

Apple Muse [Apple Sauce]
(interpreted by Lady Eulalia de Ravenfeld):

The Original (Time: England, 15th century, Source: Harleian MS. 279, as translated at <http://www.godecookery.com/goderec/grec70.htm>)

Take apples an[d] boil them, and pass it through a strainer into a pot; than take almond milk & honey, and add, and grated bread, saffron, sandalwood, & a little salt, & put all in a pot & let it boil; & see that you stir it well, & serve it forth.

The Interpretation:

4 apples
2 cups water
1/2 cup almond meal (see note)
pinch salt
1 T. butter (optional)
1/4 cup honey (or more to taste)
spices to taste
1/2 cup raisins

Take apples, and cut them, and core them. Put them in the water and add the salt, bring to a boil, then simmer until soft. Remove apples from water (save the water!) and remove the peels. Add almond meal to the remaining water (it will be pinkish) a little at a time. If the mixture becomes too thick, add more water, too thin, add more almond meal. Pass the almond milk through a strainer or cloth. Return the apples and almond milk to the pot, add butter (optional), raisins, honey, and spices (I used Salsa Fina [an historical spice mix], or cinnamon, nutmeg, mace, ginger, and galingale). Cook on low heat, stirring and smashing the apples, until this has become a homogeneous apple mush with plump little raisins. Garnish with slivered almonds and raisins.

Notes: You can blanch and grind almonds yourself or buy them pre-ground. To make this appropriate for Lent, use no butter; to make this appropriate for modern vegans, use neither butter nor honey (replace honey with raw sugar to taste).

**Rissoles of Pork and Apples [Pork & Apple Dumplings]
(interpreted by Lady Teceangl Bach):**

The Original (Time: French/German, 14th century, Sources:
<http://www.daviddfriedman.com/Medieval/Cookbooks/Menagier/Menagier.html#SIDE%20DISHES>
& <http://staff-www.uni-marburg.de/~gloning/vi-vat.htm>)

The Interpretation

This is a recipe appropriate for either spring, when dried fruits would have been used, or early autumn as soon as the apples were ripe. Rissoles were used as accompaniment for rich foods such as roast venison or poultry, as sweets offset roasted meats well.

yield - about 30 small rissoles

Pastry:

1/2 cup warm water

3-4 Tbsp. olive oil

1/2 tsp. salt

pinch saffron

1-1/2 cup flour

OR: egg roll or won ton wrappers (these are made with the same ingredients medieval cooks might have used and make preparation quite easy)

Filling:

3/4 pound cooked (boiled in salted water) pork, diced fairly finely

1 large apple (around a pound - use something firm and bakeable)

3 dried small (Adriatic) figs

1/4 cup raisins

1/2 cup finely chopped walnuts, almost flour consistency

1/4 tsp. ground ginger

1/4 tsp. cinnamon

scant 1/8 tsp ground cloves

1/4 cup superfine sugar

lard for frying (medieval cooks didn't think of fat - olive or canola oil works fine)

If making the pastry, mix together water, oil, salt and saffron then stir in flour a bit at a time. Turn onto a floured board and knead until smooth. Cover with a damp cloth and let rest 1/2 hour. Roll out dough to the thickness of a nickel, cut into preferred shape about 4" across. When filled, seal edges with a mixture of flour and water and pinch tight.

Several hours in advance bake the apple until cooked through, let cool thoroughly. Peel and core the baked apple. Coarsely chop apple, raisins, and figs. Add the pork, walnuts and spices (except sugar) and mix well. Spoon filling into middle of each pastry, fold in half and seal.

Fry in hot lard (360-375 degrees) until golden brown, turning once. Sprinkle with sugar.

Alternately, rissoles can be baked at 400 degrees for 10-12 minutes, turning once. Sprinkle the sugar on as soon as you take them from the oven.

Chireseye [Cherry Tarts]
(interpreted by Dame Giuliana Benevoli):

The Original (Time: England, 14th century, Source: Hieatt & Butler, eds., Curie on Inglysch, Oxford University Press, 1985)

For to make chireseye, tak chiryes at the feast of Seynt John the Baptist, & do away the stones. Grynd hem in a mortar, & after frot hem wel in a seue so that the ius be wel comyn owt; & do than in a pot & do therein feyre fres or boter & bred of wastel ymyid, & of sugar a god perty, & a porcioun of wyn. & wan it is wel ysodyn & ydressyd in dyschis, stik thein clowis of gilofre & strew theron sugar.

For to make cherries, take cherries in late August and take out the stones. Grind them in a mortar and put them through a sieve so that the juice is well out. Put all in a pot and add butter and breadcrumbs and sugar a good quantity and a portion of wine. When it is well cook then put in dishes and sprinkle with cloves and sugar.

The Interpretation:

Pit a quantity of cherries. Grind them in a mortar, put in a pot with the juice. Add butter and sugar to taste, use flour to thicken. Add a splash or two of sweet wine. Cook until thickened. Serve in dishes, or tart shells, with cloves and sugar sprinkled on.

**Galantine Sauce [Sauce of Galangal Root]
(interpreted by Mistress Raffaella d'Allemtejo):**

The Original (Time: England, 14th century (Form of Cury), Source: Sass, To The King's Taste, p. 90)

Take crustes of brede, and grynde hem smale. Do thereto powdor of galyntyne, of canel, gyngynes and salt it. Temper it with vyngar and drawe it up thurgh a straynor and mess it forthe.

Take crusts of bread and grind them smale. To that add powder of galangal, cinnamon, ginger and salt. Add vinegar and pass it through a strainer and serve.

The Interpretation

In the 14th century, this would have been served over pork, beef, fish, or poultry.

1/2 cup Breadcrusts (unseasoned pre-made breadcrumbs)
2 tsp Galingale powder
1 tsp Cinnamon powder
1 tsp Ginger powder
1/4 tsp Salt (kosher or sea salt)
1/2 cup White wine vinegar

Take dry ingredients and combine. Add vinegar until this becomes the consistency of any basic sauce condiment (ketchup, prepared mustard, bbq sauce) [it may take more liquid than is called for in the recipe, you can also substitute some water if the vinegar bite is too strong]. The primary taste should be the galingale powder but one can adjust the other spices and vinegar if desired.

**Meat Casserole [Stewed Beef]
(interpreted by Mistress Rafaella d'Allemtejo):**

The Original (Time: Catalan/Spanish, 16th century, Source: "An English translation of Ruperto de Nola's *Libre del Coch*" by Lady Brigid ni Chiarain" found online at: <http://www.florilegium.org/files/FOOD-MANUSCRIPTS/Guisados1-art.html>)

You must take meat and cut it into pieces the size of a walnut, and gently fry it with the fat of good bacon; and when it is well gently fried, cast in good broth, and cook it in a casserole; and cast in all fine spices, and saffron, and a little orange juice or verjuice, and cook it very well until the meat begins to fall apart and only a little broth remains; and then take three or four eggs beaten with orange juice or verjuice, and cast it into the casserole; and when you wish to eat, give it four or five stirs with a large spoon, and then it will thicken; and when it is thick, remove it from the fire; and prepare dishes, and cast cinnamon upon each one. However, there are those who do not wish to cast in eggs or spice, but only cinnamon and cloves, and cook them with the meat, as said above, and cast vinegar on it so that it may have flavor; and there are others who put all the meat whole and in one piece, full of cinnamon, and whole cloves, and ground spices in the broth, and this must be turned little by little, so that it does not cook more at one end than the other. And so nothing is necessary but cloves and cinnamon, and those moderately.

The Interpretation:

In the context of this cookbook, the meat would have been venison but I have substituted the more easily available beef.

Beef chuck top blade roast, 3 lb, after de-marbling, probably 2.0-2.5 lbs of meat, cut into walnut sized cubes

Low sodium bacon, 4 pieces

1 can (14oz) Swanson low sodium beef broth

2 tsp Rafaella's Salsa Fina spice mix (includes cinnamon, cloves, ginger, grains of paradise, mace, nutmeg)

Saffron (goodly pinch bloomed in a little warm water)

1/2 cup orange juice

3 eggs beaten with another 1/2 cup orange juice

Cinnamon to taste

Fry bacon until fat comes out, remove fried bacon. Add cubed meat and fry in bacon fat. Add broth and spices and orange juice and cook until meat starts to fall apart and liquid reduces. Then take eggs beaten with orange juice and stir into the meat until it thickens into a gravy/coating. Finish with final sprinkle of cinnamon.

**Pottage Called Peach Dish [Peach Sauce]
(interpreted by Mistress Rafaella d'Allemtejo):**

The Original (Time: Catalan/Spanish, 16th century, Source: "An English translation of Ruperto de Nola's *Libre del Coch*" by Lady Brighid ni Chiarain" found online at:
<http://www.florilegium.org/files/FOOD-MANUSCRIPTS/Guisados1-art.html>)

You will take the peeled peaches, and cut them into slices, and cook them in good fat broth; and when they are cooked, take a few blanched almonds and grind them; and when they are well-ground, strain them rather thick with that broth. And then cook this sauce with sugar and a little ginger, and when it is cooked, cast in enough pot-broth or that which falls from the roasting-spit. And let it stew well for a little; and then prepare dishes, and upon each one cast sugar; and in this same way you can make the sauce of quinces in the same manner; but the quinces need to be strained with [the] almonds, and they should not be sour, and likewise the peaches.

The Interpretation:

We changed the recipe to make it vegetarian by omitting the meat broth. For a modern take, this is great over ice cream.

Peaches, 12 large, peeled, pitted and sliced

Almond milk (1 cup blanched & peeled & ground almonds to 1 cup water, then strain out nuts)

Sugar; white granulated, about 2/3 cup

Ginger; 3 teaspoons powdered

Put peeled & sliced peaches into a large pot and cook in almond milk. Add sugar and ginger and stir. Cook on low, occasionally stirring. Add more almond milk if desired. Let cook down until mushy. Serve in small dishes with a final sprinkling of sugar.

**Clarea From Water [Spiced Water Drink]
(interpreted by Mistress Rafaella d'Allemtejo):**

The Original (Time: Catalan/Spanish, 16th century, Source: "An English translation of Ruperto de Nola's *Libre del Coch*" by Lady Brigid ni Chiarain" found online at: <http://www.florilegium.org/files/FOOD-MANUSCRIPTS/Guisados1-art.html>)

To one azumbre [~2 liters] of water, four ounces of honey; you must cast in the same spices as for the other clarea; you must give it a boil with the honey over the fire, and when it is off the fire you must cast in the spices.

The "other clarea" is the recipe, "Spices for Clarea" which is the wine version of the drink which gives the spices required and directions for straining the spices:
"Spices For Clarea: Three parts cinnamon, two parts cloves, one part ginger, all ground and strained through a sieve, and for one azumbre of white wine, put an ounce of spices with a pound of honey, well-mixed and strained through your sleeve of good thick linen, and strained through it often enough that the wine comes out clear."

The Interpretation:

Spice chips are better for this recipe as finely ground spices stay in suspension and are gritty to the palette. Based on other citrus found in Catalan/Spanish cooking of the era, I added the orange zest to the recipe. Fresh zest is best but dried peel worked equally well in cutting the harshness of the warm spices.

4 liters Water
12oz Honey
1.5 tsp Cloves (whole cloves rough pounded)
3 tsp Cinnamon (chipped, *not powdered*)
5 tsp Ginger (dried chipped, *not powdered*)
2 tsp Orange zest (dried)

Heat water in pot. Stir in honey and bring to a boil. Add spices and orange zest, let boil for a minute or two. Don't let it foam over (skim honey foam if needed). Turn off heat and let steep until cooled a little. Strain through fine sieve. Serve warm. Some may prefer to serve it cool or add more water.

**Thick Eggplant [Cheese & Eggplant Sidedish]
(interpreted by Mistress Rafaella d'Allemtejo):**

The Original (Time: Catalan/Spanish, 16th century, Source: "An English translation of Ruperto de Nola's *Libre del Coch*" by Lady Brigid ni Chiarain" found online at: <http://www.florilegium.org/files/FOOD-MANUSCRIPTS/Guisados1-art.html>)

Clean the skin off the eggplants and put them in cold water; and then set them to cook in a pot with a pair of clean onions in meat broth that is fatty. And while it cooks, stir it constantly with a wooden stirrer; and then take peeled blanched almonds, and grind them well in a mortar and blend them with good mutton broth or hen's broth, and strain them through a woolen cloth. And when the eggplants have been strained, they will be close to cooked, then cast them into the milk until they are cooked. And cast on them good cheese of Aragon, grated, then turn them about with a haravillo [a sort of masher], just like gourds. And when they are thoroughly stirred with the haravillo, cast on them egg yolks and other things: ground dry coriander; and upon the coriander, cast in the pot nutmeg and caraway and cinnamon and cloves, all ground; and cast it in the pot, and then prepare dishes; and upon each one, cast grated cheese of Aragon, which is very good.

The Interpretation:

3 Eggplants, medium
1/2 lb Romano cheese (grated)
1/2 lb Parmesan cheese (grated)
1 White onion, large
4 Egg yolks
24 oz. Chicken broth
1 cup Almonds (whole, blanched, peeled, ground)
1 tsp Spice mix (2 parts Dry coriander, 2 parts Nutmeg, 2 parts Caraway, 1 part Cinnamon, 1 part Cloves)
1 tsp Caraway seed (yes, in addition to above)

Peel and quarter eggplants. Prepare onion (cut across hemisphere and then into thin wedges), add to eggplants and cover with broth (add water to broth to stretch if needed). Cook until eggplants are tender and becoming soft but not mushy. Eggplant has a tendency to float so stir often pushing top pieces down to the bottom of the pot. Make almond milk using chicken broth and almonds. Strain eggplants then add almond milk to the pot (add until the consistency is saucy but not watery). Add grated cheese using potato masher to simultaneously mash and stir. Add more almond milk if needed. Add egg yolks one-by-one, stirring constantly with potato masher. Stir in spices. Finish with a sprinkling of grated cheese and serve warm.

Mutton Pottage [Mutton Stew]
(interpreted by Mistress Rafaella d'Allemtejo):

The Original (Time: Catalan/Spanish, 16th century, Source: "An English translation of Ruperto de Nola's *Libre del Coch*" by Lady Brigid ni Chiarain" found online at: <http://www.florilegium.org/files/FOOD-MANUSCRIPTS/Guisados1-art.html>)

You will take a crustless piece of bread and remove the crust, and toast it so that it is not burnt, and set it to soak in the meat broth; and then take fatty bacon and fry it gently until all of the fat comes out; and then gently fry with it an onion, very clean, and cut small; and take a good quantity of toasted hazelnuts, and grind them with the toasted bread that was soaked in the broth; and after grinding it well, blend it with the meat broth, and strain it through a woolen cloth; and then take the meat and make pieces as big as two fingers and gently fry them with the bacon fat; and after gently frying it, mix it with the onion; and then take fourteen egg yolks, and all fine spices, and a little saffron, so that it has the color of the flowers of hiniesta or broom, and beat the eggs very well with the spice, and cast them into the pot to cook with the bacon and with the onions; and cook it long enough to turn quite thick; and when it is cooked, prepare dishes; and [cast] upon them ground cinnamon, and [cast] upon the cinnamon, seeds of sweet pomegranates.

The Interpretation:

6 pcs. Bacon
1 Bread chunk (crusts removed and toasted, about 2 big slices from Italian bread loaf)
2 oz. White vinegar
2 White onions, medium, minced
2 cups Hazelnuts, chopped (standard 8oz. package of chopped hazelnuts is 2 cups)
14 oz. Beef broth
4.5 lbs Beef chuck roast, cubed & defatted ("cut into squares of 2 fingers" (1.5" squares))
6 Egg yolks
2 tsp Fine Spice mix (ginger, cinnamon, cloves, grains of paradise, nutmeg, and mace)
1 pkg Saffron (0.375g)
to taste Cinnamon powder

Fry bacon until all the fat comes out of it (actual bacon is not used in the recipe). Add onion and stir. Add cubed beef and stir. The meat will release some water, leave on medium heat and let cook and reduce, this takes 10-15 minutes on medium heat. Toast hazelnuts and put them in food processor and pulse a few times. Toast crustless piece of bread, soak in vinegar, and add to hazelnuts. Grind slowly, adding broth to mix. Keep adding broth until the hazelnut/bread mix is stiff sauce consistency. When beef is mostly cooked, add hazelnut/bread mix to the pot. Stir well and let reduce if needed. Steep saffron in a little broth and add egg yolks and spices to it. Beat together well then add slowly to meat pot, stirring constantly to make a sauce. Cook until thick. Top with cinnamon powder and serve hot.

**Une Faire Tourte [Vegetable-Cheese Tart]
(interpreted by Lady Tecenagl Bach):**

The Original (Time: French, 14th century, Source: Le Ménagier de Paris,
<http://www.daviddfriedman.com/Medieval/Cookbooks/Menagier/Menagier.html#Beginning>)

To Make A Tart: take four handfuls of beet-leaves, two handfuls of parsley, one handful of chervil, a bit of turnip-top and two handfuls of spinach, and clean them and wash them in cold water, then chop very small: then grate two kinds of cheese, that is one mild and one medium, and then put eggs with it, yolk and white, and grate them in with the cheese; then put the herbs in the mortar and grind them up together, and also add to that some powdered spices. Or in place of this have first ground up in the mortar two pieces of ginger, and over this grate your cheeses, eggs and herbs, and then throw in some grated old pressed cheese or some other such on to the herbs, and carry to the oven, and then make it into a tart and eat it hot.

The Interpretation:
(yield - 1 pie)

Pastry:
1 stick of butter
1/4 cup of water
4 strands of saffron, crushed
2 1/3 cups of flour
2 egg whites

Heat butter, water and saffron together in the microwave until the butter is melted. Let cool slightly. Add flour about 1/2 cup at a time, alternating with egg white, until you reach a good pie dough consistency.

Raise a coffin [that's what they called pie crusts]: build a shell with an 8" across flat bottom and 1" sides. This works best if you use a glass or ceramic dish with sides as an inside mold and build the pastry up the outside of the dish. Lift the dish out when built. Bake for 10 minutes at 325 degrees.

Filling:
7 oz. chard leaves
7 oz. spinach
handful of chervil
handful of dill or fennel fronds
8 oz. soft cheese
6 oz. medium cheese
2 eggs, beaten
2 tsp. Rafaella's Salsa Fina (ginger, cinnamon, grains of paradise, nutmeg, mace, cloves)
3 oz. freshly grated parmesan

Wash the greens and herbs very thoroughly. Discard stems, finely chop leaves and dry thoroughly. Beat soft cheese until smooth, add grated medium cheese and the greens. Mix until smooth then add the spices and eggs. Fill the pastry shell and bake at 400 degrees for about an hour.

**Stuffed Eggs [Stuffed Hardboiled Eggs]
(interpreted by Mistress Rafaella d'Allemtejo):**

The Original (Time: Italian, 14th century, Source: Redon (et al.) "The Medieval Kitchen" #118)

Eggs to prepare for stuffing. To make stuffed eggs, cut each one in half when it has been well cooked and is thus hard. Then remove the yolk and take marjoram, saffron, and cloves and mix with the yolks of those eggs; and mash it thoroughly, adding a little cheese. For each eight eggs, add one raw egg. This done, fill the egg whites with this mixture. And fry in good pork fat, and eat with verjuice.

The Interpretation:

Note: I do not add raw egg for binder as per the recipe due to safety/salmonella issues; water is a fine substitution.

18 eggs (hardboiled)
marjoram (fresh if possible, dry will do)
saffron
cloves (crushed, about a tsp)
4 oz shredded parmesan cheese
4 oz ricotta cheese
bacon grease/olive oil
verjuice

Hard boil 18 eggs. Peel, rinse if necessary Cut in half. Set whites aside.
Finely chop the marjoram (or rehydrate dry herb in a little warm water).
Bloom goodly pinch of saffron in warm water (just a 1/4 cup).
Crush cloves (about a teaspoon).
Shred (or buy shredded) parmesan cheese.
Put yolks in a bowl. Add to yolks: marjoram, saffron w/water, crushed cloves, 4oz shredded parmesan cheese, 4oz ricotta cheese. Mash all this together. Add more water if the paste is too dry. Fill egg whites generously. Fry filled egg halves lightly in pan with bacon grease or olive oil. Sprinkle with verjuice (or white wine vinegar) and serve. Also good cold without the final frying step.

Note: recipe doesn't call for salt but you might add a little to the yolk mixture. Many medieval cookbooks assume cooks know when to add salt and so don't list it.

**Sky-blue sauce for summer [Blackberry sauce]
(interpreted by Mistress Rafaella d'Allemtejo):**

The Original (Time: Italian, 14th century, Source: Redon (et al.) "The Medieval Kitchen" #103)

Take some of the wild blackberries that grow in hedgerows and some thoroughly pounded almonds, with a little ginger. And moisten these things with verjuice and strain through a sieve.

The Interpretation:

Good with roast beef or roasted chicken. Not really blue but purple.

2 1-pound packages of frozen blackberries

1/2 lb almonds (blanched, peeled, and ground very fine)

1 1/2 tsp ginger

4 tbsp verjuice (or white wine vinegar as a substitute)

Thaw blackberries (marion blackberries are good) and put in a bowl. Add ground almonds and ginger and verjuice and mix very well. Sieve thru strainer (remove all seeds/skins/nuts) and serve.

Garlic torta [Garlic quiche]
(interpreted by Mistress Rafaella d'Allemtejo, Lady Elisabeth Catesby, and Lord Jason the Voracious):

The Original (Time: Italian, 14th century, Source: Redon (et al.) "The Medieval Kitchen" #76)

Garlic torta. Take the garlic cloves, and peel them and boil them; when they are cooked, put them to soak in cold water, and then pound them and add saffron and plenty of cheese, which should be fresh, and chopped pork fat, and sweet and strong spices, and moisten with eggs, and add raisins, and then make the torta.

The Interpretation:
(makes 2 pies)

2 commercial 9" pie crusts in pans
8 small bulbs (not cloves, BULBS) of garlic
saffron
8 oz ricotta cheese
8 oz mozzarella cheese (shredded)
1/2 lb bacon, cooked and chopped
tsp each of spices (Rafaella's Powder Forte, Rafaella's Salsa Fina)
4 eggs and 2 yolks
1 cup golden raisins

Blind bake pie crusts for about 5 min. at 350.
Peel garlic cloves and boil until fork-tender, put in bowl.
Bloom goodly pinch of saffron in a little hot water, add threads & water to garlic.
Mix ricotta cheese and mozzarella cheese.
Rehydrate raisins, drain and add to mix.
Add the most of the chopped bacon.
Add 4 eggs and 2 yolks.
Add spices.
Mix all together and separate into the two pie crusts.
Top chopped bacon.
Cook at 350 for 45 minutes, checking for doneness after 35 minutes.

Roasted Onions [Roasted Onions]
(interpreted by Mistress Rafaella d'Allemtejo):

The Original (Time: Italian, 14th century, Source: Redon (et al.) "The Medieval Kitchen" #26)

Of onion salad. Take onions; cook them in the embers, then peel them and cut them across in longish, thin slices; add a little vinegar, salt, oil, and spices, and serve.

Ingredients: onions, vinegar, salt, oil, spices

Production: Peel and cut tops and bottom from large white onions (I did 8). Place on sheet pan. Roast in oven at 300 for a little over an hour. slice into wedges (not rings). Dress with white wine vinegar, salt, EVOO (extra virgin olive oil), and about 2 tsp of Rafaella's Salsa Fina for every 4 onions. Serve. This could be hot or cold dish.

Nucato [Nut candy]
(interpreted by Mistress Rafaella d'Allemtejo):

The Original (Time: Italian, 14th century, Source: Redon (et al.) "The Medieval Kitchen" #26)

Of honey boiled with walnuts, known as nucato. Take honey, boiled and skimmed, with slightly crushed walnuts and spices, boiled together: wet the palm of your hand with water and spread it out; let it cool, and serve. And you can use almonds or filberts in place of walnuts.

Ingredients: honey, nuts (walnuts, hazelnuts, almonds), spices.

Production: Toast a pound of hazelnuts and a pound of almonds. When cooled, crush roughly. Add equal amount of nuts and honey (some "honey in a bear" products are conveniently 32oz). Add 2 tsp Rafaella's Salsa Fina. Cook and stir until you can smell the honey turn into caramel (about 20min?) Turn out onto parchment paper on a sheet pan. Cool and break up into bits. Period nut brittle. Right tasty.

**Stewe Lumbard [French Pork Stew]
(interpreted by Senyora Ines de Santangel):**

The Original (Time: France, 15th century, Source: Yale University MS Beinicke 163)

Take porke; rost hit, chop hit, and do hit yn a pott and wyne and sygure and hole onions, clovys, gynger, saffron and saunders, and almondys fryyd, and tempyr hit up with poudyr of gynger, galentyn, and canell. Coloure hit with saffron and saunders the chefe.

Take pork, roast it, chop it and do it in a pot and wine and sugar and whole onions, cloves, ginger, saffron and sandalwood, and fried almonds, and temper it up with powder of ginger, galingale, and cinnamon. Color it mainly with cinnamon and sandalwood.

The Interpretation:

2 lbs roast pork, chopped in bite size pieces
4 cups red wine
2 T sugar
3 medium onions, chopped
1/4 tsp ground cloves
1 tsp ginger
3 strands saffron
1 cup slivered almonds, toasted in olive oil
1/2 tsp galingale
1 tsp cinnamon

Combine pork, wine, sugar, onions, cloves, ginger, saffron, galingale and cinnamon in a pot over medium heat, stirring occasionally. Toast almonds in 2 T of olive oil until lightly browned. Add almonds to meat mixture, increase heat to medium high. Stir occasionally until stew begins to boil. Reduce heat and simmer for about 45 minutes, stirring periodically until the wine reduces.

Note: "Saunders" (food grade red sandalwood) can be got from Francisco sirene, spicer in Canada. (<http://www.silk.net/sirene/>)

**Black Sauce [Black Pepper Sauce]
(interpretation by Mistress Rafaella d'Allemtejo):**

The Original (Time: France, 14th century, Source: le Viandier de Taillevent)

Grind ginger, round pepper and burnt toast, infuse this in vinegar (var.: and a little verjuice) and boil it.

The Interpretation:
(designed to serve 15-20)

4 slices bread (regular wheat bread)
2 cups verjuice (yes, cups!)
3 Tbsp white wine vinegar
1 Tbsp black pepper
1 tsp ginger

Toast bread until very dark then grind to very fine in food processor. Put in saucepan and add verjuice and vinegar and stir in spices. Heat slowly and bring to a boil and simmer until thickened. Add more vinegar/verjuice if needed to thin.

This is a wonderfully pungent/hot sauce originally served with beef. It would be fabulous over mushrooms and cucumbers sliced into black sauce make a right tangy salad side-dish.

Two Different Salads (interpreted by Mistress Rafaella d'Allemtejo):

The Original #1 (Time: England, 16th century, Source: The Good Huswives Jewell, Thomas Dawson, 1596)

To Make A Sallet Of All Kinds Of Herbes And Flowers

Take your hearbes and picke them very fine into faire water, and picke your flowers by themselves, and wash them all cleane, and swing them in a strainer, and when you put them into a dish, mingle them with Cowcumbers or Lemmans payred and sliced, and scrape Suger, and put into vineger and Oyle, and throw the flowers on the top of the Sallet, and of every sorte of the aforesaid thinges, and garnish the dish about with the foresaide thinges, and hard Egges boyled and laid about the dish and upon the Sallet.

The Interpretation:

Take herbs and salad greens and wash and drain well and put in a bowl. Add sliced peeled lemons and cucumbers to the greens and dress with sugar, wine vinegar, and olive oil. Take edible flowers and wash and drain well. Place on top of salad. Add hard boiled eggs on salad for garnish.

The Original #2 (Time: England, 14th century (Form of Cury), Source: Sass, To the King's Taste p. 80)

Salat. Take parsel, sawge, garlec, chibollas, oynons, leek, borage, myntes, porrectes, fenel, and ton tressis, rew, rosemarye, purslayne, lave, and was hem clene. Pick hem, pluk hem small with thyn hond and myng hem wel with raw oile. Lay on vynegar and salt and serve it forth.

Salad. Take parsley, sage, garlic, chibol [a type of extinct onion], onions, leek, borage, mints, porret, fennel, and watercress, rue, rosemary, purslane, laver, and wash them clean. Pick them over, pluck hem into small pieces with your hand, and mix them well with raw oil. Add vinegar and salt and serve it forth.

The Interpretation:

To the list of potential herbs and greens and onions above, add green lettuces (not iceberg) and baby spinach to round this out for modern tastes. Use sea salt instead of regular salt with olive oil and either red or white wine vinegar as a dressing.

To make Shrewsbury Cakes [Shrewsbury Cookies]

(interpreted by Countess Elisabeth de Rosignol):

The Original (Time: England, 17th century, Source: From A Delightfull Daily Exercise for Ladies and Gentlewomen by John Murrell, 1623)

Take a quart of very fine flower, eight ounces of fine sugar beten and cersed, twelve ounces of sweete butter, a Nutmegge grated, two or three spoonefuls of damaske rose water, work all these together with your hands as hard as you can or the space of halfe an houre, then roule it in little round Cakes, about the thicknesse of three shillings one upon another, then take a silver Cup or glasse some four or three inches over, and cut the cakes in them, then stow some flower upon white papers & lay them upon them, and bake them in an Oven as hotte as for Manchet, set up your lid till you may tell a hundreth, then you shall see the white, if any of them rise up clap them downe with some cleane thing, and if your Oven be not too hot set up your lid againe, and in a quarter of an houre they will be baked enough, but in any case take heede your Oven be not too hot, for they must not looke browne but white, and so draw them foorth & lay them one upon another till they bee could, and you may keep them halfe a yeare the new baked are best.

The Interpretation:

This makes about two dozen small (2") round cookies. You may prefer to add a little salt. They are crispy and not very sweet.

2 cups flour
1/4 pound salted butter
4 ounces sugar
1 tsp rosewater
1 1/2 tsp nutmeg

Preheat the oven to 350. Using mixer, cream together the butter and sugar. Add the flour slowly with the mixer on low speed. Add the rose water and nutmeg. Add water by drops if the mixture seems too dry. Line baking sheets with baking parchment. Roll out the dough about 1/4" thick and cut into shapes. Place on lined baking sheets and bake for about 15 minutes. Watch them carefully the last few minutes to make sure they do not brown.

**Meatballs of Portingale [Portuguese Meatball Soup]
(interpreted by Lorna Sass):**

The Original (Time: England, 16th century, Source: Sass, To the Queen's Taste, p. 38-39 [Good Huswives Handmaid, 1588])

To Make [Meatballs] of Portingale: Take a peece of a leg of mutton. Mince it smal and season it with cloves, mace, pepper and salt, and Dates minced with currants; then roll it into round rolles, and so into little balles, and so boyle them in a little beef broth and so serve them forth.

The Interpretation:

6 cups beef broth or stock
1 lb. Ground lean lamb or mutton
1/4 tsp cloves
1/8 tsp mace
1/2 tsp sale
1/8 tsp freshly ground black pepper
1 1/2 tbsps currants
1 1/2 tbsps dates (pitted, finely minced)

Bring stock to boil; reduce to simmer. In a bowl combine remaining ingredients. Roll mixture into a dozen small balls. Place meatballs in stock. Cover and simmer for 10 minutes or until done. Skim fat before serving.

**Perfect Roast [Pork Roast]
(interpreted by Barbara Santich):**

The Original (Time: Catalonia/Spain, 15th century, Source: Santich, The Original Mediterranean Cuisine, p. 90-91 (Libre de Cuoco))

If you want to make "rosto in cisame", take a loin of pork and roast it and take eggs both raw and cooked and pound them together and take good white wine and vinegar and put them to boil in a frying pan and slice the roast and put it to cook with these and add chopped dates and pine nuts and well-washed currants and spice; and when it is cooked take it off the fire and it will be good.

The Interpretation:

1 boned loin of pork (2lb)
10 dates
2 tbsp currants
1/2 cup muscat or cream sherry
1/3 cup white wine vinegar
1 tsp ginger
black pepper to taste
1 egg
1 tbsp pinenuts

Roast pork at 400F for about an hour. Allow to rest while making sauce. Remove stones from dates and rough chop. Add dates and currants to wine and vinegar and cook over low for 10 minutes. Add ginger and pepper. Beat egg and temper with a few spoons of the cooled mixture. Add this back to pan. Stir until the sauce thickens. Remove from heat. Toast pinenuts and add to sauce. Carve meat and serve sauce on the side.