

KATE'S RECIPES

THE SHORT VERSION

- ALDES OF BEEF 4-5
Beef sliced thin and rolled in a mixture of egg yolk, suet, onion, and various spices, then baked.
- ARBOLETTYS 4-5
A cheese-and-herb egg custard.
- BALLOE BROTH 4-5
A spiced broth, used most often to prepare eels or pike.
- BLANC DE SIRE 6-7
Ground, cooked chicken, thickened with rice flour and cooked in almond milk.
- BRUIT OF EGGS 6-7
An egg-and-cheese custard.
- CABBAGE WITH MARROW 6-7
Cabbage boiled with marrow bones, spices, and breadcrumbs.
- CAPON FARCED 8-9
Chicken stuffed with hard-boiled egg yolks, currants, chopped pork, breadcrumbs, and spices.
- CHARDEWARDEN 8-9
Pears cooked in wine sauce with breadcrumbs and spices.
- CHEWET 10-11
A meat or fish pie, rather like a pasty.
- COMPOST 10-11
A vegetable and fruit casserole, often including cabbage, parsnips, carrots, turnips, pears, and currants, flavoured with spices, wine, and honey.
- CONY IN CERY 12-13
Rabbit stewed with onions, breadcrumbs, and spices in wine vinegar.

CORMARYE	12-13	POMME DORRYCE	24-25
Pork roasted after marinating in red wine and spices.		Meatballs made of ground pork, eggs, currants, flour, and spices.	
CRISPELS	14-15	POTTAGE OF EGGS	26-27
Pastry made with flour, sugar, and honey, and fried in lard or oil.		Poached eggs in a sweet sauce of honey, sugar, and cinnamon.	
CYVELES	14-15	POTTAGE OF WHELKS	26-27
Deep-fried fritters made of a paste of breadcrumbs, ground almonds, eggs, sugar, and salt.		Whelks boiled and served in a stock of almond milk, breadcrumbs, and spices.	
EELS IN BRUIT	14-15	RICE MOYLE	26-27
Eels served in a sauce of white wine, breadcrumbs, onions, and spices.		A rice pudding made with almond milk, sugar, and saffron.	
ÇALANTYNE	14-15	SOBYE SAUCE	28-29
A sauce made with cinnamon, ginger, vinegar, and breadcrumbs.		A sauce for fried fish made with white wine, raisins, breadcrumbs, and spices.	
ἘΛΛΟΝΕΥ	16-17	SOLE IN CYVE	28-29
Eggs scrambled with onions and fried.		Sole boiled, then served with a yellow sauce of white wine, onions, breadcrumbs, and spices.	
LEACH LOMBARD	16-17	TART DE ἩΡΟΥΤΕ	28-29
A dish of ground pork, eggs, raisins, currants, and dates, with spices added, boiled in a sack until set, then sliced for serving.		Pears cooked in wine sauce with breadcrumbs and spices.	
LEECH CUSTARD	18-19	VYAVND CYPRYS	30-31
A date paste topped with wine syrup.		A chicken and rice pottage, often tinted with blue colouring.	
LET LARDES	18-19		
A type of custard made with eggs, milk, bacon fat, and parsley.		BIBLIOGRAPHY & CREDITS	32
LOMBARD STEW	20-21	ΤΥΡΕΙΑΣΕΣ	33
A pork stew with wine, onions, almonds, and spices.			
LOMBARDY CUSTARD	22-23	COPYRIGHT	33
A custard made with the addition of dried fruit.			
MORTREWS	22-23		
A stew made with pork, ground or chopped fine, thickened with breadcrumbs, egg yolks, and spices.			
PEARS IN COMPOST	24-25		
Pears cooked in red wine with dates, sugar, and cinnamon.			

TO MAKE ALLOES OF BEEF

Take lene beef and cut hym in thyn pecys and lay hit on a boorde then take sewet of motton or of beef and herbys and onyons hackyd small to gether then strow thy lishes of beef with powder of pepur and a lytell salt and strew on thy sewet and the herbys. And rolle them up ther yn put them on a broche and roste them and serue them up hote.

ARBOLETYS

Take milke, boter an chese & boyle in fere; þen take eyroun & cast þerto. Þan take percely & sawge & hacke it smal & take pouder gyngere & galyngale, and caste it þerto; and þan serue it forth.

BALLOC BROTH

Take eelys and hilde hem and kerue hem to pecys and do hem to seed in water and wyne so þat it be a litel ouer stepid. Do þerto sawge and ooder erbis with few oynouns ymynced. Whan the eelis buth soden ynowz, do hem in a vessel, take a pyke and kerue it to gobettes and seed hym in the same broth. Do þerto powdour gynger, galyngale, canel, and peper, salt it and cast the eelys þerto & messe it forth.

ALOES OF BEEF

Take lean beef (lamb) and cut it into thin pieces and lay them on a board. Take suet of mutton or beef, herbs and onions and chop them finely together. Season meat slices with pepper and a little salt and strew with suet and herbs. Roll meat slices in the mixture, put them on a skewer and roast them. Serve hot.

ARBOLETYS

Take milk, butter and cheese and boil over a fire. Add eggs. Add finely chopped parsley and sage, ground ginger and galingale, and mix together; then serve immediately.

BALLOC BROTH

Skin the eels and cut them into pieces. Put them in a saucepan and bring them to boil in water and wine so that the pieces are just barely covered by the liquid. Add sage, other herbs and minced onions. When the eels are cooked through, take them out of the broth and put them in a bowl. Cut pike into pieces and boil it in the same broth. Add ground ginger, galingale and cinnamon, season with pepper and salt. Add the eels and serve.

FOR TO MAKE BLANK DESIRE

Take brwn of hennes oz of capouns ysoden withoute þe skyn & hewe hem as smale as þou may & grinde hem in a mortar. After take gode mylke of almandes & put þe brwn þerin & stere it wel togyder & do hem to seed. & take flour of rys & amydown & alay it so þat it be chargean. & do þesto sugur a gode pasty & a pasty of white grece. And when it is put in disshes strewe uppon it blanch powder, and þenne put in blank desire and mawmenye in disshes togider. And serue forth.

BREWET OF AYRENN

Take ayrenn, water and butter, and seed hem yfere with saffroun and gobettes of chese. Wryng ayrenn thurgh a straynour. Whan the water hath soden awhile, take þenne the ayrenn and swyng hem with verious and cast þerto. Set it ouere the fire and lat it not boile. And serue it forth.

CABOGES

Take fayre caboges, an cutte hem, an pike hem clene and clene washe hem, an parboyle hem in fayre water. An þanne presse hem on a fayre bord, an þan choppe hem. And caste hem in a faire pot with goode freysshe broth, an wyð

BLANC DE SIRE

Take boiled white meat of chicken or capon without the skin, cut it into tiny pieces and mash in a mortar. Add almond milk, mix it together and leave to cook. Add rice flour and starch and blend it so that it thickens, then add a generous measure of sugar and a measure of lard. When it is divided between serving dishes, sprinkle with blanch powder and serve immediately.

BRUIT OF EGGS

Take eggs, water and butter, and cook together with saffron and pieces of cheese. Press through a strainer and when the water has boiled for a while, mix the eggs with spices and throw them back in. Set it over the fire and make sure it doesn't boil. Serve immediately.

CABBAGE WITH MARROW

Take fine cabbages, cut them and pick & wash them clean. Boil them in clean water. Press out the water on a clean board, chop the cabbages, and put them into a clean pot with fresh broth and marrow bones, and bring

merybonys, and let it boyle. Panne gr̄wte fayre brede and caste þesto, an caste þesto safron an salt; oz ellys take gode gr̄wel ymad of freys flesshe, yd̄nw þoww a str̄ynour, and caste þesto. An whan þou seruyst yt inne, knocke owt þe marw of þe bonys, an ley þe marwe .ij. gobettys oz .iiij. in a dysshe, as þe semyth best & serue forth.

CAPOUN OR GOS FARCED

Take percelly & swynys grece, or sewet of a schepe & parboyle hem togederys til þey ben tendyr. Pan take harde zolkys of eyroun & choppe forwith. Caste þerto pouder pepir, gyngere, canel, safroun & salt & grapis in tyme of zere & clowys ynowe; & for defawte of grapis, oynons, fyrst wil yboylid & afterward alle to choppyd & so stuffe hym & roste hym & serue hym forth. And zif þe lust, take a litil porke ysode & al to choppe hit smal among þat oðer; for it wol be þe better & namely for þe capoun.

CHARE DE WARDOUN LECHE

Take perys & sc̄de ham & pike ham & stampe ham & draw hem þorw a str̄ynoure & lye it with bastard. Pen caste hem into a potte & safroun withal, and boyle with maces, clowes, pouder canel, quibibes & a litel pouder pepir &

to boil. Add bread crumbs, saffron and salt or else add good broth made from fresh meat, pressed through a strainer. And when you serve it, knock out the marrow from the bones and lay two or three morsels of the marrow in each dish, as it seems best, and serve immediately.

CAPON FARCED

Take parsley and lard of swine or suet of sheep, and cook together till tender. Take chopped hard-boiled egg yolks, add ground pepper, ginger, cinnamon, saffron, salt, grapes (in season), and cloves to measure. Instead of grapes, onions can be used, well-cooked and chopped. Stuff the capon with the mixture, roast, and serve. If you like, you can also take some cooked pork, chop it finely and mix with the other ingredients to improve the flavour.

CHARDEWARDEN

Take pears, boil them, core them clean, mash them, pass through a strainer, and mix it with sweet or sweetened wine. Put into a pot, add saffron, and boil with mace, cloves, ground cinnamon, cubeb, and a little ground

rolle hem vppe with brede, þe cromes within þin bondys & serue forth.

CHEWETES ON FLESSHE DAY

Take þer lire of pork and kerue it al to pecys, and hennes þerwith and do it in a panne and frye it. & make a coffyn as to a pye smale & do þerinne. & do þeruppon zolkes of ayrenn, harde; & powdour of gyngur and salt. Couere it & fry it in grece, oðer bake it wel & serue it forth.

CHEWETES ON FYSSH DAY

Take turbut, haddock, codlyng, and hake, and seæd it. Grynde it smale, and do þerto dates ygrounden raysouns pynes, gode powdoer and salt. Make a coffyn as tofore saide, close þis þerin, and frye it in oile, oðer stue it in gyngur, sugur, oðer in wyne, oðer bake it; & serue forth.

COMPOST

Take rote of parsel, pasternak of rasenns, scrape hem, waiste hem clene. Take rapes & caboches ypared and icorne. Take an erthen panne with clene water & set it on the fire. Cast all þise þerinne. Whan þey buth boiled cast þerto peeres & parboile hem wel. Take þise thynges up & lat it kele on a fair cloth,

pepper, then roll them up with your hands in bread crumbs and serve immediately.

CHEWET (ON A MEAT DAY)

Take pork and chicken meat and cut it into pieces, put it in a pan and fry it. Prepare pastry for a small pie and fill it with the meat. Add hard-boiled egg yolks, ground ginger and salt. Cover it and fry in lard or bake thoroughly. Serve immediately.

CHEWET (ON A FISH DAY)

Take turbot, haddock, codling, and hake, and cook them. Mince them and add ground dates, raisins, pine seeds, spices and salt. Prepare pastry for a small pie and fill it with the mixture. Cover it with pastry and fry in lard or stew in ginger, sugar or wine, or bake it. Serve immediately.

COMPOST

Take root parsley, carrots (or parsnips), scrape them and wash them clean. Take turnips and pared & cored cabbage. Take a stoneware pan with clean water and set it over a fire. Add all the vegetables. When they are cooked through, add pears and cook them thoroughly. Put vegetables and pears on

do þesto salt whan it is colde. In a vessel take vineger & powdour & saffron & do þesto. & lat alle þise thinges lye þerin al nyȝt oðer al day, take wyne greke and hony clarified togider, lumbarde mustard & wisouns corance al hool. & grynde powdour of candl, powdour douce & aneys hole & fenell seed. Take alle þise thynges & cast togyder in a pot of esthe. And take þerof whan þou wilt & serue forth.

CONNUNGES IN CYNEE

Take connynges and smyte hem on peces. And seëð hem in gode broth, mynce oynouns and seëð hem in grece and in gode broth do þerto. Drawe a lyre of brede, blode, vynegur and broth do þerto with powdour fort.

CORMARYE

Take colyandre, caraway smale grounden, powdour of peper and garlec ygrounde in rede wyne. Medle alle þise togyder and salt it. Take loynes of pork rawe and fle of the skyn, and pryk it wel with a knyf and lay it in the sawse, roost þerof what þou wilt & kepe þat þat fallith þerfro in the rosting and seëð it in a possynet with faire broth & serue it forth with þe roost anoon.

a clean cloth and leave to cool, then sprinkle with salt. Put vinegar, spices and saffron in a bowl, add vegetables and pears. Leave overnight. Put sweet white wine and purified honey together, add Lombardy mustard and whole Corinth raisins, ground cinnamon, sweet spices, whole aniseed and fennel seed. Put all of the above in a stoneware pot. Take however much you want and serve immediately.

CONEY IN CEVY

Break the rabbit into pieces and cook in a broth. Mince onions and cook them in sweet white wine, then add to the broth. Add a mixture of breadcrumbs, blood, vinegar, and spices.

CORMARYE

Take coriander seeds, finely ground caraway seeds, pepper and garlic ground in red wine. Mix everything together and sprinkle with salt. Take raw joint of pork and skin it, then prick it all over with a knife and marinade it in the mixture. Roast the meat, putting the bits that fall off into a pot with clear broth, and serve it with the roast.

CRYSPELS

Take and make a foile of gode past also þinne as paper. Kerue it out & fry it in oile, oðer in þe grece and þe remnaunt, take hony clarified and flaunne þerwith, alye hem up and serue hem forth.

CYVELE

Nym almandes, sugur & salt & payn de mayn & bray hem in a mortar & do therto eyren, frie hit in oylle or in grese, cast theron sugur & zif hit forth.

ELES IN BREWET

Take crustes of brede and wyne and make a lyour, do þerto oynouns ymynced, powdour & canel & a litel water and wyne. Loke þat it be stepid, do þerto salt, kerue þin eelis & secd hem wel and serue hem forth.

GALYNGYNE

Take crustes of brede and grynde hem smale, do þerto powdour of galyngale, of canel, of gyngyner and salt it, tempre it with vynegur and drawe it up þurgh a straynour & messe it forth.

CRISPELS

Roll out the pastry as thin as paper. Cut it and fry it in oil or lard, then baste crisples with purified honey and serve immediately.

CYVELES

Grind almonds, sugar, salt and bread in the mortar, add eggs. Fry it in oil or lard, sprinkle with sugar and serve immediately.

EELS IN BRUIT

Prepare a mixture of bread crusts and wine, add minced onions, spices, cinnamon and a bit of water and wine. Make sure the eels are just barely steeped in the liquid and season with salt. Cut the eels into pieces, cook them thoroughly and serve immediately.

GALANGYNE

Grind bread crusts, add ground galingale, cinnamon and ginger, season with salt and vinegar. Press through a strainer and serve immediately.

HANONEY

Take an duxw þe whyte & þe zolkys of þe eyroun þow a stwynoure. Þan take oynonys & schrede hem smal. Þan take fayre boter o2 grece & vnneðe kyuer þe panne þerwith, an frye þe oynonys. & þan caste þe eyroun in þe panne & breke þe eyrouns & þe oynonys togederys. An þan lat hem frye togederys a litel whyle; þan take hem vp, an serue forth alle tobroke togederys on a fayre dyssche.

LECHE LUMBARD

Take rawe pork & pulle of the skyn. & pyke out þe skyn synewes & bray the pork in a mortar with ayrenn rawe do þerto suger, salt, raysouns coraunce, dates mynced, & powdour of peper, powdour gylofre. & do it in a bladder, & lat it seëd til it be ynowhz. & whan it is ynowh, kerf it, leshe it in likenesse of a peskodde, & take grete raysouns & grynde hem in a mortar. Drawe hem up wið rede wyne, do þerto mylke of almaundes, colour it with saunders an safroun. & do þerto powdour of peper an of gilofre & boile it. & whan it is iboiled, take powdour of canel & gynger, & temper it up with wyne. & do alle þise thynges togyder. & loke þat it be rennyns, & lat it not seëd after that it is cast togyder, an serue it forth.

HANONEY

Press egg yolks and whites through a strainer. Fry finely chopped onions in a pan covered with butter o2 lard. Add eggs and scramble them together with onions. Fry everything for a little while and serve in a nice dish.

LEACH LOMBARD

Take raw pork, skin it and remove the sinews. Mince the meat in a mortar with raw eggs, sugar, salt, Corinth raisins, chopped dates, ground pepper and ground cloves. Put the mixture in a bladder and cook till tender. When done, cut it and shape it into pea-pods. Mash large raisins in a mortar and mix them with red wine and almond milk, then colour with powdered sandalwood and strands of saffron. Add ground pepper and ground cloves and bring to boil. Mix ground cinnamon and ginger with wine. Combine that with the almond milk mixture, making sure the sauce is not too thick and do not let it boil again. Serve immediately.

LECHE LUMBARDE

Take dates, and do away þe stones; and seth hem in swete wyne; and take hem vppe, and grinde hem in a mortar, and drawe hem þough a streynour with a litull swete wyne and sugur; and caste hem in a potte, and lete boyle til it be stiff. And þen take hem vppe, and ley hem vp upon a boarde; and then take pouder ginger, canell, and wyn, and melle al togidre in thi honde, and make it so stiff that hit will be leched. And if hit be not stiff ynowe, take hard yolkes of eyren and creme thereon, or elles gruted brede, and make it thik ynogh. Take clarey, and caste thereto in maner of sirippe, whan þou shall serue hit forthe.

LETE LARDES

Take parsel and grynde with a cowe mylk. Medle it with ayrenn and lard ydyced. Take mylke after þat þou hast to done and myng þerwith. And make þerof dyuerse colours. If þou wolt have zelow, do þerto safroun and no parsel. If þou wolt have it white; nonder parsel ne safroun but do þerto amydown. If þou wilt have rede do þerto sandres. If þou wilt have pownas do þerto turnesole. If þou wilt have blak do þerto blode ysode and fryed. And set on the fyre in as many vessels as þou hast colours þerto and seëd it

LEECH CUSTARD

Take dates, pit them and cook them in sweet wine, then take them out, mash them in a mortar and press through a strainer with a little bit of sweet wine and sugar. Put the mixture into a pot and boil till it thickens. Then take it out and put on a board. Add ground ginger, cinnamon and wine, and mix together by hand and make it thick enough to be cut. And if it is not stiff enough, smear it with hard-boiled eggs yolks or take bread crumbs and make it sufficently thick. Take clary and add to it in a form of syrup just before serving.

LET LARDES

Take parsley and grynde with cow's milk, mix it with eggs and diced lard. Afterwards, take milk and mix it in. And make from that various colours. If you want to have yellow, add saffron instead of parsley. If you want it to be white white, use neither parsley nor saffron, but add starch. If you want to have red, add sandalwood. If you want to have purple, use turnsole. If you want to have black, add cooked and fried blood. Set it over the fire in as many vessels as you have colours and cook it well, then

wel and lay þise colours in a cloth first oon. And sithen another upon him. And sithen the þridde and the fefthe. And presse it harde til it be all out clene. And whan it is al colde, lesh it thynne, put it in a panne and fry it wel. And serue it forth.

STEWED LOMBARD

Take porke; rost hit, chop hit, and do hit yn a pott & wyn & sygur & hole onyons, clowys, gynger, saffron & saunders & almondys fryyd. & temperyz hit up wiche poudyr of gynger, galentyn & canell. Coloure hit with saffron & saunders, the chese and other stewyd lombardys. Grynd almondys, draw hem up with swete broth, take veele & porke & pare hit clene from the skyn, hew hit smalle, grynd hit & medyl hit with mynsyd, datys, reysons of corans, and gode powder. Stere hitt welle when hit boyleth. Make hitt in pelettez as grete as a plome. Sette the mylke on the fyre. Styre hitt wel when hitt boylth. Cast in the pelettez and lette hit stewe up on the fyre and do the to powdir and salt and serve hyt forthe.

lay these colours in a cloth: first one, then another upon it, then the third and the fourth. And press it forcefully until clean. When it has cooled down, leach it, put it in a pan, fry thoroughly, and serve.

LOMBARD STEW

Take pork, roast it, cut it into pieces and put it into a pot with wine, sugar, whole onions, cloves, ginger, saffron, sandalwood, and blanched almonds. Mix it with ground ginger, galingale and cinnamon. Colour it with saffron and sandalwood [???] Grind almonds and mix them with sweet broth. Take veal and pork, skin it and cut into small pieces, then mince and mix with minced dates, Corinth raisins and spices. Bring it to boil and stir it well, then shape it into pellets as large as plums. Set the milk over the fire, bring it to boil and stir it well. Throw in the pellets and leave them to stew over the fire. Add spices and salt and serve immediately.

CRUSTADE LUMBARD

Take gode creme & leuys of percedy & cryoun, the yolkys & the whyte & breke hem þesto & stwyne þrowe a stwynoure tyl it be so styf that it wol bere hymself. Þan take fayre marwe & datys ycutte in ij oz iij & prunes & putte the datys on the prunes & marwe on a fayre cofynne ymad of fayre past & put the cofyn on the ovyn tyl it be a lytel hard. Þanne draw hem out of the ovyn. Take the lycour & putte þeron & fyll it uppe & caste sugre ynow on & salt; then lat it bake togederys tyl it be ynow; & if it be in leste, let the cryoun & the marwe out & þanne serve it forth.

MORIREWS

Take hennes and pork and seeð hem togyder. Take the lyre of hennes and of the pork, and hewe it small and grinde it all to doust. Take brede ygrated and do þerto, and temper it with the self broth and alye it with zolkes of ayrenn, and cast þeron powdour fort, boile it and do þerin powdour of gyngur sugur, saffroun and salt. And loke þer it be stondyng, and flour it with powdour gynger.

LOMBARDY CUSTARD

Take cream, parsley leaves, and eggs, adding the yolks and the whites. Press it through a strainer until it is stiff. Then take fine marrow, dates cut in halves or thirds, and prunes. Fill a pastry dough with prunes and marrow, with the dates on top. Put it in the oven until it hardens a little, then remove from the oven. Pour the cream & egg mixture onto it and fill it up, then sprinkle with salt and sufficient quantity of sugar, and bake together. During Lent, leave out the eggs and marrow. Serve immediately.

MORIREWS

Take chicken and pork and cook them together. Take the brawn of chicken and pork, and cut it into small pieces, then mince thoroughly. Add bread crumbs, mix in the meat juices, thicken with egg yolks and sprinkle with spices. Boil it and add ground ginger, sugar, saffron, and salt. Make sure it is thick and sprinkle it with ground ginger.

PERYS EN COMPOTE

Take wyne an canel & a gret dele of whyte sugre, an set it on þe fyre & hete it hote, but let it nowt boyle, an draw it þowwe a stwynoure. Þan take fayre datys, an pyke owt þe stonys, an leche hem alle þinne, an caste þesto. Þanne take wardonys, an pare hem and sethe hem, an leche hem alle þinne & caste þesto into þe syrpype. Þanne take a lytil sawnderys, and caste þesto, an sette it on þe fyre. An zif þow hast charde quynce, caste þesto in þe boyling, an loke þat it stonde wyl with sugre, an wyl lyid wyth canel, an caste salt þesto, an let it boyle. An þan caste yt on a treen vessel & lat it kele & serue forth.

FOR TO MAKE POMME DORRYCE

Take þe lire of pork rawe and grynde it smale. Medle it up wið powdre fort, saffroun, and salt, and do þerto raisouns of coraunce, make balles þerof. And wete it wele in white of ayrenn & do it to seeð in boillyng water. Take hem up and put hem on a spyt. Rost hem wel and take parsel ygronde and wryng it up with ayren & a party of flour. And lat erne aboute þe spyt. And if þou wilt, take for parsel saffroun, and serue it forth.

PEARS IN COMPOST

Take wine, cinnamon, and a lot of white sugar. Set it over the fire and heat it up, but don't let it boil. Strain it. Next take fine dates, pit them and cut into thin stripes, then throw into the mixture. Next take warden-pears, pare and cook them, cut them into thin stripes, then throw into the syrup. Take a bit of sandalwood and add to the mixture, then set it over the fire. If you have quinces, throw them into the boiling liquid, and make sure it's sufficiently sugared and wel seasoned with cinnamon. Add salt, and let it boil. Next put it in a wooden dish, leave it to cool down, and serve.

POMME DORRYCE

Take a hunk of raw pork and finely mince it. Mix it with spices, saffron and salt. Add Corinth raisins and shape into balls. Baste the balls with egg whites and cook in boiling water. Next remove them from the water, place them on a skewer and roast thoroughly. Take ground parsley, blend it with eggs and a measure of flour, and sprinkle the mixture on the skewered meat balls. If you like, you can use saffron instead of parsley. Serve immediately.

EYROUN EN POCHE

Take eyroun, breke hem, an sethe hem in hot Water; þan take hem vppe as hole as þou may; þan take flowre, an melle with mylke, & caste þer-to sugre oꝝ hony, & a lytel pouder gyngere, an boyle alle y-ferre, & coloure with saffroun; an ley þin eyroun in dysshys, & caste þe sewe a-boue, & caste on pouder y-now. Blawneche pouder ys best.

FOR TO MAKE A POTAGE OF WELKES

Take welkes and wasshe fayre, in blythe,
In water, and take whyte salt þerwith
And after hakke hom on a borde,
As smalle as þou may, at a worde,
And bray hom in a mortar clere;
Sethe hom in mylke over þe fyre;
Of almondes or of a clow þou take schalle,
Lye hit with amydone þerwith alle;
Coloure hit with safrone, and do þerinne
Poudur of peper, or goode comyne.

FOR TO MAKE POMMYS MORLES

Nym rys & bray hem ryȝt wel in a mortar & cast þerto god almaunde mylk & saffroun & sugur & salt boyle yt & serve yt forth.

POTIAGE OF EGGS

Break the eggs and cook them in hot water. Then remove them in as large pieces as possible. Mix flour with milk, add to it sugar or honey, a bit of ground ginger, and boil everything over the fire. Colour it with saffron and divide between serving dishes. Put the sauce on top and sprinkle with powder. Blanch powder is best.

POTIAGE OF WHELKS

Take whelks and wash clean, in mirth,
In water, and take white salt therewith
And after hack them on a board,
As small as you may, at a word,
And pound them in a clean mortar;
Sethe them in milk over the fire;
Of almonds or of a cow³⁹ you shall take,
Mix it with amidon therewith all;
Color it with saffron, and put therein
Powder of pepper, or good cumin.

RICE MOYLE

Take rice and mash it thoroughly in a mortar. Add good almond milk, saffron, sugar and salt. Boil it and serve.

SOBRE SAWSE

Take mysouns, grynde hem with crustes of brede; and drawe it up with wyne. Do þesto gode powdours and salt. And seeð it. Fry roches, looches, sool, oðer ooder gode fyssh, cast þe sewe above & serue it forth.

SOOLES IN CYNEE

Take sooles and hylde hem, seeð hem in water, smyte hem on pecys and take away the fynnes. Take oynouns iboiled & grynde the fynnes þerwith and brede. Drawe it up with the self broth. Do þerto powdour fort, safroun & hony clarified with salt, seeð it alle yfere. Broile the sooles & messe it in dysshes & lay the sewe above. & serue forth.

TARI DE FFRUYTE

Take figges, & seth hem in wyne, & grinde hem smale, & take hem vppe into a vessell. & take pouder peper, canell, clowes, maces, pouder ginger, pynes, reysyns fried in oyle, grete reysons of coraunce, saffron, & salte, & cast thereto. & þen make faire lowe coffyns, & couche þis stuff there-in, & plante pynes aboue. & kut dates & fressh salmon in faire peces, or elles fressh eles, & parboyle hem a litull in wyne, & couche thereon. & keuere the coffyns

SOBYE SAUCE

Take raisins and grind them with bread crusts, then blend with wine. Add good spices and salt, and cook the mixture. Fry roches (kind of freshwater fish), loaches, soles, or other fine fish, put the sauce on top and serve.

SOLE IN CYVE

Take soles and skin them, cook them in water, break into pieces and remove the fins. Take boiled onions and mash them with fins and bread. Blend with the broth. Add spices, saffron, purified honey with salt, and cook everything over the fire. Grill the soles, divide them between dishes with the sauce on top and serve.

TARI DE FFRUYTE

Take figs and cook them in wine, then mash them and put them into a pot. Add ground pepper, cinnamon, cloves, mace, ground ginger, pine seeds, raisins fried in oil, Corinth raisins, saffron and salt. Then make sizable pastry shells, fill them with the mixture, and decorate them with pine seeds on top. Cut dates and fresh salmon (or fresh eels) into large pieces, and parboil them in wine, and add to the pastries. Then cover the shells with pastry

faire with þe same paaste, & endoze the coffyn withoute with saffron & almond mylke. & set hem in þe oven & lete bake.

VYAUND DE CYPRYS BASTARDE

Take gode wyne & sugre next aftyrward & caste togedere. Penne take whyte gyngere & galyngale & canel fayre ymynced. Pen take iuse of percile & flowre of rys & brawn of capoun & of chykonnyys igrounde & caste þerto. & coloure it wyth saffroun & saunderys, & aly it with zolkys of eyroun, & make it chargeaunt. & whan þou dressest it yn, take maces, clowes, quybibes, & straw aboute & serue forth.

VYAUND DE CIPRYS RYALLE

Take þe to del zolkys of eyron, þe þridde dele hony. Take clowes & kutte hem. Take roysonys, tak brwn of capoun & hewe it smal. Caste al in a potte & lat boyle & stere it wyl. Take wyne an boyle hem & make a syrype. Take of þe potte al abowte, þer as it hangyth & late it boyle wyl tille it be as chargeaunt as it may. Take þin þombe & pylt þeron & zif it cleuey, let it boyle & zif it nowt, sette it owt anon in a clen bolle; an wete þin bolle in þe syrype, and caste þin mette þeron. & whan þow dressist þi mette, leche it & caste þin syrype aboutyn vpponeon & serue forth.

dough, glaze on the outside with saffron and almond milk, and bake in the oven.

VYAUND CYPRYS (1)

Take good wine and mix it with sugar. Then add ground ginger, and galingale and cinnamon ground small. Then take parsley juice, rice flour, well-minced capon and chicken meat, and throw into the mixture. Colour it with saffron and sandalwood, blend with egg yolks and thicken the sauce. And before serving, season it with mace, cloves and cubeb.

VYAUND CYPRYS (2)

Take a measure of egg yolks and 1/3 measure of honey. Take cloves and chop them. Take raisins, capon meat and cut it into small pieces. Put everything into a pot and bring to boil, stirring often. Boil wine into a syrup. Leave everything to cook for a bit until the sauce thickens. Take a bit of the sauce on your thumb, and if it is clear, let it cook some more, and if not, put it immediately into a clean bowl, then add the syrup and meat. When you're setting out the meat for serving, slice it and put the syrup on top.

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