

## Liber de Coquina

The *Liber de Coquina* is a recipe collection from an early 14th-century manuscript held in Paris. It probably comes from Southern Italy and may be associated with the court of the Kingdom of Sicily. This translation is based on the Mulon edition (Mulon, Marianne: Deux traités inédits d'art culinaire médiéval. In: *Bulletin philologique et historique (jusqu'à 1610) du Comité des Travaux historiques et scientifiques. Année 1968: Actes du 93e Congrès national des Sociétés savantes tenu à Tours. Volume I: Les problèmes de l'alimentation*. Paris 1971, 369-435). The Latin text is available online at <https://www.uni-giessen.de/fbz/fb05/germanistik/absprache/sprachverwendung/gloning/tx/mul2-lib.htm>.

Note: The *Liber de Coquina* uses a good deal of technical terminology, much of it related to the pasta, sausages and dumplings it delights in, and shows marked lack of concern for consistency in spelling. On the off chance that there is a difference I am missing, I have retained the different spelling of *laganas/lasanas* and *raviola/raviolos* etc. I have also added the Latin equivalent for equipment and ingredients that are given different words, even where the difference is not obvious to me. I am especially curious whether *crocus* and *safranum* are actually different things, or just betray different sources of the various recipes.

## Book of Cookery

Here begins the book of cookery in which a diversity of foods is taught. First, of white cabbage.

### I

Seeing we are pursuing cookery and the diversity of dishes here, we will first begin with the kinds of vegetables, as with the simplest things.

1. -- If you wish to prepare white cabbages well, wash their heads (*tursones*) so that nothing remains of their leaves; and once the pot (*olla*) with water boils (*bullierit*) over the fire, put the heads, that is the white parts of the cabbages, into the aforesaid water and add there the white parts of fennel, make it boil (*bullire*) until they are thick. And in place of oil, you may add broth of whatever meat (*brodium*).
2. -- Of cabbages: For green cabbages according to the emperor's manner, take good sprouts (*cimulas*) of cabbage and put them in a boiling cauldron (*caldaria bulliente*) with meat and make them boil well. And after they are taken out, put them in cold water. Having taken other broth in

some different vessel, you add the white parts of fennel and make them boil. And when the time of eating comes, place the aforesaid cabbages with broth in the aforesaid vessel and make all boil a little.

3. -- In Lent, boil cabbages a little. Afterwards, take them out of the broth and fry them with onions and oil in a frying pan (*sartagine*) or shallow dish (*patella*), whichever it be. Afterwards, you place all of these in a pot with a little broth and boil it a little bit. Eat it.

4. -- You make cabbages boil in plain water and, when they are boiled, take them from the vessel and add parsley. Then make them boil in meat broth.

5. -- In the manner of the Romans: Boil chopped-up (*debutatos*) cabbages distempered with eggs in water and set them aside until the dish is prepared with pork meats.

6. -- Prepare fine cabbages for the use of lords with the yolk of eggs and fennel and with all kinds of meats.

7. -- Prepare *porcellanas* (purslane? a kind of root vegetable?) and white beets (*rapas*) with pepper and saffron and eggs and with all kinds of meat.

8. -- In the English manner, make greens (*olus*) with oat flour and with cut apples.

9. -- In the French manner, make greens (*olus*) with the hearts of chickens and with oat flour; make greens that are cut up small, cored, and beaten and pounded (*battuta et pistata*) well in a mortar with flour and spices and fried with fat (*pinguedine*).

And all can be prepared with saffron.

10. -- On fast days, let it be with oil. At other times, with pig fat (*cum lardo*), and meat is put in in place of fish.

11. -- Of spinach and orach: take out spinach or orach well washed in warm water, press out the water and fry with oil and onions. Afterwards, put it in a dish (*scutella*) and sprinkle spices and salt over it.

And if you wish to make it with pig fat, you put in saffron and spices and onions and vinegar, if you wish.

12. -- Of small leaves : to make small leaves, take parsley, fennel, dill and onion; strongly beat them with a knife on the table and fry (*suffrige*) with good oil. Having taken other small leaves, fry them in the same fashion, but first let them have been beaten well as is said above. However, add to this a little water.

Also take the raw flesh of fresh (*recentis*) fish without bones (*spinis*) and you mix it with marjoram and rosemary, parsley and good spices including cloves, beat this forcefully in a mortar together

with the aforesaid fish. Then make dumplings (*tomacellos uel mortarellos*) in the fashion of an acorn, and you may put them with the aforesaid vegetables.

And to these vegetables you add pepper skilfully and, of you wish to beat (chop) the aforesaid vegetables, you do so with a knife. Then distemper them with meat broth and afterwards make them boil. And of you wish, (you can) cook sausages or other salted meats or dumplings (*mortarellos*) with these vegetables. Of the aforementioned dumplings (*tumacella*), as they are made from fish, so may they be made from the loin (*lumbello*) of pork, after some spices have been added.

13. -- On as fast day: If you wish to make the best leaves on a fast day, take parsley, dill, marjoram, fennel, onions, and spices with saffron. All is ground up (*terantur*) well in a mortar. Afterwards it is cooked with oil, and serve it.

14. -- And vegetables with oil and little water: make it so that they are well and fully (*stricte*) cooked, and give to eat.

15. -- Another way: Take fragrant herbs, fennel, parsley, dill, and marjoram. They are beaten (*percutiantur*) very small with a knife and fried with oil and salt, and guarded well from smoke. Put (sprinkle) spices over the dishes and give to eat.

16. -- Another way: Take small, fragrant leaves (that are) boiled and beaten or chopped (*battuta seu percussa*), cooked with hearts of chickens, ground in a mortar. And afterwards, they are given to the lord or a sick man for the dissolution of the belly.

17. -- Another way: Take the white of fennel, boiled, ground, cooked with almond milk and with enough salt.

17 Twice. -- and another way: take tender whole fennel (*integrum tenerum*) cooked with the meat of castrated ram. (read *castratinis* for *crastatinis*).

17 Thrice – and in the manner of the countryside: take whole cooked fennel with cinnamon and put coddled eggs (*oua perditia*) and a little saffron and chicken meat (with it) for the days when you wish to do so.

18. -- And another way: take tender whole fennel, boiled. And, having discarded the water, fry (read *suffrige* for *suffige*) with onions and a little oil and, having put the belowmentioned spices in the bowls, give to eat. And add meat, if you wish.

19. -- In the manner of the countryside: Take fennel for the household (*pro familie*) and put it to boil in a small pot (*olla*) with water, and, having been put in a pastry, it is cooked. Guard that the dish does not become too thick, and, having pounded pepper sprinkled on it, give it to eat in a serving bowl. And you may make this with all meats, if you wish, according to the time (of year).

20. -- Another way: Also, take well-washed fennel and put it to boil (*ad lixandum*). And having thrown out the water, fry it with oil or pig fat (*lardo*) and salt. And in the dish, sprinkle spices over it if you wish.

21. -- Of legumes: take chickpeas and place them in well-salted lye (*lexivio*) for a night to distemper them. In the morning, wash them well with tepid water and at the end of the cooking, put in salt and oil or another kind of fat (*aliam pinguedinem*).

And if you wish, on fast days, cook shelled chestnuts with them.

22. -- Chickpeas: take chickpeas and first distemper them with lye (*cum lexivio*) and, when washed of this, cook them with pepper and fragrant herbs. Then, when they are cooked, put part of them into a mortar to grind (*ad pistandum*) so that they should be thick.

And put them back into their broth, and you may put in chestnuts cleaned of their skins and parsley roots, if you wish.

23. -- And another way: take broken chickpeas and put them to cook with oil, pepper and saffron and with cut-up (*detruncato*) cheese and coddled eggs (*ovis perditis*) and beaten eggs (*ovis debatutis*): or another way, with broken and parboiled (*perbullitis*) chickpeas, having discarded the cooking water, are put fried onions well finished (*confecta*) with pork fat or oil, as the day requires.

24. -- Another way : Put parboiled broken chickpeas to cook with almond milk and spices and saffron. It may also be made with white ginger, without other spices, and those will be white chickpeas.

25. -- Put whole chickpeas to cook with all kinds of salt meat that have been de-salted (*salsis a sale depuratis*), with pepper and saffron put in. And you may break the chickpeas and put in coddled eggs or beaten eggs and also pieces of fat (*lardellos*).

26. -- Fresh chickpeas, when they are well boiled and the water has been discarded, you put to cook with spices and saffron, salt and oil and beaten eggs.

27. -- Another way: During Lent, break whole chickpeas and put them to cook with oil and salt and fish cut or broken up and also ground in a mortar. Strew spices over it and give to the eaters. And if you wish, place (strew) saffron on top.

28. -- *Documentum* of peas: put peas to cook in tepid water until they begin to crackle (*crepari*). Afterwards, strain the water and keep it, because you may make soup from it in the fashion of the Gauls (i.e. French).

If you prepare it, (do it) this way: place onions cut up very small into a shallow pan (*patellam*) to fry with oil. Then, grind up bread and good spices distempred with the aforesaid strained liquid

(*colatura*) and make it boil. Afterwards, cut up bread of medium softness (*panem mediocriter spissum*) and (put it) in a concave wooden platter (*cissorium*). And over it, sprinkle the aforesaid broth and herbs.

For Gallic soups, take the aforesaid peas soon afterwards and put them to cook with other tepid water. Thereafter, put in oil, salt and onion and give to eat.

When the peas are parboiled and the water discarded, put them to cook with Brie cheese (*caseo de Bria*) and oil and coddled eggs.

But these are said to (have to) be new/fresh

29. -- Prepare shelled peas thus: Put them to cook and clean them of their skins as much as you can with a spoon. And when you break up the peas well in the pot or in a mortar, put into the pot with them pig fat (*lardum*) well salted and beaten. Afterwards, put them in bowls and send to cool so that they are thick and stick together (*conglutinantia reddantur*) And give them to eat.

30. -- Put parboiled and strained peas in broth of capons or other meat: and if you wish to colour them, you may do it with saffron or eggs.

31. -- This teaches of beans, and first of the flowers: Take bean flowers and send them to cook with pieces of fresh pork (*pecias carniū porcorū recentium*) and, after the end of cooking, having added beaten eggs, spices, saffron and salt, make it so the meat is well beaten and mix it all and let it be like a *matorolium*.

32. -- Also, cook bean flowers with whole bread and when they are cooked, put in almond milk, beaten eggs, pepper, saffron, and salt. And it is cooked in good vessels (*bono vase*).

33. -- Of fresh beans: Make fresh beans boil and afterwards, when the water has been discarded, put them to cook with sheep or almond milk. And you put beaten eggs on them. And you may put salt meat cut up very fine or pieces of fat (*lardellos*) in the dishes, if you wish.

34. -- Another way: Set boiled and strained fresh beans to cook with onion fried in oil (*cipolla suffrissa in oleo*), and with pounded fragrant herbs, adding pepper and salt.

35. -- Take boiled and strained fresh beans and set them to cook with milk and with pieces of pork. And when they are cooked, strain them and grind them in a mortar and mix them with the said milk, saffron, spices, and salt.

36. -- Take beans that are broken and carefully selected, and when you have first boiled them, having thrown out the water, wash them often and well (*multum bene*) and put them back in the same vessel with a little tepid water and salt so that they are well covered out of the water (*bene coopertus ex aqua*), and frequently turn them with a spoon. And when they are cooked, take them

off the fire and beat them strongly with a spoon. Afterwards, you put them back to rest a little and when you make the dishes, put on them honey or some oil fried with onions, and eat.

37. -- Put broken beans that are well soaked in hot water to boil. And after boiling, wash them well. Set them to cook again in a quantity of water that can cover the said beans. And when they are well cooked and taken out (*?ducte*) with a spoon, you guard them well from smoke and distemper them with cold water or with white wine in small quantity and they are beaten well. Afterwards, put onions fried in oil (on them) and give them to eat. Or, if you wish, distemper them with almond milk.

And if you wish to distemper them with hot water, add pepper, saffron, and honey or sugar.

With these beans, you may give tuna (*toniam*) or other fat fish.

38. -- Set lentils that are well soaked and selected to cook with fragrant herbs, oil, salt and saffron. And when they are cooked, grind them well. And you put on them beaten eggs and grated dry cheese, and give it to eat.

39. -- Take lentils and set them to cook, and with them fat salt meat or other fat that is fried (*uel aliam pinguedinem suffrictam*), and prepare them so they are without eggs and cheese.

40. -- Of black-eyed peas (*fasseolis*) : Put soaked and parboiled black-eyed peas to cook on the fire with oil and onions and good spices and grated cheese and beaten eggs.

41. -- In the manner of the March Treviso (*truisine*), set delicate boiled black-eyed peas (*fassellos*) to cook with salt meats, having put on pepper and saffron

42. -- Of mountain mushroom (*fungo montano* – porcini?) : Put a mountain mushroom to seethe. Having discarded the water, afterwards set it to fry with onion cut up small, or otherwise leek, and spices and salt.

43. -- Take a recently parboiled mountain mushroom (and) fried onion with pig fat, and set it to boil with spices or fragrant herbs and beaten eggs. And make a little of the broth, and colour it if you wish.

## II

Of poultry meats, and first of domestic poultry.

1. -- Boil capons and hens and, having put in spices and fragrant herbs, grind them in a mortar and also (together with) egg yolks, and distemper it with broth. Afterwards, they are boiled together until the broth is thickened (*gravatum*).

Make it this way of all kinds of birds, without pig fat or with pig fat.

2. -- Take fried chickens cut-up with pig fat and with fragrant herbs cut up coarsely or whole, with spices and whole sour grapes (*agresta integra*) and egg yolks. Make it as above, but with little broth.
3. -- Set chickens cut up in pieces (read *frustatim* for *frustratim*) to fry with pig fat and onions. Afterwards, add water to sufficiency and, when it is almost cooked, take fragrant herbs and grind them well with saffron. And distemper it with the broth of said chicken. And mix it all together. Afterwards, take eggs and boil them. Then grind them and mix it with the other things. Thereafter, set it on the fire and when it has boiled, remove it.
4. -- Of Provençal broth : For a broth for the appetite, take chickens cut into quarters. Fry them with pig fat and onions. Afterwards, put in a little cold water, then their livers, marjoram, rosemary, parsley, mint (read *mentam* for *montam*) and saffron. Grind all and distemper it with broth of the said meat. And set it to boil with the meat. Thereafter, take spices, cinnamon, cloves, nutmegs, *fusticellos* (?), cardamom, galingale, honey, and ginger. Afterwards, grind up their cooked livers and egg yolks here (*ibi*), as much as are sufficient. Distemper them with the broth of the meat and make it boil a little. Afterwards, take it off the fire.
5. -- Of *brodium martinum* : For *brodium martinum*, take chickens and fry them as above. And, having pounded parsley and other fragrant herbs, put them with the said meat and mix a little cold water with it. Next, (take) breadcrumbs pounded and distempered with the said broth and mix it together. And make it boil a little and colour it with saffron and, if you wish, put in other spices.
6. -- Of German broth : For German broth, take fat capons or hens and boil them strongly. Put in with them parsley, mint, marjoram, and rosemary, all pounded with saffron, and distemper it with their broth and put it to boil a little.
7. -- Of Gallic broth : for Gallic broth, you boil a hen. Afterwards, you pound blanched almonds well together with garlic (*alleis*) distempered with the lean broth of the hen. Place it in another vessel. And when it is cooked, you mix the fat of the broth with the aforesaid and boil it. Next, you arrange bread slices moistened in the remaining broth on a cutting board in layers with spices strewed above. And give it to eat.
8. -- Of Saracen broth : For Saracen broth, take roasted capons and their livers with spices and toasted bread. Grind it well, distempering with good wine and sour juice (*succis agris*). Then break the said capons limb from limb and set them to boil with the aforesaid in a pot, having added dates, dried Greek grapes, whole blanched almonds and enough pig fat. Colour it so that it pleases.
9. -- Of Spanish broth : for green Spanish broth, take chickens or whatever birds or meat and boil them. Afterwards, grind their livers well with good spices and green herbs, adding beaten eggs. And

put that in the broth of the aforesaid meat to boil, but the broth must not be too thick (*spissum*).

10. -- Of *sumachia* : To make *sumachia*, take whole chickens. Fry them in pig fat. Next, cook pounded blanched almonds distempered with water and sumach together with the chickens, and it shall be thick. And give it to eat.

11. -- Take chickens and fry them with pig fat and onions. Having fried them, take one pound of sumach for four chickens and grind it strongly and distemper it with cold water. Afterwards, strain it with (a) thread or hair (sieve) and reserve the first straining in a different vessel. Then, take one pound of blanched almonds again the pound of sumach that has remained behind, grind it well with the aforesaid almonds and distemper it with water. Afterwards, strain it so that it shall be nicely thick and make it boil with the chickens and spices. And be careful not to put in a spoon or something else to move it. And it shall boil until it shall be properly (*competenter*) thick. And when it is time to dish it out, put there the strained sumach you first set aside.

12. -- Of *limonia* : to make *limonia*, chickens are fried with pig fat and onions. And blanched almonds are ground, distempered with meat broth, and strained. This is cooked with the said chickens and spices.

And if almonds are not available, the broth is thickened with egg yolks.

And when the hour of dishing out is close, put there the juice of lemons or limes or bitter oranges.

13. -- Of *gratonesa* : For *gratonea*, take chickens and set them to boil. Next, grind their livers with almonds, spices and egg yolks, distemper it with broth and make it thick. And when it is well cooked, put sugar on it. In the same way you may make it of other birds. Colour and season it as it pleases.

14. -- Of *romania* : For *romania*, chickens are fried with pig fat and onions, and unblanched almonds are ground and distempered with the juice of sweet and sour pomegranates. After, they are strained and put to boil with the chickens and stirred with a spoon. And spices are added.

The broth can also be made green with herbs.

15. -- Of *festigia* (from *fustaqiyya?*) : To make *festigia*, fry whole chickens with pig fat. Afterwards, set them to cook with water and sugar and powder of white ginger, and make it thick.

16. -- Of white *alliata* : For white *alleata*, take well-boiled capons and distemper white spices, garlic and almonds with their broth. And make it boil sufficiently, so that it is thick. This dish, according to the Gauls, is called white *alleata*. If it is coloured otherwise, it loses its name.

It can also be made with capons that are roasted and larded.

17. -- Of white dish : For white dish, take cooked chickens' breasts and have them shredded



(*defilare*) as finely as you can. Afterwards, wash rice and make flour (of it). Strain it through a cloth (*pannum*). Next, distemper said rice flour with goat milk or almond milk. Set it to boil in a well-washed pot, and when it begins to boil, put into it the said shredded breasts with white sugar and pig fat. Guard it against smoke and make it boil moderately without a forceful fire (*sine impetu ignis*). And it should be thick as rice should properly be. And when you serve it, put on it pounded sugar and fried (melted) pig fat.

And you may prepare it with whole rice and goat milk, in the manner of beyond the mountains. If you serve this, put on it fried almonds, sugar, and whole white ginger.

And it is called in Gallic: *blanc mangier*, that is: white food.

18. -- Another way : First, boil chickens well. Afterwards, I take grains of rice and wash them strongly. Make them boil once. And afterwards, take them from the vessel and put them on a cutting board to cool. And once again place them in a pot with almond milk and make them boil properly (*competenter*). And when they have boiled, put in there cut-up chickens and, having poured over it freshly fried (boiled) milk, put it into serving bowls (*parasidibus*). Afterwards, put over it sugar and other spices to sufficiency.

19. -- Of chickens : Boil chickens. Afterwards, fry them with pig fat and onions and pounded spices with saffron distempered with the broth in which they (the chickens) were cooked. They are strained and put with the chickens. And also put in raw prunes (*prunas crudas*), dried grapes, blanched almonds, dates and sugar.

20. -- To fill a hen : To fill a hen, the hen is plucked with water that is not very hot. And it is skinned so that the meat and bones are drawn out, cutting off (only) the tips of the wings and feet. And the meat of said hen is cut up finely with a knife on a table with pig fat (*lardo*); And spices, saffron (*crocus*) and fragrant herbs are ground and distempered with eggs.

Afterwards, of all these mixed together with grated cheese added if filled into the inside of the hen properly. And it is put into hot water to boil. Afterwards, it is taken from the water and spitted to roast (read *assandum* for *inssandum*); and guard it carefully so it does not burst.

21. -- Another way: Skin a hen as above and, having added pork without bones to its own meat, beat it well, mix (in) spices, eggs and pig fat, and fill its interior. Tie it up in boiling water in a cauldron (*caldaria*). Afterwards, it is roasted on a spit.

22. -- Another way : If you wish to fill a hen between the skin and the meat, take a live hen and open the skin near the neck so that you make there a single opening which wind (*ventus*) may enter. Afterwards, take a small tube (*fistulam*) made from straw (?*paleis*) or a feather: and through this tube, through said opening the hen is filled with wind so that the whole hen is (inflated) through and

through between the skin and the flesh, all the way to the wings and hips, as much as you can. Then, you kill the hen and pluck it with hot water. Then it remains inflated because of the wind.

Afterwards, take good fresh fat pork, parsley, and good ground spices and aromatic herbs, and cut them all very small with a knife on the table or grind them in a mortar. And afterwards, you mix them together with a good quantity of raw eggs and grated cheese.

Afterwards, take the hen and insert a finger into the opening by the neck so that you carefully (*subtiliter*) separate the skin and the meat. And through that opening, you fill the aforesaid *martorolium* or mixture into the whole chicken between skin and meat. Afterwards, you carefully sew shut the aforesaid opening with needle and thread. And you put it on a spit to roast.

23. -- Of a pie (*copum*) of birds: To make a pie of chickens or other birds, pluck and clean them, and they are either dismembered or left whole, but it is more fitting (*magis proprie*) that they are dismembered. Afterwards, take very stiff (*duram*) white pastry and make the form of a pie, and in these you place the aforesaid birds with sour grapes that are not pounded (*agresta non tritta*), ground saffron and spices, and a little cold water and small pieces of fat bacon (read *lardellis* for *larcellis*). Next, it is closed with pastry above and cooked in an oven or pastry dish. And give it to eat.

24. -- Similarly may be made a *copum* of cow beef or pork: And in the absence of *agresta*, you may put in the juice of bitter oranges (*citrangulorum*) and cold rosewater.

25. -- Of the birds of magnates, and first of the peacock and goose: Roast a peacock or goose well. And place a shallow dish or other available container (*instrumentum conveniens*) underneath to receive the flowing fat. And colour it with saffron. And you shall also have lemon juice mixed with water so that it is sour and sweet (*acrum dulce*). Then, you shall have slightly toasted breadcrumbs and well-beaten egg yolks with which you mix a little flour (*?forma*). And you wrap/roll (mix? involve) the aforesaid breadcrumbs and fry in fresh pig fat in a pan, and mix that bread in the aforesaid juice (*saporem*), and strew over it good spices well pounded. Then, you place it layered in a wooden cutting dish. And give it to eat with capons.

26. -- Of crane : Put a crane, well-cleaned and slightly boiled in a large pot, on a spit. And it is roasted, not quite to fullness (*non tamen ad plenum*). Then, you shall have onions cut in the manner of little dice (*ad modum taxillorum*) well fried in pig fat. And colour it with saffron well distempered with good wine so that it is to sufficiency. And, having added good spices, make the meat of the aforesaid crane cut into pieces (read *frustatim* for *frustratim*) in this, until it is fully cooked (*ad decoctionem*). Then, take a slice (*lescama*) of bread, slightly toasted and softened in the aforesaid juice. Afterwards, arrange the aforesaid bread in layers in a cutting dish and give to eat.

27. -- Similarly it may be done with the heads of kids, lambs and calves, de-haired in boiling water. But even if they are cooked well and are made properly, grated cheese must be put on.

28. -- Of forest birds: Of pheasants. Boil pheasants, capons or other forest birds a little. Afterwards, they are removed from the water and larded. Then, make a pie (*copum*) of pastry according to the quantity of the aforesaid birds, and then one bird or several is put into it with spices. And let there be an opening in the top of the pastry, and before they are well cooked in the oven, through this hole the juice of bitter oranges, lemons or limes and rosewater is put in, and they are cooked well. You may do the same with the meat of goats (*caprioli*) and other similar forest animals.

29. -- Of a pastry of living birds. You make a pastry or pie (*copum*) of living birds thus: First, shape a pie of pastry and fill it with bran. And having closed it, set it to cook. And when it is cooked and cooled well, carefully (*subtiliter*) make a hole below, extract the bran from there, and put inside some leaves of trees and various live small birds. Afterwards, replace the piece of bread (crust) that you had removed from the hole. And take care that you make several small holes above so the birds do not suffocate for want of air.

Afterwards, place this pastry among some lords when you want them to entertain them with a joke; and when they open the pastry, the aforesaid birds will fly from it.

30. -- Of *conatum* : Have ready plucked and cleaned small birds. Afterwards, take cinnamon, nutmegs, the livers of the birds, spices, egg yolks, a little salt, and sugar, and distemper it with water. And you may add a little wine. And also add onions fried in pig fat. And afterwards, cook the aforesaid birds in this broth, whole or in pieces. And you may strain it, if you wish. This broth is called *conatum*.

31. -- Of gold to put into pastries : Against many infirmities, gold is put into all foods for the wealthy. And if you would put it into a pastry, it must be done in secret so that the pastry may not be swapped out in the oven.

You may put divers birds filled in various ways into this pastry, one of green colour, another with saffron, another one white, another in cameline colour as pleases your will.

32. -- Of sauces for birds : To make sauce for birds, take cinnamon, nutmegs, their livers, the red (yolk) of egg, toasted bread, salt, and grind it all strongly in a mortar. And distemper it with the juice of limes or pomegranates together with saffron.

You may give this to sick people with the aforesaid birds.

33. Of sauce for roasted chickens: Sauce for roasted chickens of pheasants or partridges or (other) big or small birds: Take water and wine make a *sallomoriam*. And if you cannot have it, take

*agresta* and throw it over them.

34. -- Of sauce for pigeons : For pigeons or chickens, take their livers or livers (*ficatelly siue iecora*), which is the same thing. And roast them in coals (*in prunis*). And after, grind them in a mortar with pepper and toasted bread, softened and distempered with wine and vinegar. And make it boil, if you wish.

35. -- For roasted crane : For roasted crane, take liver, roast in coals. After, take saffron, good spices and marjoram and grind all together with two reds (yolks) of eggs roasted (*assata*) in the fire. Grind them with these and distemper with good wine and a little vinegar. And after, add a little of cooked must, so that it is sour or sweet.

36. -- For roasted peacock : For a roasted peacock, you make a sauce as above for a crane, excepting the cooked must. You add the fat that flows from the peacock into the sauce.

You do it the same way for roasted piglet (*porcello assato*).

And if you do not wish to make this kind of sauce, make green sauce.

37. -- Sauce for aquatic birds (*de riparia*): For mallard or duck, goose and swan, and for all aquatic birds, you do as was said for the crane, but you do not add the saffron. And the fat dripping down (*destillata*) from them must be put back into the sauce.

38. -- A sauce for chickens that is called *mustarda* is made thus: Take chickens and set them to fry with pig fat and onions. And when it is half cooked, add spices. And you shall have sweet mustard and add it there to cook. And for each chicken, grind four egg yolks and add saffron and distemper it with the same must (*musto* – read *mustardo*?).

39. -- Of coarse meats, and first of castrated ram : You may prepare the meat of cows or castrated rams or pigs, cut up small, with garlic or onions or scallions or leeks.

40. -- Of kid, lamb or calf : Take the meat of kid, or lamb or calf. And cut it up into small pieces in the size (*quantitatem*) of two fingers. After, set it to cook in boiling water. And when it has boiled once, add to it sugar and a part of the best wine. After, add good spices pounded and distempered with the same broth. And when the meat is cooked, take the pot off the fire and add egg yolks beaten in a dish with a little of the cooled cooking liquid, dripping down gently (*suaviter*) and beating the aforesaid broth with a spoon.

And if you wish, the aforesaid eggs may be cooked strongly (till hard?) in coals (?); And distemper the yolks of these eggs pounded in a mortar with the same broth and put them in in place of the other eggs. This food is called: *lanietus*.

41. -- Of galantine : for galantine for meats, boil them. And when they are almost cooked, add to the

water enough vinegar so that it is neither too strong nor too weak. Make it boil to the third part (reduce by two thirds). And if it is in summer, make it boil with the aforesaid broth.

Next, place the meat in another container, laid on bay leaves. Afterwards, distemper good spices and saffron with the aforesaid broth. Afterwards, strain the broth over the same meat and add above grains of cardamom and cumin, well pounded.

42. -- To fill a shoulder (bone): To fill the shoulder of a castrated ram, take it and boil it strongly together with pork belly. And when these are cooked, remove the meat from the bone. And with the aforesaid pork belly, beat (chop) it strongly on the table with a knife. And take fragrant herbs in good quantity with good spices and saffron, well ground, mix them with the aforesaid meat and pork belly, add fresh cheese beaten with a good quantity of eggs so that it is neither too stiff nor too soft.

Afterwards, have caul fat of pork or castrated ram and spread it out on a table. First, take half of the aforesaid meat and spread it out on the table.

Take pig caul fat. Then take the aforesaid shoulder blade and place it on the spread-out meat. And place the other half of the meat on it and spread it out so that the bone is in the middle. And then you cover it all in the caul fat. Afterwards, place the aforesaid over coals on an iron griddle to roast. And eat it.

43. -- Of forest animals: if you wish to roast forest animals or make a pastry of them, lard the meat as you know and bathe it in wine. Afterwards, strew over it powder of spices in great abundance.

44. -- Of boar meat : Cook fresh boar meat strongly in water.

Afterwards, make sauce this way : take ginger, cloves, and cinnamon and grind them strongly together with toasted bread moistened in vinegar. And distemper all with water mixed with vinegar so that it is neither too strong nor too weak. Then mix it with onions fried in fat and make it all boil, and you shall salt it moderately. And give it to eat.

45. -- The same may be made with the meat of deer or mountain goats (*?caprioli*) or bears and other similar animals if the aforesaid sauce is fortified with spices.

46. -- Of the civet (*civerio*) of hares or rabbits: To make civet of hare or rabbit, take them and roast them on a spit, always basting them with pig fat or other fat. And when they are cooked, cut them off in pieces.

Then, take good spices, and pepper shall always be in the greatest quantity, with bread well toasted in the embers and grind them well together. Afterwards, take their livers roasted in coals and onions fried in good fat and grind it all and mix it with the aforesaid so that it all is distempered with

water and wine in equal measure.

Then, set it to boil and the aforesaid meat in pieces with it. And if you wish, in place of wine you may add vinegar in a quantity that it is not less strong.

47. -- Of *mamonia* : for *mammonia*, take meat of a castrated ram well cooked. Having removed the bones, grind it well and set it to cook with almond milk, spices, honey and entire rice (grains). It shall be properly thick in the manner of rice. And colour it as you wish.

48. -- To fill a pork stomach : Take a stomach (*ventrem*) or a pig or castrated ram, well washed, and its blood, cooked a little, which you mix with eggs and good spices. And fill the stomach with the aforesaid. After, sew shut the opening used for filling with a sharp implement and set it to cook in water. Or you may roast it on a griddle. And colour it and season it as you will.

49. -- Of *trulis* : In a similar fashion, you may fill intestines with blood and meat, spices and fragrant herbs. After, tie them off and cook them in hot water. And it is called *truli*.

50. -- Of *langorista* : to make *languorista*, take pork lungs and boil them a little. Having taken it from the pot, beat them strongly with a knife on the table and add raw eggs, grated cheese, and pulverised pepper and, having mixed it together with these, fill an intestine (*budella*) of pork and boil it a little. After, suspend the intestine for four days and no more. And serve it roasted.

51. -- Of *indulgiis* : to make *indulgias*, take meat from the ribs of a pig cut up so that one rib remains in each piece and place it in a cooking liquid (*?fulfugine*) of good wine and fennel seed. And leave it standing for four days.

Afterwards, take a wide intestine (*budella*) and place the said meat in it, each (?) piece into one (length of) intestine (*budella*). And you put it into the smoke.

52. -- Of intestines : bathe an intestine (*budellum*) of a pig in good wine and sprinkle over it powder of good spices and sugar. And roast it over coals.

53. -- Of *lantoliis* : if you fill a *budella* with the meat of hams, tongues and other parts of the pig cut up and with marjoram or other fragrant herbs, they are called *landolia*. And they must be put to smoke bound.

54. -- Of *rauiolis* : Take of pork belly, ground finely or beaten with eggs, milk, and other spices. And you may make *raviolos* in various ways, which are thus:

Wrap a quantity the size of an egg of the aforesaid in a small, thin pastry (*tortello*) of stiff paste and cook it in an an with a great amount of fat. And in place of paste, you may wrap it in a small skin which envelops the interior of the belly of kids or similar other material (*alico alio similia*). Colour it if you wish.

55. -- of *salciciis* : to make *salcicias*, take good raw pork that is not excessively fat nor lean, beaten very small with a knife. And having mixed it together with salt and good spices, fill a well-cleaned pig intestine and put it to smoke. Some bind into links (fingers), some do not. After, they may be cooked in water or in steam (?in *brassa*) or in a pan (*patella*) or in what manner you wish.

56. -- to fill a pork belly : to fill a pork belly, take fragrant herbs, pepper, saffron, pork meat and fresh cheese. Grind all together. After, fill the belly. And from this (lit. from here) you may make sausages or *raviolas* or pastries.

Put it to cook. And if you do not wish (to do that), boil it and put it to fry.

57-- of *galdofira* : take the belly of a calf and, having well washed it, boil it a little. Then fry it a little with pig fat, salt and onions, and strain (?) the broth. And it is called *galdafra*.

58. -- Another way : take ai intestine (*budellum*) well washed with hot water and salt. Then grind beaten eggs, grated cheese, saffron, spices and fragrant herbs and mix them together. And the *budellum* is filled with these. After, it is put to boil in hot water. Then it is crisped (made to swell? *grossetur*) on a griddle.

59. -- of *calcato* : item, from raw cow bellies may be made a broth if yo wash them well and fry them in oil with onions cut up small. After, set them to boil with little water. After, grind the yolks of cooked eggs, bread, spices and good herbs. Make broth. And it is called *calcadum*. Colour it if you wish.

60. -- of *rauiolis* : for *rauiolas*, take the belly of a pig and its liver and the heart (?) intestines (?) (*coratella*) of a kid or of whatever animal you wish, or other meat. And beat it strongly on the table with a knife. Then, take fragrant herbs, spices, and saffron and pound them in a mortar, and add beaten eggs and mix all of these together with everything (else) so that it is properly thick.

After, take the skin in which the entrails (? *corata*) of a pig are enveloped and make little loaves, wrapping of these mixed ingredients in the said skin in the quantity of an egg or a little more. And if you wish you may make some with paste in place of the skin.

After, fry them in a pan with oil or other fat and, having taken them from the pan, dip them in honey if you wish.

61. -- of *pantossa* : for *pantossa*, take the net (*rattam*) of pork cut up small, pepper, saffron and salt. Grind it together, after, distemper flour with egg and mix it with all the aforesaid, and put cumin on it. Then, put it in a pastry crust (*testa*) over coals without a top crust (*crustis*) to cook.

62. -- of *brustinga* : for *brustinga*, take the net of pork and fat cheese. Mix it all, cut up finely, with flour and distemper it with eggs. And, having added saffron, put it to cook with *crustis* (a top crust?)

or without. And you make it white or colour it as you wish.

63. -- of *mortarolum*. For *mortarolum* with meat, take pig fat and onions cut up small and fry them in it. After, chop up pork belly cooked strongly with the onions on a table and put there (add) of the broth of the fat meat. And make it all boil together and add to it pulverised spices and saffron distempered sufficiently. Then, add a good quantity of grated cheese. And with all the aforesaid, mix the beaten yolks of eggs. And after, let it boil a little so that it becomes thick. And when you make serving dishes, put sugar and pulverised spices on them.

64. -- Another way : to make *mortarolum* another way take the liver of a pig and boil it a little. Then, take it from the water and chop it strongly on a table. And thereafter, pound marjoram and other fragrant herbs strongly in a mortar with pepper and the aforesaid liver; and distemper it with eggs so that it is thick. Then, have ready a net of pork and fry it in a pan (*sartagine*) with pig fat. Afterwards, put it all together into a pot and, having taken good spices and saffron distempered with good wine, throw it over that in the pot and make it boil, having added meat broth.

65. -- of sauce for roasted foods : sauce for any kind of roasted food: take basil and pepper, grind it in a mortar and distemper it with *agresta* (verjuice). And if you do not have *agresta*, add the juice of bitter oranges or limes.

66. -- of Genoese *tria* : for Genoese *tria*, fry onions with oil and add boiling water, cook, and add spices to it. And colour and season as you wish. Put (serve) with them grated or cut-up cheese. And serve them whenever it pleases, with capons or with eggs or with whatever kind of meat.

67. -- of garlic sauce for meats : for garlic sauce for meats, take blanched almonds pounded strongly with garlic and ginger, and distempered with lean broth. And it can be made to boil and you may eat it with fishes that are hard to digest such as morays et cetera.

68. -- of pepper sauce : for pepper sauce for beef, venison or goat, take toasted bread softened with vinegar or lean meat broth. Grind it in a mortar with saffron and pepper and distemper it with vinegar and broth together. Afterwards, set it to boil and you may make it of black colour without saffron, with dark toasted or burned bread.

69. -- of white sauce : white sauce for meat of castrated ram or pork: take *agresta* (unripe grapes for verjuice) and grind it. And having extracted the juice, take the seeds that are inside and grind them in a mortar with ginger and a little garlic. And with them, grind almonds, and distemper it with *agresta* (verjuice). If you cannot have that, you take in its place the juice of bitter oranges or other sour (fruit).

70. -- for *camelina* sauce : for *camelina* sauce, take cinnamon, almonds pounded in a mortar with their skins, and garlic together distempered with *agresta* (verjuice) and wine. And if you cannot



have almonds, take the crust of bread.

71. -- of green sauce : for green sauce, take parsley with mint, *fusticellas* (?), cardamom, nutmeg, pepper, cloves and ginger. Grind all strongly in a mortar and with it, grind a little breadcrumbs. And if you wish, you may add garlic. Distemper it with good vinegar.

### III

1. -- of *gratonea* : *gratonea* of milk is made thus : take sheep's milk and strongly distemper it with eggs, and place pig fat in a pan (*sartagine*) by the fire, so that it is very hot. After, sprinkle the milk all over the pan with a perforated spoon. After, when it has been coked fully and removed from the fire, add sugar over it.

2. -- of Spanish *gratonea* : for said *gratonea*, add the whites of cooked eggs cut in the manner of small dice; and it will be called Spanish *gratonea*. You may colour this as you wish.

3. -- of *simula* : to make *simula apula* with milk so that it is (like) little worms (*vermiculi* – vermicelli) or *anxia alexandrina*, take milk and make it boil. And having boiled the milk, pick out the worms. And you put in the aforesaid *simula* when the milk begins to boil. And you add pig fat or fresh intestinal fat (*assungia* – *sugna*) fried in a pan, with pepper and saffron.

4. -- of a tart or pastries of milk : for a tart of milk, take firm paste and make a crust like the bread of one pastry (*sicut panem unius pastilli*); and put it briefly in an oven so that it hardens a little. Then, take milk mixed together with beaten eggs and saffron and pour it into said crust, but do not fill it much. And cook it fully, and serve it.

5. -- of *crispis* : for *crispas*, take white flour distempered with hot water and leaven it with leavening (*fermenta*) so that it rises. And cook it in a pan (*sartagine*) with boiled oil. And having added honey, serve them.

6. -- make *crispellas* thus : you shall have white flour distempered with eggs and saffron added to it. And set it to cook in a quantity of pig fat. And when they are cooked, give over them sugar or honey. And serve.

7. -- of *fristellis* : to make *fristellis*, take flour distempered with the whites of eggs, and add the flowers of elderflowers or other flowers of which kind you wish. And make different colours as you please (*secundum uocem*) and with which seasonings (*salsamentis*) you wish. Set them to cook in pig fat, divided with a spoon.

8. -- another way : take flour distempered with the aforesaid; place in a mortar and cook it all together in a great quantity of pig fat. After, serve it sprinkled with sugar or spices.

9. -- of *gantis* : to make *gantas*, take chickpeas and, having added over them sugar and white spices well distempered in water. Afterwards, they are boiled well and, having been taken from the water, ground strongly and mixed with that water. Afterwards they are strained and with that strained water, flour is distempered. And you make small cakes (*tortellas*) as you wish. And they are fried on a gentle fire in pig fat or oil and honey is put on them. And these small cakes are called *ganta*.

10. -- Of *lasanis* : for *lasanas*, take leavened dough and make a round cake (*tortellum*) as thinly as you can. Then, divide it into square pieces the size of three fingers. After, have boiling salt water ready and place the aforesaid *lasanas* there to cook. And when they have been strongly cooked, take grated cheese.

And if you wish, you can also put on good pulverised spices, and powder it with them over a cutting bowl (*cissorium*). Afterwards, make on it a layer of *lasana* and again powder them. And above, another layer and powder. And do thus until the cutting bowl or bowl is full. Afterwards, eat them taking them up with a wooden skewer.

11. -- In the same way, *croseti* are made, and of the same dough, except they are shaped round and oblong the size of a thumb, and they are made concave with the finger. And it must be known that, as with *lasana* so with *crosetis*, a large quantity of grated cheese must be added.

12. -- Of eggs, and first how to fill them: to make filled eggs, cut them each through the middle when they are well cooked and thus stay whole. Then take out the yolk (*rubedinem*) and, having taken marjoram, saffron and cloves, distemper them with the yolk of the aforesaid eggs, and pound them strongly, adding a little cheese. For each eight cooked eggs, distemper one raw egg. Having done this, fill the egg whites with this savoury mix (*sapore*). And fry them with good pig fat. And eat with *agresta* (verjuice).

13. -- Of turned-about (*rotatis*) eggs : Turned-about eggs are fresh, tied about with thread and placed above the coals so that they can be cooked entirely. And (they are cooked) until the thread is burned through.

14. -- Of boiled eggs : eggs are boiled when they are cooked whole in water. And they may be eaten with *agresta* (verjuice).

15. -- of parted eggs : eggs are parted when they are broken and taken separately, one with the other, in boiling broth or plain water. And eat them with *agresta* (verjuice)

16. -- Of exiled eggs : fried eggs are made in three ways : one way they are cooked wholly and separately with oil or other fat in a pan (*patella*). And they must be eaten with green sauce or *agresta* (verjuice). These are called exiled eggs.

17. -- Of crisped (*crispatis*) eggs : Eggs are prepared another way where they are beaten and fried with whatever fat, like a fritter (*crispellus* or *tortellus*). And to these eggs you may add, before they are put in the pan (*patella*), fat cheese cut up small. These eggs are called crisped (*crispata*). And eat them with salt or whatever flavouring (*sapores*) you wish.

18. -- Of tribulated (*tribulatis*) eggs : In another way are made the eggs which are called tribulated. They are beaten with wine and put in a pan (*patella*) with any kind of fat to fry, and always moved about with a spoon- And these are called soft and tribulated. They are put into a serving bowl with salt over them.

Know that eggs may be served in six ways, hard or soft, according to the wish of the eater.

#### IV

1. -- This teaches of fish. And first, of galantine : for galantine of fish, take good wine and a little of sparkling/foaming vinegar. They are boiled together; And when they have boiled, a large fish is cut into pieces with its scales, and is cooked there with them. When it has been cooked, it is removed and the wine boils until only the third part remains. Then, add saffron and other good pulverised spices with bay leaves. After, take the fish and clean it of its scales.

Some grind the aforesaid scales distempered in the aforesaid wine forcefully in a mortar and strain them through a hair sieve. They add the strained liquid to the other wine so that it gels better.

And when this galantine is chilled, put into it the pieces of fish and send it to stand for a day or a night or longer, until it is all gelled. And thus may fish be kept for long. (*piscis multum potest conseruari*).

2. -- Of *scapeta* (*escabeche* – from *sikbaj*?) of fish: for *scabetia*, take a well-washed fish, as is proper, and fry it in plenty of oil. After it has been fried, then take onions cut crosswise (*incisas per transversum*) and fry them in the remaining oil. After, have dried grapes, elecampane (? *zenula*) and prunes (*prunia*) and fry them together with the aforesaid onions, and discard the remaining oil.

And take selected spices and saffron. Grind them well together with blanched almonds and distemper with wine and a moderate amount of vinegar, so that it is not too sour. Mix these together with all the others. And in place of almonds, you may take breadcrumbs softened in wine and pounded afterwards. Afterwards, put it on the fire until it boils and take it off immediately. And when the fish is arranged in a concave cutting bowl, pour the aforesaid sauce over them. You may make it sweet and sour if you wish; add a proper amount of cooked grape must or sugar.

3. -- If you add whole blanched almonds, dates and dried Greek grapes to the same and fry it the same way with the aforesaid onions, it will be called Saracen broth.

You may also add apples and pears.

4. -- For *summachia*, when large, cut-up fish have been fried, take blanched almonds and sumach. Cook it with water, and the fish with it, and you may grind up wine and pieces of fish and other things that thicken it. And give it to eat.

5. -- Of a lamprey in pastry : a pie (*copum*) of a large lamprey, or a *pastillum*, which is the same thing: take a lamprey, well washed and rubbed with salt and not cut in any other manner. In whatever opening of the head you wish, place wine and cloves and, having made a case of said dough, the whole lamprey is put inside in the manner of a circle, with saffron and pounded spices. And rosewater is put inside. After, place a cover of the same dough on the upper part. Colour it with saffron (*croco*) and set it to cook.

6. -- This may similarly be done with small lampreys, with cloves and rosewater and the juice of bitter oranges or limes.

7. -- Of peppered lamprey : Peppered lamprey may be made thus: When the lamprey has been well washed and rubbed with salt, it is well roasted on a griddle. Then, you make a pepper sauce with pepper and saffron (*croco*) and saffron (*safrano*) and crumbs of toasted bread distempered with vinegar. And with that, you boil the said roasted lamprey.

It may also be eaten with green sauce, or with the juice of lemons and rosewater.

8. -- Of trouts in pastry: A pastry of trouts : Make a form of pastry the length of a trout, and scale, wash gut the trout well, putting in a bit of oil. Strew over it good spices pounded with saffron. After, the pastry is closed and horns are shaped on each end in the manner of a boat. After, make two holes, one near the tail and the other by the head, and perhaps also one in the middle. After, it is cooked. After it has been well cooked, rosewater and the juice of bitter oranges or lemons is added through these holes. And on meat days, you may add pork fat in place of oil.

9. -- Of dorade : take a dorade and cause it to be parboiled. After, take good wine, honey, shelled and cleaned *langolos* (oranges?), and cinnamon. Put it to boil in water. And when it has boiled quickly, take it off the fire and take out the aforesaid fishes from the water. Set to boil again in the decoction of the aforesaid wine.

10. -- Of herrings and sardines in pastry : of herrings and sardines in pastry: these are paced in hot water to distemper them. Afterwards, they are fried a little in a pan (*patella*) with oil. And then, they are taken out of said pan (*patella*). Next, tender spinach and dill are washed and cut up finely with a knife. Wash again with hot water and press firmly between the hands so that all the water leaves it. Afterwards, it is fried in oil and, having added well-pounded hazelnuts and walnuts with pepper, pastries are made.

11. -- To fill herrings and sardines : To fill herrings or sardines, they are placed in hot water, the heads and spines having been removed so that they are divided along the back. After, grind marjoram, rosemary, sage, good spices, saffron (*crocum*) and the innards of other fish. And stuff the herrings or sardines with the aforesaid filling so that the skin is on the side of the filling and the inside is on the outside. And attach these said parts together so that the said filling is in the middle. After, fry with oil. And they may be eaten with the juice of bitter oranges.

12. -- Of herrings or sardines in broth: Of broth for herrings or sardines: you boil Greek wine with pepper, saffron (*croco*) and sugar. And the herrings or sardines are boiled a little with said wine, having added a little oil.

13. -- Of fried herrings or sardines: to fry herrings or sardines, having removed the heads, turn them over and over in a pan (*patella*) with oil and pour beaten eggs over them. And having cooked enough, eat them with the juice of bitter oranges or limes.

14. -- Of octopus : of large octopi : They may be boiled and eaten with salt and cumin, or other fish or pulps which are called *calamatum*.

The intestines are removed through the ears.

15. -- To roast the fish called *muscatellus* (pilot fish), salt it around and also through the mouth, and stick a spit through it, and make it cook a little close by the fire. Afterwards, lard it carefully, like a pheasant. It is again roasted sufficiently and eaten with the juice of bitter oranges and rosewater, or of lemons (? *limocelli*).

16. -- Of *trillis* (a kind of cephalopod) or octopi or calamatis, of broth for squid (*sipiis*). Boil well the *trillas* for they are not healthful (? *pro non bene sanis*), with parsley and saffron (*croco*).

To the broth for squid or octopi or calamatis, the aforesaid fish, well washed and sliced across, are fried in oil with onions, reserving the black ink of the squid (*sipie*). And they are cooked by adding a little water. And about the end of the cooking, you add to them marjoram, rosemary and parsley, all those pounded with spices and distempered with water.

Cause it to boil a little, and before the cooking is complete, take slices (*lescas*) of dried bread, pound them and distemper them with water. And it must be thick. After, strain and add the reserved black ink. And afterwards, it boils a little.

And if you (don't?) wish to put in the ink, colour it with saffron (*croco*)

You may make said broth thick with pounded almonds, hazelnuts or nuts, distempered as is said above. If you should wish to make it sweet and sour, add the juice of bitter oranges and sugar to it.

17. -- Of squid (*sipia*) : large squid can be boiled and fried with oil and pepper and eaten with green

sauce or, boiled, may be served with soft vegetables and you eat them with the same flavouring.

Also, another way: flavouring for boiled squids or *trillis* (?) is green sauce or the juice of bitter oranges.

18. -- Of tortoise (*testitudine*) : Set the tortoise to fry with pig fat or oil with onions and fragrant herbs and, having added spices, make a good broth.

19. -- Of mantis shrimp (*grillis*) : mantis shrimp are de-spined (*depilentur*) and washed inside with hot water, roasted, and eaten with salt.

20. -- Of gamba shrimp (*gamaris*) : put living shrimp in boiling water with salt and eat them with *agresta* (verjuice) or vinegar.

21. -- Another way: put living shrimp in goat's milk or almond milk; and after they have drunk of it, cook them. And give them to eat as is said above.

22. -- Of spiny lobster (*langustis*) : Do with spiny lobsters as with gamba shrimp. And if you have eggs, they are distempered in their sauce with vinegar or green juice (verjuice? Green sauce?).

23. -- Of fish sausages : To make sausages from fish, fish are placed in hot water to boil until their spines can be well removed (lit: they can be gutted of their spines). After, take fragrant herbs and spices and grind them well with the entrails of the fish (read *piscium* for *spicium*), and they are placed in a perforated linen cloth and pressed strongly. And they re placed in a frying pan (*in frissorio*) with boiling (*feruenti*) oil, and you make them oblong, round or transverse, as you wish.

24. -- Of fish entrails : To prepare fish entrails, wash them and cut them up. They re fried with oil and onions that are cut finely, but not too small. And add to them good spices, pounded saffron (*crocum*) and marjoram, to boil (read *bulliendum* for *buffiendum*). Distemper with a little water and afterwards add bread crusts that are well pounded and also distempered in a little water. And they boil.

And in place of marjoram, cumin may be added. And if you wish, thicken the aforesaid broth with breadcrumbs and blanched almonds that are pounded, distempered with wine, and strained. Here, no saffron (*crocus*) is added, but coriander seed and caraway pounded with sugar.

25. -- Of sauce : For sauce for roasted fish, take rosewater and the juice of bitter oranges and, having combined them together, sprinkle it over the roasted fish.

26. -- For fried fish, take water, green sauce, the said spines (for broth?) and the juice of bitter oranges or *agresta* (verjuice).

## V

1. -- Of composite dishes from many ingredients, and first of beaten dishes: Take fried figs with white spices and sugar and almonds. And make a good beaten dish (*batutum*) and serve.
2. -- Also, take figs boiled with fragrant herbs and pound (*pista*) them together with good spices. And distemper them with broth so that it remains thick. And thus you shall have a good beaten dish.
3. -- Reserve half or more of these two beaten dishes. From this half of said beaten dishes, you make *raviolos* (pasta dumplings) and *poma* (round dumplings), small sausages of different colours and *lasanias* (pasta dishes) of diverse fillings, from these pounded dishes together (? *adiunctis*).
4. -- Also, take Greek grapes, figs cut up small, and mix them with pounded walnuts. Make a little into a *mortarolum* (chopped dish) in the regular way (? *Parum pone in mortarolo ordinatim*), of the aforesaid, a layer (*solaria*) is to be made above a crust and another layer (*solaria*) of almond milk that was cooked and thickened. And another of pounded and beaten figs and walnuts reserved above. And add round, sliced apples fried in pig fat and ginger, and caul fat (? *ratam* – read *rutam*? = rue) and whatever else seems suitable to you. Having put these (ingredients) in their order (layers) three or four times or more, cover them up with dough (top crust) in the manner of a pastry. Afterwards, place it in the oven and guard against smoke. And it must be thick so that it can be carried away in a wooden cutting dish (*cissorio*).
5. -- Of monk's head : For a monk's head, take a good quantity of white dough (*paste albe*) and make pasta (*laganas*) in good quantity. And reserve a little of the dough and colour it with saffron (*croco*). And fry the third part of these *laganas* a little in oil. Another part boil in water and let them cool a little. Of the remaining part, you shape one third into coverlets (*penulas*) in the manner of ravioli (*ad modum raviolorum*) and you fill them with pounded hazelnuts and spices and almonds enough and they are boiled in a pan (*patella*) with oil as above. And of the remaining dough, make thin, broad slices (*pecias*) and cook them in the aforesaid oil. After, you pour a little honey over them.

Having done this, order the layers: In the first layer, place figs that are fried and cut through the middle ; in the other layer, put honey and spices with blanched pine nuts and dates cut in half and walnuts, coarsely pounded (*male trittis*) hazelnuts, dried grapes, and adding also a little onions fried in oil. And you may add more layers following this from boiled *laganis*, and you may make it with crenellations, like a castle.

And make it cook in the embers with much oil. And when it is cooked, pour off (*depura*) the oil that is there. And eat it in Lent.

6. -- Of parmesan tart : For parmesan tart, take well plucked chickens, cut up and dismembered, and

fry them with well-cut onions in a good quantity of pig fat. And having cooked these chickens, give over them pounded spices and salt in sufficiency.

Then take fragrant herbs in good quantity, grind them strongly and add some saffron. After, take pork belly, boil it strongly, skin it and beat its fat strongly on the table with a knife, and mix it with the aforesaid herbs and a little of grated cheese and distemper it with eggs. And then make white *raviolas*. And if you will add parsley and other fragrant herbs to these, you may make green *raviolas*.

Also, take some quantity of blanched almonds and grind them well. And divide in halves, to one part of which you add a good quantity of spices and into the other, put sugar. Make *raviolos* of each kind.

Also, take the stomach (*budella*) of a pig, fat and well washed, and fill it with good herbs and cheese and boil it.

Also, take ham (*presucum*) and also sausages and cut them finely and mix broken eggs with them and add into it the first mentioned chickens and mix it thoroughly with a spoon until it is thick. After, take it from the fire and season with salt.

Finally, take sifted (*mondatum*) white flour and make a strong pastry (*pasta*). After, make (take?) a baking dish and apply a little flour between the pastry and the dish with a spoon. After, pour of pastry. In the first layer, place the chicken meat; in the second layer, put the white *raviolos* and sauce over them; in the third layer, place the ham and sausages; in the fourth layer, of the same meats; in the fifth layer, of *ceruellatis* (a kind of sausage); in the sixth layer, of the almond *raviolos*; and so on as (long as) you have ingredients. And in each layer, add dates and spices to sufficiency.

After, you cover the pastry completely and put it over the coals, and a baking dish over it. And after, cover above with coals, and frequently and carefully uncover said tart and baste it with pig fat. And if said tart should break, take dough that is shaped skilfully (*subtiliter operatam*) and moisten it with water and place it over the breach and put the hot baking dish over it.

After, when you see it is cooked, carry it in among lords with great pomp.

7. -- Of tart made in another way : take twelve capons and boil them well. Once they are cooked, take their breasts and cut them up very small with a knife on the table with beaten eggs, spices and saffron, and with the juice of bitter oranges, salt, and fragrant herbs. Pound it well and fry it in a pan (*patella*) with pig fat.

In the meantime, distemper flour with eggs and make *tortella* which by another name are called *crispella* or *lagana*, and they shall be very thin. And from that dough, having added flour above so



that it be harder and stronger, make (*componere* – combine, put together) in a good quantity a single concave crust (*crustam*). And first, at the bottom of its hollow (*concavitatem*), arrange one bed of pounded prunes. And then it is covered well with this dough (*pasta*).

Also, take one pound of almonds and one pound of gingered (almonds? ginger candy? *Zinziberati*) and two ounces of rose sugar and a little salt and one ounce of spices. They are ground and mixed with the dough (*cum pasta*). And of the aforesaid dough, shape concave men and women. In their midst, set one minstrel (*ioculatorem*) or more holding a viol (*viellam*) or whatever instruments you wish.

Having done all this diligently, place it carefully in the oven. And know that it is cooked quickly. Having taken it from the oven, it is carried with pomp (*pompose*) before the lord.

Of a defoliated tart : To make a defoliated tart, take flour distempered with hot water and mix it with pig fat cut up small, having added salt. And place it in a heated *tiolla* (thick-walled vessel), placing another *tiella* above.

9. -- If you wish to make a tart of *lassana*, take *lassanas* and fried or boiled or poached eggs and *raviolos*, cut up or entire, fat cheese, grated or cut up, and enough pig fat. And of these, layers are to be made, adding spices. And shape above them a serpent fighting with a dove or whatever other animals you wish. Then, take intestines filled with a good filling and they are placed around it as though they were a wall. Then the layers are coloured as you please and placed in the oven.

After, it is carried before the lord with pomp.

10. -- Of tart of the small mountaintop (*montano capitulum*) : Take calamint (*nepitella*) and wild thyme, beaten pig fat, fresh cheese, boiled and cut-up ham (*presuccum*), boiled sliced sausages and many eggs. Mix it all. Put it in a pastry crust (*pastillo*) and do not cover it above. Into these (tarts) you may also put cooked stomach (? *galdafrax*) and all things that are put into those above. On top, dismembered (*fracta*) hens, beaten eggs, etc. And you make a mouth, as is said of the other tarts.

11. -- Of Lombard compost : for Lombard compost, take saffron that is cut up small, aniseed and fennelseed, and set it to cook with must, and it is cooked until half if consumed. With that must, mustard is distempered.

After, take small beets (*rapas*) and parsnips (*napones*) figs (*cottana*) apples, and you cut them into four parts, and pears divided lengthwise (*per medium*), whole carrots, radishes (*radices*), parsley and white fennel, and set to cook the aforesaid leaves, figs, apples, pears and radishes in water. When they are cooked, combine them in order in a washed vessel, putting between the above distempered mustard and the abovementioned seeds.

If you wish, you may add honey. And it can be made with distempered sumach and mustard. And into the aforesaid mustard, put in mulberries which are found on trees which are known as *celsi*. And it may be made with (straw?)berries (*frasis*) which are found in fields. And you may distemper it with sugar and vinegar.

12. -- of German compost : take well-washed, boiled carrots and set them to cool. In their water, cook beets (*rapas*) which, once cooked, are also cooled. Then, have parsley, the roots of radishes (*radices rafani*), celeriac, and leek, the white of fennel, and pears, capers, and cabbage sprouts (*cimulas caullium*) ; and make all of it boil together strongly for long, and let it cool as above. According to the Lombards, elderberries may be added. Afterwards, have mustard made with not too strong vinegar and fennelseed. And afterwards, put in everything singly in layers, and with each layer of the aforesaid plants, add mustard as is needed. Having arranged them, place on the (topmost) layer a broad platter with a heavy stone and leave it for eight days. After, give to eat.

13. -- Of must and mustard : Prepare must to make mustard thus: take new must and make it boil until only the third or fourth part remains. Guard it from the smoke, and skim it well. Next, grind the mustard seeds that are to be distempered with thus must very strongly. After, put it in a cask, and it may be kept for four months. And it goes well with pork or salted tench. You may keep the must for other dishes.

14. -- Again of mustard : to make mustard, take must that has been prepared as is said above and it is strained through a hair sieve. Then, have as much of mustard seed as you wish and add a little of the must to sweeten it (*ad mollificandum*). Next, grind the aforesaid seed strongly, distempering with the aforesaid must. After, have four ounces of cinnamon, three ounces of ginger, one ounce of cloves, two ounces of cardamom and half an ounce of long pepper. Grind all these, distemper them well with a little of the must and mix them with the mustard. For two parts (*pecia*) of the mustard, add one ounce of spices.

Know that when the must is cooked, a certain quantity of salt must be added, as it must be when meat is cooked. And the sweeter the must is, the better the mustard will be.