

**Readily available books on Medieval cooking that contain redactions:**

Black, Maggie. The Medieval Cookbook. Thames & Hudson. 1992.

Hieatt, Constance B. and Sharon Butler. Pleyn Delit. University of Toronto Press, Toronto. 1979

Redon, Odile, Sabban, Françoise, & Serventi, Silvano. The Medieval Kitchen. Recipes from France and Italy. The University of Chicago Press. 1998.

Renfrow, Cindy. Take a Thousand Eggs or More, Vols 1 & 2. Privately printed. (Can get on Amazon)

Santich, Barbara. The Original Mediterranean Cuisine. Prospect Books. 1995.

**Websites that have redacted recipes:**

Caridoc's Miscellany - [http://www.daviddfriedman.com/Medieval/miscellany\\_pdf/Miscellany.htm](http://www.daviddfriedman.com/Medieval/miscellany_pdf/Miscellany.htm)

Stefan's Florilegium - <http://www.florilegium.org/>

A Boke of Good Cookery - <http://www.godecookery.com/godeboke/godeboke.htm>

**Recipes to try:**

Sweet Potatoes

The Receipt Book of Ladie Elynor Fettiplace, 1647

Note: Elynor Fettiplace was an Elizabethan lady who began compiling her recipes in 1604 after many years in the kitchen. The book was passed to her niece in 1647.

Recipe by Bear (Terry Decker)

2 lbs - sweet potatoes

1/2 C - water

juice of 1 orange (4-5 Tablespoons)

1 T - sugar

1 t - ground orange peel

1/2 C - butter

In a pan, cover the sweet potatoes with water and boil them until very soft, about 45 minutes to 1 hour. Remove the sweet potatoes from the pan. Cool slightly. Peel and slice. Mix the water, orange juice, sugar and orange peel in a pan and heat stirring. After the sugar dissolves, add the sweet potato to the syrup, separating the slices. Stir the mixture gently to prevent burning, turning the sweet potato to coat the slices with the syrup. Add water if necessary. When the syrup has cooked down, remove the pan from the heat and add the butter. Stir gently until the butter is melted and blended into the sweet potatoes. Put the sweet potatoes into a serving dish and present to the table.

Notes: Two pounds of sweet potato will fill an 8" or 9" pie pan.

Pottage of Noodles

Libra del Coch

Recipe by Serena da Riva (Barbara Benson)

10 oz - Egg Noodles

3 C - Water

2 T - Chicken Bullion

2 T - Butter

1 1/2 C - Almond Milk

3/4 C - Cheese (Parmesean)

Bring water and bullion to boil and add butter and noodles. Cook for 5 minutes stirring frequently. Add the almond milk and cook for 6 more minutes stirring frequently. Remove pot from flame and allow to rest covered for about 5 minutes. Transfer to a serving bowl and shake cheese evenly over top.

## Cormarye - Pork Roasted in Wine Sauce

Curye on Inglysch

5-7 lb. - Boston Butt

1-2 t - each coriander and caraway seed

2-3 cloves garlic, crushed

1 C - red wine

½ t - salt

¼ t - pepper

Grind the coriander and mix it with the caraway seed. (Do not grind the caraway!) Add the remaining sauce ingredients and blend thoroughly. Prick the pork, pour sauce over it in a container over it in a container in which it will barely fit and set aside for at least an hour or two to marinate. Roast in the usual way, basting with the pan juice from time to time (unless you are using a clay baker). When the roast is done, pour off the drippings into a saucepan and add a small amount of pork or chicken broth. Stir and bring to a boil; thicken with breadcrumbs if you wish, and serve as a sauce for the pork.

## 41 Fasoli

Cuoco Napoletano

Recipe by fra niccolo difranchesco (Nick Sasso)

1 pound kidney beans

1 medium onion

1/2 tsp black pepper

1/2 to 1 tsp cinnamon

8 strands saffron steeped in warm broth

Cook Kidney beans in water or broth until just tender. Fry sliced onions in a pan with oil, and put these on top of the beans along with black pepper, cinnamon and saffron. Bake at 350F for about 30 minutes.

## Peas with Salt Pork (#21)

Cuoco Napoletano

Recipe by fra niccolo difranchesco (Nick Sasso)

preheat: frying pan/skillet

2 lbs. Cleaned, fresh sugar snap peas

1½ Tbl white grape juice

½ lb. Salt pork

2 tsp. sugar (to taste)

3 Tbl. Verjuice

¼ tsp. Cinnamon

Clean the peas, leaving in the pod, and place in water to cover. Bring to boil and strain immediately. Cut salt pork into strips about 1½ inches long, and the size of a pencil. Render gently until crisp. Add the drained peas, verjuice, grape juice, sugar and cinnamon. Heat until liquid is boiling and slightly reduced.

## Rice Pudding with Honey and Almonds (Ryc)

Pleyn Delit

½ C - short grain rice [or medium works well too]

1 1/2 C - milk, water, or a combination

½ C - ground almonds blanched

¼ C - sugar

2 T - honey

1C boiling water

Cover the rice with the milk (or whatever combination you wish here) and bring to a simmer; cook over low heat, very gently, for at least 30 minutes, stirring occasionally and adding more water if it shows signs of

drying out. It should be cooked until quite soft. Then remove from heat and put aside to cool, so that any remaining cooking liquid is absorbed. Meanwhile, put the almonds, sugar, and honey in a pan and cover with boiling water. Stir and allow to steep. When the rice has cooled, stir the almond mixture into the rice and put back on the heat; cook, stirring constantly, over medium low heat for about 5 minutes, or until pudding seems quite thick. Remove from heat and pour into serving dish; cool and chill. The original recipe does not call for any spices. But on the assumption that the medieval cook often reached for powder douce (or something) almost automatically, as we do salt and pepper, it seems permissible to sprinkle the top of the pudding with cinnamon and/or nutmeg.

#### Amber Sausage Hedgehogs

Plen Delit, Recipe 138

2 lb - ground pork

2 t - ginger

1 t - each salt, sugar

2 oz almonds, blanched and slivered (not sliced)

Mix pork and seasonings and form into balls about 1 1/2 - 2 inches in diameter; then elongate the balls a little, into ovals shaped like large walnuts (and about the same size). It is not absolutely necessary to fry the slivered almonds before using them - and may be dangerous, since they have a tendency to get overdone and turn black in the later baking - but a few minutes of sautéing over low heat, with a sprinkling of sugar, can help to make them less brittle and thus easier to handle. Insert them into the 'hedgehogs' in a pattern suggesting quills; you will need at least eight small spines for each ball to achieve the proper effect. Bake on a cookie sheet in a 350 oven 20 minutes, or until a good shade of medium brown. If you want to serve them hot, you can reheat in a hot oven for a few minutes (or use a microwave). Drain on paper towels for a minute or two before serving. If you wish to add a colouring decoration, this should be done just before the last few minutes of cooking; if done earlier, it will, of course, discolour. Served with an endoring layer of egg yolks and saffron for color.

#### Selections from Caridoc's Miscellany

Armored Turnips

Platina p. 147 (book 8)

1 lb - turnips (5 little)

2 T - butter

1/4 t - ginger

1 t - sugar

10 oz - cheddar cheese

1/2 t - cinnamon

1/4 t - pepper

Boil turnips about 30 minutes, peel and slice. Slice cheese thinner than turnips, with slices about the same size. Layer turnips, sliced cheese and spices in 9"x5" baking pan, and bake 20 minutes at 350°.

Mustard Greens

Anthimus p. 37

1 1/4 lb - mustard greens (including smaller stems)

3 T - oil

4 t - vinegar

1 t - salt

4 - slices bacon

Wash mustard greens. Boil stems 2 minutes, then add leaves, boil 6 more minutes and drain. Fry bacon or cook 6 minutes in microwave. Heat oil, add greens and stir, then add salt and cook 5 minutes. Crumble bacon and put over greens with vinegar. Stir it all up and cook another 3 minutes.

### To Make a Tarte of Spinage

Proper Newe Booke, p. 41/C11

20 oz - spinach

1 t - cinnamon

1/4 t - salt

1/4 lb - butter

1/4 t - mace

9" - pastry shell

1 T - sugar

Parboil spinach 3 minutes, rinse in cold water, wring it dry. Fry 2-3 minutes in butter with spices. Cool. Fill shell and bake at 350° for 40 minutes.

### A Roast of Meat

Andalusian p. A-38

1 1/2 lb - lamb or beef

1/4 t - cumin

1/2 t - coriander

1/2 t - cinnamon

1 t - salt

1/4 t - black pepper

3 T - olive oil

2 - 15 oz cans chickpeas

1/4 C - cilantro, pressed down

3 small onions = 3/4 lb

1/8 t - more pepper

1/4 t - more cinnamon

Roast meat and cut into about 1/4" by 1/2" pieces. Slice onions. Put chickpeas, onion, spices, salt and oil in a pot and cook over moderate heat, stirring, for 10 minutes, turning down the heat toward the end as it gets dry; add meat and cook one minute, add cilantro and cook another minute, and turn off heat. Sprinkle with pepper and cinnamon and serve.

### Tart on Ember Day

Ancient Cookery p. 448/38

7 oz - cheese

3 T - butter

1/4 t - ginger

4 medium onions = 1 lb

4 - eggs

4 T - currants

1/3 C - parsley

1 T - sugar

9" - pie crust

2 T - fresh sage or 1 1/2 t dried

1 t - cinnamon

Chop the onions and boil 10 minutes, drain. Grate cheese. Mix everything and put in pie crust. We used Meunster; a more strongly flavored cheese might be better.

### Mushroom Pastries

Menagier p. M-25

1 lb - mushrooms

spice powder: 1/8 t cloves, 1 t ginger, 1/8 t grains of paradise, 1/4 t cinnamon, 1/4 t sugar

9 oz cheese (parmesan)

1 T - olive oil

Slice mushrooms and parboil (put into boiling water and cook two minutes); drain. Grate or chop cheese.

Grind grains of paradise and mix up spices. Mix mushrooms, 2/3 of cheese, spices and oil. Put mixture into crust, put remaining cheese over. Makes scant 9" pie. Bake about 20-25 minutes at 350°.

### A Tarte of Strawberries

A Proper Newe Booke p. 39/C11

2 C - strawberries

1/2 C - bread crumbs

4 T - butter, melted

4 - egg yolks

1/3 C - sugar

8" pie shell

Force strawberries through a strainer or run through a blender, then mix with everything else. Bake crust for 10 minutes, then put filling into the crust and bake at 375° for 20 minutes.

### Flathonys

Two Fifteenth Century p. 73/68 (GOOD)

1/2 C - milk

1/3 C - ale

4 T - butter

4 - egg yolks

1/4 C - sugar

1 t - salt

Bake a pie shell. Beat together milk, egg yolks, ale, sugar. Melt butter, add salt, beat into the liquid, trying to keep the butter from separating out (the hard part). Pour into the pie shell, bake at 350° about 20-30 minutes. Sprinkle on sugar (about 1 T) after the flathon is reasonably solid.

### To Make a Custarde

Proper Newe Booke p. 23/C7

1 pie crust

1/4 C - sugar

1/4 C - dates

2 C - cream

1/3 C - raisins

3 t - butter (or marrow)

3 - egg yolks

Make pie crust and pre-bake for 10-15 minutes at 400°. Chop dates. Beat the eggs, add cream, sugar, raisins and dates and pour into pie crust. Dot pie with butter. Bake at 350° for 1 hour 15 minutes.

## Golden Morsels

Platina p. 148 (book 8)

1 lb - sourdough bread

5 T - sugar

16 - threads saffron

2 t - rosewater (or more)

~1/2 stick (1/8 lb) butter or lard

1 C - more sugar

10 - eggs

1 t more rosewater

Beat eggs. Beat in sugar and rosewater. Cut crust off the bread, slice thin, put into egg mixture and let soak. Crush saffron into remaining rosewater, mix with remaining sugar and set aside. Melt butter or lard in frying pan; when hot enough (test with small piece of bread stuff) put chunks of bread stuff into lard and fry until just browned on both sides. Drain briefly on paper towels, put into dish and sprinkle with sugar and rosewater mixture.