

Omnia Cibaria

This is a translation into English of the *Tractatus de modo preparandi et condiendi omnia cibaria*. It is based on the Latin Text edited by Marianne Mulon: Deux traités inédites d'art culinaire médiévale in: Bulletin philologique et historique (jusqu'au 1610) du Comité des travaux historiques et scientifiques 1968, Vol. 1, Paris 1971, pp. 369-435. The text is online at <http://www.uni-giessen.de/gloning/tx/mul1-tra.htm>

The Omnia Cibaria manuscript dates to the early 14th century, and the text probably comes from France. Its composition may date to some considerable time prior to the production of the surviving manuscript.

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Here begins the tractate on how to prepare and season all manner of foods and drinks that are commonly eaten and drunk which is titled 'book of cookery' by some.

When I was fresh with the flower of youth, I travelled the world's different climates and stayed and was held back in various and famous courts, that is of abbots, knights, princes and magnates, in which I saw many varied diverse and delicious dishes prepared. My attention was drawn to these and I took great care that I should describe them in a fitting manner. For if they are taken with moderation, without superfluity and in a manner suited to the complexion and observing the region (one is in), they are to be commended in merit above all electuary and medicine and to be preferred in how much they strengthen and fortify the human body and nature and lead to a happy and long old age. So that I remembered these things better and others should learn them, so that I should know them better and better be able to recall, I drew up this small work in which I will explain all I know of the office of the kitchen, napery (*mapam*), keys (*claviculam*), and of accounts (? *maticulatam*), of herbs, vegetables, eggs, cheeses, fish, meat, fruit and leeks (? *poreta* – allium family?) and many and various sauces and seasonings as best I know and can. Similarly, I think not to ignore to write of the drinks that suit these dishes and herbs. Of these you must know that some drinks are medicinal, comforting the feeble and sick human nature, such as honey wine (*mellicratum*), sweetened vinegar drinks (*oxizucara*), reduced grape must (*sapa*), spices wines (*mulsa*) syrups (*syrupi*) and tisane, the teaching of which I leave to the physicians for now.

There are other drinks, though, that comfort nature and strengthen the human body and carry food to the organs, and of these some are fitting to some people, but some are contrary and harmful. These are wine, beer, mead, fermented milk (*milcha*), and cider. Wine is good to old and cold, phlegmatic people in wintertime and to those who eat frigid foods and fish, and mead and good mature beer are similar. Similarly, there are other cooling drinks that suit hot people, choleric and sanguinics, and most of all in the summertime, and also those who eat immoderately of hot foods that dry the blood. These are pomegranate wine, watered wine (? *limphatum*) and rose wine, cider of apples and acorns (? *esculorum*), tisane and spring water.

I

But it is with wine, first among the beverages and as it were the better and more dignified, our talk takes its beginning since it is to be preferred to all other drinks. It strengthens the spirit and the organs, digests foods, changes poor complexions, raises sadness and pain and renders man happy and joyful. And this I say if it is good and not corrupted, and taken with control. For corrupted wine does the contrary: it impedes digestion, corrupts foods, generates little (or: weak) blood, and renders man sad, lazy and heavy.

For as is written elsewhere, it is better and more laudable to preserve something in its goodness so that it doesn't corrupt rather than to bring back something corrupted to its pristine state. Such it is with wine (as well). When a drink is nobler than others, it must be worked harder to preserve it in its goodness, and also if it were to be corrupted through negligence, more means may be used to return it to its pristine state. And first, we shall speak of its preservation.

1) So that wine does not become corrupted, take good red honey and cook it and clarify it until it is dried up (reduced) a little. Afterwards, distemper it with a little good wine infused with Italian saffron. After this is strained, place it in the cask of wine. It lends it colour and good taste.

For the same, take 9 clear, round grains of masculine incense, distemper it with wine and put it in the cask. It preserves the wine, as some affirm.

For the same, you shall purify the vessel this way: Take bark of oak and leaves of bay and olive (? *bachas*) and oregano and calamint and cook them in water, with which the inside of the cask is to be washed thoroughly. Afterwards, the wine is put in.

Item, take a handful of branches (*pampinis*) of grapes and a vessel (*ciphum*) full of 'ashes' of wine, that is the dregs of wine that is made, which, ground to powder, you put in the cask, not stirring.

2) If wine is to be kept always clear and of good taste as it was before, broach its cask close to the dregs at the height of a palm.

3) To clarify turbid wine, take two ounces of spikenard and two ounces of pulverised apples (? *pomis*) and 11 whites of eggs and a handful of common salt, Mix it together and put it in the cask, stirring well with branches.

4) To effect that wine always be sweet, take a fourth part of the must in the time of the grape harvest when new must is prepared, and afterwards fill the same cask with good new (must), stirring.

5) To take greyness (? *canities*) out of wine or beer, take two or three heads of garlic, well washed and tied in a cloth, and put them in the cask. They soon attract all the greyness to themselves as though airy blood (*ventosa sanguinem*). And this you repeat all the time, wash and put back (the garlic), until all the greyness is removed.

6) So that corrupted wine is improved, take barley bread that is hot and taken fresh from the oven and break the same in half and place one half over the opening of the cask. Once it is cooled and corrupted (has drawn out the corruption), place the other one there. Do this until it is improved enough.

7) For wine that is putrefied through the fault of the vessel, take 20 ounces of of the bark of blackberry (*spina nigra*) and three roots of shaggy sparrow-wort (*sana mende*) and put them in the cask of wine, not stirring.

8) To improve wine that is *buthatum* (?), take a *quartarium* of wheat flour (*frumentum*), and 20 whites of eggs and two ounces of shaggy sparrow-wort (*sanemunde*) full of (?with a lot of?) common salt and put it in the cask, stirring well.

9) To take fattiness out of wine, first whip it well with branches so that the foam is taken down and it is well clarified. Afterwards, strain it through the finest and well-washed, clean sand and put it in the cask.

To do the same, take a handful of tartar and a *sextarius* of white wine and two sides (*latos* – roots? of ginger and of the ashes made of the dregs of wine and of vines (? *pipinis*). These (things), made into powder, you put into the cask, stirring a little.

10) To un-redden (? *derozyr*) wine in times of winter, take a pound of brayed almonds distempered with wine and put it in the cask, stirring well with the wine.

11) A general cure to remove all manner of defects from wine at the time of the grape harvest, when new wine is squeezed from the marc in the press: incorporate this marc with the corrupted wine, treading it well with the feet, and afterwards squeeze it in the press, and you will have the same good and cured of all defects.

12) When wine is at its most saleable (? *vendibile magis*), take the weight of 7 *denarii* of Italian saffron and a *quartarium* skimmed honey and a handful of flour of wheat (*farina tritici*): distemper it with good wine and put it into the cask, stirring it well with the dregs.

13) Sage or rose wine is made thus: Take three pounds of sage, well dried, three *modii* of good and pleasant-smelling wine, and mix the well-dried sage with one *sextarius* of that wine, rubbing it well between the hands, and keep it in a wooden container for the length of one night. In the morning, it is put into the cask (*dolium*) and mixed, thereafter clarified.

The same, I say, is to be made of roses, and especially at the time of the grape harvest.

14) To mix claret wine (*claretum*), take 7 ounces of cinnamon, 6 ounces of ginger, of bay leaves (*folium*?) and galingale (or: leaf of galingale) and spikenard each half an ounce, of cloves three ounces, of long pepper three ounces. This will make 4 *sextaria* of claret with four *quartaria* of boiled and skimmed honey.

15) 'Seeded' (*seminatum*) wine is made thus: Take cinnamon, ginger, millet (? *mili*) each three ounces, (bay) leaf, cloves, spikenard, galingale, acacia gum (? *leucophi*), nigella (*melanopermii*), gladiola (? *macrophylii*), nutmeg, mace, balsam tree bark, mastic, balsam tree fruit, gum of ivy, juniper, basil (*orimi*, read *ocimi*), psyllium (? *sili*), alexander seeds, sermountain, parsley, cardamon (? *amoni*), ajwain (*ameos*), carrot, asparagus, their seeds, cinquefoil (potentilla reptans), meadowsweet (*phipondule*), erica (? *bruci*), dove's foot (geranium molle L.), betony, rock salt, sweet flag (? *calomi aromatici*), costmary, acacia wood (*xylocacie*), cracked stones of cherries, pine nuts, pellitory (anacyclus pyrethrum), and moonstone (? *lapidis uni*) each three ounces.

The same: Gentian, athamanta turbith (*turbite*), polypody, thyme, dodder (*cuscuta epithimum* L.), iris (? *hermodatili*), melon seeds, lemon (? *citruli*), cucumber, gourd seeds, ivy, lovage, camel grass (?*squinanti* for *squernanti*), Celtic nard, saffron each three ounces, of all myrobalan (*omnium mirabolum*) each two ounces, fennel, chervil, cloves, each three ounces. This will make 'seeded' wine with three *modii* of good wine.

16) Mulberry wine (*moretum*) is made this way: Take three *sextarii* or four of mulberries, black or red ones, and one *sextarius* of skimmed honey and one *sextarius* of black wine, but without wine it helps better and can be kept longer. These (things) are put together as best you know and mixed together, and you put them into the cask in the first year. It is good in the second year, better in the third and fourth.

17) Another claret (*claretum*) is made this way: Take a *sextarius* of good wine, three and a half ounces of select cinnamon, three ounces of ginger, two of galingale, cloves, each three and a half (the connection is unclear), (bay) leaf, camel grass, each two ounces, mace, spikenard, cubebs each one ounce, skimmed honey half a *quartarius*, if you want you can add more.

18) The recipe for spiced wine or claret: Take an ounce of cinnamon, two and a half ounces of ginger, an ounce of galingale, each half an ounce of spikenard and cloves, an ounce of (bay?) leaf and two ounces of long pepper, three *sextarii* of good wine and three *quartarii* of skimmed honey.

And that is enough of drinks.

19) *Rapa* (read: *sapa*) or *mulsa* (reduced must) is made this way: At the time of the grape harvest, take the best must. It is cooked sweet (reduced) and skimmed to the thickness of honey, and kept. It gives flavour to mustard and helps in many other cases.

20) Cider if made of well-softened pears and edible apples (?*esculiis*). This drink helps those full of cold and phlegmatic humours. It is also made of good apples and (that) helps people burned by choleric humours. First, the fruit is beaten together, then it is pressed in the press, and finally the marc is taken out, cooked with water, put in and pressed (again).

Now it is enough of drinks inasmuch as it suffices for this tractate.

For the present, there remains the greater explanation of how to make diverse food (to which) we divert the trickle of our talk.

Therefore it is first to be known that, as it were, drink and food must be ordered according to the times and region and the complexion of people efficiently, not in vain nor uselessly. Therefore it must be noted that some foods suit and are fit for the noble and wealthy who live a quiet life, and these are partridges and pheasants, chickens, capons, hares, kids and rabbits prepared in many and varied ways. Some are fit for robust people who live by their labour, though. These are the meat of beef and ram, salt pork, deer, peas, beans, bread made from barley or rye. And some are fit for the sick and weak, such as gruel (*gruelus*) made of rice or oats or barley, milk made of almonds, chickpea and chicken broth, pomegranate wine, tisane of luttii (?) and pieces of the fig and raisin that comes from beyond the sea.

Thus, because nobles and the wealthy must always be honoured and placed before other people, I think it is best to first speak of their foods. And of the following (others) it must be taken care that our talk does not become too prolix.

It must be known how to roast chickens or cook them in water, (as) they can be prepared in many ways.

1) To roast, this way: First they are plucked with water that is not boiling nor too hot, so that the skin does not come off and, after the intestines are thrown away, they are thoroughly washed. After, if you want, they boil well for a while, so that they swell. Afterwards, they are larded everywhere that this is necessary and at first roasted far from the fire.

There are some who, when the chicken is cooked, grease it with butter or pork lard (*sagimine porci*) placed on a spoon or a crust of bread and thus applied. When it is roasted, the chicken is cut into its members: first, the wings, after, the legs, then the breast, afterwards, they divide it through the middle of the back and place it in a serving bowl, strewing white salt over it and cover it well with a napkin.

There are some who stick bacon on a skewer or small spit stuck all about with chaff of grain and when it is almost alight(?), lard ably (with this tool).

2) There are some who prepare young chickens in the summer in this way: First, they inflate them so

that the skin separates from the meat putting in a tube (made) of a goose's legbones. Afterwards, they fill it everywhere inside with this manner of condiment: They take a little hyssop and parsley and sage, parboiled and cut up small, and lean, tender pork meat and bacon and the liver of the same chicken and hard poached (*?perdita*) eggs mainly the yolks, which they chop on a table with two knives. Thereafter they apply powder of these spices with salt, that is white, long and black pepper, ginger, cinnamon. The chicken, well filled with this condiment inside and out, and well trussed or sewn up, they roast far from the fire so that it does not burst and the inside does not end up raw nor burned.

Roasted chickens can be eaten with *agresta* or white wine poured over them, and they need no other condiment as they are flavourful enough.

3) A chicken is cooked this way in pastry: it is cut into pieces and placed in the pastry together with delicious pork meat cut up small, and powder is strewn over to taste with salt and ground saffron, and thus it is cooked.

4) Chicken is also cooked in a *trapa* that is between two earthenware bowls well leaded on the inside (this may refer to a lead glaze or to joining the two bowls as glass panes are joined with lead). This way they are cooked in water. Afterwards, onions cut into rings (*per rotulas?*) are fried in butter or lard. Then, into this condiment is put broth (*brodium*) which is made this way: You take leaves of hyssop, parsley and sage and the liver of the chicken and grind that in a mortar as small as possible with white breadcrumbs, and distemper it with wine or *agresta* or vinegar and water from the cooking liquid of the chicken or a little almond milk, infused with saffron in the Lombard way and put it into the *trapa*. When it begins to boil, they put in spice powder together with the same chicken cut in pieces and allow it to boil a little, with cooked pork cut up small.

And to all foods, salt must always be added in measure and proper manner. If it be too much salted, remove the water in the place (pot) where it boils and put in new water. Or at least pour in vinegar, for vinegar resists saltiness.

5) Chicken to be cooked in water is prepared thus: You take a whole chicken and cook it in a pot (*pottus*) with sage, hyssop or parsley, not cut up, for an hour. Afterwards, put in white wine or vinegar and thus serve it.

6) Some make it another way: They cut the same chicken in quarters as it is said (above). It is cooked. Afterwards, they make this manner of broth. They take the same herbs, cooked, and grind

them up well with the liver and lungs. Afterwards, they distemper saffron and egg yolks with the cooking water and almond milk which after that they allow to boil a little. They permit the chicken cut up in pieces with the most delicious pork cut up very small. After that, they allow it to boil a little, with a *trapa* or pot inverted over and stirred.

In the same cooking liquid, some put bacon. They put it in cut up extremely small.

Some cut up lean cooked meat with hard egg yolks with a knife, adding spice powder, and make small balls, and they place them in the same boiling cooking liquid so that they boil a bit.

7) In such a way is chicken prepared for the weak and infirm: After it is cooked well as it was said above, some part of it is taken together with its bones and ground up extremely well, and distempered with the cooking liquid and almond milk and passed through a loose cloth and cooked a little, and served to the sick person.

It must be noted that white breadcrumbs may be put into all condiments to thicken and more strongly sweeten them.

It is also to be noted that all condiments in which spices are to be put hot must always be stirred and not cooked too much so it does not burn.

The same I say of almond milk, and that manner (of cooking) is common throughout the world and better for preparing chicken.

8) Now we divert our talk to the fat aquatic and fattened goose. First, it is strangled with a stick between the feet and, tied by the feet to an iron hook, hung for one hour. Thereafter, it is very thoroughly plucked and well bathed in warm water so that it swells up, and rubbed in a coarse cloth. And, having taken out the intestines, it is washed very thoroughly. After, it is put on a spit and fastened with a small spit (*broculus*) and roasted far from the fire, as is to be observed in all aquatic birds. And under it, a pan with onions or apples cut up small with wine and water is placed to catch the fattiness dripping down from it.

When it is well roasted and cooked, it is cut into pieces by the joints (*membratim*): First, the wings proceeding all the way to the back, then the thighs, and after, two sides. Then, the belly and similarly the spine are to be divided into three parts.

After, when it has been strewn finely with salt (as the grammar has it; strewn with fine salt is more likely) it is covered with a napkin between two bowls and eaten with a good garlic sauce (*alleata*), which is made this way: Take peeled garlic cloves well washed and grind them well with white breadcrumbs and salt and the whites of soft eggs and (that are) a little cooked. And it is distempered with *agresta* or wine and, poured over the same bird's fattiness, it is served.

9) The neck, though, with the head, the feet and other intestines, well prepared and washed, are cooked in water and wine with sage, parsley and hyssop. Afterwards, spices are ground with these herbs: and it is distempered finely with breadcrumbs with the abovesaid egg yolks' (of the whites in the previous recipe) cooking liquid (?) with a little *agresta* or vinegar. And onions or leeks cut in rings and fried in its fattiness are put in. They boil the abovesaid a little, cut up small, and put in bread cut into bite-sized morsels and it is served.

There are some who prepare the head and neck in this way: First, they take out the neckbone. Afterwards, they fill the same skin in the manner of a sausage with this kind of condiment: they take blood with fattiness and the yolks of eggs and cooked herbs, and they chop it up (*de truncant*) well with knives on a table, adding spices with which they fill the neck, and tie the ends and cook it in water, afterwards frying it on a griddle over coals and eating it.

The same I say it is possible to do with the neck of a crane or swan.

And some slice the head through the middle and, strewing salt over it, roast it on a griddle.

There are also some who tie the same neck from a string over the back (of the goose) beforehand, to roast it. They do not want for larding because it is fat, but its fattiness, if it is necessary, can be poured from it. There are some who distemper the broth of the limbs with almond milk or sheep milk.

And that is enough of aquatic birds.

10) It must be noted that cranes, pheasants, partridges and pigeons are always to be prepared in a better way (if they are) first roasted from afar, and not cooked in water.

And this is thoroughly as it is said of aquatic birds. But pigeons must be greased with pork lard to the end that they are cooked faster and not burned. They need no seasoning except a modicum of salt strewn on. If someone desires to have some kind of sauce, let it be green sauce or cameline.

11) This is the way to prepare rabbits and hares as well as kids and lambs. First, they are taken out of their entire skins, but not kids or lambs. Then, after the intestines and heads have been removed, they are washed very well in warm water and they throw them into the same for a little while. Then, they parboil them a little so that the flesh puffs up and it whitens more. Afterwards, they are placed on a spit and larded well on all sides and placed by the fire and, as is the custom, roasted. And after the cooking they are cut up in pieces. Thereafter, they cook it this way: Small onions are cut into thin rings and fried in lard. Afterwards, a condiment of spices is put in, and the spices for the wealthy and magnates are: Three kinds of pepper (*piper triplex*), cinnamon, nutmeg, mace, cloves, cubeb, galangale, cardamom, grains of paradise, of which there shall be powder to taste, and they are put into the condiment and distempered with vinegar. This provokes the appetite to eat, comforts the stomach and renders the food more flavourful and delectable. For simple and middling folk, this is enough: three ounces of pepper with cinnamon (*canella*) and breadcrumbs.

There are some people who cover roast kids and lambs everywhere with egg yolks beaten and poured over saffron. There are also those who fill the belly with condiments, as explained of chickens above, and they soak it up, and roast it and serve it. To these are suitable green sauce or cameline. There are also some who distemper egg yolks with wine or beer and in this they make the aforesaid kid or lamb, cut up in pieces, boil a little. The intestines and heads of the same, well washed and prepared, they make boil in water and wine and afterwards, when they are cooked, they fry them well in bacon cut up in pieces. Afterwards, they put in a condiment of almond milk with saffron or another kind, to taste.

12) Young piglet is roasted on the spit entire, with the feet and head not cut off, and its belly is filled with condiment (made) with the abovesaid's liver, and roasted. And it is cut in slices crosswise after the thighs and head have been lifted. And it is given to eat with cooked sauces, pepper or sauce cameline. Because this food is phlegmatic and corruptible in the stomach, therefore it needs good condiment.

13) To roast pork meat: it is taken around the kidneys with the ribs, or alongside the spine, and those who wish to are allowed to throw it in wine for a day so it whitens and becomes more tender and flavourful. And it is roasted on a spit and a pan with wine and small, cut onions is put underneath to catch the fattiness dripping down. Afterwards it is cut in pieces and, having fried a little, is permitted to boil with the abovesaid fattiness and fried onions and condiment of spices.

Some simply eat roast meats without condiments with green sauce strewn on salt. There are some

who place meat of beef or pork cut up very small pieces in a pot (*potus*) with a little wine or water, well covered, with its own juice or fattiness as though frying it, they allow it to boil to the full cookedness, stirring often. Afterwards, they put in onions. Afterwards, condiment of spices.

14) Roast beef, taken with the ribs alongside the spine, is simply roasted on a spit and served with boiled sauce (*bullitum*) of pepper.

15) The shoulder of ram is larded and placed on a spit and roasted, with salt strewn over. It is cut (up) and eaten with green sauce.

Generally, all meats are to be cooked in water the same way: pork, beef and mutton. Salt is put in rightaway. And when it starts to boil, it is well skimmed. And no cold water must be poured into the cooking because this renders the meats in the broth insipid.

It must be noted that bacon and salt meats are to be eaten with mustard, and similarly fresh pork. Fresh beef, though, (are to be eaten) with green sauce or cameline.

16) Venison and wild boar meat are cooked like other meats and eaten with boiled black pepper.

17) *Sulta* (jelly), that is *souet* in French, is made this way: The extremities of the pig, that is to say the feet, ears and head, cut up in pieces, (are) well cooked and cooled in slightly salted good vinegar so that they are just covered.

Some put in sage and parsley cut up small. Some grind parsley and sage with pepper and ginger and put them in in the manner of sauce. Some also put into the jelly the stomach, liver, rumen and intestines of beef, so that they are preserved longer with good flavour. Afterwards, they roast them on a small spit and a griddle.

18) Sausages can be made in many ways and with (both) small and large intestines of pigs. The liver with the heart and spleen is taken and chopped up small or cut up with knives on a table with salt and the fat found around the intestines and kidneys. And they put them into the large intestine and cook it or fill them into the stomach and expose it to the smoke in the chimney.

Some take lean meat found around the kidneys and spine and elsewhere and chop it finely with knives, together with fatness and powder of pepper and cumin and enough salt and put it into the small intestine and hang it into the chimney raw.

Some roast these raw and some cook them in water. Others take the small intestine and others, well washed and salted, cut lengthwise with a knife (?) and tie it with willow and put it into the large intestine and they are first placed (? *presumant*) in the chimney.

Another condiment: Cooked pig or sheep or beef blood is taken and fried with onions and lard in a pan and salt, and they put it into a serving dish, strewing over it spice powder.

Another condiment: Well-washed intestines of lamb or piglet are taken together with fattiness and other insides and cooked in water. Afterwards, they are cut up very small on a table. Afterwards, they boil them a little in a condiment made of egg yolks and vinegar and saffron and spice powder and the cooking liquid of the fattiness.

Some put the abovementioned, cut up coarsely, in lard and onions fried before and serve them.

Another condiment: fried pork or mutton is taken and cut up in pieces and well washed. And it is cooked in oil or fried in lard and spice powder strewn over and served.

Others grind up parsley and sage with salt, pepper cinnamon and ginger, distemper it with wine and the water of the cooking in which they caused the aforesaid to boil, and serve it.

III

Now enough was said of meats. More remains, as we shall direct the title of our talk to fishes, eggs, cheeses, legumes, herbs, roots and fruits and other condiments; and first of fishes:

1) Oyster fish, that is *oistres*, are cooked for a scant hour (*modicam horam*) in pure water. Afterwards, cinnamon, ginger, pepper and cumin are taken, and grind them well with saffron, and distemper them with wine or almond milk and a little water and make it boil in a pan (*patella*) with onions fried in oil. When it starts boiling, put in the oysters boiled in water and serve.

2) Turbots or salmons are cut lengthwise and cooked sufficiently in salted sweet water. When they are cooked and cooled, they can be preserved in galantine.

Or this way: Sage and parsley are taken and cut up small and put in well-salted vinegar or ground in a mortar and distempored with vinegar in which the abovementioned fish are preserved.

3) Morays or eels can be cooked by roasting on a spit or in a pastry, this way: first, the eel is skinned and divided in pieces and well washed, and afterwards placed in a pastry between spices with saffron, and sauce is put around and it is cooked in an oven.

Whenever they are divided in pieces and put on a spit and roasted, it is eaten with cameline sauce or green sauce.

Whenever it is cooked in water, *sana munda* (thymelaea sanamunda?), parsley, sage, pepper, ginger and cinnamon are distempered with the cooking liquid and a little white wine or vinegar or *agresta*. In this the cooked eel is boiled a little. Some add onions fried in oil. There are also some who cook it in a *trapa* and it can be made in many ways.

And I say the same can be done with a moray. Some roast it on a spit entire, some cut up in parts.

4) In the abovementioned way, mackerel (? *exomagara*) is eaten with boiled pepper sauce.

5) Ray or shark is cut up in pieces and cooked a little in water. After, it is taken out and cleaned of the skins, and afterwards cooked in clean water again until it is enough. And it is eaten with garlic sauce.

6) Flatfish (?*pleiz*) is cooked in water or roasted. And it is eaten with wine poured over and with salt.

7) Moray is cooked in water and eaten with mustard or with garlic sauce, this way: garlic and breadcrumbs are ground up and distempered with almond milk or nut milk. And onions fried on oil are put in with the moray and allowed to boil a little.

The same is way conger eel (? read *cungra* for *rungra*) is prepared.

8) Luce or tench are cooked in water and eaten with green sauce or sauce cameline. And those who wish can keep them for a long time in galantine. They are cooked in water.

There are some who cook tench cut up in parts in a *trapa* frying them with onions in oil. After, they put in a sauce (*brodium*) of spices distempered with vinegar or wine or *agresta*.

And thus (also) of breams.

9) Perch or rays or other fish are cooked in water. A little onions cut up small are put between, to sweeten and to take away the sea taste (*amaritudo*), and they are eaten with green sauce. They are a little fried in oil so they are more flavourful.

10) Mussels are washed. Then they are cooked in wine after (for?) a scant hour. With this cooking liquid, ginger, pepper and cinnamon are distempered and they are eaten with salt.

11) Crawfish are cooked in a measure of water until they are red, and they are eaten only with salt or *agresta*.

If you have understood this well, all fish to be roasted or cooked in water can be prepared to taste.

IV

The manner of telling now is of the delicious condiments of lords (used) to comfort the nature and provoke the appetite.

1) *Blanc Mangier* is made thus: Take rice that is well cleaned and picked and washed in clear pure water and beat the same in a mortar so that it becomes in the manner of flour. Afterwards, take meat of chicken breasts that is well cooked and cut up small crosswise. Beat that finely in a mortar and make it boil in almond milk or nut milk or sheep milk, adding sugar. Afterwards, put in the rice flour and make it boil a little, continually stirring with a spoon so it does not burn nor feel the smoke.

And if you want to have it with saffron, distemper saffron with the abovementioned milk.

Afterwards, put it into dishes, strewing sugar powder over it, ??? strewing over it when it is cooled a little, because otherwise the sugar melts ??? And place around it peeled almonds rubbed with saffron and fried well in oil or honey.

There are some who cook rice in water for an hour, then allow it to stand so it swells. Afterwards, they put in of almond milk, as is said.

The same can be of grains of barley or oats.

2) *Mistembec* is made this way: Take of wheat dough that is well leavened (read *levata* for *lavata*) as much as you wish, and a little starch dissolved in warm water. Distemper the abovesaid dough in that so it becomes in the manner of a *sorbitium* (an egg-thickened soup). And make it pour through a dish that has holes in the bottom and side, and make it pour into boiling oil or pork lard, drawing diverse shapes to taste. These are hardened by cooking and go out of it hot, throw them in syrup made of sugar or honey, and remove them immediately.

Syrup is made this way: Dissolve sugar in boiling water. After, clarify it with egg whites to use.

Some thicken it to the manner of pastry and work it on a table with a round wood to make shapes of drawn-out (?) roses . Afterwards, they allow them to boil in oil.

3) *Forcres* are made this way: Grind wastel (*gastellum*) or other white bread in an iron frying pan (? *ferrum infrixorium*) fine and small. Afterwards, distemper it with hot water. Then, grind spices with saffron, adding almond milk or other milk. And if you want, add egg yolks and stir them into the abovesaid wastel and cook it in a pan (*patella*) or a pot, stirring well. And if you want, put in well-beaten egg yolks. Put it into dishes and strew spice powder above.

And what I said of milk, the same, I say, can be made of broth of fat meat if someone wants.

4) *Arpa* is made this way: Take meat of cooked chicken from the breast and cut it crosswise so the shreds (*carpinas*) are torn apart finely between the fingers. Cook this in water with ginger or vinegar syrup (*oxizuccara*) in a pan (*patella*). Afterwards, put in rice flour and, if you want, put in spices and saffron. When it begins to thicken, put in around it a little pork lard so it does not stick to the pan or is burned. Afterwards, put it in dishes with a spoon coated (?*involuta*) in lard.

Some add egg yolks.

Broth of chickens is made sufficiently tasty and delectable this way: Grind in a mortar pepper, ginger, cumin and white and long pepper. Afterwards, distemper egg yolks with almond milk and a little of the juices (broth?) of the chickens. Afterwards, make it boil with chickens cut into four parts. And if you want, you can add parsley, sage, and hyssop in the same cooked chicken.

Cook the outer parts, cut up small before, in water and wine. Afterwards you shall grind pepper and parsley and saffron and put it into the broth. In the end, put in fat cheese cut into rounds or small, and serve it to be eaten.

6) Pear puree (*piraceum*) or apple puree (*pomaceum*) is made very flavourful this way: Pears are cooked in water until they are well softened. Afterwards, they are peeled and cleaned of their insides and ground up well in a clean mortar. Afterwards raw egg yolks are added with a little saffron and put it into a pot. When it begins to boil, put in fattiness of pork or goose or chicken. When it is put into dishes, strew over it spice powder and put into it beverages (? *poto*) and, if you want, fatness of butter.

Make the same of apples, quinces (? *coctanis*), gourds, cucumbers and other fruit.

7) Cook onions peeled well of their skins in water. Beat them well with a spoon in the same brass pot. That done, put in of pork (fat) or fresh butter or almond milk or other broth. If you want, colour with saffron and other things.

And what I have told you of onions, the same you can make of small beets (*rappellis*) if you want.

8) Cook a chicken whole or cut into four parts in water. Afterwards, grind pepper, cumin and ginger with parsley and distemper it with almond milk. And allow it to boil a little. Afterwards, remove it from the fire. Put in beaten egg yolks.

9) Cook grains of wheat or oats or rice or millet, first washed well in warm water, in water for an hour. Afterwards, remove it to (from) the fire and allow it to swell. Afterwards, returning it to the fire, put in sheep milk or almond milk and allow it to boil. And if you want, put in egg yolks distempered with milk and saffron.

10) A good *sorbitium*: beat egg yolks in a serving bowl, adding a measure (scantly?) of wine. Afterwards, you boil water and wine or beer in water and remove it from the fire. And put in the abovementioned egg yolks with a spoon, stirring well.

Cook cheese cut up in pieces in a pan with water and wine for a scant hour. When it is removed, put in the insides of eggs entire into the abovesaid boiling cooking liquid so they harden. Afterwards, grind parsley and sage with pepper, ginger and cinnamon and distemper with the abovesaid cooking liquid. When it boils, again put in eggs and cheese and it is eaten with green sauce.

12) How cheese is roasted: Place the same entire cheese, exuding fat well, on a spit shaped into four parts and roast it by the fire, always turning the spit. And when it is roasted, scrape off the roasted

part with a knife onto a bite of bread, and continue the roasting.

V

After we have spoken of fish and other things, now at present I think we must speak of legumes and eggs and leeks and sauces and also of other edible things.

1) *Pomaceum* is made this way: Well prepared slightly tart apples are cooked to superfluity so they are softened. Afterwards, grind them fine, pound and distemper them with milk, infused with raw egg yolks and saffron. And put in sweet butter and of wheat flour, if you want.

2) Butter can be roasted on a spit this way: First put crumbs of bread on a spit. Around these place fresh butter and put it by the fire, turning it at a distance. And when you begin to taste (*gustari*) it, strew wheat flour over it until it hardens. And this is a delectable and good food. And if you want, you can season it with spices and salt.

3) You can make green leeks this way: First parboil them, well cut and washed, in a pan (*patella*) for a scant hour. Afterwards, having squeezed out the water, chop it on a board or in a mortar with the appropriate amount of salt and put it into a copper pan and pour over a little vinegar. Afterwards, the next day, make it boil a little in a brass or glazed pot with its juice as condiment.

4) All leeks have this in common: They are cut up small and washed in warm water and cooked a little. Afterwards, the water is squeezed out well and they are ground well in a mortar or chopped on a table with knives. Afterwards, broth of fat meat is added, and it is cooked.

Some cook it with pig fat (*lardum*). Some some put in flour of gruel (grits) or wastel which the French use in every meat broth.

5) Cabbages in summer are cooked cut up small and with pig fat (*lardum*). In wintertime, though, they are ground between the hands or cooked entire with lard.

6) New beans or peas or grains of wheat can be prepared this way. And, as I said, first (they are washed?) in water and afterwards, cooked to sufficiency. Afterwards, grind pepper, ginger, saffron, cumin and cinnamon in a mortar. Distemper that with almond milk or sheep milk and hard or soft egg yolks. And make it boil with a few cooked new beans, always stirring with a spoon. Afterwards, remove it from the fire and put in the remaining new beans and serve.

7) Old and hard beans: first they are put in cold water and stand by the fire until they boil from morning till evening or for a night. Afterwards, the water is poured off and other clear water is put in and they are cooked until they burst, and shell them. Grind them. Afterwards, they are picked in a brass pan (*patella*) by the window. And they can be prepared with butter or oil or broth of fat meat or *lardum* of bacon, cooked like peas.

8) Shelled beans, first washed well in warm water, are cooked until they begin to soften. Afterwards they are cleaned and moved about well in a mortar with a pestle until they become very white and of the manner of thick dough. And they are given to eat with onions fried in oil or *lardum* cut up small, or saffron.

The same do with peas, if you wish.

9) Picked peas are washed well with clear water. Afterwards, they are put into hot but not boiling water to cook. And when they begin to swell and grow, they are stirred with a pestle in a mortar, not ground, to remove the shells. Afterwards, they are washed with clean water and cooked and ground. And meat broth is put in and *lardum* cut up small put on top.

Some do not take off the shells, fry peas and put in onions fried in oil or butter or milk of sheep, and everyone does as he pleases.

It must be noted that green sauce and sauce cameline are to be preferred to all other sauces by their merit.

10) Green sauce is made this way: Take ginger, cinnamon, pepper, nutmeg, cloves, parsley and sage. The spices are ground first, then the herbs are put in, a third part of sage and parsley, and those who want, 3 or 2 cloves of garlic. It is distempered with vinegar and *agresta*.

11) Sauce cameline is made this way: Take cinnamon, more than the other spices, and ginger, long pepper, grains of paradise, nutmeg and cubebs, and add other spices if you wish. These, well ground in a mortar, distemper with vinegar.

Note that in all sauces and condiments, salt must be added and breadcrumbs to thicken.

12) Mustard may be made of grains of mustardseed or of rocket. And it may be seasoned by adding

honey or reduced grape must.

It can be lightened (read *allevatur* for *alleatur*) with cooked egg yolks or sugar.

If it is for fish, distemper it with vinegar, but for meat, distemper it with *agresta*. That is better.

The making of mustard: Take of anise and a little more of cumin and grind them well in a mortar. Afterwards, add more of cinnamon than of sugar, distemper with vinegar and add breadcrumbs. Grind pepper in a mortar with moistened blackened bread and distemper it with broth of meat and wine or vinegar. Afterwards, set it to boil in a small pot or pan (*patella*), stirring well.

13) Make *otras* this way: Take well prepared slightly sour apples and well washed and cooked parsley roots and pepper and ginger. Grind them all together well in a mortar. And if you wish, add lean (read *macras* for *micras*) pork meat that is cooked and broken up small and hard egg yolks and fat cheese. This, well beaten, cover in pastry that is well raised and made pliable and cook it in oil or pork lard in a pan.

14) *Tartes* or *casiophas* make of soft or fat cheese and raw egg yolks, distemperring in almond milk or another milk well infused with saffron, and mixing, enclose it in pastry and cook it in a *trapa* or in an oven.

15) The making of compost: Cook roots of parsley and celery and coarse white cabbages and put them good vinegar in which you can boil cooked pork meat and pork extremities as long as you like and perch, tench and luce and eels.

16) Place apples cut up small in meat broth and allow them to boil a little, and then pound them to remove their peels. And if you wish, spice powder and saffron and a little flour to thicken, and add whatever fatness you wish, or butter.

17) For fresh pork, make a sauce if you do not have garlic, of onions cut up small distempored with hot broth of the same meat.

18) *Sobra* is made thus: Take parsley cut up small and distemper it with meat broth as was said.

19) For fresh roasted herring make a sauce of their heads squeezed with wine.

20) Cook apples cut in rounds in butter and distemper them with beer.

21) Eggs beaten in lard or butter.

Prepare gourds and cucumbers and other fruit as was said of small onions.

And that is said enough for now.