

**Easy Medieval Sauces**  
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Come make easy medieval sauces using easy to procure ingredients in easy to mix applications. Spiff up your usual encampment or potluck fare by adding an easy period sauce to meats and other foodstuffs. The focus is on quick and tasty and easily portable sauces, many don't need refrigeration. Come get a feel for period condiments and leave with examples to try at home or at the potluck.

Talking points:

- Period vs. peri-oid (choosing ingredients and processes)
- Other names in the recipes (canel/cassia=cinnamon, cloves of gilofre=cloves)
- Medieval fluid bases: almond milk, verjuice, vinegar, broths
- Medieval binders (culinary not book): livers, eggs, cheese, bread/crumbs
- Processing: grind, pound, crush, sieve, strain, boil, serve, adding salt
- Professional sauciers (people, not pans)

### **Cinnamon (Caneline) Sauces**

*The most common of the medieval unboiled sauces was cameline. Some recipes have no ginger. We're not sure if the name is due to canel/camel letter switch or because the sauce is camel colored. Cinnamon is also called "cassia", "cassia buds", or "canel" in period recipes.*

#### **Excellent cameline sauce**

To make an excellent cameline sauce, take skinned almonds and pound and strain them; take raisins, cinnamon, cloves, and a little crumb of bread and pound everything together, and moisten with verjuice; and it is done. (Redon #106, Fr 48) [Uncooked]

To Make Cameline

Take ginger, plenty of cassia, cloves, grains of paradise, mastic thyme, and long pepper (if you wish). Sieve bread soaked in vinegar, strain, and salt to taste. (Viander #152) [Uncooked]

*Note: Mastic thyme, also known as Spanish wild marjoram (Th. mastichina)*

Cameline

Note that of Tournai, to make cameline they pound ginger, cinnamon, saffron, and half a nutmeg, moistened with wine then removed from the mortar; then take crumb of white bread, without grilling it, soaked in cold water and pounded in the mortar, moisten with wine and strain; then boil everything, and finish with brown sugar; this is a winter cameline. In summer, they do the same, but it is not boiled at all. (Redon #107, Menagier) [Boiled] [WINE]

### **Black Pepper Sauces**

#### **Black Sauce [Black Pepper Sauce] (also called Poivre Noir)**

Crush ginger, burnt bread and pepper, steep in vinegar and verjuice and boil.

(Time: France, 14th century, Source: le Viandier de Taillevent, #208, Redon #108/Viandier) [Boiled]

*Note: France would probably have never seen fresh ginger. "Crush" probably refers to dried ginger pieces.*

Pepper Sauce For Wild Game/Pebrada Para Salvajina

You must take a few almonds, and pine nuts, and hazelnuts. And everything should be toasted and ground well in a mortar; and after it is ground, grind with it a crustless piece of bread soaked in vinegar in such a manner that it is not very sour. And then strain it and put it into the pot, and take a piece of wild game and grind it very well in a mortar. And when it is well-chopped, cast it into the said sauce and put pepper to it. But when you strain the almonds and the other things, also strain many hard-boiled eggs -- only the yolks -- and set all this to cook on the fire. And upon giving it to a boil, remove it from the fire; and it is cooked. And this sauce needs to be a little strong with pepper, and likewise the color. And do not put in any other thing, because if you put in any other thing it would not be called pepper sauce. [de Nola #161]

## Green Sauces

*Green sauce is most commonly served with fish dishes.*

Green sauce for kid and other boiled meats.

Take parsley, ginger, cloves, cassia buds, and a little salt and pound everything together, and moisten with good vinegar, make it not too strong; and it should not be left to stand, because it will spoil. (Redon #105, Fr 44) [Uncooked]

Green Sauce. Here is how to make green sauce: take ginger, cinnamon, pepper, nutmeg, cloves, parsley and sage. First grind the spices, then the herbs, and add a third of the sage and parsley, and if you wish, three or two cloves of garlic. Moisten with vinegar or verjuice. Note that to every sauce and condiment salt is added, and crumb of bread to thicken it. (Redon, #104, Tr 394)

Mushrooms with Sauce

If you want to make mushrooms with sauce, parboil them, and when parboiled drain well and fry in oil. Then make this sauce: Take onion, parsley and coriander, and grind them well and combine them with spices and vinegar and a little verjuice. And then slice the mushrooms; and when they are fried, add them to this sauce. Or you can serve them cooked over the coals with salt and oil. (Santich, p. 127, Sent Sovi) [Uncooked]

*Note: Santich recommends balsamic vinegar.*

Parsley/Perejil

You must take the parsley and remove the roots, and strip off the leaves very well and clean it; and grind those leaves a great deal in a mortar; and after it is well-ground, toast a crustless piece of bread, and soak it in white vinegar, and grind it with the parsley; and after it is well-ground, cast a little pepper into the mortar, and mix it well with the parsley and the bread. And then cast in honey, which should be melted, in the mortar, stirring constantly in one direction until the honey incorporates itself with the sauce in the mortar; and if the sauce should be very thick, thin it with a little watered vinegar, so that it should not be very sour; and having done that, take two smooth pebbles from the sea or river, and cast them in the fire; and when they shall be quite ruddy and red, cast them with some tongs in the mortar in such a manner that they are quenched there; and when all this is done, taste it for flavor. And make it in such a manner that it tastes a little of pepper, and a little sweet-sour, and of parsley; and if any of these things is lacking, temper [the dish] with it. [de Nola #156]

## Garlic Sauces

To make good Garlike Sauce.

Take blanched almonds well stamped, and being halfe beaten, put as much garlike to them as you think good, and stampe them together, tempering them with water least it bee oily. Then take crummes of white bread what quantity you will, and soke it either in leane broth of flesh or fish as time serveth. This sauce you may keepe and use with all meats, fat or leane as you think good. (Sass, Queen, p. 85, Eptulario/ also Santich, p. 58 from Libro de arte coquinaria) [Uncooked]

Jance à Aulx [Yellow Garlic Sauce]

Grind ginger, garlic, almonds, and moisten with good verjuice and then boil. And some put in a third part of white wine. (Menagier, also Redon #100, Martino) [Boiled] [WINE]

Sauce Which Is Called Pine Nut Dish Of Garlic/Salsa Que Se Dice Piñonada De Ajos

You will take a pound of pine nuts, and another of peeled almonds, and grind them very well, each by itself, and then both together. And cook two heads of garlic in a little pot with broth of hen or mutton; and then when the garlic is well-cooked, grind it with the pine nuts and with the well-peeled almonds; first [grind] the garlic, and when it is all well-ground, grind also with it a little grated cheese, which is very good, with eight or nine hard-boiled egg yolks; and when everything is well-ground, blend it with the broth of hen, and mutton. And set it to cook in a very clean pot; and cast into it one or two ounces of sugar, and a little bit of rose vinegar tempered with rosewater in which crushed cloves, and ginger, and cinnamon, and pepper have been steeping overnight; and cook it until it is cooked and quite thick; and prepare dishes, and cast sugar and cinnamon over it. (de Nola #104) [Boiled]

## Fruit Sauces

### **Sauce for spit-roast partridges and hens. [Pomegranate sauce]**

Take fine white almonds and grind them well in a mortar. And when they are well pounded, blend with the juice of sour pomegranates. Then add to the mortar powdered sugar, cinnamon and ginger, because in the colour and flavour cinnamon should predominate. And this sauce does not need to be strained. (Santich, p. 57, Libre de coch) [Uncooked]

### **Sky-blue sauce for summer [Blackberry sauce]**

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

### **Chicken with orange sauce [try both OJ and verjuice versions]**

"Roast chicken. To prepare roast chicken, you must roast it; and when it is cooked, take orange juice or verjuice with rose water, sugar, and cinnamon, and place the chicken on a platter, and pour this mixture over it and send it to the table." (Redon #59) [Uncooked]

To make a Sauce of dry Proins.

Take proines and steep them in claret wine. Then take out the stones, and stamp them with a few blanched almonds, and a taste of bread soaked in the wine wherein the proines were steeped. Stampe all this together, tempering them with a little verjuice and other bastard wine, or sugar which is better. Then straine them, and put spice unto them, specially sinamon. (Sass, Queen, p. 84, Epulario/ Redon #114) [Uncooked] [WINE]

## Other Spice Sauces

### **Galantine [Sauce of Galangal Root]**

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 small. To that add powder of galangal, cinnamon, ginger and salt. Add vinegar and pass it through a strainer and serve.) (Time: England, 14th century (Form of Cury), Source: Sass, To The King's Taste, p. 90) [Uncooked]

### **Perfect Strong Sauce**

If you want to make strong sauce, take cloves and cinnamon and a little cardamom and hazelnuts that have been cooked on hot coals so that their skins can be rubbed off and a little of the inside of the bread and sugar; pound them together a little and moisten with vinegar; and this is a good sauce with all roasts. (Libro del coch) (Santich, p. 56) [Uncooked]

### **White Sauce/Salsa Blanca**

Take white ginger which is fine and peel off the skin so that it remains white; and make of it little pieces like half a finger, and put them to soak in fine rosewater the night before; and in the morning you will take almonds well-peeled and blanched and grind them well in a mortar; and then blend them with hen's broth that is well-salted and strain it through a woolen cloth; and then put the milk in the pot where it must cook; and take whole cinnamon which is long and tie it with a thread and scald it with boiling hen's broth, with cloves of gilofre scalded in the same fashion; and when the sauce is more than half cooked, put the cinnamon and the cloves in the pot, and the ginger soaked in rosewater; and if it does not taste enough of ginger, cast in a little which is ground, because this sauce should taste of a little of ginger and of rosewater; but the rosewater should not be cast in until everything is cooked; and when the sauce is cooked, prepare dishes and put fine sugar on them. [de Nola #15] [Boiled]

*Note: soaking the ginger in rosewater is used in this same cookbook in an applesauce recipe. It is surprisingly good.*

### **Lumbard Mustard**

Take mustard seed and wash it, and dry it in an oven. Grind it dry, sieve it through a sieve. Clarify honey with wine and vinegar and stir it well together and make it thick enough and when thou wilt use it thin with wine. (Heatt #153, Form of Cury/Redon #155) [Uncooked] [WINE]

*Note: version 2 soaks the mustard seeds overnight in vinegar*

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## Sauce ingredients table

	Blackberry Sauce #103	Black Sauce (VT #208)	Pomegranate	Chk/OJ	Galantine	Cameline
Ginger	g	g	g		g	
Cinnamon			c	c	c	c
Black Pepper		bp				
Nutmeg						
Cloves						cl
Vinegar/verjuice	ver	Ver/vin		<ver>	vin	ver
Salt					s	
Bread/breadcrumbs		br			bc	bc
Almonds/almond milk	al		al			al
blackberries	blackbs					
pomegranate			pom			
sugar			Sug	Sug		
Orange juice				OJ		
rosewater				Rh2o		
Galingale					Gal	
raisins						raisins