

# Medieval Vegetarian Recipes

From Anglo saxon to 14<sup>th</sup> century



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## Lasagne

Similar to Pleyn Delit 45

fresh pasta sheets  
ricotta cheese and fetta cheese mix,  
some grated cheese  
spices (cinnamon, nutmeg)

I layered the cheeses and pasta,  
topped with grated cheese and baked it.

## Brie pies

Pleyn Delit 23

(makes one open pie)  
1 sheet short crust pastry  
6 egg yolks or 3 whole eggs  
5 oz brie with rind peeled off  
1/4 teasp each ginger and salt

Mash the cheese and beat in the eggs and seasonings. Put into the pie shell and bake at 375deg for 15-20 minutes or until lightly brown on top. Only fill shell about half way up as it will rise in cooking.

Can be reheated before serving.

## Roast Carrots

Source: Cheryl - Can't remember where I got this one, sorry.

1.5 kg carrots  
8 tablesp olive oil  
8 tablesp white wine vinegar and white wine  
8 tablesp chopped fresh parsley  
pinch dill, chives, tarragon, thyme and marjoram  
Salt and pepper to taste

Scrub and cut carrots  
brush with oil  
roast in hot oven  
transfer into serving dish and dress with herbs, oil, vinegar, wine, salt and pepper.

## Parsnip fritters

Pleyn Delit 39

3 med parsnips, peeled and sliced  
2/3 cup ale or beer  
1 cup flour  
2 beaten eggs  
1/2 teasp salt

Parboil the parsnips in salted water for about 20 minutes then drain  
mix together the rest of the ingredients for the batter.  
Stir the parsnip pieces into the bowl of batter to coat them.  
Fry in a little oil in a frying pan, turning as they brown.

Can also use turnips (boil 20 min), carrots (boil 5 min), or apples (not boiled)

## Herb Fritters

Pleyn Delit 38

1 package yeast  
1 1/4 cups lukewarm water  
1 cup flour  
3 tablesp parsley  
pinch thyme, marjoram, savory  
1/4 teasp salt

Dissolve yeast in 1/4 cup water, stirring.

Then mix in flour, rest of water and herbs. Cover (glad wrap is fine) and leave in a warm place for about an hour.

Then drop by spoonfuls into fairly hot oil and fry. Turn over and fry the other side.

## Green salad

Pleyn Delit 44

Use an assortment of available greens - NOT ICEBURG LETTUCE

Even baby spinach etc.

Need about 2 large salad bowls worth.

1 tablesp each fresh parsley, sage, mint (dill, fennel)

3 cloves minced garlic

2 small leeks finely sliced

chopped chives

1/2 cup olive oil

3 tablesp vinegar

1 1/2 teasp salt

Wash and tear up greens. When well drained put into bowls and add sliced leeks. Mix other herbs, oil, salt, and vinegar together in a separate container. Add this mixture just before serving and toss well.

## Fried beans

Pleyn Delit 43

1 lb fresh green beans

2 onions

2 cloves crushed garlic

olive oil for cooking

Wash the beans thoroughly. Drain and mix with chopped onion and garlic. Sauté the veggies for about 5 minutes, making sure they don't stick to the pan.

## Mushroom & cheese pastries

Pastry of your choice – puff, short, even a thin bread dough could be used.

1 tbsp. butter

3 cups mushrooms, cut into quarters

1 small onion, chopped

2 cloves garlic, minced

Cheese – Gruyere, Swiss or Mozzarella

½ tsp. Salt

Pinch of black pepper.

1 tsp. chopped fresh basil leaves

Prepare pastry, knead into a ball & allow to rest in fridge for 30 mins.

Melt butter in small pan. Add mushrooms, onion, garlic, salt and pepper. Cook until tender and liquid evaporates. Remove from heat. Stir in basil.

Roll out pastry on lightly floured surface. Cut into long rectangles, triangles...whatever shape takes your fancy.

Place about 3 tbsp. filling in centre of each. Brush with a little extra butter. Top with poppy or sesame seeds if wanted.

Bake 15 min – 25 min (depending on pastry type) in a moderate oven or until golden.

Garnish with additional fresh basil. Makes about 6 serves.

## Moroccan spiced Sweet potato & Couscous salad

(source : Charlie)

1kg sweet potato, peeled, cut into 2cm pieces  
1.5 tsp olive oil  
1.5 tsp cumin seeds  
1.5 tsp ground coriander  
1.5 tsp ground cinnamon  
3/4 tsp ground ginger  
500g beans chopped into 2 cm lengths  
1 3/4 cups vegetable stock  
1 3/4 cups couscous  
1 x 400g can chickpeas, rinsed, drained  
30g toasted pine nuts  
60ml fresh lemon juice  
1 cup chopped fresh coriander  
yoghurt, to serve

### Method

1. Preheat oven to 200°C. Line a baking tray with non-stick baking paper. Combine the sweet potato, oil, cumin, coriander, cinnamon and ginger in a large bowl. Season with salt and pepper. Gently toss until sweet potato is coated in spice mixture. Place, in a single layer, on the lined tray. Bake in oven, turning occasionally, for 30 minutes or until golden brown and tender.
2. Meanwhile, cook the beans gently in a saucepan of salted boiling water for 5 minutes or until bright green and heated through. Refresh under cold running water. Drain.
3. Bring the stock to the boil over high heat. Remove from heat and add the couscous while stirring with a fork. Cover with a lid and set aside for 5 minutes or until all the liquid is absorbed. Use a fork to separate the grains. Transfer to a large bowl. Add the sweet potato, beans, chickpeas, pine nuts, lemon juice and coriander and gently toss until well combined. Taste and season with salt and pepper.

NB: I ended up just baking the sweet potato without the spices & instead added them into the stock which worked really well. I think you could do similarly just by substituting carrots & pan frying them in the oil. The beans could even go in with the stock & that way it's not too much messing around.

## Vegetable Stew

A selection of the following -turnip" cabbage" onion" beans" peas.

Breadcrumbs

Water

Selection of herbs

Peel and slice vegetables and add to water.

Use breadcrumbs to thicken and add herbs to flavour.

Boil until thick and eat with bread.

## Carrots and Parsnips in Wine Sauce

[Apicius 119]

Boil the parsnips hard, put them in a sauce pan and stew with oil, stock, pepper, raisin wine, strain, and bind with roux.

## Carotæ and Pastinacæ:

[Apicius 122]

Carrots and parsnips are fried with a wine sauce.

### Ingredients:

6 carrots

2 parsnips

1/4 cup olive oil

1/2 cup chicken broth OR vegetable broth OR water with 1/4 teaspoon salt added

1/2 teaspoon ground pepper

1/4 cup sweet wine or sherry

rice flour or bread crumbs (optional)

### Preparation Steps

Peel and slice carrots and parsnips. Place in a skillet with remaining ingredients except rice flour. Cook, stirring occasionally, until carrots and parsnips are done, about 25-30 minutes. If needed, thicken with rice flour or bread crumbs before serving.

Number of Servings - 8 servings.

Serving Size - 1/2 cup.

### Redaction Notes

The "roux" mentioned in the translation is probably an incorrect translation. Roux was not used as a thickener in Roman times. I have suggested the substitution of either rice flour or bread crumbs, but I have found that with this recipe, it is usually not necessary to thicken the sauce at all. By the time the carrots and parsnips are sufficiently cooked, the liquid has reduced itself to a thick paste that binds itself to the vegetables. In fact, if the pan becomes too dry, you may need to add some additional liquid to the pot to keep the vegetables from sticking.

### References

Vehling, Joseph Dommers (translator). Apicius: Cookery and Dining in Imperial Rome. Dover Publications Inc., New York, 1977. ISBN 0-486-23563-7.

## Barley-Lentil Stew

### Original Recipe

Note: This recipe is conjectural; it uses foods known in period, prepared in ways that were known in period, but it is not a redaction of a recipe from a period source. Caveat emptor

### Ingredients:

1/3 cup onion, chopped  
1/2 cup celery, chopped  
1/2 cup carrots, chopped  
5 tablespoons olive oil  
5 cups water or vegetarian stock  
1 cup dried lentils  
1/2 cup barley  
1/4 teaspoon ground rosemary  
2 teaspoons salt (less if using pre-salted stock)  
2 teaspoons ground cumin  
1 8-oz. package frozen spinach, thawed

### Preparation Steps

In a large soup pot, sauté the chopped onion, celery, and carrots in the olive oil. Add the water or stock, lentils, barley, rosemary, salt, and cumin. Bring to a boil, turn down heat, and cook until lentils and barley are tender, about one hour. Add spinach for the last 15 minutes of cooking.

Number of Servings - 6 servings.

Serving Size - 1 cup.

### Redaction Notes

This recipe, while not a redaction from an original source, uses foods known in Europe in the Middle Ages. The grains and vegetables are cooked in a period fashion, being stewed together in a pottage. The combination of seasonings is similar to recipes in Apicius. In his notes "On the Lentil," (1) Platina mentions adding barley meal to lentils.

This is a hearty, tasty vegetarian dish. It freezes and re-heats well, and is easy to prepare.

### References

(1) Platina (pseud. of Bartolomeo Sacchi). De honeste voluptate et valetudine ("On right pleasure and good health"). Translated and abridged by Mary Ella Milham. Pegasus Press, The University of North Carolina at Asheville, 1999. ISBN 1-889818-12-7. Page 129

## A food of Beans or Peas

- Recipe 31:

31. Ein spise von bonen (A food of beans)

Siude grüne bonen, biz daz sie weich werden. so nim denne schoen brot und ein wenic pfeffers. dristunt als vil kümels mit ezzige und mit biere. mal daz zu sammene und tu dar zu saffran. und seige abe daz sode. und giuz dar uf daz gemalne. und saltz ez zu mazzen. und laz ez erwallen in dem condiment und gibz hin.

Boil green beans (This probably refers to something like fava beans. These are not string beans. String beans are a New World food.) until they become soft. So take then fine bread and a little pepper. (Take) three times as much caraway with vinegar and with beer. Grind that together and add saffron thereto. And strain the broth and pour the color thereon and salt it to mass and let it boil in the condiment and give out.

Version using frozen peas:

20 oz. frozen peas  
1 cup beer (used Samuel Adams Lager)  
1/2 tsp caraway seed, ground  
1/8 tsp pepper  
3/4 cup breadcrumbs  
2 Tbsp red wine vinegar  
1 cup water

Cook peas until done. Mix beer, caraway, pepper, vinegar, water and breadcrumbs. Boil mixture. Add peas to mixture. Cook briefly.

You may wish to use far less breadcrumbs, and make the sauce more fluid. You may also wish to serve the peas and sauce separately.

Version using dried peas:

1/2 tsp pepper  
1 1/2 tsp caraway seeds, ground  
1/4 cup vinegar  
2 1/3 cups beer (used German Beck beer)  
2 slices fresh bread, crumbled  
1 Tbsp dry breadcrumbs  
1 cup water  
1 lb dry peas (equiv. to @ 6 cups cooked peas (soaked and cooked soft))

Soak peas about 8 hours and drain off liquid. Boil in new water until soft. They should be very soft. This takes a while. Mix vinegar, beer, pepper, caraway, and bread crumbs. Boil mixture. Pour mixture over peas. Cook until it comes to a boil, or until the peas are soft enough. Add water if necessary.



## Compost (version 1)

103 Compost. Take rote of persel, of pasternak, of rafens, scrape hem and waische hem clene. Take rapes & caboches, ypared and icorue. Take an erthen panne with clene water & set it on the fire; cast alle þise þerinne. Whan þey both boiled cast þereto peeres, & perboile hem wel. Take alle þise thynges vp & lat it kele on a faire cloth. Do þereto salt; whan it is colde, do hit in a vessel; take vyneger & powdour & safroun & do þerto, & lat alle þise thynges lye þerin al nyght, oper al day. Take wyne greke & hony, clarified togider; take lumbarde mustard & raisouns coraunce, al hoole, & grynde powdour of canel, powdour douce & aneys hole, & fenell seed. Take alle þise thynges & cast togyder in a pot of erthe, & take þereof whan þou wilt & serue forthe.

While the name is less than encouraging, this recipe is basically cooked root vegetables in a sweet vinegrette. If one or two of the different vegetables is unavailable then you can leave them out and add a little more of another instead.

parsley root  
3 parsnips  
3 carrots  
10 radishes  
2 turnips  
1 small cabbage  
1 pear  
½ tsp. salt  
1 cup vinegar  
¼ tsp. pepper  
1 pinch saffron, ground  
1 cup greek wine (sweet Marsala)  
½ cup honey  
1 Tbsp. mustard  
½ cup zante raisins (a.k.a. zante currants)  
1 tsp. cinnamon (canelle)  
1 tsp. powder douce  
1 tsp. anise seed  
1 tsp. fennel seed

Peel vegetables and chop them into bite-sized pieces. Parboil them until just tender, adding pears about halfway through cooking time. Remove from water, place on towel, sprinkle with salt, and allow to cool. Then put vegetables in large bowl and add pepper, saffron, and vinegar. Refridgerate for several hours. Then put wine and honey into a saucepan, bring to a boil, and then simmer for several minutes, removing any scum that forms on the surface. Let cool and add currants and remaining spices. Mix well and pour over vegetables. Serve cold.

Source [Curye on English, Constance B. Hieatt & Sharon Butler (eds.)]:

Recipe by Daniel Myers

## Compost (version 2)

PERIOD: England, 14th century | SOURCE: Forme of Cury | CLASS: Authentic  
DESCRIPTION: Fruits and vegetables pickled in honey & wine

### ORIGINAL RECEIPT:

103. Compost. Take rote of persel, of pasternak, of rafens, scrape hem and waische hem clene. Take rapes & caboche, ypared and icorue. Take an erthen panne with clene water & set it on the fire; cast alle þise þerinne. When þey both boiled cast þerto peeres, & parboile hem wel. Take alle þise thynges vp & lat it kele on a faire cloth. Do þerto salt; when it is colde, do hit in a vessel; take vyneger & powdour & safroun & do þerto, & lat alle þise thynges lye þerin al nyyt, oper al day. Take wyne greke & hony, clarified togider; take lumbarde mustard & raisons coraunce, al hoole, & grynde powdour of canel, powdour douce & aneys hole, & fenell seed. Take alle þise thynges & cast togyder in a pot of erthe, & take þerof when þou wilt & serue forth.

### GODE COOKERY TRANSLATION:

Pickled Salad. Take parsley, carrots, radishes; scrape and clean them. Take white radishes & cabbages, pared and cored. Take an earthen pan with clean water & set it on the fire; and put all these in. When they've boiled, add pears and parboil well. Take all these things out and let cool on a clean cloth. Add salt. When cooled, place in a container; add vinegar, powder, and saffron, and let sit overnight. Take Greek wine & honey, clarified together; take "lumbarde" mustard and whole currants, and cinnamon, "powdour douce" & whole anise seed, & fennel seed. Take all these things and place together in an earthen pot, and take from it when you need to, and serve.

### MODERN RECIPE:

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"), "caboche" (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.

Source: - Hieatt, Constance B. and Sharon Butler. *Curye on Inghlish: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)*. New York: for The Early English Text Society by the Oxford University Press, 1985.

## Powder Douce

HIPPOCRAS. To make powdered hippocras, take a quarter-ounce of very fine cinnamon, hand-picked by tasting it, an ounce of very fine meche ginger and an ounce of grains of paradise, a sixth of an ounce of nutmeg and galingale together, and pound it all together. And when you want to make hippocras, take a good half-ounce or more of this powder and two quarter-ounces of sugar, and mix them together, and a quart of wine as measured in Paris. And note that the powder and the sugar mixed together make "duke's powder".

Many medieval recipes call for spice mixtures without detailing the exact spices. While it is tempting to assume that each particular spice mixture had a consistent recipe, there is evidence of substantial variation for different times, regions, budgets, and cooks. The recipe below is for one of the more commonly called for spice mixtures. I strongly encourage altering it to suite your own tastes.

3 Tbsp. ginger  
2 Tbsp. sugar  
1 1/2 Tbsp. cinnamon  
1 tsp. cloves  
1 tsp. nutmeg

Source [Le Menagier de Paris (Janet Hinson, trans.)]:

Recipe by Daniel Myers

## Onions with Cumin Sauce

.vij. Enjunen metter commineyen van amman delen nemt comijn ende soffraen ende broot ghewreuen ende ghetempert Met amandelen melke dan doet zieden ende den enjuun daertoe soutet ende latet te passe coelen

2.7. Onions with cuminsauce with almonds. Take cumin, saffron and bread, brayed and tempered with almond milk. Let it boil with the onion. Add salt and let it then cool sufficiently.

This is a wonderfully rich side dish. It has a strong flavor, but is not overpowering.

1 pound (3 cups) pearl onions, peeled  
2 cups almond milk  
1 cup (2 slices) bread crumbs  
1/2 tsp. cumin  
1/4 tsp. salt  
pinch saffron

Mix all ingredients in a saucepan and bring to a boil. Reduce heat and simmer until onions are tender, stirring frequently to prevent burning.

Source [Wel ende edelike spijse (Good and noble food), Christianne Muusers (trans.)]:

Recipe by Daniel Myers

## Diuers Sallets

Diuers Sallets boyled. Parboyle Spinage, and chop it fine, with the edges of two hard Trenchers vpon a boord, or the backe of two chopping Kniues: then set them on a Chafingdish of coales with Butter and Uinegar. Season it with Sinamon, Ginger, Sugar, and a few parboyld Currins. Then cut hard Egges into quarters to garnish it withall, and serue it vpon sippets. So may you serue Burrage, Buglosse, Endiffe, Suckory, Coleflowers, Sorrel, Marigold leaues, water Cresses, Leekes boyled, Onions, Sparragus, Rocket, Alexanders. Parboyle them, and season them all alike: whether it be with Oyle and Uinegar, or Butter and Uinegar, Sinamon, Ginger, Sugar, and Butter: Egges are necessary, or at least very good for all boyld Sallets.

The notes for this recipe state that it can be used for a diverse range of vegetables. I chose cauliflower because it fits well with a menu I'm working on. Like many other recipes from medieval Europe, this one uses sugar and what we now would call "sweet spices" in a way that is a bit suprising to the modern palate. Still it is very tasty and was well liked by my family of taste-testers (except for the four-year-old who is in a picky phase).

1 head cauliflower  
1/4 tsp. cinnamon  
1/4 tsp. ginger  
1 tsp. sugar  
3 Tbsp. butter  
dash vinegar  
1/8 cup currants  
1 egg, hard boiled

Cut up cauliflower and parboil until just tender, adding currants halfway through. Drain and set aside. Melt butter in a large saucepan. Mix in cauliflower and add sugar, spices and vinegar. Cut the egg into quarters and use as a garnish. Serve hot.

Source [A new booke of Cookerie, J. Murrell]:  
Recipe by Daniel Myers

## Potage Fene Boiles

PERIOD: England, 14th century | SOURCE: Diursa Servicia | CLASS: Authentic  
DESCRIPTION: A fava bean pudding

### ORIGINAL RECEIPT:

81. For to make a potage fene boiles, tak wite benes & sep hem in water, & bray þe benys in a mortar al to noyt; & lat þem seþe in almande mylk & do þerin wyn & honey. & seþ reysouns in wyn & do þer to & after dresse yt forth.

### 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.

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### MODERN RECIPE:

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.

Source: - Hieatt, Constance B. and Sharon Butler. *Curye on Inghlish: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)*. London: For the Early English Text Society by the Oxford University Press, 1985.

## Sprouts

PERIOD: France, 14th century | SOURCE: Le Ménagier de Paris | CLASS: Authentic  
DESCRIPTION: A dish of brussels sprouts

### ORIGINAL RECEIPT:

And when the heart of the cabbage, which is in the midst, is plucked off, you pull up the stump of the cabbage and replant it in fresh earth, and there will come forth from it big spreading leaves; and the cabbage takes a great deal of room and these cabbage hearts be called Roman cabbages and they be eaten in winter; and when the stumps be replanted, there grow out of them little cabbages which be called sprouts and which be eaten with raw herbs in vinegar; and if you have plenty, they are good with the outer leaves removed and then washed in warm water and cooked whole in a little water; and then when they are cooked add salt and oil and serve them very thick, without water, and put olive oil over them in Lent.

### MODERN RECIPE:

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

Shell 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.

Source: - Power, Eileen. *The Goodman of Paris (Le Ménagier de Paris). A Treatise on Moral and Domestic Economy by A Citizen of Paris (c. 1395)*. New York: Harcourt, Brace and Company, 1928.

## Wortes

"Wortes or other herbes tymes ofte" - The Clerk's Tale

Buttered Wortes. Take al manor of good herbes that thou may gete, and do bi ham as is forsaide; putte hem on the fire with faire water; put ther-to clarefied buttur a grete quantite. Whan thei ben boyled ynough, salt hem; late none otemele come ther-in. Dise brede small in disshes, and powre on the wortes, and serue hem forth.

- Two Fifteenth-Century Cookery-Books

When Chaucer speaks of wortes, he is referring to fresh herbs & greens; he has his Chanticleer in The Nun's Priest's Tale dream of a sly "col-fox," hiding in a bed of herbs:

"And in a bed of wortes stille he lay."

But to the medieval cook, wortes were more than just the plants used for seasonings and spices, and included such vegetables as cabbage leaves, spinach, beet greens, borage, parsley, leeks, etc. Namely, any combination of greens and members of the onion family.

8 cups of any combination of spinach, cabbage, beet greens, onion, leeks, parsley, etc., chopped  
1/2 stick (1/8 lb.) of butter  
salt to taste  
1 cup unseasoned croutons

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

## How to butter a Colle-flowre.

How to butter a Colle-flowre. Take a ripe Colle-flowre and cut off the buddes, boyle them in milke with a little Mace while they be very tender, then poure them into a Cullender, and let the Milke runne cleane from them, then take a ladle full of Creame, being boyled with a little whole mace, putting to it a ladle-full of thicke butter, mingle them together with a little Sugar, dish up your flowres upon sippets, poure your butter and creame hot upon it strowing on a little slict Nutmeg and salt, and serve it hot to the table.

Cauliflower was steamed in milk & seasoned with mace; when done, it was removed from the milk & covered in a thin sauce made of butter, cream, & sugar and garnished with a sprinkle of nutmeg.

Source: From Sallets Humbles & Shrewsbury Cakes, p. 41:

## Chyches

PERIOD: England, 14th century | SOURCE: Forme of Cury | CLASS: Authentic  
DESCRIPTION: Roasted chickpeas, boiled with garlic and olive oil

### ORIGINAL RECEIPT:

73. Chyches. Take chiches and wrye hem in askes al nyght oper al a day, oper lay hem in hoot aymers. At morowe waische hem in clene water, and do hem ouere the fire with clene water. Seep hem vp and do þerto oyle, garlek hole, safroun, powdour fort and salt; seep it and messe it forth.

### 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.

### MODERN RECIPE:

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, ceci.

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.

Vegetarians will be pleased to note that this is one of the few completely non-meat dishes that can be found in period cookbooks.

Source: - Hieatt, Constance B. and Sharon Butler. *Curye on Inghlish: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)*. London: For the Early English Text Society by the Oxford University Press, 1985.



## Salat

PERIOD: England, 14th century | SOURCE: Forme of Cury | CLASS: Authentic  
DESCRIPTION: Salad of lettuce & herbs

### ORIGINAL RECEIPT:

78. Salat. Take persel, sawge, grene garlec, chibolles, letys, leek, spinoches, borage, myntes, prymos, violettes, porrettes, fenel, and toun cressis, rew, rosemarye, purslarye; laue and waishe hem clene. Pike hem. Pluk hem small wip þyn honde, and myng hem wel with rawe oile; lay on vyneger and salt, and serue it forth.

### GODE COOKERY TRANSLATION:

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.

### MODERN RECIPE:

Is a further redaction of this recipe really necessary? I hope not! It is essentially a lettuce & spinach salad, containing the various fresh herbs, flowers, & salad plants mentioned above. Make as the directions specify, or use any variation of these ingredients to come up with your own personal "salat." Toss with vinegar, oil, and salt, and you're ready to 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!

Source: - Hieatt, Constance B. and Sharon Butler. *Curye on Inglissh: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)*. London: For the Early English Text Society by the Oxford University Press, 1985.

## Simple Sallet.

Young Lettice,  
Cabage lettice.  
Purslan, and divers other hearbes which may bee served simply without anything,  
but a little vinegar,  
Sallet oyle,  
and suger.

This was a mixture of fresh lettuces and cabbages, tossed in a vinegar & oil dressing

Source: From *Sallets Humbles & Shrewsbury Cakes*, p. 58:

## Funges

PERIOD: England, 14th century | SOURCE: Forme of Cury | CLASS: Authentic  
DESCRIPTION: Mushrooms in broth and spices.

### ORIGINAL RECEIPT:

12. Funges. Take funges and pare hem clene, and dyce hem; take leke and shrede hym small, and do hym to seep in gode broth. Colour it with safroun, and do þerinne powdour fort.

### GODE COOKERY TRANSLATION:

Mushrooms. Take mushrooms and pare them clean, and dice them; take leeks and shred him small, and do him to seethe 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."

### MODERN RECIPE:

4 cups Gode Broth (made without bread crumbs) ( substitute Vegetable Gode Broth )  
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.

Source: - Heatt, Constance B. and Sharon Butler. Curye on English: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury). New York: for The Early English Text Society by the Oxford University Press, 1985

## Gode Broth (vegetable version)

PERIOD: England, 15th century | SOURCE: Noble Boke off Cookry | CLASS: Authentic  
DESCRIPTION: A broth suitable for all dishes

### ABOUT THE RECIPE:

In making Gode Broth, I use the recipe for broth found in "Hens in bonet" from Napier's Noble Boke off Cookry, as translated in W.E. Mead's The English Medieval Feast, p. 71: This is made by stewing hens and fresh pork together, grinding pepper, bread, and cumin, seasoning it, tempering it with the hens' broth, colouring it with saffron, adding salt, and serving it.

### MODERN RECIPE:

3 cups chicken broth – omit and substitute Vegetable stock instead  
1 cup pork broth – omit and substitute Vegetable stock instead  
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.

Source: - Mead, William Edward. The English Medieval Feast. New York: Barnes & Noble, Inc., 1967.

## Mushroom Pasty

PERIOD: France, 14th century | SOURCE: Le Ménagier de Paris | CLASS: Authentic  
DESCRIPTION: A mushroom and cheese pie

### ORIGINAL RECEIPT:

Mushrooms of one night be the best and they be little and red within and closed at the top; and they must be peeled and then washed in hot water and parboiled and if you wish to put them in a pasty add oil, cheese and spice powder.

### MODERN RECIPE:

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

Source: - Power, Eileen. *The Goodman of Paris (Le Ménagier de Paris). A Treatise on Moral and Domestic Economy by A Citizen of Paris (c. 1395)*. New York: Harcourt, Brace and Company, 1928.

## Tart in Ymbre Day

PERIOD: England, 14th century | SOURCE: Forme of Cury | CLASS: Authentic  
DESCRIPTION: An onion & cheese pie

### ORIGINAL RECEIPT:

173. Tart in ymbre day. Take and perboile oynouns & erbis & presse out þe water & hewe hem smale. Take grene chese [brede AB] & bray it in a mortar, and temper it vp with ayren. Do þerto butter, saffroun & salt, & raisons corauns, & a litel sugur with powdour douce, & bake it in a trap, & serue it forth.

### GODE COOKERY TRANSLATION:

Amber Day Tart. Take and parboil onions and herbs & press out the water & cut them small. Take green cheese [see note: bread] & grind it in a mortar, and mix with eggs. Add butter, saffron, salt, currants, and spices, & bake it in a pie shell, and serve it.

### MODERN RECIPE:

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

Source: - Hieatt, Constance B. and Sharon Butler. *Curye on Inghlish: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)*. New York: for The Early English Text Society by the Oxford University Press, 1985.

## Perry of Pesoun

PERIOD: England, 14th century | SOURCE: Forme of Cury | CLASS: Authentic  
DESCRIPTION: A dish of cooked peas

### ORIGINAL RECEIPT:

71. Perry of pesoun. Take pesoun and seþ hem fast, and couere hem, til þei berst; þenne take hem vp and cole hem thurgh a cloth. Take oynouns and mynce hem, and seeþ hem in the same sewe, and oile þerwith; cast þerto sugar, salt and safroun, and seeþ hem wel þerafter, and serue hem forth.

### 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.

### MODERN RECIPE:

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.

Source: - Heatt, Constance B. and Sharon Butler. *Curye on Inglisch: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)*. London: For the Early English Text Society by the Oxford University Press, 1985

## Gourdes in Potage

PERIOD: England, 14th century | SOURCE: Forme of Cury | CLASS: Authentic  
DESCRIPTION: Squash cooked in broth

### ORIGINAL RECEIPT:

10. Gourdes in Potage. Take young Gowrdes; pare hem and kerue hem on pecys. Cast hem in gode broth, and do þerto a gode pertye of oynouns mynced. Take pork soden; grynde it and alye it þerwith and wip yolkes of ayren. Do þerto saffroun and salt, and messe it forth with powdour douce.

### GODE COOKERY TRANSLATION:

Stewed Gourds. Take young gourds; pare them and cut them in pieces. Put in good broth, and add a large amount of minced onions. Take boiled pork; grind it and add it along with egg yolks. Add saffron and salt, and serve it with powder douce.

### MODERN RECIPE:

2 lbs. squash peeled and in chunks  
3 onions, minced  
3 cups Vegetable Gode Broth (made without bread crumbs)  
1/2 cup ground walnuts (see note on vegetarian substitution for the 1/2 cup of pork boiled then minced or ground in the original recipe)  
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 vegetable 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.

Source: - Hieatt, Constance B. and Sharon Butler. *Curye on Inglysh: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)*. New York: for The Early English Text Society by the Oxford University Press, 1985.

## Baked fennel in white wine & garlic.

2 - 3 large fennel bulbs  
1 small onion sliced finely  
2 cloves of garlic  
50 gms butter  
1/2 cup of white wine  
1/2 vegetable stock  
1 tbspn honey  
1/2 tspn mustard seeds  
1 sprig of fennel "feathers"  
Salt  
Pepper

Clean & quarter the fennel leaving the centre stalk attached (otherwise it all falls apart). Place fennel in a baking dish & add the garlic, butter, wine, stock, seeds & honey. Add salt & pepper to taste. Cover with lid or foil & bake in moderate oven for 40 mins. Fennel should be tender. Baste & return to oven uncovered to cook for a further 15 mins. Use the fennel feathers as garnish.

If you wanted to bulk this up try chickpeas or maybe a little barley if you increase the liquid or serve it with some wild rice.

Source: Charlie

## Kale and Chestnut Soup (vegetarian version)

Servings: 4

500g/18oz Chestnuts  
500g/18oz Kale or another winter green  
Oil  
1 litre/1¾pt Vegetable Stock

### To Prepare the Chestnuts

Make a slit in the shell of each chestnut and plunge them into a pan of boiling water. Bring the water back to boil and simmer for 3-4 minutes. Drain, leave until cool enough to handle, then peel off the skin, including the thin brown inner skin (or you can roast and peel the chestnuts if you prefer this way of removing the skins).

### The Soup

Wash and trim the Kale, cutting out and discarding the tougher stalks. Shred coarsely. Simmer the peeled Chestnuts in the stock until tender. Lift out with a slotted spoon. Mash about a quarter of the Chestnuts with a fork and stir them back into the soup to thicken it a little. Roughly chop the rest of the Chestnuts and return to the soup. Add the Kale and simmer for just 3 minutes, until the Kale is lightly cooked but fresh and green in colour.

Comment: As yet untested

## Leek and Split Pea Soup

Servings: 4

3 oz/75g split peas  
1 large onion, chopped  
2 pints veg stock  
1½ lb/675g leeks, sliced  
Seasoning

Cover peas with boiling water and leave for 2 hours. Drain and reserve water.  
Fry onion in butter. Add peas, stock and seasonings.  
Bring to boil, cover and simmer for 1 hour. If water gets low, add reserved pea juice.  
Add leeks and cook for further 15-20 minutes.

Comment: A very thick, tasty soup. I've done this one over a fire and on the hob, great both ways. Watch it doesn't boil dry, though. My favourite.

## Cream of Mushroom Soup

Servings: 4

275g/10oz button mushrooms  
1tbsp oil  
3tbsp butter  
1 small onion, finely chopped  
1tbsp plain flour  
450ml/¾pt vegetable stock  
450ml/¾pt milk  
a pinch of dried Basil  
2-3tbsp single cream

Fry mushrooms for about 1-2 mins in the oil and butter. Then cover and sweat for 6-7 mins. Stir in flour, stock, milk, basil and seasoning and bring to the boil.  
Simmer, partly covered for 15 mins.  
Add cream.

Comment: Classic mushroom soup, rich and creamy, and doesn't take very long



## Recocta

De Recocta. We heat the whey which was left from the cheese in a cauldron over a slow fire until all the fat rises to the top; this is what the country-folk call recocta, because it is made from leftover milk which is heated up. It is very white and mild. It is less healthful than new or medium-aged cheese, but it is considered better than that which is aged or too salty. Whether one is pleased to call it cocta or recocta, cooks use it in many pottages, especially in those made of herbs.

Modern recipe:

Whey

Butter Muslin

Salt, flake or kosher

Fresh Basil, chopped

Take the leftover whey from the Leicester Cheese recipe. In a double boiler, bring it to a slow boil. Constantly stir. When you see small flakes appear on the spoon, you are seeing the cheese begin to settle out. When your spoon is fairly covered, remove the whey from the heat and pour it through the butter muslin. Tie the cloth and allow it to drain. When no more drippage is apparent, untie the cloth and pour the curd into a bowl. Mix in flake salt and some fresh chopped basil and serve.

Source: A recipe for making Ricotta cheese - contributed by Michael Hobbes

Original recipe from Platina:

- Andrews, E. B. trans. Platina. *De Honesta Voluptatae*. L. de Aguila. Venice, 1475. St. Louis: Mallinckrodt, 1967.

Adapted from: Carroll, Ricki and Robert Carroll. *Cheesemaking Made Easy*. Pownal, VT: Garden Way Publishing, 1995, p. 89.

## Leicester Cheese

De Caseo. Even though cheese is served as a third course, this is nevertheless the place to set forth its virtue, since it is made from milk, which we have just discussed. It is often used in preparing many dishes. Take curds that are not too coagulated, so that the cheese does not turn sour, as often happens, and with a hand that is not too thin or too hot, but fleshy and gentle, reduce the curds into a mass and put it from the container into moulds or pails or small baskets; press it until the whey within come out. After the cheese has been salted it is put in a place where it is somewhat exposed to smoke; when it has absorbed the smoke and has been aged a little, it will be good to eat.

Modern recipe:

2 ½ Gallons Milk

Rennet

Mesophilium Cheese Starter

3'x3' section of Butter Muslin (do not use craft cheesecloth – weave is too loose)

Cheese Press (either purchased or constructed)

Cheese Mould

Salt, flake or kosher

Calcium Chloride (if using pasteurized milk)

The day before you are to make the cheese, pour half a gallon of milk into a sealed container. Add mesophilium cheese starter and set in a spot where it will not be bothered. When you are ready to make the cheese, take the milk and allow it to warm to room temperature. Next, in a double boiler, bring the temperature of the milk to 95° F. When it has reached that temperature, add starter culture (if you save a little, you can freeze it for later use and never have to buy it again). If using pasteurized milk add just a touch of calcium chloride before renneting to help break down any sugars that caramelized during that process. After one and one half hours, gently stir in rennet (use your judgment as to how much to use – we used ¼ tsp. per gallon) make certain that the temperature is constant at 95° F. After 2 ½ hours, the curd should be set up. GENTLY, cut the curd into roughly 1" cubes. Next it is important to heat the curd to 110° F to cook the curd and force out excess water. You will know when the curd is done because it will be shiny (generally about 1 hour). Strain the curd to remove the excess whey and place in a bowl.

Next gently stir in salt to taste and then place the curds in a muslin-lined mould. Gently push the curds into the mould until the form an even layer. Cover the curds with muslin and place in the press. Apply 15 lbs. Pressure for 90 minutes. Remove cheese from press, flip, and return to press. Apply 30 lbs. of pressure for 2 ½ hours. Remove from Mould, flip, and return to press. Apply 50 lbs. pressure for 18 hours. Remove from Mould and place on a cheese board somewhere dry. Next, allow the cheese to settle for three days and then apply a thin coating of wax. Allow to age for 2-3 months and then serve. Should make 1-2 lbs. of cheese.

Source: Adapted from: Carroll, Ricki and Robert Carroll. *Cheesemaking Made Easy*. Pownal, VT: Garden Way Publishing, 1995, p. 68.

- Andrews, E.B. trans. Platina. *De Honesta Voluptatae*. L. de Aquila. Venice, 1475. St. Louis: Mallinckrodt, 1967.

A recipe for making fresh cheese - contributed by Michael Hobbes

Original recipe from Platina:

## Almond Milk

PERIOD: medieval & Renaissance | SOURCE: Le Viandier de Taillevent | CLASS: Authentic  
DESCRIPTION: 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. Fortunately, it's easily made. I prefer the recipe of Terence Scully, as printed in *Le Viandier de Taillevent*, p. 315:

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.

Source: - Scully, Terence. *The Art of Cookery in the Middle Ages*. Woodbridge: The Boydell Press, 1995.

- Scully, Terence, ed. *Le Viandier de Taillevent. An Edition of all Extant Manuscripts*. Ottawa: University of Ottawa Press, 1988.

## Botere of almand melk

PERIOD: England, 14th century | SOURCE: Utilis Coquinario | CLASS: Authentic  
DESCRIPTION: Butter made from almond milk

### ORIGINAL RECEIPT:

7. Botere of almand melk. Tak þikke almand melk & boyle it, & as it boyleth cast yn a litel wyn or vynegre, & þan do it on a canevas & lat þe whey renne out. & þan gadere it vp with þyn hondes & hang it vp a myle wey, & ley it after in cold water, & serue it forth.

### GODE COOKERY TRANSLATION:

Butter of almond mlk. Take thick almond milk & boil it, & as it boils cast in a little wine or vinegar, & then do it on a canvas & let the whey run out. & then gather it up with your hands & hang it up for the time it takes to walk a mile, & lay it after in cold water, & serve it forth.

### INGREDIENTS:

Almond milk  
Red wine or red wine vinegar  
Piece of canvas or heavy muslin  
Muslin sack or China cap strainer  
Cold water

### DIRECTIONS:

Make a very thick almond milk according to the instructions found at Gode Cookery [HERE](#). (Using less water will create a thicker milk.) Bring the almond milk to a soft boil, being careful not to scorch, while adding the wine or vinegar. Remove from heat. Suspend the canvas or muslin by its four corners over a sink or over a large bowl; place the almond milk on the canvas and allow the liquid to drain below. When the liquid has drained, hang the remaining mixture in the muslin sack or place in the China cap strainer and keep in a cool place for 1/2 hour or until any remaining liquid has ceased to drip out. Remove the almond butter from the sack or strainer, divide into portions, then wrap each portion securely in cheesecloth or wax paper. Immerse in cold water for several minutes to set the butter. Remove and drain. Unwrap and serve at once or store in a cool place.

Source: - Heatt, Constance B. and Sharon Butler. *Curye on Inghlish: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)*. New York: for The Early English Text Society by the Oxford University Press, 1985.

## Marchpane

A basic recipe for making marzipan

3/4 lb almond paste  
1/4 cup powdered sugar  
2 tbsp rose water  
1/2 cup butter  
1/3 cup sugar  
1 egg, separated  
1 1/4 cups flour  
1 tbsp rose water (for icing)  
3 tbsp sugar

Mix almond paste and rosewater and set aside wrapped in plastic to keep from drying out. Cream butter and sugar together. Beat in egg yolk. Stir in flour a little at a time. Refrigerate dough for at least 15 minutes. Roll dough out on floured cookie sheet to about 9" in diameter. Trim edges. Brush with the egg white. Sprinkle a sheet of baker's parchment with 2 tsp of the powdered sugar. Pat out the almond paste atop it and sprinkle with the remaining powdered sugar. Top with another sheet of parchment and roll out to about 7-8" in diameter. Carefully remove the top sheet of paper and turn the round over on top of the cookie base. Remove the bottom sheet of paper, very carefully. Turn up and flute the outer edge of cookie base. Bake at 375° F for 5 minutes, then lower heat to 325° F and bake 15 minutes more. Mix rose water and sugar and brush the top of the Marchpane with this. Return it to the oven for 5 more minutes. It may then be decorated as you wish.

Yields 1 Marchpane. I made 2; a sotelty for the high table and a plain one for the servers. An account of the sotelty produced for the high table is found at *A Faire Marchpane Being a Chessboard*.

Source: Lorwin, Madge; *Dining with William Shakespeare*; Athenneum, New York, 1976, pp. 387-388.

## Apple tarts

Pleyn Delit 116

Medium tin pie apples  
2 sheets short crust pastry  
sugar  
cinnamon  
nutmeg

Mix seasoning with tin of apples.  
Pour mixture into tart shell.  
Add second piece of pastry as top.  
Cook in oven until top is golden.

## Pears in Wine Syrup

Pleyn Delit 106

2 lbs tin pears  
2 cups red wine  
1/2 cup sugar  
1 teasp cinnamon  
1/4 teasp ginger  
6 whole cloves  
1 tablesp lemon juice

Mix cinnamon and red wine.

Add sugar and stir over heat until the sugar is dissolved.

Add pears to syrup and poach gently for about 10 minutes, keeping the syrup just below simmering so the pears don't fall apart.

Add ginger, lemon juice and cloves towards the end.

Let pears cool in the syrup.

## Ginger bread

Pleyn Delit 122

1/2 cup clear honey  
1 loaf of seedless bread at least 4 days old, ground into fine crumbs  
1 teasp each ginger and cinnamon  
1/8 teasp ground white pepper

Bring the honey to the boil and skin off any scum.

Keep pan over low heat, stir in bread crumbs and spices.

When it is a thick well blended mass, press firmly into a small non-stick cake pan (about 8 inch pan).

Cover and leave in a cool place overnight before turning out on a cake plate.

Cut into small slices to serve.

## Oatmeal Cakes

8 oz oatmeal or rolled oats  
1 oz lard  
1 egg  
1/4pt milk.

Rub lard into flour.

Beat egg and add it and milk to make a batter .

Drop batter onto a hot and well greased griddle or frying pan.

Turn over to do other side.

Serve hot with honey.

## Bread

Wholemeal or stone-ground flour  
~ pt milk Water  
1 oz lard

Bread was eaten but there is no evidence to shown how it was made. This is based on available ingredients and cooking methods. Yeast was not available but they may have used soured milk to help bread rise.

Rub the lard into the flour. Add the milk until the flour will stick together to form a ball. Water can be added if necessary.

As bread did not rise it was probably shaped into a ball and then pressed flat" like a pizza base so that it would cook through. Cook gas mark 6" 400F" 200C until browned.

## Wastels Yfarced

Take a wastel and holke out the crummes. Take ayren & shepis talow & the crummes of the wastell, powdour fort & salt, with safroun and raisouns coraunce; & medle alle thise yfere, & do it in the wastell. Close it & bynde it fast togidre, and seeth it well.

This one turns out like a steamed roll stuffed with french toast. Use rolls with a hard crust to help them hold together better during boiling.

6 large dinner rolls  
2 eggs, beaten  
4 Tbsp. butter, melted  
1/4 cup currants (zante)  
1 tsp. powder fort  
1/4 tsp. salt  
pinch saffron

Grind saffron, mix with butter and set aside. Cut centers out of rolls to make a little bowl, reserving removed bread crumbs. Mix eggs, currants, butter mixture, powder fort, and salt. Pour over bread crumbs and stir carefully until all bread is evenly coated. Stuff rolls with mixture. Put about an inch of water in the bottom of a large pan and bring it to boil. Then put in the rolls, reduce heat, and simmer for 15 minutes with the pan tightly covered. Remove immediately from water with a slotted spoon and serve hot.

Source [Curye on English, Constance B. Hieatt & Sharon Butler (eds.)]: 167 Wastels yfarced.  
Recipe by Daniel Myers

## Powder Fort

Many medieval recipes call for spice mixtures without detailing the exact spices. While it is tempting to assume that each particular spice mixture had a consistent recipe, there is evidence of substancial variation for different times, regions, budgets, and cooks. The recipe below is for one of the more commonly called for spice mixtures. I strongly encourage altering it to suite your own tastes.

Powder Fort (Strong)  
1 ½ Tbsp. cinnamon (canelle)  
1 tsp. cloves  
1 tsp. cubebs  
3 Tbsp. ginger  
1 tsp. grains of paradise  
1 tsp. black pepper

Recipe by Daniel Myers

## Tart de Bry

PERIOD: England, 14th century | SOURCE: Forme of Cury | CLASS: Authentic  
DESCRIPTION: A cheese tart

### ORIGINAL RECEIPT:

174. Tart de Bry. Take a crust ynche depe in a trap. Take yolkes of ayren rawe & chese ruayn & medle it & þe yolkes togyder. Do þerto powdour gynger, sugur, safroun, and salt. Do it in a trap; bake it & serue it forth.

### GODE COOKERY TRANSLATION:

Tartee. Make a pie crust an inch deep in a pie pan. Take yolks of eggs raw & Autumn cheese & mix it & the yolks together. Do there-to powder ginger, sugar, saffron, and salt. Do it in a pie shell; bake it & serve it forth.

### INGREDIENTS:

One nine-inch pie shell

Raw Egg Yolks

Cheese - a semi-soft, but not so soft that it can't be grated. See note below.

Ginger (powder)

Sugar

Saffron

Salt

### DIRECTIONS:

Combine the final 6 ingredients - the mixture needs to essentially be grated cheese held together with the egg yolk; the final consistency should be slightly runny. Place this filling in a pie shell and bake until the pastry is golden brown and the filling has set.

The original recipe implies that Brie cheese is to be used; however, "chese ruayn," also called "rewen" or "rowen" in other Medieval sources, was Autumn cheese, made after the cattle had fed on the second growth. This was apparently a semi-soft cheese, but not as soft as a ripe modern Brie: one period recipe says to grate it. It appears to be the same cheese called fromage de gaing in France.

Source: - Heatt, Constance B. and Sharon Butler. *Curye on Inghlish: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)*. New York: for The Early English Text Society by the Oxford University Press, 1985.



## Clarrey

PERIOD: England, 14th century | SOURCE: Forme of Cury | CLASS: Authentic  
DESCRIPTION: Wine mulled with honey and spices

### ORIGINAL RECEIPT:

205. Clarrey. Take kanel & galinga, greyns de paris, and a lytel peper, & make pouder, & temper hit wyt god wyte wyne & the þrid parte honey & ryne hit þorow a cloþ.

### GODE COOKERY TRANSLATION:

Claret. Take cinnamon & galingale, grains of paradise, and a little pepper, & make powder, & mix it with good white wine & the third part honey & run it through a cloth.

### MODERN RECIPE:

1 bottle (750 ml) of an inexpensive, sweet white wine  
1 -2 cups honey  
1 tbs. each cinnamon, galingale (or substitute ginger), & cardamom  
1 tsp. white pepper  
cheesecloth

Bring the wine and honey to a boil; reduce heat & skim off the scum as it rises. Taste for sweetness; add honey as necessary. Remove from heat, stir in spices, and allow to sit covered for 24 hours. After sitting, the spices will create a thick residue which will settle to the bottom. Using a ladle, pass the wine into another container through a strainer lined with 2 or 3 layers of cheesecloth to remove the spices, being careful to leave as much of the spice residue in the pot as possible. Bottle. Make at least 1 month before serving. A good Clarrey aged for a year or more is exquisite!

Clarrey was wine to which honey and spices were added; the name comes from the Latin *vinum claratum*, which means "clarified wine." The name survives today as claret, a dry, red wine.

Source: - Hieatt, Constance B. and Sharon Butler. *Curye on Inglissh: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)*. London: For the Early English Text Society by the Oxford University Press, 1985.

## Potus Ypocras

PERIOD: England, 14th century | SOURCE: Goud Kokery | CLASS: Authentic  
DESCRIPTION: Wine mulled with honey and spices

### ORIGINAL RECEIPT:

5. Potus ypocras. Take a half lb. of canel tried; of gyngyuer tried, a half lb.; of greynes, iii unce; of longe peper, iii unce; of clowis, ii unce; of notemugges, ii unce & a half; of carewey, ii unce; of spikenard, a half unce; of galyngale, ii unce; of sugir, ii lb. Si deficiat sugir, take a potel of honey.

### GODE COOKERY TRANSLATION:

Hipocras Drink. Take a half lb. of cinnamon; of ginger, a half lb.; of grains of paradise, 2 ounces; of long pepper, 3 ounces; of cloves, 2 ounces; of nutmeg, 2 ounces and a half; of caraway, 2 ounces; of spikenard, a half ounce; of galingale, 2 ounces; of sugar, 2 lb. If there is no sugar, use 2 quarts of honey.

### MODERN RECIPE:

1 bottle (750 ml) of an inexpensive, sweet red or white wine

1 - 1 1/2 cups sugar (OR: 1 - 2 cups honey)

1 Tbs. each of ginger, cinnamon, cardamom, white pepper, clove, nutmeg, & caraway seed  
cheesecloth

Bring the wine and sugar or honey to a boil; if using honey, skim off the scum as it rises. Taste for sweetness; add honey or sugar as necessary. Remove from heat, stir in spices, and allow to sit covered for 24 hours. After sitting, the spices will create a thick residue which will settle to the bottom. Using a ladle, pass the wine into another container through a strainer lined with 2 or 3 layers of cheesecloth to remove the spices, being careful to leave as much of the spice residue in the pot as possible. Bottle. Make at least 1 month before serving. The older it is, the better. Ypocras was a very popular Medieval beverage, and many different directions for preparation still exist. Also called Hipocras, the drink is named after the famous physician Hippocrates.

Source: - Hieatt, Constance B. and Sharon Butler. *Curye on Inglis: English Culinary Manuscripts of the Fourteenth-Century (Including the Forme of Cury)*. London: For the Early English Text Society by the Oxford University Press, 1985.

## Vegetables List

The following list of vegetables were available during the Middle Ages:

Asparagus - used since Roman times.

Beans - broadbean, fava (most common), haricot, hairy vetch, sweet vetch, but NEVER the modern green bean; Long-Beans

Beets / Beetroot - both the root and the tops.

Brussels Sprouts - not an overly common Medieval vegetable, but still widely available;

Cabbage - very common & popular, sometimes known as wortes

Capers

Carrots - not modern orange ones but a smaller variety, either red or white;

Cauliflower - its use seems to be mostly late-Renaissance;

Celery - usually referred to as "wild celery," both the outer stalks and the hearts were used.

Chard - considered "moist" and treated differently than dry vegetables.

Chick Peas / garbonzo beans

Cress - a garden plant, considered a potherb or a worte;

Cucumbers - considered a "moist" fruit and treated differently than dry vegetables.

Endive

Fennel

Garlic - used in many recipes, and a staple in Medieval cooking;

Gherkins

Green onions - Leeks, scallions, & green onions were sometimes referred to as "porrettes."

Leeks - used in many recipes; Leeks, scallions, & green onions were sometimes referred to as "porrettes."

Lentils

Lettuce - leafy varieties, such as leaf lettuce, Romaine, etc. make acceptable substitutes for Medieval lettuce. NEVER use iceberg/head lettuce. Lettuce would have been considered a worte;

Mushrooms - not a true vegetable, but used as one in the Middle Ages;

Mustard Greens - part of the potherb or wortes variety of vegetables.

Olives - the source for the most common cooking oil.

Onions - used extensively in Medieval cooking;

Parsley

Parsnips

Peas - in or out of pods, one of the most common of Medieval vegetables;

Pumpkin - the American variety is different than the European, but is an acceptable substitute;

Radishes

Scallions - Leeks, scallions, & green onions were sometimes referred to as "porrettes."

Shallots

Spinach - a leafy, green worte;

Sprouts - cabbage sprouts;

Squash / gourd - sometimes referred to as Vegetable Marrows;

Turnips - a common root vegetable, sometimes used in recipes as a substitute for pears; the greens were also very popular.

Watercress

White Turnip –

## Fruit List

References to fruits like apples, pears, plums, and grapes are readily apparent.

Apples

Dates – know from the roman period

Grapes

Pears

Plums

quinces

lemons

raspberries

strawberries

chestnuts

loquats

peaches

raisins

blueberries

blackberries

cherries

sloes

small apples (crab apples)

pineapple (*Ananascomosus*) Columbus introduced the pineapple to Spain in 1493

banana - to the Middle East and North Africa around 700 CE as part of the Islamic expansion and were brought to Central Africa as part of the Arab slave trade. They are believed to have arrived in Madagascar about 300 CE during a migration from Indonesia and were traded into South Africa from there.

Columbus' return in 1493 with the plantain (*Musaparadisiaca*), a relative of the banana. The fruit is similar to the fruit of genus *Plantago* which appears to have been cultivated in Europe at the time and was also known as plantain

## Cheese List

This list includes cheeses that were known during the Middle Ages & Renaissance, along with some 17th century varieties and a few modern cheeses that are acceptable period substitutes.

Beaufort

Brie

Camembert

Cheddar - first recorded use is in 1500.

Comté

Cottage

Emmenthal

Farmer's - similar in both taste & texture to Medieval cheese.

Gloucester - first recorded use is in 1697.

Grana - first recorded use is in 1200.

Gorgonzola - first recorded use is in 879.

Gouda - first recorded use is in 1697.

Gruyère

Leicester Cheese

Maroilles

Mozzarella

Parmesan - first recorded use is in 1579.

Port-Salut

Reblochon

Rewen, Rowen, Ruayn - Autumn cheese, made after the cattle had fed on the second growth. This was apparently a semi-soft cheese, but not as soft as a ripe modern Brie: one period recipe says to grate it. It appears to be the same cheese that in France today is called fromage de gaing.

Ricotta - for Platina's recipe for ricotta cheese,

Romano

Roquefort - first recorded use is in 1070.

Spermyse - soft or cream cheese flavored with herbs.

Stilton

## Nuts List

Acorns - health manuals recommended eating acorns roasted and with sugar to prevent menstruation and to aid in retention; however, their actual use was primarily in feeding pigs and other domesticated animals.

Almonds - most common of all nuts in the Middle Ages; almonds were grown all over England and were used lavishly in cooking.

Almond Milk - standard medieval sauce, found extensively throughout period cooking resources.

Chestnuts

Filberts - used as a nut or made into oil. Filberts candied in sugar were considered a fine confection.

Marzipan, Marchepane - A paste made from ground almonds & sugar, often used for creating subtleties and 3-dimensional displays.

Pine Nuts - like almonds, used extensively in medieval cooking.

Pistachios - a favorite in desserts and sweets; candied pistachios were popular and they were often incorporated into marzipan, along with almonds.

Walnuts - used as a nut or made into oil. Walnuts candied in sugar or honey were considered one of the better confections.

## Herbs & Spices

ginger,  
cinnamon,  
cloves  
mace  
pepper  
dill,  
coriander,  
hops,  
henbane,  
agrimony  
watercress,  
cumin,  
mustard,  
horseradish  
poppyseeds,  
black mustard,  
fennel

Honey

## Oils List

"Cooking oils were, then as now, quite common. They were of two sorts, animal and vegetable. Animal fats, particularly pork fat, rendered into oil or grease, were a staple as both ingredient and cooking medium. Normally these fats are simply called grease. Generally speaking, though, any mention of oil in a recipe is almost certainly a reference to olive oil, throughout the Middle Ages a customary alternative to animal oils and particularly on lean days. If the term oil is qualified, most usually the oil comes from some sort of nut, mostly walnut, sometimes hazel or filbert. Almond oil is certainly used as such, but it would likely be termed an 'almond milk' that has not been diluted with water or a meat broth, as was most usually done. Almond oil was rarely used as a frying medium, though very often foods are boiled in it or in almond milk."

Terence Scully, *The Art of Cookery in the Middle Ages*, p. 83.

### Almond Oil

Animal Fat - beef, pork, poultry, etc.

Butter - used in northern France, England, & Flanders for cooking in some dishes instead of oil.

### Filbert Oil

### Hazel Nut Oil

Olive Oil - used as the primary cooking oil in Italy, France, and the Hispanic Peninsula.

Poppy Oil - used as the primary cooking oil in Germany, Flanders, & other northern countries, where olive oil was scarce.

### Walnut Oil

## Cooking Methods for Oils

- Foods are cooked, boiled, or fried in hot oil.
- Oil or fat is added to the food before cooking. In the case of adding fat to meat, this is often referred to as larding.
- Raw foods (especially vegetables) are tossed in oil, sometimes along with vinegar.
- Cooked foods are tossed in or garnished with oil

## Beverages List

Liquid was used in the medieval kitchen in two important ways, to both cook with and to serve as drink.

Ale

Beer

Caudell - ale or wine beaten with egg yolks to produce a frothy beverage;

Cider, Cidre, or Pommé - apple cider.

Cognac - fermented juice of medlars or quince.

Distillates

fruit juices including apple, pear and plum, herbal 'teas' and infusions

Mead

Milk

Murrey, Muré - wine from black mulberries or blackberries.

Perry, Poiré - pear juice.

Prunellé - juice of wild plums, blackthorn berries, or sloeberries

Spiced Wines -

Syrups

Water - used in cooking, but only when its purity was ensured. For the most part, water was potentially unsafe and known to be so, and alcoholic drinks (considered more readily digestible, pure, & beneficial) were usually the preferred choice of beverage.

Wine

NEVER, NEVER, NEVER: Coffee, Tea, & Cocoa. All three of these beverages became immensely popular only after the Middle Ages



## Foods to Never, Never Use List

This list is of foods that were generally unknown in the Middle Ages. Please be aware that turkey, the large drumstick of which is ubiquitous at the modern Renaissance Faire, is included here, as well as potatoes. Neither of these foods, so often erroneously associated with medieval feasts, should be served at any authentic medieval dinner, in addition to the rest of the modern or New World items mentioned here.

Allspice - a New World food item, also called Jamaican Pepper.

Artichokes

Bananas - known about, but still a foreign fruit and considered exotic. Their short shelf-life prohibited easy transportation to Europe. Sir John Mandeville (14th c.) writes of them in his Travels and refers to them as "long apples" & "apples of paradise."

Broccoli - although a variety of broccoli was known by the Romans, it was not introduced into France until the 1500's and not into England until the 1720's, making it a rather unknown vegetable during medieval times.

Chilies/ Chili Peppers

Chocolate - New World.

Cocoa - New World.

Coffee - did not reach Europe until after the Middle Ages, but was common in Arabia by the medieval period.

Corn (the yellow, white, or brown kernel-variety, grown on large cobs);

Cranberries

Green Beans

Green Peppers

Iceberg Lettuce

Indian Corn -our modern corn, the large cobs with yellow, white, or brown kernels.

Kiwi

Margarine - an invention of the modern food-chemistry industry.

Peanuts – note: some people have an allergy to this which can be life threatening

Pineapple

Potatoes - despite their association with Ireland, potatoes originally came from South America.

Peppers - Red, Green, & Yellow Peppers;

Rhubarb - like the banana, possibly known about but never used.

Shortening - an invention of the modern food-chemistry industry.

Tea - did not reach Europe until after the Middle Ages.

Turkey - Turkey is a New World food that reached Asia Minor only after 1500 and did not come into general use in Europe until the mid 16th century. (Turkey is documented as being in London markets by the 1540's.) They are perfectly period for Tudor or Elizabethan feasts, but not for either the Middle Ages or most of the Renaissance. There is also evidence to show that before 1540-50, the bird Europeans often called "turkey" was actually the West African Guinea Fowl; Webster's Ninth New Collegiate Dictionary says of the name turkey: "confusion with the guinea fowl, supposed to be imported from Turkish territory (1555)" One theory claims that Europeans took to the North American turkey faster than they did to other New World foods (such as the tomato) because of its resemblance, in both physical form and in its name, to the Guinea Fowl, frequently referred to as a "turkey."

Tomatoes - a member of the Nightshade family, it was considered inedible or poisonous.

Vanilla Bean

Yams - New World.

## Sources:

### Website references:

Dark Age Recipes [http://www.vikingsofmiddleengland.co.uk/ART\\_recipes.html](http://www.vikingsofmiddleengland.co.uk/ART_recipes.html)

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