

## Mittelniederdeutsches Kochbuch

The Mittelniederdeutsches Kochbuch (Middle Low German Cookbook) aka Wiswe MS or Wolfenbüttel MS is the earliest of the very few Low German recipe sources we have. The collection of 103 recipes was written in the late 15th or very early 16th century and edited by Hans Wiswe, a German scholar, in 1956. Very little is known about its context, but it shares some recipes in parallel with the Harpestreng tradition. The original text as edited by Wiswe is found online at <https://www.uni-giessen.de/fbz/fb05/germanistik/absprache/sprachverwendung/gloning/tx/mndk.htm>. That text was used as the basis for my translation.

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1 If you would make a puree (*moes*) of grapes, take as many of them as you wish and require and pick them from the stems (*drufelen*) and press them apart (i.e. crush them). And take off and filter (*clare aff*) about half a *stoveken* (measure of capacity) of the wine. And set the rest by the fire and let it boil. Take almonds and pound them small in a mortar. Grind them small in a mill with the filtered wine. And then pass the boiled grapes through a clean cloth. Then do the same with the almonds and boiled grapes together. And let them boil once again. Then take gingerbread (*honnichkoken*) as many as you think right and make them dry. And pound them small in a mortar. And searce them through a spice sieve (*krudeseff* – a fine sieve). And add them to the grape puree. Add honey and let it boil for a long time so it becomes thick. And then add spices afterwards, ginger, cloves, pepper, thus it turns out good. When it is done, put it into a clean cask and store it.

2 A good puree of apples make thus: Put the apples into an earthen cookpot unpeeled and let them bake in an oven. And they shall be *goderlinghe* or *flakeeppele* (sorts of apples). When they are baked, pass them through a colander (*dorchslach*). Next, pass them through a good clean cloth. Then set them to the fire and let it boil. Add honey and pounded rice searched through a spice sieve (*crudeseff* – a fine sieve). Also add saffron, ginger, and cloves and pepper. And you may keep this puree for a long time.

3 If you would make a good puree of apples that you shall eat at once, take good *gaderlinghe* or *flakeeppele* (two types of apples) and cut each apple into four parts. Cut out the core. And put them into a cookpot and let them boil. You may take wine or mead with that, and let them boil with it.

Then pass it through a clean colander. Then pass it through a clean cloth, set it by the fire and let it boil. Add to it eggs or almonds, according to what the time of the day or the year is (i.e. according to what fasting rules apply). And add to it honey. And let it boil its measure. Season it with saffron, ginger, and cloves and pepper. And serve it cold. That way this is a good puree. In the same manner, you may make this kind of puree from pears. The same way, one also makes a puree of figs.

4. Make a good cherry puree (*moes*) thus: Break the cherries raw in a pot. Pour off the thin (juice). Then set the thin (juice) by the fire and let it boil. Pass the other thick cherries through a strainer (*dorchslach*). When the stones are clean, take them away and set the puree by the fire. And let it boil well. And add to it honey and pepper. Bread, toasted from manchets (*semmelen*), pound that in a mortar and searce it through a spice sieve (*krudeseff* – a fine sieve). Or add to it honey cake, pounded and searced finely. Let it boil and season it with ginger, cloves, pepper. After that, break up the stones altogether and make them dry. Pound them small in a mortar. Put them into the puree. And keep this as long as you wish.

5 A puree of walnuts (*groten noten* – lit. large nuts) make thus: Break them from the tree eight days after St. John's Day (i.e. July 1). And soak them in water for eight days. And give them fresh water each day. When they have soaked, let them boil well with water. Pour the cooking liquid (*soyt*) clean (i.e. completely) away and pound them cleanly, two in a mortar (two at a time?). Pass them through a strainer (*dorchslach*) with vinegar or with mead. Then grind them on a mill. Set them by the fire thus and let them boil. Add honey, as much as the puree needs. Add gingerbread (*honnichkoken*) that has been dried fully and searced through a sieve. And let it boil to its thickness with that. Add to it cloves, pepper, ginger, each in its proper measure.

6 If you would make a puree (*moes*) of parsley roots, take as many of them as you require puree. You shall eat this when you are fasting (keeping Lent). Set them by the fire and cook them until done. Pound them in a mortar. Pass them through a cloth with their own cooking liquid. Take almond kernels, the fourth part as much as there are roots. Blanch them and pound them in a mortar. Grind them with wine as best you can. Combine the parsley roots and the almonds and let them boil. Take rice, half as much as there are almonds. Pound that in a mortar and searce it through a spice sieve (*krudeseve* – fine sieve). Put the puree into it (it into the puree, I think) and let it boil.

Add sugar in its measure or honey in its measure, whichever you may get. Add a good ginger. That is a good puree. And eat this if you wish.

7 If you would make a good puree of *kreken* (aka Krieken, Kreten or Krieken, a distinctive local variety of plum identified as *prunus domestica ssp insititia*), take them, when they are most timely (ripe), as many as you need. Seth them by the fire and let them boil a while. And take them and pass them through a copper strainer (*kopperseff*) so the stones stay out, and add honey. And let that boil. And take with that baked flour that was baked in the oven, as much as you think good, and let it boil to its thickness. Season it with plain (i.e. only) pepper. And then put that into a wooden container, that way you may keep it as long as you wish.

8 If you would make a green (i.e. fresh) pike that is filled, break its teeth and loosen the backbone close to the head. And take a thinly cut (piece of) wood half an ell long, the thinner, the better. Loosen the skin around and around so that it does not tear. Then take out the fish (flesh) as far forward, as you can (i.e. with as little damage to the skin as possible). Cook it until it is done. Take out the bones. And make a filling good with raisins and figs and other fish and spices and eggs. And fill it back into the skin. Thus lay it upon a griddle. And wrap a wet cloth around the third part of it. And lay one upon the griddle. And let it boil (steam) and roast. And when you think that the third part is done which is being roasted, take a good stiff dough and shape that around it as a bowl would be. And take other stock of good fish that you think will congeal well. Season it well as though you wished to make another (kind of) galantine. That way it is perfect. And make a good horseradish with almonds (to serve) with the boiled (steamed) part and one with wine with the roasted part. And make a good sauce of gingerbread and wine and spices (to serve) with it.

9 Item if you would make sausages in Lent, take roe of many pike, as many as you may get. Pound it in a mortar. Pass it through a clean cloth or grind it in a mill. Take the livers of pikes and the guts of (other) fish and of pikes, whatever you can get. Clean them and cook them. Chop them small and mingle among them cooked rice and the roe that you have pounded in a mortar or ground in a mill. Make a good filling, as much (as well?) as you can. And season it with pepper and saffron. Also add raisins or figs that are (cut?) small. Thus stir it, so that it does not become too hard. Take good wheat flour and of the pounded roe. Make a good dough of it as if you wanted to bake "*heydenysche koken*" (probably means a type of fritter here). And take and roll out the dough thin,

as thin as you can, and (cut it) as narrowly as three fingers are broad and as long as you think a sausage should be. Make of those as many as you need. And lay the filling on them, and roll/twist (*dreye*) them firmly, so that they become sausages. Have good boiling water ready and lay them in it. And let them boil to their measure. Make a good sauce (*soet*) with this, as one shall with sausages. And serve them.

10 If you would make good 'beef bacon' (*ossenspeck*) in Lent, take the skin of stockfish and the stomach of stockfish and boiled rice. That shall have a good flavour of salt and spices. Make a yellow mustard of honey and vinegar to go with it. And press the 'beef bacon' in a cloth. And let it lie for one night. And then cut off from it as if it were regular (lit.: any other) 'beef bacon'. And serve it.

11 If you would make a good vinegar of water, take sloes and crabapples. Break them off between the two Our Lady's Days in autumn (probably the Nativity of the Blessed Virgin, also known as Marymas, on 8 September and the Presentation of the Virgin Mary on 21 November), the more the better. Pound them small in a mortar. Make lumps of them like sausages, lay them on a board and set them in a hot oven in which bread has been baked. Let them stay in there as long as the oven is warm. That way it is a good dry vinegar.

12 Item if you would make an electuary of rosehips (*wypen*), pick them around (lit.: between) Our Lady's Day '*der lateren*' (?) eight days before or eight days after, as you choose. Cut them in two and take out the stones (seeds). When the stones have been removed and (the rosehips) have been cleaned, boil them in wine or in mead and pound them in a mortar with the same cooking liquid. Pass them through a cloth. Take pounded rice as much as you need for this (quantity). And boil the same with honey and with its own cooking liquid and with good spices, with cloves, with ginger and with good pepper. Boil it (down) as thickly as you can. And put it into clean white cups. And put it forth (serve it?)

*Wypen* are very clearly rosehips. The etymology stands up and the description fits. The dating continues to escape me, though. My first instinct would be Maria Laetitia, but that is in summer when you do not harvest rosehips. Possible dates would be *Mariae Immaculatae* (08 December) and *Prasentatio Beatae Viginis* (21 November). Of course, local holidays are

always a possibility. We do not know in which bishopric this manuscript originated.

13 If you would make a good electuary of *packun ghenberen* (? Wiswe suggests a kind of pear, another interpreter brooklime (*veronica beccabunga*). I cannot add any clarity here), take as many of them as you need. And put them in an earthen pot. Let them bake in an oven with the bread. Cover the pot closely so that no air may go out. Take out the stalks and pound them in a mortar and pass them through a cloth or a colander. Then grind them small in a mustard mill. Then buy gingerbread (*honnichkoken*) as many as you require. Lay them on a griddle. Roast them well on a gentle (lit. thin) fire so they do not burn. Lay them on the ground so they become hard again. Then pound them small in a mortar and put them in among the *beren* (pears or berries) and boil that strongly. Then take as much honey as you need. And boil it as thickly as you can. Take good spices, cloves and ginger and good pepper. Thus it is a good electuary. Put it into white cups and serve it.

14 Item if you would keep quinces an entire year so that they stay fresh. Make a must of crabapples (*holteppelen*) without water. And make as much of this as you require. Let it ferment well and let the quinces heat up a little in hot water. Then lay them out to cool. And place them in a clean cask or a fir (*dennene*) cask. And pour the apple must over it so they are covered. Do not touch it with your hands, then they will last as long as you wish.

15 If you would make a good puree of brambles, let them be picked as you need them. Pound them in a mortar, pass them through a cloth, set them by the fire and let them boil. Take a good pure wheat flour, toast (*gloyge*) it so that it does not taste burned (*eynsmecke na brande*), put it in and let it boil. Take honey and spices. Add to that and let it boil so that it has its (proper) thickness. That way it is good.

16 Item if you would make a good puree (*moes*) of quinces, take them and put them into a cooking pot (*gropen*) and cover them firmly. Set them in boiling water so they are properly cooked through. Take (them), cut out the cores. Pass them through a strainer. Take honey and pounded rice and pepper and saffron, cloves and ginger. Let it boil to its thickness. Thus it is a good puree.

17. If you would make pickled quinces, boil them well in good, old beer to their measure. Then cut them in quarters and cut out the core (*kernehus*, lit. house of the seeds) or that which attaches to it (?). Stick them all about with ginger and cloves as many, as you would have in there. Lay them in a good, clean cask. Pour good, pure honey over them. That way they are pickled quinces (*sultqueden*).

18 If you would make a good *horseman* (? not a translation, original spelling), collect many bones of cooked chickens, of wild and domesticated ones. Also take other cooked meat as much as you need. Pound that in a mortar quite small and pass it through a colander. Take wine and pass it through a cloth. Take eggs and spices (read *crude* for *erude*). Add it and let it boil its measure. Salt it lightly. This it is a good 'horseman'

19 Item if you would make a good pastry, take the liver of a calf or of a ram (*bucke* – could also mean billy goat, but I don't think so) and par-cook them on a griddle in its measure. Cut it in small pieces properly. Pound them in a mortar very small. Take a little honey and spices. Rake raisins (or rosin? Likely raisins here) and two eggs. Mix it into that. And shape it all back together in one piece. Lay it in a thick-walled cooking vessel (*deghele*) in clean fat and turn it over frequently. And let it fry. Then stick it on a spit. And lard it through (*dorchdrop*) with clean bacon. Strew it with honey and with spices and let it roast till done. That is called a pastry liver (*posteydenleveren*)

20. If you would make one egg out of many eggs, collect the yolks separately and also the whites. Take raisins or figs, cut up small, or green peas or parsley, whatever the time of the year may be. And add one of the four into it (the yolk). Make it red with saffron and put it into a pig bladder. Bind it tightly shut. Let it boil (until it is) hard. Take the yolk out again and take a larger (bladder) that is twice as big. Lay the yolk in that. Take the white well and put it in there on top of the yolk, and tie it shut firmly and let it boil till done. This way it is called a big egg. Cut it into four parts. Prepare a yellow sauce (*soet*) (to go) over it. Thus serve it.

21 If you would make good baked milk on a griddle, take good milk. Break eggs into it. Season it with pepper and saffron. Set it by the fire so that it turns thick and let it boil. Turn it out into a clean cloth. Then press it under a stone. When it has grown cold, cut it into slices as you think is good.

Lay them on the griddle and roast them in their measure. Strew them with ginger and with sugar. And serve them.

22 Item if you would make a red spoon dish (*moes*) of milk and crawfish, take the crawfish and wash them so that they become clean. Break off the claws. Pound them fine in a mortar. Pass them through a cloth with milk. Take eggs and flour. That way it becomes a red spoon dish (*moes*).

23 Item if you would make crawfish in a broth (*bigote*), take and cook them until done. Pound the claws and the skin (shell) in a mortar and add to that wine or vinegar. Make a flavoured broth (*sot*) of this. Add honey and spices. Let it boil. That is called crawfish in a broth.

24 If you would make crawfish in a galantine (*galreyden*), take crawfish and cook them until done. And take them carefully out of their shells. Take wine and honey and spices and ground rice (*gestot ris*). Boil that up. Make a sauce of that. Pour that over the shelled crawfish. Put the shells on them again. This is called crawfish in a galantine.

25 Item if you would make filled crawfish, you must have a mould carved from wood (shaped) like a crawfish. Take raw crawfish and pound them in a mortar. Pass them through a cloth. Take pure wheat flour and make a strong dough from the flour and the raw crawfish. And make a good filling of fish or of eggs or of meat or whatever (there) is. Take almonds or figs or raisins and pepper and saffron and grind (? *mangele*) it thin. Spread (roll out) the dough, one sheet under and one sheet over. Fill the filling between them, tie the mould strongly. Let it boil in hot water. Take vinegar or wine. Make a small (mild?) sauce. Take cloves and ginger. And take a little honey. Let them boil with that. Serve it that way.

26 Item if you would make whole birds without bones, take young birds of one year. Make them clean. Parboil them in vinegar. Take them out again and take vinegar, as strong as you can get it. Lay them into this and let them stand for one night. This way, you may either boil or roast them.

27 If you are called on to take the field (*in de hervart*) and asked to cook many things and do not have many cooking vessels, take sheep stomachs (*bruchen*) and beef stomachs (*bruchen*) and pig's stomachs (*maghen*). Clean them. Put into each one what you will, black, yellow, green, with root vegetables, with onions, many a thing, whatever you wish. Put each one separately into the stomach, each with its particular cooking liquid. And close it up well in them, each with its particular (ingredients). And lay that in a pan or a cauldron. Let it boil until it is done. Then serve it as skilfully as you may.

28 Item if you would make entire chickens in a glass, have earthen glasses (glazed pots) made in the shape of a *klucglaze* (a narrow-necked drinking glass, also known as an angster or engster), two fingers wide at the top. Take young chickens. Make them ready properly as young chickens you intend to fill. Cut them open at the neck, not in front, (but ?) where their wings are. Take out the meat and the bones there so that the skin stays whole. Cook the meat until done. Take out the bones. Make a good filling from the meat of raisins and of eggs and bacon and spices. Close up the skin again where you took out the meat as skilfully as you can, with a piece of thread or with a skewer. And the forward limb shall stay (attached) to the skin and the feet. (leave the wings, lower legs and feet on). Bring the skin back (probably misplaced here) into the glazed vessel. Fill the filling back into the skin to the mouth of the container, and do not overfill it. Set it in a cookpot and let it boil (so) that no water enters into the container. When you think that it is done, take the whites of eggs. Colour it yellow or green, as you will. Pour (swirl) it around, back and forth, that which is in the glass. Set it in a cookpot so that no water comes into it. When it is done, break apart the earthen glass (glazed container) and serve it. And serve ginger and wine with it for a sauce (sot).

29 Item if you would make a leg of roe deer or (rather a dish) that is in the shape of a leg of roe deer, take one foot of a roe deer and take other cooked meat of any kind except pork. Pound it small in a mortar and add eggs. Add to it ginger, cloves and raisins. Take it and bind it to the roe deer foot around a spit with a clean cloth and lay it by the fire thus. When you think that it is half done, take the cloth off again and take it (secure it) on either side crosswise with four thick pieces of wood. And lard it. And cook it fully through. And serve it. And serve with it ginger and wine etc.

30 Item if you would make roasted chickens without bones, scald them well to measure and make (pluck) them clean. Clear them out (loosen the skin?) all around before you take them out. Cut them

open a little above the wings or higher (*?ofte up*). Take out the insides (*ingheweide* – usually entrails) altogether there so that the skin stays undamaged. Then take the meat and the liver and the stomach and cook them until done. Take out the bones and chop it finely (*thohope wol thomate clene* lit: a lot and small in its proper measure). Add eggs and spices and bacon and raisins. Fill it back into the skin. Parboil it in water so that it hardens. Make as many of these chickens, as you need. You may boil or roast them. When they are done, serve them.

31 Item if you would make wild ducks in a sauce (*sode*), clean them. And throw them whole into a cauldron or a tripod kettle (*gropen*) and cook them until done. Take eggs and boil them quite hard. Take pounded rice. Take vinegar or wine. And grind that in a mill. Lay the duck in this (sauce) and let it boil up in it. Take saffron and pepper and cinnamon etc.

32 Item if you would make half eggs that are filled, take eggs and boil them hard. Cut them apart through the middle. Take the yolk out of the white. Pound the yolks in a mortar. When they are pounded, break raw eggs into them. Take sage and garden mint, pepper and saffron. And fill the yolk back into the white. Lay them in butter and fry them all hard. Take vinegar and other eggs and make a good sauce (*soet*) (to go) over it. Add honey, pepper and saffron. Salt it to its measure. And serve it.

33 Item if you would make filled eggs, broiled on the griddle, take raw eggs. Break open the eggs on one end, as narrowly as you can. Take and stir (scramble?) the raw eggs with butter. Take pepper and saffron, parsley, sage. Add that. Fill the filling back into the shells. Stick them on herring skewers and broil them on a griddle in their measure. And serve them.

34 Item if you would make 'lost' eggs, take raw eggs and break them into boiling water. Boil them well in their measure. Take them out again. And take vinegar and other raw eggs. Take pepper and saffron (and) honey. Make a good sauce of that in its measure. And serve it.

35 Item if you would make many things out of peas, make a sharp lye from ashes. Hang the lye over the fire and make it boil. Take peas and put them into the lye. When you feel that the shells come

off, take them out again and wash them in pure water so long that they become clean of the shells (? *sloen*). Set them by the fire in clean water, and let there be the right measure of water. Let them boil until they are done and dry them, so that they do not burn. Take them out, so that they fall apart (? *vorslan*). Pound them in a mortar as dry as you can and the smaller the better. You may make of that what you wish.

36 Item if you would then make peas roasted on a spit, take peas and wheat flour and take a little honey, pepper and saffron. Mix this strongly and put it on a spit. Lay it by the fire. When it becomes hard, drizzle it with oil or with butter, depending on what the time of the day is (i.e. whether it is a fast day or not). If you think that it is done, serve it. And the spit shall be a wooden spit.

37 Item if you would make them (the peas) in a galantine, you must have a mould in the shape of a fish carved from wood. Take wheat flour with the peas. And take a little honey with the peas. Push them into the mould and then fry them in oil so that they become hard in the proper degree (*tomathe*). Lay them in the bowl where you also let other galantines settle. And for this, have a good broth of other fish that congeals well. Pour it on them and let it congeal.

38 Item if you would make more dishes from ground peas in the mortar, temper them well with honey. Pass them through a colander into a clean vessel. Plate them and serve them with fried (or roasted?) herring. Of the same peas you may also make a manchet loaf (*weghe*) like an almond loaf (*mandelwegge* – an almond cheese subtlety). You also serve this with fried herring and mustard.

39 Item if you would make (a dish) of the same peas that they are in the shape of a castle, the longer you pound them, the better they get. Make them slightly sweet with dry sugar. Make a saltcellar (or sauciere – *salsen*) of those peas that is one hand tall and one hand wide. Set that in a thick-walled (*deghelek* normally means quotidian, but *deghele* refers to a thick-walled cooking vessel and I think that is meant here) serving bowl. Place around it a twofold cross each being a short span in length and one hand high. And make around it, also from the same peas, a wall that is also a hand high. Make small cones also from the same peas. Those shall be the towers, as many as you wish. Set them upon the wall all around and around. Have a good needful [...] (lacuna – I am guessing mustard) and pour it into the saltcellar. And serve that with roasted herring.

This is what I expect it is meant to look like, with the sauciere in the middle;

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40 Item if you would make filled peas, take of the peas that are pounded (in a mortar). Make them (taste) good with sugar. Take pounded rice, that is (also) flour. Take of that the fourth part as much as there are peas. Mix the rice into it. Make it as strong as you can. Take it and lay it on a smooth board as though you wanted to make a thin dough. Roll it out (*mandel* for *man del*) as though you wanted to make infidel cakes (*heydenische koken* – a kind of thin fritter). Make two of them. Lay on that what you have of good purees of pears, of apples, of cherries, of electuaries. Fill that upon one sheet and lay the other over it. This is called filled peas. Cut it a finger long and a finger wide. Fry it well in its measure in clean oil. And serve it.

41 If you would make good blue colour with which you can make cold blue dishes or blue cooked spoon dishes (*moeser*) and many kinds of filled fritters, take flowers of the common columbine (*aquilegia vulgaris* – *akeleygenblomen*) that have only just bloomed. Break them off in the morning before the sun (rises). And chop them small and pound them in a mortar. Take good, clear honey. Keep them in this as long that (i.e. until) you have enough. Then grind them on a mill again with clear honey. Take as many pig's bladders as you require, and hang them in the air in a window through which the sun does not come in. And let them hang so long that it becomes dry. That way it is good colour.

42 Item if you would make a bread loaf (shaped dish) of apples, take *moeseppelle* or *goderlynghe* or *vlageeppelle* (three types of cooking apples not clearly identifiable). Peel them and cut them in quarters and cut out the core and everything that does not belong on them (*wat dar nicht ane doch*). Put them into a clean pot. Let them boil in clean water so that no water can get in (sealed pot or water bath?). Let them cook through and put them into a clean thick-walled cooking vessel (*deghele*). Take butter that you have washed clean of salt, or good clean animal fat that is not unpleasant (*garstech*), or poppyseed oil that is sweet, whatever the time of the day may be (i.e. whether a full or partial fast day) and let it boil in the fat. And take with that what the time of the day may be, eggs or white bread or pounded rice that is seared through a spice sieve. Take spices,

pepper and saffron, honey. Put it into a thick-walled (*deghelek*) wooden vat shaped in the form of a bread loaf. And serve it.

43 Item if you would make many things during the fast that shall then be in the form (role) of eggs, you must have as much pike roe as you need. You shall pound that in a mortar. Then grind it small on a mustard mill. That way you may bake infidel cakes (*heydenische koken* – a fritter), *struven* (another kind of fritter), *gesken* (?), *rorkoken* (tubular fritters), *morkeln* (mushroom-shaped fritters), *rosinspeckenne* (raisin and bacon fritters?) and sage leaves. You may (also) make pastry coffins from the strong dough and you must let them harden in a small cooking vessel (*deghele*) that is hot. Then fill into it what you have of good fish, of green eels, of lampreys, raisins and pears, saffron and pepper and cloves. And pour on it a good wine in its measure. And that the filling be cooked beforehand, let it cook strongly (*thohopeseden*) and bake strongly (*thohopebacken*). Give them fire below and above in its measure. And serve them.

44 Item if you would make a cake (*spisekoken* – probably has a specific meaning, but I cannot parse it) of pike roe, take roe that is finely ground in a mill. Add to it parsley, figs, raisins, what (whichever?) you have, and white bread. Stir it strongly with sweet oil and put it into another mortar or thick-walled vessel that is in proper measure (large enough). Let it fry strongly (or: long? *thohope*) in hot oil with a gentle fire. When it is done, cut it into pieces as thick as you think you can manage. Tape pepper and saffron. Take vinegar and honey. Make a sauce of that. Serve the cake with this.

45 Item if you would make a large egg during the fast (Lent) that is (usually) made of many eggs, take pike roe that is ground on a mill. Take saffron and figs cut up small. Stir it around in a thick-walled cooking vessel (*deghele*) thus it can go into a pig bladder. Take it and tie it shut. Let it boil (until it is) hard. Then take it out again and put it again into another bladder that is larger. Take pike roe that is ground on a mill. Take almonds with it and grind them small on a mill. Pour that into the bladder around the yolk and let it boil long (*thohope*) until it is hard. Then take it out. Cut it in two. Strew it with sugar and with ginger. Thus serve it.

46 Item if you would make eggs in Lent that you may stick on a spit, you must have eggshells that are collected at what time you may. Take pike roe that is ground in a mill. Take parsley, pepper and saffron, figs or raisins. Make a filling from it. Stir it with oil in a flat dish. Fill it into the eggshells then. Stick them on spits,. Let them roast in their measure. And serve them.

47 Item if you would know how to make the good cherry drink that is carried in a bottle, take many cherries when they are ripe and break and grind them up well all raw. And let them stand over night. Take off the thin part of them (the juice) and put it into a cookpot. Set that by the fire. Let it boil. Add sugar, ginger and cloves. Let it cool. Then store it in many bladders. Hang them in an airy place during the day so that it dries. And when you need it because you wish to make cherry drink, take wine or mead a *stoyveken* (measure of capacity – often around 3-4 litres) and lay into that as large (a piece) as a walnut of that (the cherry mix). Let it stand half the night. If you would have it better, add more sugar and some ginger. That way it is a good cherry drink.

48 If you would make a good fresh cheese (*vlotkese*) in Lent, take almonds. Pound them small in a mortar. Take the broth of fresh pike in which they were boiled without salt. Grind the almonds on a mill with the broth. Pour the milk into cups (*beckere*). Let them stand an hour or two, as many as you wish. Strew them with sugar and pour other milk over them and serve them. The pikes from which you took the broth you shall prepare with vinegar and spices and serve as a warm galantine.

49. Item if you would make a galantine of fish as though they were alive, take loaches or gudgeons and boil them dry (i.e. boil them just till done and remove them from the water) with water and salt. Take a good broth of other fish such as pike or bass. Season it yellow with saffron and with ginger. And pour that into a clean vat and let it stand (congeal). Then lay the fish upon that broth. Then take a good, clear broth of other fish and pour it onto the fish cold. And let this be seasoned with sugar and ginger beforehand. Serve them thus.

50 Item if you would make (a dish) of a large eel so that it should (seem to) be a lamprey, cut it in pieces and let the pieces boil until they are halfway done. Remove the bones from them as best you can. Make a sauce (to go) over it from wine and toasted bread and of good spices, of cloves and of ginger and of pepper. Let it boil fully with that. Serve it thus.

51 Item if you would make a filled eel, take off its skin. And cut it all in pieces. And boil them till done. Take out the bones. Take sage, raisins, ginger, and ground rice. And make a filling of it. Salt it well in its measure. And fill it into the skin again. Lay it in hot water. Let it grow hard. Cut it into equal pieces. Make with it a sauce (*soet*) of wine and of honey and of good spices, of saffron, of pepper. And let that boil strongly. And serve it.

52 Item if you would make a good porridge (*moes*) of hemp in Lent, take good hemp. Pound it raw, as much as you need. Make a good thick milk of it. Set it by the fire. Let it boil. Pour off the liquid through a sieve into a pot (*gropen*). Add honey and white bread, pepper and saffron. Make it succeed with a little almond milk. And let that boil. Walt it well in its measure. And serve it.

53 Item if you would make a fresh cheese (*vlotkese*) of hemp, pound good hemp of which you know in advance that it is good hemp. And pound it in a mortar with boiled rice. And take with that good unsalted broth of ruffes or other basses (*bersen*, i.e. similar fish). Make a good thick milk of the hemp and that broth. Pour that into cups (*bekere*) and let it stand long enough that it gels. Then do as you usually do to serve it to gentlemen and lords etc. Make (pour) over it a good thick milk of walnuts (*groten noten*). And serve them thus. Thus (also?) slice that cheese of hemp with the fish from which you took the broth. Boil those again in salted (water) and dry them. Serve them with ginger or with green seeds (*samen* – for *salsen*, sauce?) or with a good horseradish ground in the mill.

54 Item if you would make a good electuary of violets, chop them small and then pound them in a mortar. Then take good pure honey and add it. Take raisins, a quarter as much as this is, and pound it small and add it. Take anise, half as much as there is rosin. Pound that small and searce it through a sieve. Also add that to the electuary. Set it by the fire and let it boil with half an *osel* (measure of volume) of wine that is good. And add to it ginger, cloves etc. And let it boil so it becomes strong (thick) enough. And put it into a bowl.

55 Item if you would make a puree of liver such as of sheep, calves, cattle, what(ever) you have, cut

it in cold water and let the blood run cleanly out. And after you take them out, cut them smaller still. And then pound them in a mortar. Take wine or vinegar, what you have, and pass them through a cloth with that. And put that into a clean vessel. And set it by the fire so that it does not burn. And add eggs and honey as much as you require. And add butter or animal fat. Season it with pepper and ginger. And salt it in its measure. And serve it warm or cold, as you wish.

56 Item you shall take almond kernels and put them in hot water for so long that you may shell them afterwards, and dry them on a cloth. And pound them in a mortar. Wring them through a cloth. That is good oil for all foods.

57 Item one shall take thick milk of almond kernels and make a pot (a pastry coffin) and put the milk into that. And cover the milk with dough (a top crust). And salt it. And let it bake in an oven.

58 But one shall take almond kernels and make a thick milk of them and add to that vinegar or wine and set it upon the coals and let it curdle (*rynnen*). That becomes good thick milk like that of sheep.

59 You shall take cloves and nutmeg, cardamom, pepper, ginger, all weighing equally, and make with this (*daraff*) butter or cheese.

60 Item take a chicken and parboil it and blow the skin all off it (loosen the skin by blowing under it). And loosen the sharp ends of the wings and the claws at the (edge of the) skin. And boil the meat of the chicken. And pound it with good spices. And fill it back into the skin. And roast the chicken. That is called a Greek chicken (*krikeshun*).

61 Item you shall take sweet (i.e. fresh) milk and add beaten eggs and bacon cut into small pieces, that is *korpele* (lardons?) to it. And let it boil with ground saffron. And as soon as it boils you shall set it upon the embers and cover the pot with a bowl. And let it run up the sides. And force it through a cloth (drain it through a cheesecloth?). And thus break up the milk. And roast it on a griddle. And lay straws beneath it. That is called larded (*ghespeckede*) milk.

62 Item you shall take the larded milk and dough that is to be made from flour and saffron and eggs and [lacuna] This is called toasted milk.

63 Item you shall take chickens and parboil (*broyen*) them as one does, and cut them apart and cut the meat off the bones. And slice (*tosplit*) it small and make the bones clean. And wrap (*bewynt*) them in the meat of the chicken. And put on it powder of cinnamon. And wrap (*bewint*) them in a dough of beaten eggs and wheat flour. And let them fry in fat.

64 Item you shall take an entire chicken and cut it apart through the middle. And set it on the coals without water. And add parsley, sage and pepper to the cooking liquid (*sode*) of the chicken. And add fat and vinegar. Salt it in its proper measure. And boil it in that. Those are chickens '*in brueth*' (in broth?)

65 Item you shall cut a chicken in pieces and cook it in water with the liver. And add pepper, cinnamon, saffron, toasted white bread and the liver of the chicken to the sauce. And add to it fat, vinegar and salt in its proper measure. These are chickens '*in commune*'.

66 Item you shall cut a chicken in half through the middle and make two flat pieces (*fladen*) of flour and water and cut bacon into them, and add whole sage leaves and pepper. Salt it in its measure. And cover it inside the flat dough pieces. And let it bake like a bread (? *brade* – I suspect copyist error). These are pastry chickens (*posteidenhoner*).

67 Item you shall make a pot (coffin) of flour and water and cut a chicken all in pieces. And put into it bacon, cut small, and peas and pepper and many egg yolks beaten with saffron. And cover the pot (coffin) with dough. And let it bake in an oven. These are cakes of chicken.

68 Item you shall take a boiled chicken and strip the meat clean off. Add to it pork, cut up small, and wine and grated white bread. And let that boil in a pot (*schapen* – probably a pottery cookpot). And thicken it with egg yolks, beaten. And when you serve it out, sprinkle on it white (spice) powder and cinnamon. That is called a mortar dish (*mortel*) or chickens.

69 Item take the net (caul) of a pig and spread it out it into a pot. Pound lean meat in a mortar. Add eggs and white bread to it. Lay it on the net, strewed with spices (*worten*). Add to it small (cut) bacon. And take chickens, salted (meat?), all manner (of things). Chop it up small, and the innards of the chicken with it. And press the filling to that. And wind it around a club. Tie it together with six length of wood (*schenen*). Roast it until it is done. Cut it into slices like venison. Make with it a sweet-sour sauce (*suren syrop*).

70 Item take eggs and flour. Work a thin dough/batter (*dech*) from that. Set it upon an iron (pan?). And beat eggs with flour and pour it into that. And roast the chickens and take the meat from the bones entirely. Chop the chicken with other meat. Pound that in a mortar. Add eggs and bacon to it. Lay it in the (dough) sheet. Press the drumsticks of the chickens into it. Break eggs onto it with saffron and other spices.

71 Item take eggs and beat them. And take three large intestines (*grote derme*) of a pig. Fill one with parsley and with eggs, and the other with eggs without the yolks and bacon, and the third with yolks and saffron. Boil (read *sede* for *sette*) that hard in a cauldron. Then cut the guts off of them. Make a sheet (pancake) of eggs that is thin in a cooking vessel (*schapen*). Lay it in. And set (them up) one yellow, one green, and one white. Make a red spoon dish of lungs (*lungenmoes*). And throw it in above it thus (probably missing a drawing). Lay a sheet (pancake) above that, between that well beaten eggs and flour [...]

[...] searce that, and cinnamon as much as all the others together. And throw in as much toasted white bread as there is of all other ingredients. And pound that together and grind it with strong vinegar. And put it into a cask. This is called lords' sauce and stays good for half a year.

If you would (do) more, you shall boil this sauce over coals. And take larded venison and roast deer. And cut it in broad slices. And once the sauce cools down, you shall put in the venison and a little salt. This will stay good three weeks. Thus may you keep good deer roast if you cut it to pieces thus. This is the best sauce that the lords have.

And you shall equally take garlic and grind it with good vinegar and salt. This sauce is good for roasted lampreys and all roast beef.

72 Item take thick almond kernels, milk (thick almond milk, most likely) and rice, ground small. And let it boil up on the coals. And add saffron. And then let that cool. Let it cook with fat. Stir it with eggs and with spices. If you will, you may also make the wine mush (*moes*) with roast chickens this way. Also you shall particularly make it red with saffron. Also strew it well with sweet (spice) powder.

73 Item if you would make an apple *fladen* (a flat cake or pancake baked with a topping), take and make two fladen in a pan (*scapen*). Take out one sheet (pancake). And take roasted chickens, apples, pig feet, ears, brains, sausages, and spices. Lay it into this (? *lege darin / dat in sole*). Put it into the other pancake. Let it bake on that. And serve it.

74 Item if you would make a filled flat cake (*vladen* – a kind of pancake in this case), take eggs and white bread. Make a thin batter from it. Pour that into the cooking vessel (*schapen*). Lay into it chicken stomachs, livers, pig's ears, brains, sausage and spice. And break eggs over it. Bestrew etc.

75 Item make a paste (? *deych*) of eggs and of roast chickens and cooked pork roast and mix it with spices. And slather (*besla*) it with honey. And lay it upon the sheet (of dough). And press it together into small pieces. And fry it in fat.

76 Item take tender (more?) meat and chop it fine. Pound it in a mortar. Add eggs to it. Grind fine bread (*schonebrot*) in a mill. Take a new cookpot. Make it warm and white (clean) on the inside. And spread the filling within it as thick as the pot is. Throw it into a boiling cauldron. Boil it hard. Fill it with cooked chicken and add spices. And strike the pot off. And set it on a board by the fire. And let it bake.

77 Item if you would make a castle thereof (unrelated to previous recipe), make four sheets (of dough): one green, the other red, the third blue, the fourth yellow. Inside the castle shall be a roast chicken and four live birds.

78 Item if you would make a spoon dish (*moes*) of white roses, pluck off the petals in(to) clear water and wring out the water. Chop them small. Then take the roses and white bread and spices and sweet milk. And pound this together and let it boil. Break eggs into it. Stir it together. Put into the (serving) bowl. Strew pepper on it.

79 Item if you would make a spoon dish (*moes*) of red roses, take the roses and do to them as to the others. Except place wine in a cooking pot (*gropen*). Put the roses into this and let it boil. Stir eggs into it. Make it red with saffron.

80 Item if you would make a spoon dish (*moes*) of cherries, take the stones out of the cherries. Pound them. Add to them the breasts of chickens, venison, and spices and a little wine. Finish it (? *lat dat aff*) with eggs and with fat. Strew it well with pepper.

81 Item if you would make blancmanger (*blaemantir*), take half a quarter (pound) of rice and as much almond kernels. Then take the rice and wash it cleanly and throw away all the hulls. Then take it and let the rice dry. Then take the (almond) kernels and clean (i.e. blanch) them. Make them thick with wine. Then take the thin milk. Put in the rice. Stir it much. Then take the breast of three roasted chickens and pluck them apart as small as a hair. Stir that into the rice. Then take white ginger, mace, grains of paradise and cloves and pound it together. Stir that into the rice with egg yolks. And serve that in a bowl.

82 Item if you would make *kunkaveliten*, take the lungs of roast chickens or of boiled ones and seven nutmegs and twelve cloves and galingale, ceodary and cinnamon (? *rindeken*) and the meat. Pound that small. Put it into the cookpot together with wine. Let it boil up. Break some egg yolks into it. Stir it strongly. Serve it. Strew red sugar upon it. If you would make it yellow, you may do that.

83 Item if you would make *kunkaveliten* with a red *birriane* (?), take walnuts that are half grown, if you wish. Then take the nuts and throw them in honey. Let them boil half as long as meat. Then take them out and let them dry. Then take them the next day and lay them back in the honey. Let them lie for four days. Then take fresh honey. Lay them in that and let them lie permanently (*stede*). When you would serve them, take them out of the honey. Make something (a sauce?) for them of honey, spices and wine. And make it red with saffron. And strew whole almond kernels onto the edge (? *sompken*). And serve it.

84 Item if you would make a plum puree, peel the plums nicely. Take the stones all out. Then take the plums, white bread and spices. Pound that. Thus let it boil with butter. Stir it with eggs,

85 Item if you would make a spoon dish (*moes*) of *benevellen* (probably *pimpinella saxifraga* or *symphytum officinale*, possibly *sanguisorba minor*), wash the roots cleanly. And put them into a cookpot. Let them boil with mead. When it has boiled, take out the interior/the marrow (*pedick*). And then let it dry. When you wish to cook the spoon dish, take the roots, white bread, sweet spice powder. Pound that together. Boil it with wine. Stir it with egg.

86 Item if you would make a spoon dish (*moes*) of chicken and of almond kernels, take the kernels. Grind (male, implies a mill) them with wine. Then take the chickens and break out their bones. Then take white bread. Pound that together. Put it into the (almond) milk. Let it boil. Stir it with eggs, with spices. Strew it well with (spice) powder in the serving bowl. This shall not be yellow.

87 Item if you would make the wine spoon dish (*winmoes*) with boiled chickens, take the chickens and break out all their bones. Take white bread. Pound it with the chicken. Add the wine etc.

88 Item king's eggs (*konnigeseiger*). Scramble eggs, green and yellow, and fill them back into the shells. And make a nice sheet (of dough – probably a pancake) that (has?) a filling on it (that is?) green. And wrap them in that. And fry them in butter or in animal fat.

89 Item infidel eggs (*heydenische eigere*). And pound them with boiled eggs and with cheese. And add yolks, not many. And make pieces of this as large as you wish. And fry them in butter or animal fat.

90 Item monks' eggs (*monnikeseigere*). Take eggs, scramble them and make a sheet (of dough). And put the scrambled eggs into the sheet. And wrap it all around. Take eggs and close (brush) it all around. And fry it in butter or animal fat.

91 Item if you would make a roe deer roast, take beef and pound that. Add egg yolks and parsley and shape it round on the spit. When it is roasted, cut it all into slices in the serving bowl. And serve a sharp pepper sauce over it.

92 Item if you would make a *boyenel* (?) roast, take roasted meat and egg yolks. And add spices, And pound that well together.

93 Item if you would make green sausages, take parsley and eggs. And grind that together. Then take groats and fat meat and spices. Make a sausage of that.

94 Item if you would make a liver with yolks and with parsley that is ground, you shall pound the liver with that. Then put the liver in a cloth and throw it into a cauldron. Let it parboil. And lay it on a griddle. And serve it with a sharp pepper sauce.

95 Item if you would make pears, take them and cut the pears off above (cut off the tops). Cut out the core and throw it away. And pound the other with fat meat. And take (add) egg yolk and spices and salt. Fill that back into the pears. And set them in the embers and let them roast.

96 Item if you would make a 'bean roast' (*bonenbraden*), take lean meat and egg yolks. And add spices. And pound it well together. If you would make it green, take parsley and add it. If you would make it yellow, add saffron. Take that out of the mortar. And wrap a linen cloth around it. And throw it into the cauldron and let it boil. When it has boiled, take it out and stick it on a spit. Lay it by the fire. Let it roast and pour onto it butter with a ladle. When it has roasted, take a thin batter and pour it on with a ladle. And lay it by the fire again. Then take eggs and stir them in a cooking vessel (scramble them). And fill the (hole made by the) spit again.

97 Item if you would make a *merghel* (? marrow?) roast, take marrow (? *merch*) and tallow and egg yolks and spices. Pound it together and run a skewer through it and lay it upon the griddle. And let it roast. Cut it into the serving bowl. And serve a pepper sauce on it.

98 Item if you would make 'pears' (?), take lean meat and pound that. Add to it eggs and fill that back into the (egg)shells. And throw them into boiling water. And when it is boiled, stick them on an iron spit and lay it by the fire. And baste it well with butter. And when it is roasted, take thin batter and drizzle it with that. And let it roast fully. And serve it with pepper (sauce).

99 Item if you would cook chickens in a pig's stomach, take the chicken and cut it in pieces. And put it into the stomach. Then take apples and bacon and wine and loin roast (*nirbrade*) and pig's trotters and ears and spices. And put (lit: pour – gut) into the stomach. And tie it shut and throw it into the cauldron. Let it boil. When it is boiled, cut open the stomach. And lay it into a serving bowl. And serve it. When the stomach cools again, take the stomach and rub it (*wull en* for *wullen*) between the skin (between the internal folds?) with stirred eggs (*rorden eigeren*) and spices. And lay it on the griddle.

100 Item if you would make butter from almond kernels, pound the kernels and make them thick with water. Then put the milk into a cooking vessel (*schapen*) and let it get hot. And add a little vinegar. Let it curdle. And let it become cold and dry. Then knead it with saffron and with ginger and with *fachere* (? Wiswe suggests *zantoxylum Avicennae* – *fagara* - others a misreading for *sacchare* - sugar). Then beat (i.e. shape) the milk as though it was a loaf of butter (*botterveghe*).

101 Item if you would make butter of pease flour, stir the flour in wine and in honey. And let it boil up. And add apples and white bread and saffron. And let it grow cold. Then take pepper, ginger and sugar. And knead the peas with that. Then beat (i.e. shape) the peas like a loaf of butter (*botterweghe*).

102 Item if you would roast it, beat (i.e. shape) it round. Then stick it on a spit and cover (*besla*) it well with flour. When it is roasted, cover (*besla*) it well with oil so it turns red.

103 Item if you would make a chicken in a mortar, take the mortar and set it in the embers and let it become all dryness. Then take 16 eggs and break them into the mortar. Let it go around up the walls (swirl it around). Then take a thin sliver of wood and stick it between the sheet (cooked egg) and the mortar. Then take the chickens cut up and lay them into the sheet. Then take bacon that is chopped small and fried and strew it on with a scoop (*trove*). Then take kidney roast. Lay it on that. Then take pears. Lay them in. Take eggs and break them over it with spices. Then take roasted sausages and quinces and roasted bacon and wine. Pour that on it together. Then fold the sheet shut above. Take fat and pour it in. And then let the mortar move round (turn to spread the fat). Then take a wide bowl and cover the mortar with it. Invert (the mortar and lay) around it a wreath of green *cleteken* (leaves?) and of parsley and of meat. And cut it in long slices. And stick it on a skewer. And let it roast on a griddle. And drizzle it well with butter. And lard it with the whites of eggs. And serve it with a yellow pepper sauce etc.