. Put back in the microwave for 1 minute.
8. Run through a food processor if still chunky.
9. Serve warm. Top each serving with butter.

43 To make a fig pudding

Put wine in a small pot, and when it begins to boil, then put in grated Lebkuchen and grated Semmel. Put saffron, almonds, raisins, figs and some fat into it.
Pickles

**Pickled eggs with beets & onion for 50** (feast servings, ½ egg per) Canned Beet Method (adjust amounts to what you will eat within two weeks. We usually 1/2ve this.)

**Ingredients**

- Pickle broth (Gallon recipe, below)
- 2 Dozen Fresh eggs
- 4 white or yellow medium onions
- 2 Dozen cloves garlic
- 2 Cans pickled beets
- Caraway seed or fresh fennel (one or the other!)
- 2 or 3 quart jars.

**Method**

1. Slice onions and sliver or press garlic.
2. Add to pickle broth with the sugar and simmer until cooked, stirring until the sugar dissolves.
4. Hard-boil eggs, shell and cool overnight.
5. Use two single quart containers and put a dozen eggs in each one. (YMMV, that’s why you should have 3 jars.
6. Sprinkle well with caraway or chopped fresh fennel
7. Put ½ the onion/garlic solids in each
8. Tuck the beets into the jars.
9. Add enough of the pickle broth (recipe follows) to cover and let stand overnight. Taste the broth and add more spices to taste. Keep in the fridge.
10. Shake each day for 3 days, then eat. These should be eaten within two weeks.

**Note1** – If you like it hot add a touch of prepared horseradish to each container. 1/8 teaspoon each. Don’t add more unless it’s still “too tame” 24 hours later!

**Note2** – The onions from this are a great sandwich add!
Winter Pickle Recipe (generic) – Used various canned beans and asparagus this year.

1. Take your vegetable(s) and cut up to bite or finger sized. This means to “coin” carrots/parsnips, dice turnip, cut asparagus to 3 inches or so.
2. Pack in canning jar.
3. Pour cold pickling broth (recipe follows) over contents and cap.
4. Let sit overnight before eating.
5. Store in fridge. Vegetable “keeping time” will vary. ...but no more than 6 months.

Note – You can use almost any vegetable with this pickle. Peel and cut to uniform size.

Gallon Recipe for Pickling broth – This does not make quite a full gallon and amounts are not exact (not for someone who is OCD, anyway). You can boil some more vinegar to top it up or just leave it.

Ingredients

- 2 garlic bulbs
- 2 lg onion
- 6 cup water
- 5 cup cider vinegar
- 2 cup sugar
- ½-1 cup salt (depends on taste)
- 1/3 cup dill seed (may be changed for other spices/herbs)
- 1/3 cup celery seed (may be changed for other spices/herbs)
- 1/3 cup caraway seed (may be changed for other spices/herbs)

Method

1. Peel, stem and root the onions.
2. Cut in ½, then slice across the grain.
3. Put into the gallon container. (You can feed ½ ring at a time.)
4. Peel the garlics. Put in the pot.
5. Add the ingredients to the pot.
6. Bring to a boil.
7. Stir well.
8. Pour into gallon container.
9. Repeat with other ½ of ingredients.
10. Cool in fridge.
11. Store in frig, ready to use next day, keeps several weeks to 6 months.

Note – I am not kidding on the amount of spices in this recipe!
Pickled Mushrooms

Ingredients

- ½ tsp prepared horseradish
- 3 cups burgundy (may need more)
- 1/4 of a whole nutmeg
- approx. 1/2 cup of salt
- 1/2 tsp ground mace
- 2 slices fresh ginger
- 3.5 lb whole mushrooms

Method

1. Put everything but the mushrooms & salt into a pot and bring to a boil. Reduce to a simmer and cook for about 10 minutes.
2. Strain and keep pickle broth and residue separately. Refrigerate.
3. Wash the mushrooms and remove the stalks. (Use the stalks in stew or something.)
4. Put the mushrooms in a heavy bottomed pan, then throw the salt over them.
5. Let stand overnight.
6. Heat the mushrooms well and cook, stirring frequently, until the mushrooms have coloured and shrunk considerably. A lot of liquid will leach out of them. Strain the mushrooms, and put on a towel so they can dry and cool.
7. Put the spice residue in the bottom of a canning jar, then add the mushrooms.
8. Pour the pickle broth over the mushrooms. Ensure the mushrooms are completely covered by the liquid. You may need to add some of the wine.
9. Put the jar of mushrooms in the fridge and leave to steep at least overnight.
Mushroom Onion Wine pickle

Makes 16 servings

- 1 onion, thinly sliced
- ¼ cup balsamic vinegar
- ¾ cup white wine vinegar
- ½ cup red wine (cabernet)
- ½ cup water
- 3 tablespoon sugar
- 2 tablespoon salt
- 2 tablespoon german feast mustard
- 24 ounce canned mushrooms, drained

Directions

Bring onion, vinegars, wine, water, sugar, salt and Dijon mustard to a boil in a saucepan. Add mushrooms and simmer until liquid is slightly reduced, 5 to 6 minutes. Transfer mixture to a covered container and chill. Drain before serving.
Drinkables

Hippocras recipe from The Forme of Cury - TastingHistory

Using spices that I’d never heard of, I recreate the Hippocras recipe from The Forme of Cury. Served hot or cold, this spiced wine is a treat year round.

HIPPOCRAS ORIGINAL 14TH CENTURY RECIPE (From The Forme of Cury) Pur Fait Ypocras Treys unces de canell & iii unces de gyngenuer, spykenard de spayn le pays dun denerer, garyngale, clowes gylofre, poeuer long, noiez mugadez, maziozame, cardomonij de chescun i quart’ douce grayne & de paradys, flour de queynel, de chescun dm unce de toutes soit fait powdour, &c.

To Make Hippocras: Three ounces of cinnamon and three ounces of ginger, spikenard of Spain the size of a denier (or small French coin). Galangal, cloves, long pepper, nutmeg, marjoram, cardamom, a quarter ounce. 1/10th ounce Grains of paradise and powdered cinnamon, etc.

MODERN RECIPE INGREDIENTS –

2 Bottles Red or White Wine –

1 ounce (28g) of cinnamon sticks –

1 ounce (28g) of fresh ginger slices –

¼ Teaspoon spikenard root –

1 Teaspoon galangal –

1 Teaspoon cloves –

1 Teaspoon Long pepper –

1 Teaspoon Nutmeg –

1 Teaspoon Marjoram –

1 Teaspoon Cardamom –

½ Teaspoon Grains of Paradise –

½ Teaspoon Ground Cinnamon
METHOD 1.

1. Pour the wine into a large pitcher.
2. Grind your spices and mix them into the wine.
3. Cover the container and let sit for 1 to 2 days.
4. Pour the wine into another pitcher through a coffee filter or jelly bag to remove any spices*.
5. Serve wine warm, cold, or at room temperature.

*The remaining spices can be used in stews, sauces, or to make soap.

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LINKS TO INGREDIENTS & TOOLS**

Conical Coffee Filter: https://amzn.to/2C8xGc1
Cinnamon Sticks: https://amzn.to/32r7VOW
Galangal: https://amzn.to/2WqH5SS
Cloves: https://amzn.to/2ClyKt5
Long Pepper: https://amzn.to/2ZAUhHa
Grains of Paradise: https://amzn.to/2W1Gylp
Nutmeg: https://amzn.to/3haPr99
Marjoram: https://amzn.to/3haRWbP
Cardamom: https://amzn.to/3jaBZEo
Spikenard: https://annarivas.com/spikenard-root-

LINKS TO SOURCES**

The Forme of Cury: https://amzn.to/3eEZ6mJ

To The King's Taste by Lorna J. Sass: https://amzn.to/3919m7I

The Silk Roads by Peter Frankopan: https://amzn.to/3h86nNO

The Trial of Gilles de Rais by George Bataille: https://amzn.to/30iJA15

https://rarecooking.com/2018/12/10/hi-

**Amazon offers a small commission on products sold through their affiliate links, so each purchase made from this link, whether this product or another, will help to support this channel with no additional cost to you.

MENTIONED LINKS

The Four Humors: https://youtu.be/jtCKA_NeEQ0

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Posca – Roman drink – based on Arriana Marina’s

Make the syrup first.

- 1 cup red wine or balsamic vinegar.
- 1 cup honey (a good way to use up crystalized stuff!)

Method (microwave version)

1. Use a pint canning jar with screw-down lid and ring.
2. Pour ingredients in and stir.
4. Heat together until completely dissolved.
5. Set the lid in place with everything still hot, and the ring lightly screwed down.
6. Once cool, screw down the ring. It may or may not “pop”, doesn’t matter…..
7. Store until needed. (Keeps at least a year at room temp!)

To make the drink

Take a one quart pitcher with a lid and fill, mostly full, with water. Add 1/4 cup syrup to the quart and stir. Store in the fridge, but it will keep for a day or so at room temp. Cover it or you will have a fruitfly trap....
Condiments

**Pear Mustard** - German Mustard (Spicy pear/wine) Makes 3 cups and a little over.

- 1 can preserved pear halves
- 1 cup ground yellow mustard
- ¼ cup ground ginger
- 1 TBSP salt
- ½ cup sweet white wine (Pinot Grigio) (May need another ¼ cup)

**Method**

1. Drain the pears, leaving as little juice as possible. (Save the juice for breakfast, or add to wine and reduce for a yummy syrup)
2. Mash the pears.
3. Zap for three minutes in the microwave.
4. Add mustard and mash.
5. Add ginger and mash.
6. Add salt and mash.
7. Zap for 2 minutes in the microwave.
8. Add ¼ cup wine and mash.
9. Zap for 1 minute.
10. Add ¼ cup wine and mash, making sure that it’s mixed as well as you can. It’s going to be lumpy, that’s the pears, but they smooth out when it’s spread on something.
11. Box and refrigerate at least overnight to let the flavors blend.
12. You may freezer after that for up to a month.
14. 20 minutes before serving time, zap in a nuker for 3 minutes. Add ¼ cup of wine, if it’s too thick for what you need.

**34 To make the mustard for dried cod - Welserin**

*Take mustard powder, stir into it good wine and pear preserves and put sugar into it, as much as you feel is good, and make it as thick as you prefer to eat it, then it is a good mustard.*
Homemade Hot Wine Mustard (It’s purple!)

- 1/2 C dry mustard
- 1/4 C honey
- 1/4 C balsamic vinegar
- 1/4 cup red wine
- 1 T olive oil
- 1 t salt
- 1/2 t ginger
- 1/2 tsp cinnamon
- 1/2 t garlic powder
- 1/2 t horseradish

Place all ingredients in a small saucepan. Cook over medium heat, stirring constantly until mixture thickens (this only takes a few minutes). Store in an airtight container in the fridge for up to a few months. It’s a marvelous purple color! ...and great as a sauce on bread.
Spice Mixes

Powder Douce

- ½ cup powdered ginger
- 1½ tsp. Grains of Paradise, ground
- 2 Tbsp. cinnamon (Ceylon), ground
- 1½ tsp. Cloves, ground
- 1 Tbsp. sugar

Powder Fort - Daniel Myers

- 3 Tbsp. ginger
- 1 1/2 Tbsp. cinnamon
- 1 tsp. cloves
- 1 tsp. cubebs (subbed grains of paradise)
- 1 tsp. grains of paradise
- 1 tsp. black pepper (subbed horseradish)

Cheese spice - Anja

- 1 Caraway
- 1 Mustard
- 1 Horseradish
- 3 Salt