

MEDIEVAL COOKING RECIPES

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Bryndons (Small cakes in a sauce of wine, fruit, and nuts)

4 1/2 cups flour
2 cups sugar
1/2 cup (or more) cold water
few drops yellow food-coloring
1/4 tsp. salt
vegetable oil
1 bottle (750 ml) of an inexpensive sweet red wine
1 1/2 cups honey
1/2 cup red wine vinegar
few drops red food coloring
1 tsp. each pepper, cloves, & mace
1/2 cup each chopped dates, currants, & pine nuts (or slivered almonds)
1 cup figs, diced

Simmer the figs in a little wine; set aside. Bring the wine & honey to a boil; reduce heat and skim off the scum until clean. Add the vinegar, red coloring, pepper, cloves, mace, fruits, figs, & nuts, return to a boil, then reduce heat to a low simmer.

In a separate bowl, mix together the flour, sugar, & salt. Dye the water yellow with a few drops of coloring, then slowly work into the flour enough of the water to make a smooth dough, similar to pie pastry. Roll out on a floured board, then cut in strips about 1 inch wide and 4 inches long. In a deep skillet or pan, fry the strips in oil until lightly browned and very crisp. Drain. Place the cakes on a serving platter, then spoon on the fruits & nuts, being generous with the syrup. The yellow cakes and the red topping make an interesting contrast in colors, and the wine will soften the cakes.

Frutowr for Lentyn (Fruit and almond milk cake)

1 cup Almond Milk
3/4 cup flour
2 Tbs. olive oil
1 cup sliced figs & currants

Mix the almond milk quickly with the flour into a pancake-like batter; do not overbeat. Adjust the batter as needed: if too thick, dilute with a little almond milk; if too thin, thicken with a little flour.

Heat the oil in a skillet; when hot, pour in 1/2 of the batter. Sprinkle the fruit over top, then cover with the remaining batter. Cook until brown underneath, then turn over to brown the opposite side. Serve whole or sliced.

OPTIONAL: garnish with honey or sugar.

Frytour of Erbes (Batter-fried herb fritters)

8 Tbs. of chopped or diced mixed green herbs: savory, parsley, marjoram, etc.
2 cups flour
1 ½ - 2 cups lukewarm water
½ tsp. salt
1 Tbs. yeast
oil
honey to garnish

Dissolve the yeast in a little of the water. Mix together the flour, herbs, and salt. Add the yeast and enough of the water to make a smooth, thick batter. Cover and let rise in a warm place until doubled, then drop by spoonful into hot oil and fry until a light golden brown. Garnish with honey.

Pandemayne (White bread)

Bread is literally the staple of life. Mankind has been baking bread for thousands of years in an innumerable amount of ways with a wide assortment of ingredients. There is bread made with barley, oats, wheat, rye, beer, eggs, saffron, tomatoes, potatoes, parsley, nuts, fruit, etc. If it can be eaten, it can be made or incorporated into bread somehow. Bread can also assume a variety of shapes and styles. It can be made into rolls, loaves, buns; it can be stiff and dry like a good French Bread, or soft & yellow like a Jewish *Challah*; it can be buttered, toasted, made into bread crumbs, spread with jams & jellies, made into sandwiches, stuffed with meats, flavored with herbs & spices, flattened and baked with toppings, or sweetened for a dessert. Bread is indeed remarkable!

In the Middle Ages, bread assumed as important a role as it does today. Everyone, even the poorest peasant, ate some form of bread, and there was a thriving industry of millers & bakers that served the needs of the Medieval populace. Bread was considered such an important commodity that harsh laws concerning its production existed, and a baker found guilty of making insubstantial loaves would be jailed or corporally punished. An honest baker would be guaranteed a good living from his guild, and an income secured by contract. In 1303, the London Bakers Company assured their bakers a profit allowance that covered the cost of wood, candles, journeymen & apprentices, salt, yeast, the miller's charges, the baker's house, a dog, a cat, and a wife.

The average person, on the whole, did not bake their own bread. Those that grew grain & wheat would take it to a miller for processing, then take the flour to a baker; others merely purchased their bread directly from a baker's stall or shop. Even millers purchased their bread: in *The Canterbury Tales*, the Miller sends his daughter into town to purchase a loaf when company unexpectedly arrives. Because of this commercial availability of bread, few recipes were copied or placed in the cookbooks of the day; those that do survive show that the technique of breadmaking has changed very little over the centuries, and except for quality of ingredients, a loaf homemade today is very much like those of yesterday. In Medieval times, loaves were generally round, with a cross-shape cut in the top.

Bread varied from class to class; the poor ate coarsely ground dark bread, while the rich consumed a much more sophisticated product. White was the best, and *Pandemayne* was the finest of the white breads made. My version of *Pandemayne* is one of my favorite white bread recipes, which I use in all my feasts & Medieval dinners. I always bake my loaves round, but sometimes leave a personal touch instead of the traditional cross on top: I often make three slashes, in symbolism of the Trinity. The word *Pandemayne* is French in origin, and survives today as *pain*, the modern French word for bread.

- 1 package yeast
- 1/4 cup water
- 2 cups milk, scalded
- 2 tbs. sugar
- 1 tsp. salt
- 1 tbs. oil
- 6 1/4 cups flour, sifted

Soften yeast in warm water. Combine hot milk, sugar, salt, and oil. Cool to lukewarm. Stir in 1/4 of the flour; beat well. Add the softened yeast; mix. Add enough of the remaining flour to make a stiff dough. Knead till smooth. Shape dough in ball; place in a lightly greased bowl. Cover and let rise until doubled. Punch down. Let rise again until doubled. Cut in portions. Shape each in a smooth ball. Cover; let rest 10 minutes. Shape in round loaves. Place on greased pans. With a sharp knife, slash an "x" or a cross on top, and let rise until doubled. Bake at 400° F for 35 minutes or until done. Brush tops with butter.

Paest Royall (Pastry dough recipe)

- 4 cups pastry flour
- 1 tsp. salt (optional)
- 1 1/2 cup butter
- 4 egg yolks, slightly beaten
- 2-4 Tbs. ice cold water (optional, but potentially necessary)

In a large bowl, combine flour and salt. Cut in butter with a pastry knife until mixture is crumbly & somewhat resembles coarse sand. Add egg yolks. Knead, adding the water a spoonful at a time if and as needed, until pastry forms a ball and leaves sides of bowl. Separate dough into 2 equal portions, cover with a towel or plastic wrap, and let rest for 10-15 minutes. Roll out one portion for pie shell, another for the lid.

Cakes (Small leavened cakes flavoured with cloves & mace)

GODE COOKERY TRANSLATION:

Take fine flour and good damask water you must have no other liquid than that, then take sweet butter, two or three yolks of eggs and a good quantity of Sugar, and a few cloves, and mace, as your Cooks mouth shall serve him, and a little saffron, and a little God's good about a spoonful if you put in too much they shall rise, cut them in squares like unto trenchers, and prick them well, and let your oven be well swept and lay them upon papers and so set them into the oven. Do not burn them if they be three or four days old they be the better.

3 Tbs. butter, softened
1/4 heaping cup sugar
3 egg yolks
1/2 tsp. hartshorn or baker's ammonia, dissolved in 1 tsp. of hot water
1 Tbs. rosewater
1/4 tsp. each salt, cloves and mace
pinch saffron
1 1/4 cup sifted all-purpose flour

Cream together the butter & sugar until smooth; beat in the egg yolks. Blend in the dissolved hartshorn or ammonia and the rosewater, then the salt & spices. Stir in the flour and work until a ball of dough is formed. Knead gently until smooth, working in more flour if necessary.

Roll out the dough on a floured surface to a 1/4 " thickness. With a floured butter knife, cut the dough into small squares or rectangles. Make decorative vent holes on the cakes by pricking with a fork, then place them on a baking sheet lined with parchment paper.

Bake in a preheated 300° F oven for 14-15 minutes until just done. Be sure that they do not brown on the bottom. Cool on a wire rack and store in an air-tight container.

Seed Cake (Sweet seed cake)

1 ½ cups unbleached flour
1 cup cracked wheat flour
1 pkg. yeast
1/8 cup warm (100 degrees) ale
1/8 tsp. salt
4 oz. (1 stick) sweet butter
¾ cup sugar
2 eggs, beaten
1 tbs. seed (crushed anise, caraway, coriander, cardamom, etc. - choose something flavorful & pleasant)
½ - 1 cup milk

Sift together the flours and salt; set aside in large bowl. Dissolve yeast in warm ale, along with 1/8 tsp. of the flour mixture. Cream together the butter and sugar. Beat in eggs and seeds. Make a well in the flour and add the dissolved yeast. Fold flour into yeast mixture, then fold in the butter. Slowly beat in enough milk to make a smooth, thick batter. Pour batter into an 8" round greased cake pan. Bake in middle of oven at 350° F for 45 minutes, or until a toothpick inserted in the center comes out clean. Let cool slightly before turning onto a cake rack.

Waffres (Thin waffles made with cheese)

1 dozen eggs, beaten
3 cups flour
1/3 cup sugar
1 tbs. ginger
1 1/2 cup grated Cheddar cheese
1/2 tsp. salt

Beat together all ingredients to make a thick batter. Make the wafers by using a modern waffle iron and prepare according to the directions for your machine. Be careful - the cheese will melt while baking, so keep an eye on things and oil or spray & clean your iron as necessary. The finished wafers should be light brown. Serve hot or cold, with honey as a garnish.

Waffres, or wafers, were enormously popular in the Middle Ages, and were very similar to our modern waffle. In cities & towns, wafer sellers (called *wafereres*) would stand on street corners, making wafers for customers passing by using an iron form resembling our old-fashioned waffle iron. The original recipe has as one of its main ingredients the womb of a pike, and it is thereby assumed that this wafer was originally intended to be eaten on a fish-day or during Lent. Caviar may make an interesting substitute, but this is essentially an unnecessary ingredient and has been left out of the modern version. And because this was a fish-day item, the egg yolks were left out of the period receipt; I've included them in the modern version.

Makerouns (Macaroni and cheese)

GODE COOKERY TRANSLATION:

To make macaroni: Take a piece of thin pastry dough and cut it in pieces, place in boiling water and cook. Take grated cheese, melted butter, and arrange in layers like lasagna; serve.

3-4 lb. freshly home-made, undried noodles OR 1 lb. dried egg noodles or macraoni*
1 tbs. oil
large pinch salt
2 cups grated cheese
1 stick butter

Boil noodles with oil & salt until al dente (tender-crisp). Drain well. In a serving bowl or platter place some melted butter and cheese. Lay noodles on top and add more butter and cheese. Serve as is or continue adding layers of butter, cheese, and noodles. Use extra cheese as necessary. Serve immediately, or place in a hot oven for several minutes and then serve. Serves 8.

Makerouns appears to be the ancestor of macaroni, and this dish may best be described as "medieval mac-n-cheese." The period receipt advises to prepare it like "losyns" (lasagna), with layers of noodles, butter, and cheese. I find Cheddar cheese the tastiest. The dish is wonderful when prepared with undried freshly made noodles, but works with a dried purchased variety as well.

*The original recipe noodles are essentially boiled pastry dough; if you have a pasta maker, feel free to use it in making your makerouns, boiling them while still fresh and undried. Egg noodles are probably the best to use when purchasing a commercial brand. Keep in mind the difference in weight between dried and undried noodles.

Papyns (Poached eggs in a golden sauce)

1 cup milk
3/4 cup flour
Several pinches of saffron or a few drops of yellow food coloring
1/4 cup honey
3 eggs

In a saucepan, blend the flour & milk into a smooth, gravy-like sauce. Add extra flour if too thin, or extra milk if too thick. Add the honey & saffron & slowly bring to a soft boil, stirring occasionally to prevent scorching or sticking. The color of the sauce needs to be a golden yellow, so adjust the saffron or food coloring as needed. Reduce heat. Bring approx. 1-2 inches of water in a skillet to a very soft boil. One at a time, break each egg carefully into a small bowl or cup, being sure not to break the yolk, then gently slide the egg into the hot water to poach. (Adding a spoonful of vinegar to the water will help keep the whites from separating as they cook.) Allow the eggs to poach just until the yolks have cooked; remove from the water with a slotted spoon. Place the three eggs in a serving dish and ladle the milk sauce on top. Season with salt & pepper if desired. Serve.

It is interesting to note how the yellow milk sauce served over the eggs makes this dish resemble our modern Eggs Benedict with Hollandaise Sauce.

Frose (Pork or fish cooked with eggs)

GODE COOKERY TRANSLATION:

To make a Frose. Recipe: pork & boil it, & when it is half boiled chop it small, & take eggs & beat them; then out that pork with the eggs & fry them in fair grease. And if it be Fishday. Recipe: trout or barbels or mullets with such eggs beaten & fair butter; fry them & serve.

1 lb. bacon, ham, or any cut of pork in stewing-sized pieces OR: 1 lb. fresh fish filets, in pieces
olive oil
6 eggs, beaten
2 Tbs. cooking grease or butter
salt & pepper

Fry the pork or fish in a little olive oil until just done; remove and drain well. Chop into small pieces, then combine with the beaten eggs. In a large pan, melt the grease or butter (if using fish, only use butter). When hot, add the egg mixture. Season with a little salt & pepper & cook at medium heat. As the egg begins to thicken, break it apart with a fork or metal spatula, or stir with a wooden spoon, the same as you would when scrambling eggs. Continue to cook until the mixture has completely thickened. Serve at once. Serves 3-4.

To "seth" means to boil or stew, but not necessarily in water; the term could also apply to cooking in oil, seen as another liquid with cooking properties.

A barbel was a common fish in the 14th century, a European freshwater cyprinid (*Barbus barbus*) known for the four catfish-like whiskers, or barbels, on its upper jaw.

Mullets are any of a family (*Mugilidae*) of valuable & chiefly marine food fishes with elongated & rather stout bodies. The spelling *molet* is from the 14th century.

Sambocade I (Elderflower cheesecake)

GODE COOKERY TRANSLATION:

Elderflower Cheesecake. Take and make a crust in a pie pan & take curds and wring out the whey and pass it through a strainer and put it in the pie shell. Add sugar (a "bridde part" - about 1/3 cup), and a portion of egg whites, and add dried elderflowers; and bake it with rosewater, and serve it.

- 1 nine-inch pie shell
- 1 ½ lbs. cottage cheese
- 1/3 cup sugar
- whites of 3 eggs
- 2 Tbs. dried elderflowers
- 1 Tbs. rosewater

Combine all ingredients and blend thoroughly. (A food processor or blender will do the job nicely.) Pour mixture into pie shell. Bake at 350° F for 45 minutes to an hour, or until filling has set and the crust is a golden brown. Let cool and serve.

Elderflowers can be found at natural food stores, herb & spice specialty shops, stores that carry exotic teas, etc. I find them at my local food co-operative. Don't use a substitution - the flavor of elderflowers is unique and the taste of the final product depends on the real thing.

Rosewater is a remarkable liquid that can be found in Oriental, Indian, and other imported food stores. The rose aroma & flavor are strong and powerful - be sure to use the real thing and not a substitute.

When making Sambocade, I prefer my variation which I call [Sambocade Cheesecake](#). It contains a few more spices, some cream & butter, and a mixture of Cottage & Ricotta cheeses.

Sambocade II (Elderflower cheesecake)

ORIGINAL RECIPT FROM THE CLOSET OF SIR KENELM DIGBY, OPENED:

To Make Cheesecakes: Take 12 quarts of milk from the cow, turn it with a good spoonful of runnet. Break it well, and put it in a large strainer, in which rowl it up and down, that all the whey may run out into a little tub; when all that will is run out, wring out more. Then break the curds well; then wring it again, and more whey will come. Thus break and wring till no more come. Then work the curds exceedingly with your hand in a tray, till they become a short uniform paste. Then put it to the yolks of 8 new laid eggs, and two whites, and a pound of butter. Work all this long together. In the long working (at the several times) consisteth the making them good. Then season them to your taste with sugar finely beaten; and put in some cloves and mace in subtle powder. Then lay them thick in coffins of fine paste and bake them.

- 1 nine-inch pie shell
- 2 Tbs. heavy cream
- 2 Tbs. dried elderflowers
- 3/4 lb. cottage cheese
- 3/4 lb. ricotta cheese
- 3 eggs
- 1/4 lb. butter
- 1/3 cup sugar
- 1/4 tsp. cloves
- 1/4 tsp. mace
- 1 Tbs. rosewater (optional)

Combine all ingredients and blend thoroughly. (A food processor or blender will do the job nicely.) Pour mixture into pie shell. Bake at 350° F for 45 minutes to an hour, or until filling has set and the crust is a golden brown. Let cool and serve.

Elderflowers can be found at natural food stores, herb & spice specialty shops, stores that carry exotic teas, etc. I find them at my local food co-operative. Don't use a substitution - the flavor of elderflowers is unique and the taste of the final product depends on the real thing.

Rosewater is a remarkable liquid that can be found in Oriental, Indian, and other imported food stores. The rose aroma & flavor are strong and powerful - be sure to use the real thing and not a substitute.

Potage of Roysons (Apple-raisin pudding)

1 cup raisins
1 ½ cup [Almond Milk](#)
1 Tbs. sugar
1 tsp. mixture of galingale & ginger
4 tbs. rice flour (or unbleached white)
4-6 apples, peeled, cored, and sliced

Boil the apples & raisins until the apples are very soft; drain well. Mash the fruit and place in a pan with the almond milk, spices, and sugar. Cook over medium heat. Add the flour and continue to cook until "*clene chargeaunt*" (very thick). Add flour as necessary. Sprinkle top with ginger just before serving. Serves 6-8.

Although the original recipe indicates no sort of cooking (we are advised to merely mash apples & raisins and mix with milk & flour), I believe to "*tempere hem*" best would be by cooking with the almond milk. I have made the recipe without cooking the ingredients and found the end result entirely disagreeable: the uncooked flour and milk turned into clumps and the raw apples quickly turned brown and spoiled. The final product in the cooked version is a sort of apple pudding which can be served either hot or cold.

[Almond Milk](#) can be made according to the instructions here in the Gode Boke, or you can substitute with the modern Swedish method of making almond milk by flavoring whole milk with almond extract. Can't find galingale? Use ginger as a substitute.

Apple Muse (Apples blended with almond milk, and honey)

apples, peeled, cored, and sliced

Almond Milk

honey

unseasoned bread crumbs

few threads saffron

red food coloring

salt

Boil the apples until very soft; drain. Mash the apples (by hand or with a food processor) until completely smooth. Place the apples in a large soup pot, and blend in the almond milk, honey, bread crumbs, spices, & food coloring. Cook on low, stirring every few minutes, until the *potage* is completely hot and has thickened to desired consistency (add more bread crumbs as necessary). Serve.

This is a pottage, a thick, blended dish that could be made from dozens of different ingredients in dozens of different ways. Pottages were very popular & quite common in Medieval cookbooks; *Apple Muse* comes from a manuscript entitled *Potage Dyvers* (Various Pottages). This particular pottage can be made as thick as a pudding or as thin as a thick soup, and can also be served either hot or cold (although the original receipt has it served just after being cooked).

Saunders, or sandalwood, was used as a red food coloring in Medieval cooking. Since the product is grainy and does not have an appealing taste, red food dye is an appropriate substitute. Keep in mind that the final coloring should be red, not pink!

As saffron is a particularly expensive spice, you may wish to substitute by using a small amount of yellow food coloring, or simply leave the ingredient out of the recipe, as it will not be overly missed.

Feel free to garnish with *Pouder Douce*, a common Medieval spice mixture containing sugar, ginger, cinnamon, nutmeg, etc.

Caudell (Wine thickened with eggs)

5 egg yolks
2/3 cup white wine
sugar to taste
pinch saffron

In a pot, beat together the yolks, wine, sugar, and saffron. Heat the mixture over a medium flame, stirring continually, until the caudle is hot and thick & fluffy. Be careful to not let it burn or scorch or stick to the pot. Serve at once, in small glasses as a drink, or as sauce with desserts. It makes an excellent accompaniment to [Payne Foundow](#), served on the side as a drink or poured over as a sauce. The amount of sugar used will depend on the type of wine used. I prefer using an inexpensive sweet wine, as the taste of an expensive dry or semi-sweet will be lost. In fact, it has seemed to me that the cheaper & sweeter the wine, the better is the final result! Add just enough sugar to mellow the taste.

Gyngerbrede (Sweet honey confection)

4 cups honey
1 lb. unseasoned bread crumbs
1 tbs. each ginger & cinnamon
1 tsp. ground white pepper
pinch saffron
whole cloves

Bring the honey to a boil and skim off any scum. Keeping the pan over very low heat, stir in the breadcrumbs and spices. When it is a thick, well-blended mass (add more bread crumbs if necessary), remove from heat & let cool slightly, then lay out on a flat surface & press firmly into an evenly shaped square or rectangle, about 3/4 of an inch thick. Let cool, then cut into small squares to serve. Garnish each square by sticking a whole clove in the top center. OPTION: add a few drops of red food coloring when adding the spices, *"if thou wilt haue it Red."*

Leche Frys in Lentoun (Almond Milk fruit pie)

GODE COOKERY TRANSLATION:

Cold Slices in Lent. Draw a thick almond milk with water. Take dates and pick them clean with apples and pears, & mince them with plum prunes; take out the stones out of the prunes, & carve the prunes in two. Add currants, sugar, cinnamon, whole maces and cloves, good powders & salt; color it up with sandalwood. Mix this with oil. Make a coffin (pie shell) as you did before & place this filling in it, & bake it well, and serve it forth.

2 cups extra thick Almond Milk
1/4 cup chopped dates
2 medium apples, peeled, cored, & diced
2 medium pears. peeled, cored, & diced
1/2 cup pitted prunes, sliced lengthwise
1/4 cup currants
sugar to taste, up to 1/4 cup
1/2 tsp. each cinnamon, mace & cloves
good powders: ginger, nutmeg, white pepper, etc., 1/4 tsp. each or to taste
1/4 tsp. salt
few drops red food coloring (in substitute of sandalwood)
2 Tbs. olive oil
one 9-inch pre-baked pie shell

Mix together well the Almond Milk, sugar, spices, oil, and food coloring. The color should be a brilliant red; the mixture should be thick but runny. In a separate bowl, mix together the fruits. Add the Almond Milk mixture and thoroughly blend. Place this filling in the pie shell and bake at 375° F for 45 minutes, or until the filling is set and the top has slightly browned. Remove from oven; allow to completely cool before serving. Serves 6-8.

An alternative to using real Almond Milk would be to follow the modern Swedish method of flavoring whole milk with almond oil or extract. For this dish, make a roux by blending 4 Tbs. flour with 4 Tbs. of melted butter; cook this over low heat until the flour has cooked and the roux has a slightly nutty aroma. Remove from heat; with a wire whisk, blend in 2 cups of milk. Return to heat. Beating with the wire whisk, slowly cook until the sauce has thickened. Add almond extract or oil to taste, and beat in the sugar, spices, oil, and food coloring.

Payne Foundow (Bread pudding made with wine)

1 loaf slightly stale bread
1/2 cup butter or cooking oil
whites of 3 eggs, slightly beaten
1 cup honey
1/4 cup water
2 cup red wine
1 cup raisins
1/2 tsp. mace
1/2 tsp. "good poudyr" - any combination of pepper, cubeb, galingale, cinnamon, nutmeg, etc.
1/4 tsp. cloves
1/4 tsp. salt
1/2 cup candied ginger
candied anise seeds

Cut or tear the bread into small pieces. Sauté in the butter or oil until golden; drain. In a separate pan, bring the honey, egg whites, and water just to the boiling point; skim off any scum that rises to the surface. When clean, remove from heat. Add the honey mixture to the bread, along with all the other ingredients except the anise seeds. Blend well. (If using a food processor or blender, leave out the candied ginger, and only add after the pudding is removed from the machine. Candied ginger is extremely gummy and will jam the blades of a blender or processor.) The medieval recipe advises that it should be "*stondyng*," or thick enough to stand on it's own. If the mixture seems too thick, add a little more wine; if too thin, add more bread. Serve cold or at room temperature, garnishing each portion with a little candied anise seed.

OPTION: after preparing the Payne Foundow as directed above, place the pudding in a baking dish and bake at 400° F for approx. 20 minutes, or until the pudding is set and just begins to brown on top. Payne Foundow goes exceptionally well with [Caudell](#).

Candied ginger is the preserved ginger that is so commonly found in supermarkets today, often in the Oriental food section. It's also very easy to make, and many contemporary cookbooks contain recipes for it. It is both sweet and fiery, and adds a special delight to the Payne Foundow that can't be equaled with powder ginger or fresh ginger root. Candied anise may be a little bit harder to find; try a specialty food store, or an international market that specializes in Asian/Indian products.

Pears (Baked pears)

pears, cored

cinnamon & sugar to taste (optional)

Place whole, cored fruit in a baking dish or pan and bake at 400° F until the fruit has completely turned a deep brown, about 1/2 hour to 45 minutes. Sprinkle with cinnamon & sugar and serve.

This recipe is much less elaborate than it appears in the original, and is simply pears baked in an oven, very much like our contemporary baked apple but without the addition of sugar & spices. Baked pears were thought to have medicinal properties and were one of the foods considered appropriate for the ill, hence the instruction to give them to the sick person. Feasts often ended with baked apples & pears, served with the other spices & confections of the dessert course. Keeping that in mind, the modern recipe has been sweetened with a little cinnamon & sugar.

Perys en Composte (Pears in wine and spices)

2 cups red wine
2 Tbs. cinnamon
1 Tbs. sugar
1/2 cup sliced dates
4-6 pears, peeled, cored, and sliced thin
pinch salt
drop or two of red food coloring

Boil the pears until they are tender but not too soft; drain well. In a separate pan heat together the wine, cinnamon, and sugar. Remove from heat, strain the mixture to remove the cinnamon (I recommend using a sieve or China cap lined with cheesecloth or paper towels), then return to the fire. When hot, add the dates, pears, salt, and food coloring. Bring to a boil, allow to cook together for several minutes, then remove from heat. Place pears and wine in a wooden dish and allow to cool slightly before serving.

Our modern pears, which can be purchased fresh from the grocery store, are softer & sweeter than the type available to the Medieval cook, and don't need to be boiled to soften before cutting; I also find cutting cooked, soft pears a little inconvenient. To "*pare*" (from the Latin *parare* - *to prepare*) means to either "pare" (remove outer skin) or "to prepare;" I have thus chosen "to prepare" my pears by slicing before boiling.

Composte is an Old French word meaning "stewed fruit."

Wardonys were a type of English pear common in the Middle Ages - feel free to substitute any slightly hard, not-too-sweet variety.

Sawnderys, or sandalwood, was used primarily by Medieval cooks as a red food dye. It can taste rather nasty if not used properly, and is only recommend for authenticity's sake. Red food coloring is much cheaper and easier to find.

Perys in Confyte (Pears cooked in honey and wine)

3 lbs. pears, peeled, cored, & sliced
1/3 cup honey
1/3 cup sugar
1/2 tsp. of any of the following spices, separate or in combination: ginger, cinnamon, nutmeg, cubeb, galingale, etc.
1 tsp. cardamom
1/4 tsp. ground cloves
1 tsp. anise seed, crushed, mixed with 1/4 tsp. sugar
few threads saffron (or few drops yellow food coloring)
few drops red food coloring
1/2 cup red wine
1 tbs. cider vinegar
cinnamon (to garnish)

Boil the pears in water until just tender; drain and set aside. Add enough water (about a teaspoon or so) to the anise/sugar mixture to make a thin sauce. Bring the honey to a low boil; remove the scum as it rises to the surface. Add sugar, spices, anise sauce, & food coloring(s) and continue cooking until sugar is dissolved. Gently stir in pears and the wine & vinegar. cook for a few more minutes, until pears have warmed, then remove from heat. Serve hot or cold, garnished with cinnamon on top.

Saffron, the stigmas of a certain type of crocus, was used extensively in Medieval cooking primarily for coloring, and was prized for the shade of orangish-yellow it imparted to food. Saffron today is very expensive, and since in small amounts it adds no discernible flavor in cooking, a yellow or orange food dye is a financially-wise substitute.

Char de Crabb (Apple pie flavoured with anise)

4-6 large green or tart apples, peeled, cored, & sliced
1-1½ cups honey
Few drops red food coloring
Several pinches saffron or few drops yellow food coloring
1 tsp. white pepper
½ tsp. salt
1 tsp. anise extract
1½-1 cup unseasoned breadcrumbs
1 pre-baked 9" pie shell

Boil the apples until soft; drain well. Pass through a food processor or masher (or equivalent device) along with 1 cup of the honey to make a smooth purée. Place the purée in a large bowl; taste for sweetness and blend in the additional honey if needed. With a large spoon blend in the food coloring, saffron, salt & pepper, & the anise extract, then blend in enough of the breadcrumbs to thicken the mixture to the consistency of a heavy cake batter or cookie dough. Place in the pre-baked pie shell and bake at 325° F for approx. 20-30 minutes, or until the filling is bubbling. Remove from the oven, let cool slightly to set, then serve.

Those who can pick their own crabapples are encouraged to do so! The rest of us may be satisfied by using green or tart apples of any variety.

Anise flour & powdered licorice will be almost impossible for most people to find easily, but anise extract will add the necessary flavour for this dish, which Constance B. Hieatt calls a "confection."

Although it is not clearly indicated that this pie is to be placed in an oven, most medieval fruit pie recipes were baked, and the absence of this procedure from the original receipt does not necessarily mean that this "char" was an exception. The name "char" itself implies that this is a baked or roasted item. Technically, the pie could be considered finished without baking and served as such; however, the baked version is a much more pleasurable & satisfying dish and would very certainly have been prepared this way in period.

Wardonys in Syryp (Pears in wine and spices)

3 -4 pears, sliced
3 cups red wine
1 Tbs. cinnamon
1 Tbs. sugar
1 tsp. ginger
2 Tbs. vinegar
few threads saffron

Boil pears until they just become tender; drain well. In a separate pot, bring wine and cinnamon to a boil, stirring well. Let cool, then strain. Bring wine back to a boil, then add the sugar, ginger, saffron, and vinegar, stirring until spices are dissolved. Add pears, and allow to cook for several minutes until they soften slightly and change color. Remove from heat. Serve hot or cold. Serves 4.

This is essentially poached pears in wine, with a little vinegar added for sharpness. The period receipt advises to cook the pears first, then pare and cut them, but I find cutting and paring cooked pears a bit difficult, and prefer to pare and slice them before boiling. "Wardonys" or "Wardens" were a type of English pear not common today - feel free to substitute any slightly hard, not-too-sweet variety. Be sure that the final product is both "poynaunt" (piquant with vinegar) and "dowcet" (sweet).

Dauce Egre (Fish in a sweet and sour sauce)

Fresh fish, either whole or in fillets (see note below), enough to feed 2-3 people

olive oil

2 cups red wine vinegar

1/3 cup sugar (approx.)

1 medium sized onion, minced

1/2 tsp. each mace & cloves

1 tsp. ground cubeb or black pepper

Poach the fish until just done; remove from water and allow to drain well. In a sauce pan, combine the red wine vinegar, sugar, onions & spices. Taste for sweetness and flavor and adjust accordingly - you are making a sweet and sour sauce, so try to attain a proper balance between vinegar & sugar. Bring to a boil, then reduce heat to medium. Continue cooking until the onions are thoroughly soft. In a frying pan, heat a little olive oil. Fry the fish on both sides in the hot oil until a crispy light brown. Remove from the oil and drain. Place the fish in a serving platter and ladle the sauce on top. Serves 2-3.

The fish needs to be fresh and either whole (but cleaned & gutted), in fillets, or in "steaks." Haddock will almost certainly be easier for most to people to find than "lucres or tenches," but feel free to use any fish available to you.

Buttered Wortes (Cooked greens)

8 cups of any combination of spinach, cabbage, beet greens, onion, leeks, parsley, etc., chopped
1 stick (1/4 lb.) of butter
salt to taste
1 cup diced bread or unseasoned croutons

Cover greens with water; add butter and bring to a boil; add salt. Reduce heat & cook until vegetables are tender; drain. Place bread or croutons in serving bowl and cover with cooked greens.

Wortes were vegetable greens and members of the onion family, such as cabbage leaves, spinach, beet greens, leeks, etc., as well as the plants used for seasonings and spices: borage, parsley, sage, and so forth.

Pykes in Brasey (Grilled fish in a wine sauce)

2 - 4 small to medium-sized fish, gutted & cleaned (see note below)
2 cups red or white wine
1 1/2 tsp. ginger
1 Tbs. sugar (or to taste)
salt to taste

Roast or grill the fish until done. Prepare the sauce by bringing the wine to a boil. Reduce heat, then add the spices, stirring until the sugar is dissolved. Lay the grilled fish on a serving platter, then lightly cover with the wine, or present the sauce as an accompaniment in a separate serving dish.

Pike are a long-snouted freshwater game & food fish, very similar to carp. Obtaining fresh fish, especially carp & pike, may be a bit difficult for some people; however, most of us can obtain some sort of whole fish from the seafood or frozen food sections of large grocery markets. Look for fish that have been gutted and cleaned, but left whole, and go for whatever variety suits your taste and pocketbook. If all else fails, feel free to use any cut of fresh fish that you can obtain.

Sallets for Fish Daies (Carrot & shrimp salad)

1 to 2 lbs. carrots, minced
2 cups Titi or "Popcorn" shrimp, cleaned, cooked, & cooled
1 cup white wine vinegar
1 cup olive oil
salt to taste

Mince the carrots with a chef's knife or food processor; set aside. Combine the oil, vinegar, and salt with a wire whisk. Toss the carrots with enough of the dressing to lightly coat, then on a serving platter mould the carrots into the shape of a fleur-de-lys. Toss the shrimp with enough of the oil & vinegar dressing to again just lightly coat, then arrange on top of the carrot fleur-de-lys. Serve.

Using a fleur-de-lys shaped gelatin or pudding mould may be the easiest way to create this salad; otherwise, use your hands to shape the carrots into the "*flowerdeluce*," about an inch or two thick. A playful arrangement on top of shrimp and carrots can make a beautiful presentation.

Tart de Ffruyte (Pie of dried fruits & pine nuts, topped with fresh salmon pieces)

figs
wine (white or red)
pepper, cinnamon, cloves, mace, ginger
pine nuts
raisins
saffron (or few drops yellow food coloring)
salt (to taste)
one 9" pie shell with lid
fresh salmon (or fresh eels)
dates
Almond Milk

Place the figs in a saucepan, cover with wine, and bring to a boil. Reduce heat to a medium simmer and continue to cook until figs are very soft and a thin syrup has formed. Remove from heat and let cool. Mash both the figs and the liquid together, by hand or with a food processor, until well blended. Add the pine nuts, raisins, and spices and mix well together. Place this mixture in the bottom of a pre-baked pie shell, and on top of this filling place a thin layer of pine nuts.

Poach the salmon until tender and flaky; arrange pieces of cooked salmon and sliced dates on top of the fig mixture & pine nuts (or mix salmon and dates together and place combined ingredients on top of filling). Add the pie lid and brush top with Almond Milk. Bake in a 350° F oven until pastry is golden brown, approx. ½ hour to 45 minutes.

Pine nuts are often very expensive; for the financially-minded cook, slivered almonds may be substituted.

Salmon Seethed (Salmon poached in beer, vinegar, and herbs)

- 1 cup water
- 1 cup beer or ale
- 1/4 cup white wine vinegar
- 1/4 tsp. salt
- 3 Tbs. parsley flakes
- 1 tsp. thyme
- 1 tsp. rosemary leaves
- 4 Salmon steaks (or any variety of fish)

Combine all ingredients except fish in a saucepan; bring to a boil. Reduce heat & simmer. Place fish in a shallow baking dish, then add enough of the beer mixture to immerse 2/3 of the fish. Cover baking dish, then place in a 400° F oven for approx. 15-20 minutes, or until fish becomes tender and flakes with a fork when pierced. Remove fish from baking dish & serve.

Chyches (Roasted chickpeas, boiled with garlic and olive oil)

GODE COOKERY TRANSLATION:

Take chickpeas and cover them in ashes all night or all day, or lay them in hot embers. At morrow wash them in clean water, and do them over the fire with clean water. Boil them up and add oil, whole garlic, saffron, powder fort and salt; boil it and serve it forth.

3 cups chickpeas, dried or canned
the cloves of 2 whole garlic bulbs, peeled but left whole
olive oil
1/2 tsp. each pepper & cloves (or season to taste)
pinch saffron
dash salt

If using canned peas, rinse well and drain; place chickpeas in a single layer on a baking sheet and roast in a 400° F oven for approx. 45 minutes, turning the peas midway through roasting to evenly cook. (Less time may be required when using dried.) Be sure that they are completely cooked through - the texture and aroma will be that of roasted nuts. Remove from oven; place chickpeas in a pot with the garlic cloves; add enough water to come to about 1/4 to 1/2 inch from the top of the peas. Top off with olive oil, adding enough to just cover the peas. Add spices, and bring to a boil; reduce to a simmer, and continue cooking until garlic softens, about 10-15 minutes. Drain well or serve in the broth; serve hot. Serves 6-8.

Chices is related to the modern Italian word for chickpeas, *cecci*. Since discovering this recipe, roasted chickpeas have become a favorite of mine; they sort of taste like a cross between corn nuts and roasted soy beans. After the boiling in this recipe, they soften, but still retain that lovely roasted flavor.

Dried chickpeas will turn purple and red after roasting, adding extra color to a broth already golden yellow from the saffron. If saffron is too expensive for your budget, substitute with a few drops of yellow food coloring. *Powdour Fort* was a common combination of strong spices, such as black pepper, cloves, cardamom, etc. Cooks should feel free to season as they see fit, making the Chyches highly spiced or slightly mild.

Compost (Fruits and vegetables pickled in honey & wine)

2 lbs. carrots, sliced
½ head cabbage, in small pieces
3-4 pears, sliced thin
1 tsp. salt
6 Tbs. vinegar
2 tsp. ginger
few threads saffron
1 bottle (750 ml.) white wine
½ cup honey
1 Tbs. ground mustard
¾ cup currants
1 tsp. cinnamon
½ Tbs. each anise seed & fennel seed

Boil the carrots and cabbage for several minutes, then add the pears. Cook until tender; drain well. Lay vegetables and pears on a clean cloth. Sprinkle on the salt. Let cool, then place in a large dish or container and add the vinegar, ginger, and saffron. Cover (the cloth works fine for this) and let stand for several hours or overnight. When ready, mix the vegetables with the currants and the seeds. Place in a non-metallic sealable container and set aside. In a separate pot, bring the honey, cinnamon, and wine to a boil, skimming off the scum until clear. Remove from heat and pour over the vegetable mixture. Let cool and seal. May be stored for a week or more. Serves 12 - 15.

This is a delicious marinated and pickled salad, and tastes nothing like the images the name suggests! The modern recipe is a modified (but just as tasty) version of the medieval receipt, containing only the "pasternak" (carrots - from the Latin "pastinaca"), "caboches" (cabbage), "raisons of coraunce" (currants), and "peeres" (pears). The other medieval ingredients are "rote of persel" (parsley root), "rafens" (radishes), and "rapes" (white turnip).

"Lumbarde" (or "Lumbard") mustard was a mixture of ground mustard seed mixed with honey, wine, & vinegar. "Pouder douce" was a mild concoction of ground spices, often containing sugar, though not always; in general, pouder douce usually included cinnamon but not pepper.

Funges (Mushrooms in broth and spices)

GODE COOKERY TRANSLATION:

Mushrooms. Take mushrooms and pare them clean, and dice them; take leeks and shred him small, and do him to see the in good broth. Color it with saffron, and do therein powder fort.

Powder fort - defined by *Curye on English* as being a "strong mixture of ground spices, generally including pepper and/or cloves."

4 cups Gode Broth (made without bread crumbs)

8 oz. (2 ½ cups) sliced mushrooms

1 large onion or 1-2 cups leeks, sliced

¼ tsp. each ground cloves and pepper

pinch saffron

Place mushrooms, onions/leeks, and broth in pot; bring to a boil. Reduce to simmer and add spices. Cook until tender. Drain and serve. Serves 4.

Gourdes in Potage (Squash cooked in broth)

2 lbs. squash peeled and in chunks
3 onions, minced
3 cups [Gode Broth](#) (made without bread crumbs)
1/2 cup pork, boiled then minced or ground (see note on vegetarian substitution)
2 egg yolks, beaten
1 tsp. salt
2 tbs. of sugar and 1 tbs. each of cinnamon & ginger, mixed together

Boil to a boil the broth, squash, and onions. Reduce heat and cook until the squash just becomes tender. (Don't overcook or you'll wind up with mush.) Stir in the pork, egg yolks, saffron, and salt. Stir; allow to cook for a few minutes, then remove from heat. Serve with the sugar & spice mixture as a garnish or in small serving bowls with spoons off to the side, to allow guests to season as they may.

Recipes for vegetables dishes in period manuscripts are vastly outnumbered by those for meat, fish, & poultry. Since many vegetables were prepared simply, it was often not considered necessary to waste precious parchment on their cooking instructions. Also, feasts, in general, served more meat and in more varieties than the 20th c. diner is used to. Therefore, what vegetable recipes that do survive are of particular value to those recreating Medieval food. For the modern cook seeking vegetable dishes for a feast, *Gourdes in Potage* may be a disappointment because of the inclusion of pork; however, I've found that substituting the pork with an equal amount of ground walnuts works quite well, and by using non-meat or meat-flavored broth, allows me to present an entirely vegetarian dish for those at feasts who do not prefer meat. Add the walnuts at the beginning with the squash & onions so they'll be tender and not crunchy.

The squash can be of any variety available to you - I've even used pumpkin, which works very well for Autumn or Harvest feasts when pumpkin is plentiful & cheap.

The *powdour douce* of the original recipe was a mild mixture of ground spices, usually sugar with cinnamon, nutmeg, ginger, cloves, etc., but never pepper.

Mushroom Pasty (Mushroom and cheese pie)

1-1 1/2 lbs. whole button or sliced mushrooms
2 tbs. olive oil
1/2 cup grated or shredded cheese
1/2 tsp. each salt and ginger
1/4 tsp. pepper
one 9" pie shell (lid optional)

Parboil or sauté the mushrooms; drain. Add oil, cheese, and spices. Mix well. Place in pie shell, add lid if desired, and bake at 350° F for 35-40 minutes, or until pastry is a golden brown.

While I prefer using grated parmesan or a combination of parmesan & cheddar cheese, feel free to use any variety of cheese or combination that suits you. Finer cheeses, such as brie, also work quite well, and brie itself is very appropriate for a recipe of French origin. Some other period cheeses include Farmers and Mozzarella.

Peas for a Fish Day (Peas cooked in milk & ginger)

1 lb. fresh peas
4 cups whole milk
1 Tbs. ginger
1/4 tsp. saffron

Slowly heat the milk to the point of simmering. Stir in the ginger and saffron, blending well. Add the peas and continue simmering until they are tender. The peas may then be drained or left in all or some of the broth for serving. Serves 6.

Peas for a Meat Day (Peas cooked in broth)

1 lb. peas

4 cups pork or beef broth or Gode Broth (made without bread crumbs)

2 bunches fresh parsley leaves, diced

Bring peas and broth to a boil; add parsley, reduce heat and simmer until tender. The peas may then be drained or left in all or some of the broth for serving. Serves 6.

Perry of Pesoun (Cooked peas)

GODE COOKERY TRANSLATION:

A Dish of Peas. Take peas and boil them fast, and cover them, until they burst; then take them up and cool through a cloth. Take onions and mince them, and boil with the peas, and add oil; add sugar, salt and saffron, and boil well together, and serve.

2 lbs. frozen or fresh shelled peas
2-3 small onions, minced
3 tbs. olive oil
salt & sugar to taste
pinch saffron

Bring to a boil the onions & peas; add the remaining ingredients and return to boil. Reduce heat slightly and cook until the vegetables are tender. Drain & serve. Dress with a little extra olive oil if desired.

The kind of peas available in the Middle Ages would have required additional cooking, hence the instructions in the original recipe to cook the peas until they burst, cool them, then cook again with the other ingredients.

Saffron too expensive? Use a drop or two of yellow food coloring instead.

Poree de Cresson (Stewed cress and chard, tossed with cheese)

It is good against gallstones.

1 large bunch of fresh cress, cleaned
1 small handful of fresh chard leaves, cleaned
lightly salted water OR [Gode Broth](#) (made without bread crumbs)
olive oil OR butter
¼ - ½ cup grated cheese (Parmesan, Romano, etc.)
salt (to taste)

Fast-Day version: bring water to a boil. Add the cress and chard and cook until just tender. Remove from heat and allow to drain thoroughly. When completely dry, chop the cress and chard into small pieces. In a large skillet, heat a tablespoon or two of olive oil and then add the cress and chard. Sauté in hot oil until the leaves are just slightly browned. Remove from heat, drain well, add salt to taste, and serve.

Meat-Day version: bring [Gode Broth](#) to a boil (use enough broth to be able to cover the cress and chard). Add the cress and chard and cook until just tender. Remove from heat and allow to drain thoroughly. When completely dry, chop the cress and chard into small pieces. In a large skillet, melt a tablespoon. or two of butter and then add the cress and chard. Sauté in hot butter until the leaves are just slightly browned. Remove from heat and drain well. Toss the cooked leaves with the grated cheese, add a little salt to taste, and serve. Serves 4.

Potage Fene Boiles (A fava bean pudding)

GODE COOKERY TRANSLATION:

To make a bean pudding, take white beans & boil them in water, & mash the beans in a mortar all to nothing; & let them boil in almond milk & add wine & honey. And boil raisins in wine and add & serve it.

2 cups cooked mashed fava beans
1/2 - 3 cups [Almond Milk](#)
2 cups & 1/4 cup of an inexpensive sweet white wine
1 cup raisins
1/2 cup honey

Bring to a boil the 2 cups of wine and the raisins; remove from heat and allow to steep until raisins are plump. Slowly heat 1/2 cup of the milk; when warm, carefully beat in the beans with a spoon or wire whisk. Add the 1/4 cup wine and the honey. Still slowly cooking, continue to beat in more milk until the mixture has reached a thick, smooth, pudding-like consistency. Drain the raisins; stir into pudding and cook for another minute, until the raisins have warmed. Serve.

Fene is probably a mistranslation of *feve*, an early spelling for the fava bean; *feve* is also related to the word *vetch*, which, by the strictest definition, is the legume, but which also was used to mean other types of beans as well.

[Almond Milk](#) can be made according to the instructions here in the Gode Boke, or you can substitute with the modern Swedish method by flavoring whole milk with almond oil or extract.

Almond Milk (Standard medieval sauce)

In the Middle Ages, animal milk was, of course, not refrigerated, and fresh milk did not stay fresh for long. Most cooks simply did not use much milk as the short shelf-life of the product made it a difficult ingredient to depend upon. Many recipe collections of the time advise that cooks should only rely on milk that comes directly from a cow, something not possible at all times, and purchasing milk was a dubious practice, for streetsellers of milk often sold wares that were either spoiled or diluted with water. Milk's use had to be immediate, in cooking or by turning into cheese & butter. It was these difficulties that forced Medieval cooks to look upon milk with great reluctance, and so having milk in the kitchen was usually unheard of.

Rather than animal milk, Medieval cooks turned to something they could depend upon, and that was the milky liquid produced by grinding almonds or walnuts. This liquid, high in natural fats, could be prepared fresh whenever needed in whatever quantities. It also could be made well ahead of time and stored with no danger of degeneration. Because of its high fat content, it, like animal milk, could be churned into butter, and because it was *not* animal milk, it could be used and consumed during Church designated meatless days.

Almond milk was used extensively in period; all existing cookbooks call for it, and it must have been found in literally every Medieval kitchen. It's the prime ingredient in many, many recipes, and the modern cook recreating Medieval food will have to learn its production in order to prepare the most common of dishes.

- 1 cup ground almonds
- 2 cups boiling water

Combine almonds and water. Steep for 5 minutes, stirring occasionally. Sieve the mixture to remove coarse grains OR (preferably) blend mixture in electric blender until grains are absorbed. Yield - 2 cups almond milk.

Gode Broth (Broth suitable for all dishes)

3 cups chicken broth
1 cup pork broth
½ - 1 c. unseasoned bread crumbs (often optional - see note)
½ tsp. each pepper & cumin
pinch saffron (for color)
salt (to taste)

Combine broths & bring to a low boil; add the bread crumbs & spices, return to a boil, then reduce heat and allow to cook for a minute. Remove from heat and use or refrigerate for later. Makes 4 cups.

The amount of bread crumbs used depends on the thickness of the sauce desired. Less than ½ cup or more than 1 cup may be necessary, or none at all. Use your best judgment. (*Many of the recipes in A Boke of Gode Cookery use this broth without the bread crumbs.*) The same is true of the salt & other spices - adjust them to your preferred taste.

Sallat (Salad of lettuce & herbs)

Salad. Take parsley, sage, green garlic, scallions, lettuce, leek, spinach, borage, mints, primroses, violets, "porrettes" (green onions, scallions, & young leeks), fennel, and garden cress, rue, rosemary, purslane; rinse and wash them clean. Peel them. (Remove stems, etc.) Tear them into small pieces with your hands, and mix them well with raw oil; lay on vinegar and salt, and serve.

NOTE: Rue can induce labor in pregnant woman; I therefore never use that particular herb because of the potential danger involved.

The primroses and violets can be mixed in with the salad, or used as a garnish on top.

Use only fresh herbs!

Sprouts (Brussels sprouts)

1 lb. brussels sprouts (see note)
water
4 tbs. olive oil OR 2 tbs. butter
pinch salt

Peel and wash the brussels sprouts. Place in a pan and bring water to just the top of sprouts. Bring to a boil, reduce heat, & simmer water until sprouts are tender. Drain well. Toss with olive oil or butter and salt. Serve.

Brussels sprouts were rarely known outside of Belgium or northern France until the 17th century. The original recipe here is for newly sprouted cabbage hearts, which are difficult to find in today's modern markets. Brussels sprouts are a close substitute, and flavored with olive oil taste surprisingly different than most of us are used to.

Tart in Ymbre Day (Onion & cheese pie)

3 - 4 small onions, chopped
2 bunches of parsley, chopped
1 cup shredded Cheddar cheese (OR ½ cup unseasoned bread crumbs)
8 eggs, beaten
1 Tbs. melted butter
1/8 tsp. saffron
½ tsp. salt
¼ cup currants
¼ tsp. sugar
1/8 tsp. each cloves and mace
1 nine-inch pie shell
optional spices - ½ tsp. each of any of the following type of herbs: sage, basil, thyme, etc.

Parboil or sauté the onions and parsley; drain well. Mix with all other ingredients and place in pie shell. Bake at 350° F for 35-40 minutes or until pastry is brown and filling is set.

Although the original recipe clearly indicates "grene chese" as a main ingredient, other versions of this tart appear in period manuscripts with "brede" instead of cheese, which is why I include both in the Medieval recipe. Clearly, both can be considered correct, and I suggest you try either version, or make your Amber Tart with both cheese and bread crumbs. "Grene chese" is any well-aged cheese; I like using a fine English Cheddar.

"Powder douce" was a mild mixture of spices, often containing sugar with cinnamon & related spices, but without pepper.

Blawmanger (Traditional medieval rice dish)

GODE COOKERY TRANSLATION:

Blancmange. Take two parts of rice, the third part of almonds; wash the rice clean in lukewarm water & turn & boil them til they break and let cool, & take milk and add to the rice and boil together. Add white grease & ground dark chicken meat, & stir well, & salt it and place it in dishes. Fry almonds in fresh grease until brown, & set them in the dishes, and strew on sugar & serve it.

1 cup rice
3 cups [Almond Milk](#)
1 cup ground cooked chicken, dark meat only
dash salt
1/4 cup fried slivered almonds
sugar to garnish

Bring to a boil the rice, milk, & salt. Reduce heat, stir in chicken, & cover; allow to cook, stirring occasionally, until liquid is absorbed and rice is fluffy. Garnish with almonds and a sprinkle of sugar.

Judging by the many versions of this recipe that appear in period cookbooks, it is certain that most (if not all) medieval cooks were at least familiar with this dish. By the strictest definition, Blawmanger (also known as *blankmanger*) is any bland, white pottage based on almond milk, and (except for a few fish-day versions) contains ground poultry, thickened with rice flour; the standard English flesh-day version was ground capon (or chicken) with rice and almond milk. In some recipes the poultry is in chunks, rather than ground up. Today's modern *blancmange* is a type of rice-pudding dessert, much beloved by the English, and only bears a slight resemblance to its medieval forerunner

Frumente yn Lentyn (Barley cooked in Almond Milk)

GODE COOKERY TRANSLATION:

Frumenty in Lent. Take clean picked wheat. Pound it in a mortar, and remove the hull, & boil it until it cracks. Then grind blanched almonds in a mortar; make an almond milk. Add the wheat to the almond milk & boil until reasonably thick; make sure the wheat is tender. Color it with saffron. Cut your porpoise after it's boiled, then set it in dishes with nothing else, and serve it with frumenty.

1 cup cooked cracked or bulgur wheat
3 cups [Almond Milk](#)
1 pinch saffron
1/4 tsp. salt

Stir together all the ingredients. Bring to a soft boil, stirring occasionally to prevent sticking, then reduce heat to low, cover and cook for approx. 45 minutes, or until the mixture becomes thick. Be careful not to scorch. Serve as a soup or as a sauce for meat.

Frumenty was one the most popular foods of the Middle Ages, used as an accompaniment to roast meat, venison being particularly favored.

Gruyau (Gruel of barley and Almond Milk)

A gruel of husked barley: if it is not husked, prepare it: pound it in a mortar like wheat, cook it and mash it; then set it to boil with almond milk, with salt and sugar. Some people grind it and strain it. It should not be at all too thick.

2 cups cooked barley, mashed

8 cups [Almond Milk](#)

2 Tbs. sugar

½ tsp. salt

Bring the Almond Milk to a boil; add the barley, stir well, and return to boil, stirring to prevent sticking. Immediately reduce heat to a simmer, and stir in the sugar and salt. Continue simmering for several minutes, stirring occasionally, until the barley and milk have thoroughly cooked together. The final product should be only slightly thick. Serve immediately, or run through a food processor for a smooth consistency, in order to "*grind it and strain it.*" Serves 4.

Ris Engoule (Rice cooked in milk and beef broth and colored with saffron)

Fancy rice for meat days: cull the rice and wash it thoroughly in hot water and set it to dry by the fire, then cook it in simmering cow's milk; then add ground saffron infused in your milk, to lend it a russet colour, and greasy beef broth from the pot.

- 1 cup rice
- 2 cups whole milk
- pinch salt
- 1 cup beef broth
- 1 Tbs. butter
- pinch ground saffron OR a few drops of yellow food coloring

Bring the milk to a slow simmer. Add the rice and salt and continue cooking slowly, stirring occasionally to prevent sticking. When the rice is nearly cooked and much of the liquid is absorbed, stir in the beef broth, butter, and saffron/food coloring. The final color should be russet, a sort of golden-brown. Continue cooking slowly until all the liquid is absorbed and rice is thoroughly cooked. Remove from heat, fluff with a fork, and place in a serving bowl. Serves 4.

Ryse of Flesh (Rice cooked in broth & Almond Milk)

Rice Cooked in Meat Broth. Take rice, washed and drained, and place in an earthenware pot with good broth and bring to a boil, cooking until done. When done, add almond milk, saffron, & salt, and serve.

1 cup rice

2 cups [Gode Broth](#) (made without bread crumbs)

1 cup [Almond Milk](#)

½ tsp. salt

1/8 tsp. saffron

Bring to a boil the rice and the broth; cook over low heat until rice is tender and the liquid is absorbed. Stir in remaining ingredients and serve.

Meat Pie

- 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.

Bruet Sarcenes (Meat dish made with Sauce Sarcenes)

Take venison: boil it, drain it, and place in a pot. Take almond milk made from the broth; add onions, & thicken it with rice flour, and add cloves. Bring to a boil then remove from heat; season with powder, wine, & sugar, & color it red.

2 lbs. of venison, beef, or pork roast
2 cups [Almond Milk](#) (made with reserved broth; see recipe below)
1 small onion, diced
8 Tbs. rice flour
1/2 tsp. ground cloves
1/2 tsp. each cubeb (or black pepper), nutmeg, mace, etc.
1/2 cup red wine
1 Tbs. sugar
few drops red food coloring
salt (to taste)

Chop the meat in pieces; place in a pot, cover with water, and bring to a boil. Reduce heat and simmer until meat is tender. Drain meat, reserving broth; allow meat to cool, then chop into small, bite-sized chunks. Put aside. Make an almond milk according to the recipe, but use 2 cups of the reserved broth instead of water. Sauté the onion until just tender, drain, and add to the almond milk. Blend in the flour to achieve a thick, smooth consistency & then add the cloves. Slowly bring the almond milk to a boil, stirring occasionally to prevent sticking. Reduce heat, add the additional spices, wine, and food coloring and allow to cook for several more minutes. (If sauce becomes too thick, add more wine or broth.) Remove from heat. Toss the meat with enough of the sauce to thoroughly coat, but no more. (This is not a soup or a stew!) Serve at once on platters or in bowls. Diners can eat the bite-sized pieces, coated in sauce, with their fingers or utensils.

OPTION: add raisins, currants, pine nuts, almonds, etc.

"Alekenet," or alkanet, was a red dye made from the roots of the alkanet plant. Red food coloring makes a satisfactory substitute. Make sure that the final color is a deep, dark red. *Bruet Sarcenes* is so named because medieval Europeans saw Saracens, or Arabs, as having skin color of a deep, brown-red, which this dish is colored in imitation of.

Cameline Meat Brewet (Thin slices of beef pickled in Cameline Sauce)

1 tsp. butter or olive oil
1 tsp. salt
1/8 tsp. pepper

Meat butter or heat olive oil in pan, add meat and seasonings and sauté until done. Drain well and let cool. Place meat in a sealable container and add [Cameline Sauce](#) to cover. Refrigerate for several days, agitating container once a day. Remove from marinade and serve cold or at room temperature. Serves 4 - 8.

Flampoyntes (Pork & cheese pie, decorated with pastry triangles)

Flan Points. Take fat pork boiled. Pick it clean; grind it small. Grind cheese & add with sugar and good powders. Make a coffin (pie shell) that is an inch deep, and put the filling in it. Make a thin sheet of good pastry & carve out of it small points, fry them & put them in the filling, & bake it up & serve.

1 & 1/2 lbs. pork roast, boiled and diced small, fat & bone removed (reserve broth - see note)
1 & 1/2 cup shredded cheese (see note)
sugar to taste - up to 1/4 cup
1 & 1/2 Tbs. ginger
1 tsp. each cinnamon & cloves (see note)
pastry dough for a 9-inch pie shell, with extra pastry for points
2 Tbs. oil for frying

Pre-bake the pie shell. Dice the meat as small as possible (or grind). Mix with the cheese, sugar, and spices. Taste and adjust for seasonings. Add enough of the reserved broth to thoroughly moisten the mixture, then place in the pre-baked pie shell. Roll out the extra pastry dough to the thickness of regular pie pastry, then with a knife cut out small pointy triangles, about 1 1/2 inches long. In a skillet, fry the triangles in a little hot oil until lightly browned on both sides. Drain well. Decorate the pie with the triangles by placing their bases well into the filling, with the points upwards. Bake at 375° F for approx. 45 minutes, or until filling has set. Serve hot. Serves 6-8.

The original recipe calls for a piece of fatty pork, which would have added extra moisture to the pie filling. Today's cuts are usually leaner, preferably so; to compensate for dryness, the broth should be used to thoroughly moisten the filling. This will produce a far more satisfactory pie with no sacrifice in taste. Remember: meat pie fillings should always seem a little too moist, almost slightly runny, before baking.

Period medieval cheeses to use include: Brie, Camembert, Mozzarella, Provolone, & Farmers.

The spices in the original recipe are simply referred to as *gode powdours*, leaving the cook to determine by choice or preference what seasonings would be appropriate. The ginger-cinnamon-clove mixture works very well, but today's cook is still free to choose a variety of period spices and combinations.

Sage, savory, hyssop, galingale, cubeb, pepper, mace, etc., are all acceptable.

Hint: add salt & pepper and a healthy shot of wine to the broth while cooking the pork.

Mortrews (Meat pâté)

1 cup ground cooked chicken
1 cup ground cooked pork
1/4 cup ground cooked pork & chicken liver
4 cups [Gode Broth](#) (made without bread crumbs)
1/2 - 1 cup unseasoned bread crumbs
3 egg yolks
1 tsp. each pepper, cloves, & ginger
1 tbs. sugar
pinch saffron
salt to taste
mixture of 1 tbs. ginger & 1 tbs. sugar

Bring the broth to a boil; add the chicken, pork, & liver, and return to boil. Reduce heat, stir in bread crumbs, egg yolks, & spices. Allow to cook for several minutes. The final product should be like a thick soup or a thin pate. If too thin, add more bread crumbs. If too thick, add extra broth. Serve in bowls & garnish with ginger-sugar mixture.

Mortrews, also commonly spelled *Mortreux*, was a popular dish which could be prepared as thin as a soup, but also as thick as a pate, which appears to be how the medieval recipe wishes it done, as we are advised to "*loke that it be stondyng.*" Other period recipes also imply that the mixture is at least slightly thick. *Mortrews* is named after the mortar in which it was prepared.

Powdour fort was a mixture of ground spices, usually containing pepper and/or cloves & related spices.

Pumpes (Pork meatballs in Almond Milk)

1 ½ lb. pork roast
½ cup currants, diced
½ tsp. salt
1/4 tsp. each cloves and mace
1 cup [Almond Milk](#)
4 tbs. flour
pinch salt
sugar & mace for garnish

Cut the pork into pieces and boil until tender; drain and let cool. Chop the cooked pork as small as possible, either by hand or with a food grinder/processor. Mix well with the currants and spices. Mold the meat mixture into small 2 inch pellets and place in a 375° F oven for approx. 15-20 minutes or until reheated. While the pumpes are being warmed, heat the almond milk in a pan over medium heat. Add the flour and salt and stir together thoroughly. Allow to cook until the mixture thickens slightly. Lay 5 pumpes on a dish, cover with almond milk and garnish each with a small red (non-toxic) wildflower. Sprinkle on a little sugar and mace and serve.

Pyes de Pares

- 1 to 1 1/2 lbs. each of pork roast & beef roast
- 1 cup red wine
- 1 cup Gode Broth (without bread crumbs)
- 1 1/2 cup currants
- 1 cup diced dates
- 8 egg yolks
- 1 1/2 tsp. salt
- 1 tbs. ginger
- 2 tbs. sugar
- 1 9" pie shell with lid.

Chop meat into small pieces. Place in pot, add wine and broth. (If needed, add enough extra wine & broth so that the liquid just reaches the top of the meat.) Bring to a boil, then reduce heat & cook over medium heat until meat is done. Drain meat, reserving some of the liquid. Add remaining ingredients to meat, mixing thoroughly. Add enough of the reserved liquid to moisten meat mixture and make it just slightly runny. Place mixture in pie shell, add lid, and bake at 375° F for 45 minutes or until a golden brown.

Stwed Beeff (Beef ribs baked in a sauce of wine, currants, & onions)

8 lbs. beef ribs
½ cup fresh parsley, chopped
1-2 large onions, minced
2 cups currants
1 Tbs. each pepper, cinnamon, & cloves (or use to taste)
1 Tbs. red food coloring
few threads saffron
1 tsp. salt
3 liters red wine
1 ½ cup red wine vinegar

Roast or grill the beef until done; place in a large baking pan. In a separate pot, combine all the other ingredients. Bring to a boil, then reduce to a simmer and cook until currants are plump and soft and the onion is cooked. Pour this mixture over the beef; cover the baking pan with foil and place in a 400° F oven for ½ hour to 45 minutes. Remove from oven. Place the beef on a serving platter and spoon on currants, onions, & syrup. Serve.

Tartes de Chare (Pork pie with eggs, honey, & spices)

1 9" pie shell with lid
1 1/2 # broiled pork, either minced, ground, or cut into small pieces
1/2 t. salt
6 egg yolks
2 t. ginger
1/4 t. pepper
1/3 c. honey

Mix together all ingredients, making sure the mixture is slightly runny. (If not, add more egg yolks.) Place mixture in pie shell, add lid, add some decorative steam holes or slashes to the lid, then bake at 375° F for 30 - 45 minutes, or until a golden brown. Serves 8.

Option: Add 1/2 cup of either currants, chopped dates, raisins, or pine nuts, or any combination of these ingredients.

Mutton or Beef Pies made with Paest Royall

1 ½ lbs. beef or lamb roast, cooked and minced in very small pieces

½ tsp. pepper (or to taste)

½ tsp. salt (or to taste)

½ cup beef suet or marrow, diced or cubed

¼ cup vinegar, red wine or cider

½ cup prunes, sliced

⅓ cup raisins

⅓ cup dates, chopped

1-2 cups beef broth

Paest royall

In a large bowl, combine meat, spices, suet or marrow, vinegar, & the fruit. Add enough broth to thoroughly wet the mixture - the final consistency should be runny. Line a 9-inch pie pan with Paest royall and fill with the meat mixture. Add a pastry lid or leave open-faced. Bake at 375° F until filling is bubbling and the pastry cooked, approx. 45 minutes to 1 hour.

Venyson Y-bake I (Venison pie, seasoned with pepper & ginger)

1 ½ lb. venison shanks, parboiled and in small pieces (reserve broth)

½ tsp. salt (or season to taste)

½ tsp. each pepper & ginger (or season to taste)

1 nine-inch pie shell (no lid)

Combine venison & spices; thoroughly moisten with the reserved broth and place in pie shell. Bake at 375° F for 35-40 minutes, or until crust is lightly browned.

Venyson Y-bake II (Venison pie with eggs, honey, & spices)

1 1/2 lb. venison, parboiled and ground or in pieces
1/3 cup honey
4 egg yolks
1/2 tsp. salt
1/2 tsp. each pepper & ginger
one 9" pie shell, with lid.

Mix all ingredients and place in pie shell. Add lid. Bake at 375° F for 45-50 minutes, or until crust is lightly browned.

As you can see, this version of *Venyson Y-bake* is essentially the [original recipe](#) but with the addition of honey and egg yolks, which make the pie much less dry than the plain venison of the original. Meat pies of all varieties were enormously popular in the Middle Ages, and venison is an acceptable period substitution for the pork in the original receipt for *A-nother manere*.

Capoun or Gos Farced (Chicken or goose stuffed with eggs and pork)

1 bunch parsley, chopped
½ cup small seedless grapes
1 large onion, chopped
½ tsp. salt
¼ tsp. each pepper, ginger, cloves, & cinnamon
1/8 tsp. saffron
4 hard boiled egg yolks, chopped
1/3 lb. pork roast
1 tbs. oil

Chop the pork into small pieces; broil or boil until done. (If boiling, drain well but reserve broth for later use.) Mince or grind meat after it has cooled. Parboil the parsley in water and the oil until soft; drain well. (If omitting the grapes from the stuffing, add the onion with the parsley and boil together.) Add meat, eggs, and spices, mixing thoroughly. Stuff a capon, a chicken, a small goose, or a game hen with this mixture and bake at 375° F for 45 minutes, or until done a golden brown. Serves 2-4.

Chickenes Endoryed (Roast chicken glazed with egg yolks)

Chicken, whole or in pieces, and boneless if possible (see note below)
egg yolks, beaten

Roast the chicken until done. Remove from oven, brush with egg yolk, and return briefly to the oven until the glaze is set, approx. 1 minute or less. Don't overcook - the chicken should be yellow, not brown. Repeat the process a few times for a brighter shade.

Whole chickens with just the breast bones removed would be the ideal choice here, as that is what the original receipt specifically asks for; however, unless you're a skilled chef or carver, or know one, your chances of acquiring such a bird in a raw state, ready to roast, could be a bit difficult. Your local butcher might be able to help you, so it may be well worth asking to find out. Otherwise, be prepared to follow the procedure as described in the Medieval recipe - scald the chicken first, then pull out the breast bone while leaving the skin intact & the other bones in place. If you're not feeling so adventurous, then keep in mind that *endoring* in this manner was a common feature of much Medieval cooking, and any cut or portion of the chicken, with or without bones, will do. Just remember to leave the skin on, as is advised in the period recipe.

Gelyne in Dubbatte (Roasted chicken in wine-broth)

- 1 chicken, roasted and in pieces
- 3 cups chicken broth
- 2 cups sour grape juice or mild red wine
- ½ tsp. each of cloves, mace, pepper, and cinnamon
- ¼ cup bread crumbs
- ½ tsp. vinegar

Bring 2 cups of the broth, the juice, and the spices to a boil, then reduce heat to a simmer. In a separate pot, bring the remaining broth to a boil. Add bread crumbs and vinegar, stirring well until mixture is smooth. Remove from heat and add to the broth and juice, stirring until well blended. (A food processor or blender provides the best result.) Pour over chicken pieces in a pot or casserole dish and bake in a 375° F oven for 45 minutes. Serves 4 -6.

The addition of the extra broth, bread, and vinegar seemed a bit confusing to me at first, but after making the sauce according to the period receipt, I found that the medieval recipe actually makes a great deal of sense. The bread crumbs, broth, and vinegar mixture not only thickens the broth but also makes an excellent binding agent for the cinnamon, which does not need to be strained out as is specified in many other period sauces containing "canelle."

Goce or Capon Farced (Goose or capon stuffed with eggs, onions, & grapes)

- 1 goose or capon
- 2 dozen hard boiled egg yolks, chopped
- 2 lbs. seedless grapes
- 4 bunches fresh parsley, chopped
- 3-4 large onions, chopped
- 1 Tbs. each ginger, pepper, cinnamon, & salt
- 1/4 lb. (1 stick) butter

Sauté the onions and parsley together in the butter until the onion softens. Mix together the grapes, egg yolks, and spices; add the butter, onions, & parsley. Mix well. Stuff the goose or capon with this mixture and place in a roasting pan. Rub a little oil into the skin, sprinkle with salt & pepper, then roast at 400° F for 2-3 hours for the goose or for 1-2 hours for the capon, until the bird is tender and has turned a deep golden brown.

As you will have noticed, I have varied from the original recipe by not parboiling all the ingredients together, but instead have sautéed the onion & parsley and then mixed with the other items. My reason for this is personal: I have made the boiled version before, and simply do not like it! Feel free to boil the stuffing as described, but be assured that the modern recipe works just as well (if not better), and uses the same cooking procedure indicated in other, similar medieval stuffing recipes.

I've included both the onions & the grapes in the modern recipe, but using either one by itself is perfectly fine.

Henne in Bokenade (Chicken stewed in broth and herbs)

- 1 whole chicken
- fresh chicken broth (optional)
- 1 small bunch parsley, chopped
- 2 Tbs. chopped sage leaves
- 1 Tbs. chopped hyssop
- 1 tsp. each mace & cloves
- 1 dozen egg yolks, beaten
- 1 Tbs. ginger
- 1/2 cup verjuice (red wine vinegar)
- 1/8 tsp. saffron
- 1/8 tsp. salt

Place the chicken in a large pot; cover with water or fresh chicken broth. Bring to a boil, reduce to a simmer, and continue cooking until the meat is tender & falling from the bone; remove from the broth & allow to drain & cool. Pick the meat from the bones, discarding the fat & skin, and cut into large chunks. Place meat in a separate large pot. Strain the broth to discard all meat, fat, etc.; add just enough broth to the chicken in the pot to just come to the top of the meat. Add the herbs & bring to a boil, then reduce heat; beat in the egg yolks, spices, and vinegar and simmer until thick. Serve as a main meat dish. Serves 6-8.

Hint: when using either water or broth to boil the chicken, add a healthy shot of wine; if using water, be sure to add a little salt & pepper.

Malardis (Roasted duck, served with fritters and brawn)

1 duck, head & feet on style (often found in Asian or Oriental markets)

Olive oil

Salt & pepper

Cheesecloth (see note)

1 egg yolk, beaten

Cooked dark meat of chicken or pork, sliced into serving portions

Fritters

Poivre jaunet or Poivre noir

Lightly coat the duck with olive oil, using a pastry brush or your hands. Place in a baking or roasting pan lined with parchment paper or aluminum foil. (There will be a bit of grease, so be sure that your pan is slightly deep.) Sprinkle on salt & pepper. Wrap the wings, feet, & head of the duck in cheesecloth to prevent overcooking & burning. Place the duck, uncovered, in a 375° F oven and bake for approx. 1 to 1 1/2 hours, or until the duck is fully cooked and a golden brown. Remove from oven & unwrap the cheesecloth. Using the pastry brush, quickly brush the entire duck with the beaten egg yolk. Return to the oven for approx. 20-30 seconds to set the egg yolk - any longer than that and the yolk will brown & ruin the golden effect. Place the duck on a large serving platter and surround it with freshly made fritters and the sliced brawn. Accompany it with bowls of the ginger sauce. Serve forth!

Aluminum foil may be used instead of cheesecloth, but be sure that the foil is only very lightly wrapped around the duck or else the skin and more delicate parts may be ripped & damaged when removing.

Poullaille Farcie (Whole chickens stuffed with meat, nuts, eggs, and spices, and glazed green and gold)

- 1 chicken, with the feet and head still attached (often available through a Kosher butcher)
- 1 lb. mixture of mutton, veal, and chicken dark-meat, or a combination or single use of any of these meats, cooked and diced or ground
- 6 eggs, beaten
- ½ cup cooked chestnuts (whole or ground)
- 1 cup mozzarella or brie, diced or shredded
- ½ - 1 tsp. each of spices: black & white pepper, savory, cumin, etc. Use to taste.
- few thread saffron (or few drops yellow food coloring)
- ½ tsp. salt (or to taste)
- 2 egg yolks
- few drops yellow & green food coloring
- unseasoned bread crumbs (optional)

Combine all ingredients except chicken in a large bowl; mix well. Stuff the chicken with this mixture, reserving the leftover stuffing. With your hands, gently rub olive oil over the entire bird, then lay belly-down on foil on a baking sheet. Sprinkle with salt & pepper. Cover the delicate areas of the feet, head, and wings with foil to prevent overcooking. Place the bird in a 350° F oven and bake just until the skin begins to turn golden brown. Try not to overcook as the bird will fall apart if it becomes too tender. Remove from oven and very carefully remove the foil from the wings, etc. Immediately brush the entire bird with egg yolk which has been dyed either gold or green, or use a combination of colors in any whimsical manner that you like. Return to the oven for just a few seconds, to set the glaze - be careful not to overheat as it will spoil the colors. Remove from oven, place on a serving platter, and garnish with "eggs" made from the leftover stuffing.

To make the "eggs," take the remainder of the stuffing and mold it into small, egg-shaped balls. If your stuffing is too moist to work with, add enough bread crumbs to make a malleable mixture. Place the eggs on a well greased baking sheet and bake at 350° F for ½ hour, or until done. At this point, if you wish the eggs to match the hen in color, you may also brush the eggs with colored yolk, with a quick return to the oven to set the glaze. When ready, place along side the hen on its serving platter.

Walnuts make a suitable substitution for the chestnuts, an ingredient often not readily available.

Ideally, your hen and its eggs should be roasted on a spit, which was a staple of every Medieval kitchen hearth. Sadly, unless one is lucky enough to have a home rotisserie, roasting in an oven will have to suffice for the modern cook. Spit-roasting gives the eggs a wonderfully 3-dimensional effect, but roasting in an oven produces an egg which is flat on one side.

During roasting, some of the stuffing may pour out of the chicken from the back opening onto the baking sheet. This unattractive lump should be removed before placing the hen on the serving platter, for appearance's sake.

Schyconys with the Bruesse (Chicken stewed with beef)

- 1 chicken, in pieces
- 2 lbs beef roast, cut in large pieces
- 1 tbs. parsley
- 1 tsp. each sage & savory
- 1 tsp. salt
- pinch saffron (or few drops yellow/orange food coloring)
- 4 pieces of toasted bread, cut in thin strips or triangles

Cover chicken & beef with water in a large pot; bring to a boil. Reduce heat, stir in spices, and allow to slowly cook until the chicken is tender. Place the bread pieces on serving platter; pour a little of the broth over the bread, then place chicken pieces on top.

Saffron, the stigmas of a certain type of crocus, was used extensively in Medieval cooking primarily for coloring, and was prized for the shade of orangish-yellow it imparted to food. Saffron today is very expensive, and since in small amounts it adds no discernible flavor in cooking, a yellow or orange food dye is a financially-wise substitute.

Torta Inivre (Chicken pie topped with sugar & rosewater)

Aesculapius Romanus praises this dish because it is very nourishing, helps the stomach, kidneys and liver, fattens the body and strengthens it, increases fertility, and stimulates deadened passions. Thus it is that Archigallus often uses this food.

- 1 deep 9" pie shell
- 1 chicken, whole or in pieces
- 1 cup [Almond Milk](#)
- 2 egg yolks
- pinch saffron
- 2 tsp. ginger
- 1 tsp. cinnamon
- 1/4 cup verjuice or vinegar
- chicken broth
- 1 Tbs. sugar
- 2-3 Tbs. rosewater

Pre-bake the pie shell, using pastry weights or raw rice (substituting for the meal of the original recipe) to weigh down the bottom. Bake the shell until it just begins to brown. Remove from the oven, remove the weights, and set aside.

Place the chicken in a large pot and cover with water. Boil the chicken until tender; drain well but reserve the broth. When cool, remove the bones, skin, & gristle & chop the meat into small pieces. Set aside.

Bring the broth to a boil; season with salt & pepper, reduce heat and allow to simmer for at least an hour. (1/2 cup of white wine or ale may be added to strengthen the broth.)

In a large bowl, combine the chicken, almond milk, egg yolks, seasonings, & verjuice or vinegar. Add enough of the broth to thoroughly moisten the mixture. Taste for flavor & adjust the seasonings as necessary.

Place this mixture in the pie shell. Bake in a 375° F oven until the filling is bubbling, approx. 1/2 hour to 45 minutes.

Remove from the oven and sprinkle the top with sugar, then rosewater. Serve hot or cold.

Cameline Sauce (Sauce of vinegar and cinnamon)

1 cup each cider vinegar and water

½ tsp. cinnamon

¼ tsp. each of ginger, cloves, mace, grains of paradise, pepper, and salt

Combine liquids, add spices and mix thoroughly with a wire whisk. Taste for seasonings and adjust accordingly. Use immediately or refrigerate for later use.

OPTION: The original receipt calls for breadcrumbs; if this sauce is not being used to make [Cameline Meat Brewet](#), it may be thickened by whisking or thoroughly blending in fine unseasoned breadcrumbs until the desired consistency is reached.

Galyntyne (Standard sauce for roasts, poultry, & fish)

1 cup red wine vinegar
1 cup dry red wine
1 cup (approx.) unseasoned bread crumbs
1 & 1/2 tsp. each galingale, cinnamon & ginger
salt to taste

Combine the wine, vinegar, and spices, then with a wire whisk, beat in enough of the bread crumbs to make a smooth, slightly thick sauce. Taste for seasonings and adjust accordingly. At this point, passing the *galyntyne* through a food processor or blender will provide a sauce free of lumps, which is the same result asked for when the period receipt says to "*drawe it vp thurgh a straynour.*" Serve at room temperature as an accompaniment to fish, poultry, & roast meats.

The original recipe calls for vinegar, which really could be any sort from wine vinegar to a cider or malt. As an accompaniment to meats & fish, though, I prefer to use a wine vinegar, and like to "*tempre it vp*" with extra wine (a personal decision but keeping in period). This imbibes a smoother, more mellow quality, and makes the sauce a little easier to accept, especially for those not used to such a combination of ingredients.

If you can't find galingale, simply leave that ingredient out, as the included ginger is an appropriate substitute.

Although originally *Galyntyne* referred to jellied juices of meat & fish, the term eventually came to mean this sauce itself. *Galyntyne* is a wonderful condiment for grilled fish & roast pork.

Poivre Jaunet (A yellow pepper sauce for meats)

2 cups red wine vinegar
1 Tbs. ginger (see note)
1 Tbs. pepper (see note)
1 Tbs. ground saffron OR 1 Tbs. yellow food coloring
½ tsp. cloves (see note)
1-2 cups toasted bread crumbs (unseasoned) - the amount depends on the thickness of the sauce

Bring the vinegar to a boil; reduce the heat slightly, and with a wire whisk, beat in the spices and food coloring. With the whisk slowly begin to beat in the bread crumbs until you reach the thickness of sauce that you desire. Continue beating until you have a smooth consistency and the mixture has again returned to the boil. Remove from heat and serve hot as an accompaniment to roasts.

This very tart sauce may startle a few people, but many love its sharp and unique taste. Feel free to adjust the spices to your personal taste - some may enjoy using less pepper and more ginger, etc. The sauce can be as thin as a gravy or as thick as a dip. It goes wonderfully with [Pourcelet farci](#).

Poivre Noir (Black pepper sauce)

2 cups red wine vinegar
1 Tbs. ginger (see note)
1 Tbs. pepper (see note)
1-2 cups bread crumbs made from burnt toast

Bring the vinegar to a boil; reduce the heat slightly, and with a wire whisk, beat in the spices. With the whisk slowly begin to beat in the bread crumbs until you reach the thickness of sauce that you desire. Continue beating until you have a smooth consistency and the mixture has again returned to the boil. Remove from heat and serve as an accompaniment to meats and poultry.

This very tart sauce may startle a few people, but many love its sharp and unique taste. Feel free to adjust the spices to your personal taste - some may enjoy using less pepper and more ginger, etc. The sauce can be as thin as a gravy or as thick as a dip. It goes wonderfully with venison and roasts.

Sauce Sarcenes (Flavored red Almond Milk)

2 cups [Almond Milk](#)
8 Tbs. rice flour
few threads saffron
1/2 tsp. each ginger, mace, cubeb, & cinnamon
1 Tbs. sugar
1/2 cup [Gode Broth](#) (made without bread crumbs)
few drops red food coloring
salt (to taste)

Heat the almond milk slowly; blend in the flour until you have a very thick, smooth sauce (use more or less flour as necessary). Add the spices & sugar, then blend in the gode broth. The sauce should be thinned to the consistency of gravy - judge the amount of broth to be used accordingly, and add more or use less as needed. Add enough food coloring to dye the final product a deep, dark red. Serve as an accompaniment to meat & poultry.

Modern cooks might recognize the use of the thickened Almond Milk as a sort of Béchamel, or white sauce. White sauces, made of roux and cream or milk, are the basis of many modern gravies while Medieval sauces were often thickened with bread crumbs; *Sauce Sarcenes* seems to be an early version of the kind of gravies that are the norm today.

Tredure (Broth thickened with eggs and bread crumbs)

2 eggs

½ - 1 cup bread crumbs

4 cups Gode Broth (made without bread crumbs)

¼ tsp. cinnamon

½ tsp. sugar

1 Tbs. white grape juice vinegar

Beat together the eggs and bread crumbs until mixture is smooth and thick; set aside. Bring broth to a boil. Add egg mixture, spices, and lemon juice, and while stirring vigorously with a wire whip, return to a boil. Reduce heat, allow to cook for several minutes, then remove from heat. Make sure that the final product is very smooth and thick. Serve warm. Serves 4.

"Powdour douce" is defined by *Curye on English* as a mild mixture of ground spices, usually containing cinnamon and sugar, which is what I have used. The *"lyre,"* or thickening, of egg and bread not only ensures that the end result is a *"cawdel"* - a smoothly thickened sauce or soup - but also makes an excellent binding agent for the cinnamon. I've found that passing the finished soup through a food processor or blender will provide you with an excellent cawdel. *Curye on English* also defines *"verious"* as being the *"liquid of acid fruits such as sour grapes and crabapples."*