

Recipes from Anna Wecker's *Köstlich New Kochbuch* (1598)

In 1598, Anna Wecker, the widow of a respected physician, published her *Köstlich New Kochbuch*. It mostly deals with invalid cookery, but also includes many recipes found in other cookbooks of the time. Its particular strength lies in the detailed description of cooking techniques it occasionally gives. The first such work known to be authored by a woman, it would become a bestseller and remain in print for a century.

Scans of several editions are available online, the 1598 Amberg edition is at <https://www.digitale-sammlungen.de/de/view/bsb11111117?page=.1>. A transcription of chapter 4 can be found at <https://www.uni-giessen.de/fbz/fb05/germanistik/absprache/sprachverwendung/gloning/tx/1598aw4w.htm>.

This is a selection of recipes from the book selected on the basis of affinity and interest at the time. It makes no claim to completeness or representativeness. I may return to the project in time to produce a full translation, but until then this is what there is.

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Ein Mandelmilch mach also (p.1)

Make almond milk thus

For a *Maß* (Nuremberg measure 1.084 litres) of almond milk, take a *vierling* (quarter of a pound - Nuremberg measure 127 grammes), or if you like to have it strong, one and a half, of good sweet fresh almonds. Lay them in hot water, and as soon as they can be peeled, take off their skins and throw them in fresh well water. Let them lie for a while, then wash them cleanly.

Pound or stamp them in a stone mortar with a wooden pestle as small as possible. In many places, people have stones on which they grind them, that is well where they are, but if you don't have one, help yourself as you can. But you must never pound them with an iron pestle, for then they will not only turn black, but also become bitter.

While pounding them, sprinkle them several times with rosewater or other (flower-)water because you intend to press them out. Otherwise they become oily and black. But do not use too much

because if they become too wet, they can no longer be pounded small. They (the waters) must be clear and gentle, otherwise it is not only useless, but they do not lend their powers as they should.

If you wish to use it for cooking, take good fresh well water or milk as it comes from the cow, grind the almonds slowly (with that) in a mortar. Then place a clean white cloth in a bowl, pour the almonds into that, rub it back and forth a little with a spoon, take up the cloth and wring it out as hard as you can.

But if you want it for a sick person, be it for cooking or drinking, boil (the) water beforehand in a new, well-glazed cookpot (that is) carefully closed. Afterwards, bind good coarse-ground wheat bran or, as it is called in some places, *grieß* (in modern German this means semolina), or a piece of white bread, or raisins, or maybe also a handful or half of a handful of unpounded barley in a clean white cloth and boil it together with the water for greater strengthening (to make it more invigorating). When the water has boiled enough, add a *quintlein* (Nuremberg measure 3.98 grammes) of cinnamon, more or less, depending on whether you like to have it strong, break it into small pieces and add it to the boil(ing water) while it still bubbles. Then take it off the fire and let it cool down covered. Then use it.

But if you want a costive effect (German verb: *stopffen*) as with diarrhea (and) fluxes from a weak stomach, add more cinnamon. Also add red rose petals and dry quinces in that case, or what remains in the cloth of pressed quinces when one makes quince juice, dried, serves well.

Sometimes necessity requires that these waters be strengthened with gold or steel.

For ailments of the chest (*Brustsuchten*), boil anise, fennel, raisins, figs, liquorice root, jujubes and such things. For drinking, mix violet syrup, rose honey, or sugar candy into it. For a weak stomach, adding raisin juice or quince juice is very good. And if you want it to be laxative, do not moisten (the almonds) while pounding them. Then the oilier the better.

You also sometimes, when there is great heat (as in high fevers, pestilence and consumption), pound the seeds of melons, cucumbers or pumpkins, white poppyseeds and lettuce seeds that bring sleep with the almonds. Sometimes ground pearls or good gold leaf. For winds, especially for young children, and to those suffering from lung disease and consumption, goat milk serves well instead of water, be it for drinking or for cooking.

When you have prepared the almond milk thus, pour it into a clean metal (*kanden*) or stone(ware) (*krug*) pitcher that is allowed to drip off well after washing so that no water remains in it. Store it in a cool place, and when you want to use some of it, first pour it into a clean drinking cup or glass and back (into the pitcher) once or three times, because it separates as other milk does and in the end there is nothing (left) but water. Also, you should not pour back what remains (in the cup) after drinking, that will immediately make it go sour and curdle.

And if you take proper care you will know in all illnesses as you follow written cooking recipes (*geschriebenen gekoechten*), whether you are cooking with water or milk, that you should first prepare this (the alterations) of those (liquids).

You may also give almond milk as a drink to a woman in childbed who is weak and does not wish to eat, gives poor milk, and has her time (menses) too much or too little. And to children who are accustomed to water, it can be given made with fresh well water and strongly sugared. This serves well with (diseases of) great heat.

And though in many illnesses, people eschew almond milk and what is cooked with it due to its costive effect, it is nonetheless greatly useful for weak people. But to each according to his needs. That is why I am telling you how to prepare almond milk at the beginning of the book, as a guide in all things.

I have also prepared such milk with all manner of distilled waters that strengthen the heart and the head, purify, and help with inner growths (*geschwolsten*). Sick people may not want to use such things, so you must see to how you hide them. Now we shall proceed with the help of God and look at how this may be used in cooking.

Ein gantze Gersten (p. 12)

Whole barley

Take fine barley, scald it as is proper and set it to cook with boiling water. Add a spoon or a half of vinegar, according to how strong the vinegar is and how large the pot is. Do not let it boil over. When they (the grains) have boiled dry, add a strong broth of chickens or capon, and whatever the kitchen may be able. Keep them boiling as long as hard eggs.

Add pepper, perhaps also saffron, perhaps parsley is cut into it, sometimes borage, lettuce, or yellow chard, as it is to hand, all of this is useful and gives enjoyment. Some like to eat greens, others do not, you always find it in the patients' report.

Thus you may also leave out the vinegar, and when the barley has boiled in water for an hour, you should pour off the water and pour in boiling meat broth. Boil it dry in the same with vinegar and whatever else you may like. Put into a bowl as (much as) is appropriate and a clear broth with it, that way it does not look so smooth but its power remains in it.

Since many people like to eat whole barley, it should always be lightly salted, for well salted (food) is poison to all sick people; It raises thirst. But one must also look to habit for many are accustomed to excessive salt, and for those you must add a little more than for those who are used to the proper way.

It also occurs that wine and vinegar may be forbidden, but the sick cry "sour! sour!". Then have rectified oil of vitriol and add a drop or three of it to the serving bowl with soup or other foods that people like to have sour. It is a fine and delicious thing in fevers, and for children against the worm, and against all corruption in the body, only that it must be rectified and used properly.

If it is the time that there are unripe sour grapes, take one or two, more or less depending on how large they are, and lay them in the barley or other soups. Let them boil up in it once, they are boiled quickly. Serve it with the soup, it makes it enjoyable and pleasing and is healthy and cooling. So is the gooseberry. In any case sick people can be a bit odd and do not want this or that, but will have sour foods. Then mash them, wring them through a cloth, and let the juice stand until it becomes clear. Then use it in place of wine or vinegar. Sorrel (*Saurampffer oder Erbsal*) which is called the one thing here and the other there, is also good to make things sour, be it fresh or dried.

Ein dorten oder fladen von Reiß (p. 14)

A tart or *fladen* (flat cake) of rice

Take well-cooked rice (that was cooked) in fat milk and stir it well. Then beat eggs, or best take the yolks, and then (add) as much good cream or almond milk as you like. Stir up the rice and make it in

the proper thickness, like a *strauben* batter (a pulled fritter), salt it a little, and if you wish (add) rosewater.

Prepare a pastry crust as you know. Let it harden and put the stuff into it. When it thickens (*gestehet*), strew it well with sugar. Bake it slightly brown. If you wish, colour it green with juice of *kraut* (leafy vegetables – often parsley).

If you want to prepare it for a *fladen* (flat cake), do as described above, but add a lot of two kinds of raisins (*Weinbeer* and *Meerdräubel* – I suspect roughly corresponding to raisins and currants), and raisins dried on the vine (*Zibeben*), and cut figs. Bake it nicely like other *fladen*.

Ein freytags Kalbßkopff (p. 19)

A Friday calf's head

Take good thick cream and as much yolks of eggs. If you want to have it very good, take it all well beaten and strained. If the cream is not very thick, you may grind a few almonds and stir them in, or a crust of white bread. When it is ready, sugar it well, salt it a little, and add a good amount of raisins and such things.

Prepare dough as it should be and form a pastry coffin (*hafen* – literally pot) a hand's breadth tall. Let it harden by the fire, then put in the stuff and put it into the oven that is rather warm. And the coffin should be full, and it will rise. See that it goes to the table hot.

Ein gesetzte Milch (p. 23)

A settled (i.e. curdled) milk

Take milk that has come (fresh) from the cow. Place it in a clean glazed pot that is not used for anything else and (make sure) that no water comes into it neither from the straining cloth nor from anything else. Put it in a place where it is cool, but not as cold as in the cellar, perhaps in a container (closet or chest) in which you keep all kinds of things that should be kept clean.

The cream rises to the top and the milk hardens (*gestehet*). Take off the cream into a clean dish. Then place the milk in a clean cloth bag and let the whey run off (until it is) all dry. Place the milk in a churn in which you churn butter. Stir it well and also add the cream you took off. Serve it in the summertime in great heat.

This is also allowed as food to those who otherwise may not eat cream or pure milk. It is often permitted to the feverish, but in that case do not add any cream.

Ein Igel (p. 24)

A hedgehog

Take a thoroughly well-cooked rice and as much pounded almonds and pass them through (a sieve) with boiled cream or almond milk as thick as you can make it. Add sugar and rosewater, if you wish. Shape it on a platter like a hedgehog, round and tall, and make it a small, pulled-in head, a pointy, upraised snout with cloves for eyes, and when they see, a red tongue.

Slice almonds. They should be pointy at one end. Stick them around and over everywhere except for the head alone. The first ring around the head should be three or four thick (wide), and as they taper (*sich einstrumpffen* – literally to stocking inwards), always (set) one against two. You can gild their upper parts. Strew raisins between or stick it with cloves, thrusting in the heads and leaving the tails sticking out. Make a good sauce of almond (milk) or cream, sugar and rosewater for it.

Eine subtile Milch fuer krancke und gesunde (p. 29)

A subtle milk for the sick and the healthy

Cook rice in a good milk and it (must cover it?) entirely. And when it begins to cook, do not stir it until it has cooked for one and a half hours as it should. Thus the thick (part) has settled on the bottom and the thin (part) stays above.

Then prettily remove the skin and afterwards let the thin (part) run from the thick (part) through a thin cloth so that none of the rice will enter it. Sugar it, and if you wish (to add) a bit of rosewater, it is all the healthier. Put it into a serving platter and let it cool.

If you wish, beforehand stir an egg yolk or two or three, according to how you like it, in a brass pan, add the milk to it, raise it over the fire and stir it. As soon as it 'drives' (*treibt* – thickens), take it off and prepare it as above.

When it is cold, you may strew it with small raisins or candies (*Zuckererbsen* – lit. sugar peas, probably meaning anything candied) or stick slivered almonds into it.

Ein Mandelberg (p. 31)

An almond mountain

Take well-picked and well-dusted rice, wash it clean and put it in boiling water until it begins to become slightly soft. Make a thick almond milk and boil the rice in that like *kraut* (leafy greens) in water. Stir the milk and rice together until it boils, but as soon as it has cooked together, let it cool and stir it as you do other rice. It is supposed to be uneven and thick.

When it is cold, arrange it on a serving platter, at first the width of a plate and four fingers high, then ever taller and more pointy, as high as you can. Smooth it. Slice almonds and stick it with them all over, but for the very tip, use something green. Strew it well with sugar and add rosewater, it constipates mightily.

Many stir starch (*Krafftmehl*) into the milk (that is passed) through with the almonds so that it stands all the stiffer as it cools. It is not evil.

Mehr von allerhand herzlicher Essen von zueger / zuvor aber ein Mandelzueger oder kaeß (p. 32)

More of all manner of hearty dishes of *zueger* (fresh cheese), but first an almond *zueger* or cheese

Take almonds pounded small and good wellwater and make a good almond milk. Hang it over the fire and stir it until it is just about to begin boiling. Then add a little rennet (*Lab oder Renne*) as though you would make another kind of cheese. Or add *seydmilchen* (probably sour whey with the required bacteria), (or) if you do not have that either, take wine or vinegar enough to make it curdle. Or leave it standing in boiling water overnight if you have that. Let it curdle like a *zueger* or cheese and (illegible, probably 'take') it off the fire then.

Set it on a ring (poorly legible – probably a wooden base or coaster, the *schüsselring*), sprinkle water all around it with your hand (illegible) cover it with a white cloth as you do an egg *zueger* or cheese. Take it up soon with a spoon that has many holes into baskets or other moulds. When the whey drains from it, sprinkle it with rosewater and sugar.

When it has settled well into this (? *darein schleufft*), turn it out onto a clean platter in which you wish to serve it. Do it again (sprinkle with sugar and rosewater). If you wish, make a good thin sauce (*brueh*) over it with almond milk or rosewater or otherwise. This *zueger* turns nicely white.

In another way

Take the milk described before, beat eggs into it, and these latter (are beaten) first, then the milk added, as you know of egg *zueger*. Then (add) *scheid Molcken* (acidic whey) or where there is none, a cup or a half of wine according to whether it is sour and how much of the milk there is. It should be no more than (enough) so that it will curdle and not turn sour. Stir it over the fire until it is about to curdle, then put the spoon on it and let it solidify like a cheese. Do with it as (described) before.

A May dish (*Mayenmuß*) of a *zueger*

Take such a *zueger* as (described) above before, when the whey drains from it and stir it well smooth. Then take good sweet butter and stir it into that gradually. (Note that if you make something into which you stir sweet butter, such as commonly May dish, do not add it at once, but fittingly. Put it in a small platter or bowl and let it become soft over hot water. Always stir in a little until there is enough. There must commonly be be more of butter than of *zueger*, but (judge) according to how you wish to prefer it and whether the stuff is loose or firm. What you wish to pile high commonly needs more than what lies flat. In general, the butter is not to predominate too much, but some).

When it is well stirred so that it is enjoyable, sugar it well. If you wish (to add) rosewater, it is healthy and good in there. The sugar must always be added last since it is not easy to stir after that. Then make what pleases you from this, a hedgehog, a lamb, and eagle, or through a syringe as you customarily serve butter at the table. Or (make) small works through a sieve, or in heaps, as you may. To describe all of this would take too much time and would still be in vain for it takes a special head to envision it. Otherwise, nobody will manage sight unseen from writing.

The most common (way) is through a syringe. So make a shape as you have of a mountain here. Shape it smoothly with a knife or a smooth small shovel, always wet with warm water and shaken well dry. Then have ready two or three spoons, one larger than the other, and make indentations (*rinnen*) like on a pinecone. Use the largest first, up to the smallest. Or you may put it into a colander and stir it around and around over a platter with a cooking spoon that is to be large. It falls down like little worms. Hold it so that it comes to make a nice pile.

In another shape

Take a very coarse, strong veil that is woven thin. Place a good spoonful of the May dish in one corner, fold it together and press it though gradually until it all comes through. Take it off with a knife and set it upright. This way it turns out like sheaves in a field. But the May dish must be well buttered, otherwise it is bad to handle. Make as much as you will and set it well with each other as skilfully as you can.

A fine, sweet butter washed well with rosewater and sugared and then made thus also serves well, also (piped) through a syringe or piled up with shovels, or and made into all kinds of animals. But because it is not for the sick, but serves superfluity, it is needless effort to describe how to use this.

Ein Mayenmilch fuer die Krancken (p. 34)

A May milk for the sick

Take of the aforesaid *zueger* one of almond (milk), whichever you prefer. Make a good, thick almond milk. When the *zueger* has had the whey pressed out well, stir it until it is soft, then

gradually add the almond milk. Make it as thick as a proper *Straubenteig* (a fritter batter), sugar it well together with rosewater.

Thus you may also use a good egg *zueger*, according to how things are, or make it from milk of sheep or goats as above. And you can also take *zueger* of all three kinds and prepare them with good, fat cream. The white *zueger* make a nice white dish, but the egg *zueger* are healthier.

And since there follow a number of dishes of almond (milk) and below numerous with *zueger*, I will describe their preparation beforehand.

Preparing the *zueger*

All *zueger* of plain milk, be it of sheep, goats or cows, are made as is written of the almond *zueger* before. And the *scheidmolck* (acidic whey) is best which you obtain from those who make cheese and churn butter, just as you can sometimes get the *zueger* from those people. But if not (if you cannot get it) and you must separate it with wine or vinegar, do not do too much so that it does not become sour. Vinegar also affects it harder than wine which is why you quickly add too much of it.

If you have made such a *zueger* or one as described after, pour the whey into a clean dish until it settles well. Pour off the clear (liquid) above into a pitcher or small pot that is new. Keep it in a place that is not too warm, well closed. When you wish to use it, remove the skin if it has formed one and pour of it into that (liquid) which you want to separate. It does not matter if the skin is grey or yellow, the (liquid) underneath stays good. You may salt it, that way it keeps all the better. It becomes like a vinegar. Always refill the pot again.

Make a good egg *zueger* or cheese thus

The common egg *zueger* or cheeses, as they are commonly called, should be made thus: Take four or five or at most six eggs to a *Maß* of milk (a *Maß* of Nuremberg measure was 1.08 litres). When there is too much egg, they turn too fatty, but if you intend to cook something with it, you may take more. But not above one or two (some make it as thick with eggs that they do not require pressing, but I would rather have them seemly and press them well dry so they do not turn out long and tough (?zech).

Beat the eggs as well as can be done and strain them through a colander into a cauldron or a pan, whatever you have. Where you have no cauldron, it should be a good brass pan. Beat the milk into it, and also a good cupful of *schuetmolcken* (acidic whey). Put it over the fire and stir it until it begins tearing. Then place the spoon on it and let it gently curdle over the fire like a cheese. When the whey turns clear, take it off, sprinkle clean water around on it and cover it with a white cloth for a while. Then lift it out with a clean perforated spoon into baskets or other moulds that are made for it. Thus the whey drips off.

When you wish to send it to the table, turn the lowest part over itself onto the platter (i.e. invert them), that way the moulded part comes out above. And there are moulds like fish, some like birds and other animals, so that you may gild the feet, claws, beaks, feathers, scales of fish and what more there is. Such superfluity may stay outside (this work), but the good gold leaf (used) with such dishes is very useful to the sick because it drives out the wind and prevents stomachaches.

Ein koestlich brot fuer die krancken (p.40)

A delightful bread for sick people

Take good bread that is quite hard so it can be grated small. Stir egg yolks with rose water and stir in the grated bread until you perceive that the bread draws (the liquid) to itself entirely. Let it stand until it settles (*einschlieffe*) fully and is nicely thick, like a batter for *Strauben* (a pulled fritter). Then take half as much of sugar or a little more. It should be pounded to the finest degree or sieved. Also take a little anise and coriander, as you please, and work it all into the dough. If it is still too moist, also work in more of the bread or put it into a glazed container that is shaped like a breadroll (*wecken*) or a loaf of white bread. Set it in a baking oven and let it bake nicely. It is strong (strengthening) to the sick. If you would have almond in it, you may add the third or fourth part. You may also use coarsely pounded cinnamon and rosewater in it.

Another way

Make and prepare it entirely as before, but slightly thicker. Heat a baking tin (*stuertz*) in a platter or heat the inside of a pastry pan and oil it a little with sweet almond oil, very little for the first time. Pour it (the batter) around it with a spoon and shape it like slices of white bread. Bake it, but not at too great a heat so that they do not brown. That way, they look no different than toasted slices of white bread.

Both these kinds are far superior to all sugar rusks (*Zuckerbrot*) which is a crude indulgence, which is why I will leave it undescribed here. I have also made what is described here with fine flour, but it requires twice as much of sugar and is not half as useful as this. But if you wish to make it with fine flour, season it well with ginger, pepper, cinnamon and also rosewater.

And though this is very yellow and the other is white, the whiteness is, as I have said, mere pomp (*nur ein pracht*), but this is also good for sick people to indulge in because it strengthens the stomach very well. If it is dried out properly, it stays good a quarter of a year.

But if you wish to have it white, take a quarter pound of almonds and leave them lying in rosewater overnight after blanching them, if there is time. Pound them fine, mix them with rosewater like a thing batter, and also add egg whites of one or two eggs, well beaten. Stir in half (each) clean, toasted bread and fine flour and as much by weight of sugar as of the other stuff. Make it so thick with flour and bread that it does not run on the baking tin but stays as you shape it. It should also not be thicker than the back of a knife when it has been baked, and a nice rosy colour.

If you wish to bake it in a pottery container (*tigel*), make the dough rather thick, otherwise it will have big holes, and let it dry well and slowly. Cut it while it is warm. But I have heard it greatly praised made this way. There should be coriander and ginger in these.

You may sugar the aforesaid bread all the more, and when you make slices of it, bake them hard. And when they are cold, grind them up again and stir it again with eggs. Bake it once more as before, but not as hard, and it will turn out (as) yellow as if it had been made with saffron and very crunchy and good. Make it a little thicker on the bottom as otherwise.

Ein köstlich Marcipan von Quitten und Mandeln in hefftigem Durchlauff von schwachem Magen (p. 49)

A delicious marcipan with quinces and almonds for strong diarrhea and weak stomachs

Take nice quinces and steam them with quince juice in a tightly closed pot, or if you do it right they can produce the broth themselves (i.e. can be cooked without adding liquid). When they are nicely soft, remove their skin and take the best of their marrow or flesh so that no stone is added to it. Then take finely ground almonds and clean, bolted sugar as much as there are quinces and almonds. Take the half part of this and boil it into a syrup with rosewater or cinnamon water. Add the flesh of the quinces to this and let it dry or roast in a brass pan together. Then stir it well in a dish and the almonds with it, then place it on a clean table, work in the remaining sugar, and when it is like a gingerbread dough (*ein teig zu Lebkuchen*), shape it as you like, press in moulds, dry it in a baking oven or a stove (*roehrofen*). The same way, you may make pears or various kinds from pure quince flesh, or make *krapfen* (filled fried pastries) of this stuff, but do not work it so it becomes too stiff, leave it nicely soft. You can also fill wafers with it (for fritters).

Hirtzhörner von Mandeln (p. 51)

Antlers made of almonds

Take almonds when they are ground enough, mix them with sugar, rosewater and the white of an egg, pound starch powder into this and work it in strongly so that you can roll it out all the better. Egg white is also good. Note further that the egg white and rosewater must not make it too thin so you do not need too much starch. You may also soften green gum tragacanth in rosewater, it improves it, but I have never used it because I worked it to be all the drier.

Of this, roll out round strips like ropes as long as you would have them and dare to keep them. They must be worked prettily. Cut with a sharp knife to make points like an antler simply as well as you can. Also other things as well, as was described above. Place it on a board (*stürz*) and put it in the oven when the bread has come out.

Another form of antlers

Work a dough of egg whites, rosewater and fine flour, and also add enough sugar. Do not beat the egg white (but) prepare it like a dough for a tart (pastry crust). Roll it out and cut it as above, the longer and thinner the better. Heat fat in a tart pan, not too much, and always put in as many as you

can at once so they do not have the space to bend far, but stay straight. They are fried while you must not turn them. Lay them out on a long board until they are all together, then stand them up and place a wreath around them. And from the things named before and here, many amusing things may be made. One may also add ginger if one wants to use it, much as is described hereafter.

In another way

Pass good almonds through a cloth with rosewater, thickly, add as much in eggs and knead it quickly with sugar and fine flour. They need much sugar in any kind, but these do not break so readily. Work it out well and make antlers and whatever else you like.

Chestnuts make thus: Take the board of a weaver through which he works (the reed) and take of the dough that you have made (a piece) as large as a chestnut is, but one is larger than another, so roughly is all right. Make it round, draw it over the reed, and give it a push between two fingers so that they get ribs in one place and their shape in another, and those who see them but does not try them will think they are shelled chestnuts.

Also roll it out the length of a little finger, a short, thick round (shape), shape it over that (the reed) in front and behind like a thick earthworm. Make him eyes. Bake them in an oven so that they stay white. You may make both chestnuts and earthworms from one dough as with marcipan, so that you have two kinds of the same.

Ein ander form Goffern oder Eysenkuechlein (p. 53)

Another form of wafers or cakes baked in an iron

Take almonds pounded as small as possible, as much as you want, and add well beaten eggs, (only) the yolks are best, and do not make it too thin. To a quarter pound of almonds, four or five yolks are enough. (add) rosewater that is well-tasting and as heavy as your mix is, as much sugar (*so schwer der zeug, so schwer der zucker*). Work the dough with fine flour so that it can be rolled out.

Roll it out, as (described) before, in the shape of the wafer iron. Brush the iron with a feather once it is hot. Use sweet almond oil. Put it (the dough) on with force, press the iron shut and let it bake slowly over a little fire, or just lean it by the fire. When you think it has had enough from one side,

turn the other side of the iron towards the fire as well. Afterwards, take it off and put on another (wafer). Do not let it get too brown. You can keep these for half a year.

Another kind

Take almonds, as much as you wish, and fine flour as if you were thinking to make a dough for *Strauben* (hand-pulled fritters). Thin it with eggs and rosewater like a *Strauben* dough, a little thinner or a little thicker, depending on how deeply the iron is cut.

When the iron is hot, grease it as (described) before for the first time, but not again afterwards unless there is great need. It is not good to grease the irons too often, you can always see (whether it was enough) from the first (wafer).

When the dough is well sugared and prepared and the iron is hot, put a spoonful of it nicely on the one half (of the iron) and press it together as hard as you can. Remove what comes out at the edges and keep it for the last. Raise it (the iron) over a bright fire and bake it as you have heard before.

These irons are similar to those in which you make wafers (*Oflatten*), except that they are not round but a good hand's breadth in width and a span in length, and commonly cut a little deeper, with fine moulding (*moedeln*) as one enjoys. And as you handle those (round irons), so you shall handle these (rectangular ones).

Another way

Pound or pass the almonds with rosewater rather thickly, or if you wish, with milk or half milk, but rosewater alone is better, especially for the sick, and they keep better. Stir in flour, then eggs so that it becomes as (described) before and bake it thus straight away.

A different way

Take white flour (a quantity) according to how much you want to make, stir it mildly (*lind* – into a soft batter) with good fat milk, but do not beat it. Add sugar, cinnamon, pepper and ginger, nutmeg and mace all well pounded, also rosewater, then eggs. Into a batter made from half a *Maß* (probably a little over half a litre), three eggs are enough. Then stir it together, (make it) thinner afterwards with the remaining milk, to proper thickness. Salt it properly as is described above.

When the iron is hot, put lard the size of an egg between the two sides, let it run (read *rinnen* for *einen*) into the batter and stir it in quickly so that the batter does not develop a skin. Then bake it well, but not too *gech* (hard?), they are to look nice, white and rosy together.

When the iron seems to get too hot, open one (side) and lay the iron beside it, and let one (waffle) bake thus. Afterwards, it will do fine again. And when you take one (wafer) off the iron, lay it on a smooth, clean sheet of paper, a plate over until it cools down it so it does not turn brown. Then cut off the black(ened part) that goes around it off with small scissors (*schaerlein*).

When you serve them, lay them nicely atop one another, and what you keep overnight place under a plate, otherwise they bend. These are also very good for both the sick and the healthy.

You can also make these with a well-skimmed honey (in place of sugar), but they turn brown quickly and soften too fast. They can not be kept well as long as those made with sugar and are not for everyone.

In general (i.e. for common folk), make a batter with milk and eggs, and add pepper, or not if you wish, but they are better digestible and also good. Also put in lard the same was as described before. One likes to eat those at the end (of a meal) or for the evening drink (*abendtrunck*). They can also be baked very quickly.

When you bake them, you should grease the iron and let it cool before you put it in. Before, take the batter that will always come out at the sides (spill over the edges). Put on (the iron) as much as is right in one go, press the iron together and bake it fast. There are always servants who will enjoy them even if they are a little black from the iron, and it improves the iron. And if a wafer should burn in the iron, which spoils it badly, just make a thick batter with water and bake ten or twenty (wafers), that cleans it out again nicely.

Hobelspaen (p. 54)

wood shavings

Prepare finely pounded almonds with sugar and rosewater, spread it thinly on wafers and then cut it into long, thin ribbons with scissors on a *stuertz* (a kind of wooden container?). Bake them in the oven or in a pastry pan. They curl and are also nice and good. They are to stay white.

Ein Mandeldorten (p. 55)

An almond tart

Take half a pound of finely pounded almonds on the table for one tart. Beat four or five eggs very well and remove the birds, and take as much good skimmed-off cream that has been boiled before and cooled again. Also add rosewater and sugar and a little grated white bread, that makes it tender (*lucker*).

Make a pastry crust as you do all the time and shape it as you please, round or as a heart or however you can. After it is hard, fill in the stuff and bake it at a gentle heat from above and below. When it has firmed up and baked well, brush it with rosewater and strew a good amount of sugar on it, or make a paste from egg white, rosewater and sugar and spread it on it (the tart). Give it a good heat, then it rises and glistens like a marzipan, which you brush the same way. It saves sugar, and when the egg whites are well beaten, you may leave out the rosewater or use very little.

If you like, and if you can, you may cut a very tender lid that is very broad, or a nice rope (braided edge?). Make a dough from egg whites, sugar and rosewater and roll it out well. When the filling has firmed up, place the nicely cut (covering) on it and give it a good heat so that the cut parts stand out yellow and brown and the tart filling white. But it must be broad and cut differently than for other tarts.

And this way, you can also cover other tarts made with dairy products (*milchspeiß*). If you would make it for a sick person who must not eat milk, use as much almond milk with rosewater or another kind of boiled (distilled?) water that otherwise serve for the need of the sick with the eggs, as much as you need, as always.

Lebzelten oder Lebkuchen von Mandeln (p. 60)

Gingerbread of almonds

Take almonds pounded very small and well-clarified honey cooked with rosewater. When that is cold, mix the almonds with it into a dough that is not too thin. Grate a good lebkuchen and work it into that until you can knead and roll it into shapes large and small as you please. Then press lebkuchen moulds onto it, also put in finely pounded cinnamon and, as is customary, put cut ginger back and forth between the moulds, so (you use) gilded and sugared almonds. Bake them or dry them in the oven or in a (baking) pan. It is good for pregnant women, it strengthens mother and child. You may also make them with a flesh-coloured (*leibfarben*) rose honey, that way they act as a laxative.

Ein gebackens Allemaenlein genannt (p. 69)

A fried dish called *Allemänlein*

Pound almonds very small and pass them through (a sieve) with rosewater, a good eggshell full. Beat two or three eggs into this, (add) sugar and a little salt, or if you wish, leave out the sugar until it is all fried. Heat fat in a pan that is not rubbed and that has a flat bottom. (Do not) heat much, and when it is hot, pour it out into another (pan). The pan is only to be stained (*schmutzig*) or greased and slick. Now soon, because the pan is hot, take a spoonful of the beaten batter and pour it around the pan so that it produces a flat cake like a wafer, as thin as may be, but equal(ly thick) in all places. Raise it over the fire until it can be removed from the pan. Then strew sugar and cinnamon all over it and lay them atop each other like *Hueppen* (another kind of wafer). If the pan is still greasy, continue, if not, pour the melted fat into it again and out as before, and then continue. The pan should neither be too hot nor too cold, otherwise it hardens too soon. Keep it warm, or serve it immediately.

Gefüllte Oflatten mach also / es ist ein sehr schoen gebackens (p. 71)

Make filled wafers thus, it is a very nice fritter

Prepare the almonds with sugar and rosewater like for a marzipan, and afterwards take nice wafers as large as you can get, and so that they are not split anywhere and each two are of equal size.

Spread some of the almonds on one side with a knife very evenly and about the thickness of a small knife. Do not spread it too near the edge (*das port*) or end, about a finger's width. Then brush the edge precisely and thinly with egg white, place the other over it and press it together along the edges, but not elsewhere.

Inbetween, you should have ready a thin batter with eggs, like the batter you use for coating fried calves' feet. Dip them in it, let it run off so that not too much batter sticks to them, and put them into a pan with hot lard. The side that is spread with the almonds should be turned to the bottom in the fat. You must handle it speedily so that the edges do not soften and stick to your hands. They must also have space in the pan: they rise nicely if you handle them right. Turn them as you do other fritters, serve them and strew them well with sugar, they are pretty and good.

You may also clean figs and raisins and chop them small and season them well with good sweet spices and ground cinnamon. And equally, you may prepare good apples and sweet pears ground up dry (without the addition of liquids) and also well spiced and well prepared. The apples and pears must be very dry and well mixed. You can also work a good dough as you have done before, very dry and rolled out as thin as paper, and spread these things on one side, strew it with sugar and fine flour so that it does not stick, and closed nicely along the edges. Then you must not dip it in batter. The lard must always be very hot as for all fritters that should rise quickly.

Eine Dort von einer Mandelmilch (p. 72)

A tart of almond milk

Take six or eight egg yolks, more or less, and as much thick almond milk. Beat that well together, sugar it properly, and take rosewater with it. If you wish, make of a sugared dough, as you know how, a bottom as you please. Make a very small rim for it and let it harden as you have done before. Put it (the filling) in, and lay back and forth a bit of sweet May butter (beforehand?). When it melts, strew it generously (*gewaltig*) with sugar and give it heat again. It is done soon enough.

Thus (also) do with egg yolks, but not as much rosewater, half as much is enough. Prepare it as above.

Ein Dottermuß (p. 73)

A spoon dish of egg yolks

Take four good slices of white bread and toast them, but not brown. Take half a *Maß* (Nuremberg measure *Maß* is 1.08 litres) of *Malvasier*, or otherwise the best wine you can get, pour it over the bread so that it softens well and let it boil up together. Pass it through (a sieve of colander) together. Then take the yolks of twenty-four eggs, beat them well and finely, and stir in the passed-through bread along with the remaining wine.

Heat fat in a *tiegel* (tall pottery cooking vessel) or a *kachel* (wide, flat pottery cooking vessel) on the embers, not overly much, and pour it in there. Fresh May butter (clarified butter) would be best, the size of an egg. Stir it until it boils and do not let it burn. When it is thick enough, add saffron and sugar and let it stand for a while.

Afterwards, spread it on a serving platter smoothly with a spoon the way you serve cold beans and let it cool. Then pour over it nice boiled honey or good quince juice cooked with sugar or honey, or a thick almond milk, or cream and raisins, depending on who you intend to serve it to.

Six yolks belong with each slice of bread, and half of that to half a one, and also half the wine.

If you wish, spread it on a plate like (you do with) rice, as far it can spread out and two fingers thick. When it goes cold, slice it but do not sugar it. Take it and fry it, or dip it in egg, as you wish, you may also fry it like *Kroßeyer*. And if you want, make a batter of sweet wine and shape it (the yolk mush) like slices of large apples and dip them into it, but not for sick people. And as you bake it, strew it (with sugar) as soon as you take it from the fat, and sugar it well.

(Note: *Kroßeyer* are a bit of a mystery. They are clearly an egg dish, but some recipes refer to a spiced batter being filled into eggshells and then roasted in the embers while others describe it being fried in fat. I tend towards interpreting this as a type of fritter in this instance.)

Ein gut kalt Muß fuer durchgetriebne Erbsen (p. 75)

A good cold spoon dish for (i.e. to look like) pureed peas

Boil eggs hard, as many as you wish, peel them, cut them apart and (take) only the yolk. Stir it until it is soft and smooth with fat cream or almond milk or rosewater or both or *Malvasier* (malmsey wine), as you wish. It is very good with *Malvasier*, almond milk (made) of rosewater, any hypocras to strengthen and to constipate against diarrhea. Also for women, especially in childbed, and the like, young and old. Make the spoon dish (*das Muß oder den brey*) thick. If you would not have it constipate, sugar it al the more and strew confits (?*Zuckererbzen*) over it.

Ein Kolhauffen (p. 87)

A heap of coals (a fake pastry case)

Beat two or three eggs very well and add a spoonful of cream or of meat broth. Grate a good amount of nutmeg and saffron into it and salt it properly. Then take a deep small pan with a flat bottom. Heat a little fat in it, swirl it about (to coat the sides) and pour it out again. Then put in the eggs and swirl them about in the pan, let them run all over the bottom and around the rim so that it is shaped like a pastry case (*Dorttenhafen*). Let it bake (cook) nicely, and when it parts from the pan, take it out.

Put it on platters that fit on a serving plate(?*thu sie in blatten die recht auf ein teller*). Then fill into it whatever you wish, and also the broth, if you prepared any, be it from chickens, (or for) whatever good cooked, baked or roasted things you have that you make sweet sauces for.

And if you wish, make a sheet (pancake) like the above, but without an edge, and place it on top like the lid on a pastry. That is enjoyable, hearty and good. But if you so wish, leave it as you like it.

If you serve this to guests, you should neither cut the lid nor the case, and when you take it off the table, take out what was in it. Have cinnamon sauce (*Zimetbrueh*) ready, take the lid or case and cut it as you do pancakes. That way, you soon have another dish at low cost.

Ein Dorten von einem frischen kaeß (p. 91)

A tart of fresh cheese

Take a very good fresh cheese from fresh milk, press the whey out well, then take all manner of good herbs such as parsley, chard, or spinach and whatever you like to taste in it, wash them, swing the water out well (as in a salad spinner, but by hand), grind them up fine and press out the juice. Mix it with the cheese, add sugar or fresh butter, prepare it in a pastry crust and bake it. Also put a lid of thin pastry on it, of make a mush (*mueslein*) of white flour and egg yolks, brush it with a brush as you do with other tarts, and bake it well. If you want, bake it in a mortar in the oven, that way it turns out nicely. You can also divide up both kinds between many small dishes or tiles and place them in the oven, this makes little cakes that need no lard if only you only spread some on the dish.

Ein guelden suppen (p. 92)

Golden sops

Take freshly baked fine white bread (*Semelbrot*), cut it in slices as though you wanted to bake gilded slices (*gueldenschnieten*). Moisten the crust well with rosewater. Beat eggs very well and lay the slices in them until the egg soaks well through and they are very soft.

Fry them well and quickly in hot fat so that they do not turn hard. Have ready a fish scoop (*Fischschaeuffelein*) with which you shall lift them into the fat. You cannot otherwise take them into your hand due to their softness. Lay a clean white cloth into a serving bowl so that it draw the fat to itself and (the bread sops) stay warm.

Make a thin sauce (*brueh*) with cinnamon, sugar and rosewater. Lay them in a warm bowl, the sauce over them, place it briefly over a chafing dish so that they barely warm together, strew it well with cinnamon and sugar and serve it.

In another way

Prepare it with *Malvasier* (malmsey) or other delicious wine as (described) before with rosewater. Soften it with egg the same way and fry it. You may place it back in the egg after frying or draw them through it and fry them again, three times, and they turn out hearty and well. But these do not

serve well for the sick on account of the fat. For the sick, once is enough. Leave it to soak in the egg all the longer.

Make a thin sauce (*Brueh*) of *Malvasier* over it, (or) strew it well with sugar if you serve it dry, (and) maybe with cinnamon, maybe with nutmeg. For the feverish, they are better with rosewater.

Eine rauhe Eyersup (p. 93)

A rough egg soup

Beat an egg yolk and stir it into boiling meat broth, but do not place it over the fire. If you have no meat broth, make boiling water, add a little hot fat into it or fat skimmed off of broth (*Suppenschmaltz*), salt it a little, and when it all boils together, stir it in with the beaten egg as above.

If you wish, also cause half wine and half water to boil and sugar it. This is supposed to be eaten by sick people who are constipated and wish to purge themselves. It is good for them.

Ein ander Suppe für die Krancken ein Guesselein genannt (p. 94)

Another soup for the sick called a *Guesselein*

If you have good meat broth, set it by the fire in a small pot. If it is already boiling, that is fine, if not, bring it to the boil at some distance from the fire so that it does not become fatty (*schmalzig*).

In this matter it is important especially to take care of the sick because it is bad for the stomach and harms the sick very much, as does burned food. And the majority of people, even those that should be adept (at cooking?) or want to be it, are accustomed to have their cooking stand in the middle of the fire so that sometimes the wood burns out over the pot and its lid. Sometimes there even is no lid at all, and it must boil and nobody knows if it is to be footwashing water or soup. With that kind of cookery, the stomachs of many healthy people are spoiled, not to mention the sick ones and much weaknesses and illnesses follow. And the rough (*ungehobleten*) cookpots that have no feet further this.

Now the abovesaid (is) for the benefit of the sick and to prevent such damage; Take fine, grated white bread according to how much soup you intend to make. For one person, take as much as is needed for an egg or two. It should be (mixed) a little thinner than a batter for *Strauben* (*Straubenteig* – a kind of hand-shaped fritter). Cut good herbs into it such as marjoram, thyme, parsley, one on its own or all together, as you like. Also (add) saffron, mace, raisins, as is needful.

Once the broth is boiling, put it in and leave it to boil gently (*sittiglich* – properly, demurely) on glowing embers, covered. Let it boil in the broth as one lump and the broth will turn out nicely clear. If the sick person will not eat bread or anything else (solid), give him the clear broth. But if he eats, break up what you boiled as one into small pieces the size of nuts and put them into the broth, that is very strong (strengthening?).

Also, if you have no meat broth, heat lard in a small pot and slice/grate (*schabe*) parsley root into it. Let it boil until the root can be gripped well (has softened?) but is not fully cooked through yet. Have done your preparations as described above and equally salt the broth, because it is (made with only) water. And this broths are excellent to drive out small kidney stones (*Harm und Griß*).

Von den Sultzen (p. 98)

Of galantines

Take the meat of pigs that are very young, about a quarter of a year or half a year at most. Prepare nicely and clearly as much as will fit a serving bowl of the feet, ears and snouts, back and tails, these are best suited to it. You may also take veal or a calf's foot, it gels all the better.

Set it (to cook) with two parts of good white wine and a third part water and place it in a wide glazed pottery cooking vessel (*kachel*) that is right (correctly sized) so that when it is boiled, just as much broth is left to you as you need in the serving bowl after you have put in the meat, (be it) one or several. Leave it to boil gently and skim it cleanly, and when it has been skimmed well, add a goodly amount of mace and whole ginger. Laurel (*Lorber* – usually means bay leaves, may mean berries here) also tastes very good in this, but not too much or it turns them black.

Cover it well, let it boil well over the coals and often skim off the fat. Do not oversalt it, because it is very unpleasant when a *Sultz* is oversalted. When it is well boiled as it should be, pour the broth into a clean dish and let it stand for a while. Lift off the fat carefully so that no 'eye' remains on it. Then take enough sweet spices and saffron, and if the broth is not sour enough, beat in sour vinegar. If it is not salted enough, improve it. But all of this should happen while the meat is still boiling or the meat will turn out tasting unpleasant (*ungeschmack*).

If you would have the meat stay white (it is very pleasing if the meat is nicely white), take it out of the cooking vessel into a bowl. Put the spiced broth into the cooking vessel and let it boil over a coal far from the fire. Then pour it into the serving bowl, but first place the bowl where you wish that it should gel. And it must stand level and the broth cover the meat equally. And in a meat galantine, the broth should reach halfway up the edge of the platter.

When this is done, grind cinnamon and cloves and strew it well. Also (add) raisins. Some place it on the bottom together with finely ground almonds, that is your choice. But almonds belong with fish galantines on the top. Raisins and what goes with them belong with meat.

Many pour it through a bag like *hypocras* (a spiced wine), but I have never needed to do that. It can become very nice from boiling alone. Diligence serves well in the kitchen.

Lay the ginger and mace atop the meat, and if you would like to have the stuff (galantine?) of the meat yellow as well, then pour it over the meat after (you added?) the ground materials and let it boil up together, but not long or the spices will lose their potency.

Many also add sugar, to each as it pleases them. But to sick people, they are generally better when they are sour.

And thus you may also prepare it with chickens or (other) meat as you please, only you must have the feet of calves or the hard part (*knorren*) that is on them behind which in many places is called the *Hechsen*. Many boil it in a nice broth of ground peas, that is not bad. Many take isinglass, but that is unpleasant. Do right by it otherwise, and it will gel.

Ein Schnee zumachen (p. 104)

To make a snow

Take on a table three *seidlein* (a drinking vessel – this may be a legal measure. The Nuremberg Seidel was 0.57 litres) of cream and toast two *semmel* (small white bread loaves). Then take half a quarter pound of ground almonds and lay them on the toasted bread. Also (add) as much of raisins that are washed and picked clean. Then place the cream in a glazed pot and take a whisk (*beslein* – lit. a small broom) or cooking spoon and stir the cream well with it. That way it produces a big foam (*gest* – the word is also used for brewing yeast). Lift it off and place it on the toasted bread. Stir until there is more foam and lift that off again. Do this for so long that there is no more cream left. Do this half an hour before the meal and set it in the cellar for a while.

Ein anders (p. 108)

Another dish (of apples)

Cook apples, be they green (fresh) or dried, in half wine and half water. Toast bread thoroughly, but not burned, and pass the apples through (a sieve) together with the bread. If you do not have enough cooking liquid, take quince water (cooking water used for quinces?). Make it properly thick. Pour in a little hot fat and add quince juice so it becomes slightly sweet, or sugar it, or cook raisins with it. Mash it all well, pass it through (a sieve) together and prepare it as above. If you wish, make a pastry crust for a tart, put it all in there and bake it.

Grosse Aepffelkuechlein / da drey ein grosse blatten voll sind (p. 109)

Large apple fritters of which three fill a large serving platters

Take fine flour and make a batter with boiling wine like (the thickness of) a *Strauben* batter. Finally add an egg. Then cut nice peeled apples into four pieces, throw them in and turn them around so that they are coated by the batter (*den teig annemen*).

Then you shall have (ready) a copper or iron pan that is equal at the bottom and on top (straight-sided). Put fat into it, not too much. When it is hot enough, set it up so you can see into it (direct

line of sight from the top). Then set the apple slices into a ring in the middle one after the other, then again one with each two, then another ring, and into the middle ring, place three.

Then have very hot fat ready in a pan and pour that quickly over them so that it rises as high as the apples. Then let it fry until you notice that it is done well enough above and below. Turn it around with a skewer. If you cannot handle this well, pour off the fat into another pan and keep it hot. Then lay a pewter plate over the pan or a well-made iron lid, turn it around and quickly put it back into the pan with the hot fat so that it finishes frying. Be quick about it, but do not pour (fat) over it again otherwise they turn out fatty (*schmaltzig*).

When they are (done) enough, pull them out. Lay them on bread or a white cloth and if you would have them very good, strew them well with sugar in the pan or sprinkle them with rosewater or cinnamon water and sprinkle it well with sugar, especially (if it is meant) for a sick person.

When you lay them (in the pan), you must not place the inner slices as close together as the outer ones so that the fat may reach through and through and they fry well and not be doughy. They are miraculously pretty and good if you do them justice.

Gute Krapfen zu machen (p. 113)

To make good small pastries/filled fritters

Take good pears and roast them in the ashes until they turn soft. Then take off their skin and cut away only the best so that no pips or green comes with it. Afterward, grind as much of figs and raisins as you have of pears and chop it small all together.

Then take well-skimmed honey that has been cooked well in a flat pottery cooking vessel (*kachel*), add the chopped (fruit) and let it roast or cook therein the way you would usually fry something in lard. Then season it, but with good spices.

Make pastries (*krapfen*) like filled wafers (*oblaten*), as is described in the first part. Or prepare a dough and shape it in triangles, like you do small apple cakes, or as a sausage.

You should know that when you make *krapfen*, you should not just spread on (the filling) as you do with *oblaten*, but that they should contain a good quantity. Now prepare them and fry them in lard or bake them in an oven, as you wish. But they are better baked in an oven or a pan (pastry baking container) especially if the dough is sweetened and spiced.

You may also fill this stuff(ing) into pig guts (that have been blown up and dried, and soaked in warm water again) and roast them on a griddle like other sausages. You may (also) make a hedgehog of this stuff. It becomes quite firm when it is cold. Stick it with cloves.

Another way

Take of the above stuff when it is all ready and put it on a plate. Spread it out the way you open out rice. When it is cold, spice it strongly, then cut it (into pieces) and arrange it in a bowl.

If you wish, make a gentle sauce with it and strew or scatter sugarcoated fennel or anise over it, or serve it without sauce. For this kind (of dish), you may well take quinces instead of pears, or both together, or quinces and sweet apples.

Another

Take good pears and peel them carefully so that the peel stays in one piece and the stem with the core stays attached. Then cut out what is next to it so that only the core remains. Then you shall prepare the same recipe that you have done before of figs or for *krapfen*.

When it has cooled a little so that you can suffer it on your hands, shape it over the pears lengthwise and shape it like pears. Carefully put the peels back on and push the stem back in. Put them in a cool place and then serve them like other fruit. This is amusing and heartily good.

Eine Dort von Kaeß und Birnen (p. 114)

A tart of cheese and pears

Take good sweet pears, prepare them, and cook them in fat until they dissolve. *Speckbirnen* (a sort of pear) are commonly the best because they readily turn to mush. When they are well cooked,

mash them in a dish and stir or beat in eggs. Then add a good handful of Parmesan cheese or Dutch cheese that is no longer new, enough ginger, nutmeg (ground) very small, sugar and raisins. Prepare a very thin crust, put it into this and (i.e. together with) a good amount of sweet butter. Put a fine rolled-out (?gelegten) lid onto it so that the tart is well closed all around and bake it quickly.

Ein andere Dort von Birnen

Another tart of pears

Cook well sliced pears, make them thin in fat the way you would otherwise cook a spoon dish of pears (*Birnenmus*) so that they have a nice cooking liquid, whether of their own or made, and so that they stay white. The slices should be very thin and broad.

Prepare the pastry crust. Take ginger, cinnamon, nutmeg, and sugar according to how sweet the pears are by themselves, and strew of this in the bottom of the crust together with raisins. Then lay the pears on it well and orderly so that you cannot see the bottom. Then strew it again with the above stuff (spices) and make another layer (of pears) in the middle. Lay it a little thicker than at the edges. Strew it well again on top.

No pastry crust for any tart should be thicker than a finger. Not only does that make them common (*paeurisch* – literally peasant style), but they also do not turn out as nicely as they should.

Place a nicely cut lid on top, brush it with beaten egg and bake it crisp, but not too dry. Pour in the cooking liquid the pears had at the top when the crust has hardened. Nutmeg is very useful in spices with pears.

Ruben von Aepffel und Birnen (p. 117)

Root vegetables of apples and pears

Peel good apples and pears, take out what belongs out, then cut them as one cuts root vegetables, but not too small, flour them, fry it in fat gently and nicely and sugar it well. Mix cinnamon and ginger with the sugar. These are good for the sick, though the healthy eat more of these things

which we should well allow them if only they let the sick, who can't do (make) these, also enjoy them.

Gefuellte Aepffel mach also (p. 121)

Filled apples make thus

Take apples that do not turn mushy (when cooked), sweet or sour, peel them, cut thin lids off at the top and scoop out the core. Then take other good apples that turn mushy (when cooked) with lard, but so you add neither water nor wine. When they are well cooked, add sugar, ginger, cinnamon, saffron, and raisins and if you wish, also eggs, about two or three eggs to each ten or twelve apples, depending on how big they are. Fill that into the hollowed-out (apples), brush the lids with egg whites and stick them on with slivers cut from cinnamon.

Heat lard in a pan and fry them like other apples, but you should not flour them. When they are fried enough, place them in a bowl atop each other and strew them well with sugar. Or take them from the fat into a flat earthen baking dish (*kachel*) that does not smell of other food and make a sauce with wine, sugar, cinnamon, and ginger (to pour) over them. Let it boil a short while and serve it. This is also how filled pears are best made, except you do not add eggs to the filling.

Getheilte Dorten von Aepffeln und allerhand Zeug (p. 125)

Divided tarts of apples and all kinds of stuff

Make a dough as for all tarts, roll it properly. Shape it into roses, stars, lilies, onion strings and what pretty things you can. Spread it (*?treib es auff*) with thin bread. Cook all manner of fruit, cherries, apples, bears, whole or turned into puree, as you find enough of all kinds so that you always have two colours. And this way, you can also prepare a good filling of almonds and other good soft preparations (*Muesern*) as you have them. You fill in one after the other and you can dye the filling in all colours, yellow, green, and as you please, (and) prepare and serve it.

Quittenpasteten (p. 125)

Quince pastries

You can make anything with quinces that you can make from apples or pears except that they are not equally suited for cooking (*kochen* i.e. stewing or boiling). For pastries, you can prepare them thus:

Wash them with a clean cloth, cleanly cut out the core and seeds, and if you wish, soften and brown them slightly in hot lard. Prepare cinnamon, ginger and sugar with raisins and fill the quinces with that. Put it into the pastry crust with enough of this stuff (spice mix) and close it well with a whole lid. Bake it quickly. Brush all pastries and tarts with a well-beaten egg and saffron before baking. If you want to have the liquid for the pastry filling (which is the best), pour in wine boiled with enough sugar, as you know how, after the pastry hardens. Then continue baking it.

But they are best for sick people made in the manner that follows: Remove the core and seeds from the quinces and place them in a shallow pottery pan (*kachel*) with half wine and half water so that they are covered well. Cover it well and let it stand over embers and slowly become tender. They should not boil, but be as hot as can be without boiling.

In the meantime, prepare the pastry crust and what you need with it. Once the quinces are as tender as they should be, take them out and pull off their skins, or leave it on and they stay whole more readily. Fill them up with sugar and cinnamon or stick the quinces with cinnamon and cloves. Add enough sugar above and below. If you want (to add) raisins, add them or leave them.

When you have prepared them and enclosed them (in the pastry), bake it, and you may add a little lard with them. When the crust has hardened and you notice they do not have liquid, then do as described above (adding sweetened wine), or even do it this way, especially when the quinces are still fresh.

Prepare the quinces as they should be, put them into a nice glazed cookpot, cover it with a four-layered cloth tied down hard and put a deep lid (*stuertzen*) on it. Place it in the fire and pile coals around it. After they have steamed for an hour, it is enough. Open the pot. If you wish, pull off their skins and prepare them with enough sugar and the other things, as the occasion calls for. When the crust hardens as described above, take of the liquid they gave off (while steaming) into it. But if they have been in storage long by the time you want to steam them, add a little wine to the pot you

steam them in, or do as above. You may add a little lard, but it is better for the sick without lard, especially if it is served cold.

You can (also) add sugar and other things you want to the pot you want to steam them in, close it firmly and steam them a little longer. You arrange them in a bowl as the occasion calls, nicely atop each other, and strew them with cinnamon and sugar. They turn out hearty and good. If you want them for a tart, stew them a little and cut them in slices like pears and treat them like those in every respect. Do not stint the sugar, cut a nice lid, and do not bake it (to become) too moist or wet. And this kind is the best.

Ein schoene Sultz (p. 128)

A pretty galantine

Prepare good quinces cleaned of their cores and seeds and place them in a glazed cookpot. Tie or paste the same closed so that no steam may escape it and do as is taught before. (heat until the content is steam-cooked)

When they are steamed, you will find a good amount of cooking liquid inside and if you handle it properly, put it into a pan and add enough sugar. When they have boiled as long as a hard egg, take out the quinces and arrange them in a serving bowl here and there like other ingredients for a galantine (*Sueltz oder Galrey*).

When there is not yet enough of the liquid, do not let it boil any longer until it begins to spin like a syrup (thread stage?). Then pour it into the bowl with the quinces decoratively (*hoefflich*). When it cools, it gels like a galantine. It is very useful, especially the liquid is good for the sick. You can prepare it well so that it lasts the entire year. You may steam the seeds along with the quinces, it gels all the harder.

Pfersichpasteten (p. 130)

Peach pastries

Peach is a very harmful fruit and there is hardly any other fruit that rots so soon in the stomach. That is why it is forbidden to sick people more than any other fruit. But where there is great heat without putrid fevers (*faule Feber*), it may be slightly relaxed with precautions.

Good, dry peaches which are commonly the yellow ones are good peeled, dredged in flour like apples, and thus fried in fat. (They are) well strewn with sugar, and served half of whole, as it suits you, but the most common way is whole.

You may also brown them in fat without flour and then make a sauce from *Malvasier* (malmsey wine), cinnamon, ginger and sugar and just let that boil together. If you wish (to have) raisins and such things, strew it well when serving or put it in the pastry case afterwards. You may (also) prepare all kinds of spoon dishes (*Muesser*) from it all stirred, like you find with apples.

But if you wish to make pastries or tarts, peel them into the pastries and loosen them on one end so you can take out the stone. If you wish, thrust in blanched almonds or cooked (*eingewaelte*) dates. Place it in *Malvasier* or other strong wine for an hour or two, then prepare it in the pastry case with ginger and sugar. They need a good amount of sugar. When the pastry case hardens, also pour in the wine. You may also prepare it with fat, they turn out very lovely and good.

For a tart, cut them in slices like an apple spoon dish (*Aepffelmuß*) and also lay them in wine. Prepare it in the pastry case like an apple tart. Put raisins in between. They can also be preserved for keeping in a variety of ways. They are also fried whole or halved and are less harmful in cooking than the green ones.

Ein Dorten von Datteln (p. 131)

A tart of dates

Take the dates and cut them open at one end so that you can take out the stone and also the white skin. Cook them with whole (undiluted/unadulterated?) *Malvasier* (malmsey wine) that is broken with rose or quince water.

When they have been boiled and are beginning to become soft, have cleaned figs and onions ready, cut in half so that they become like the dates (in size and shape?). Let them boil along with them (the dates) like you do for a fine thin sauce (*bruehle*in).

Then lay into a prepared pastry case each one fig, then one date, and the onions between. Strew them well with sugar below and above, lay small pieces of fat on it, and sprinkle cinnamon water on it, that is better for sick people than cinnamon.

Put a nicely cut lid on top, bake it, and when the pastry case hardens, pour in the broth that remained together with cinnamon water. Bake it nicely moist, but still not too wet. The broth should finely spin in it as a syrup.

And you may thus also cook such stuff as you know for *Feigenpfeffer* (figs in spicy sauce) or fry them on skewers like you do with figs and apples.

Ein schoene weiß Pomerantzen einzumachen (p. 134)

A fine way of preserving bitter oranges

I had thought of holding back this piece together with other, but as it serves sick people so well, especially with bellyaches (*in Grimmen, bevorab aber inn dem Magengrimmen*), I cannot hold it back since it is very useful.

Therefore take nice, healthy, fresh bitter oranges and cut them nicely star-fashion, but not all the way through, only through the peel. The inner apple is to stay whole and untouched. Loosen (remove?) the peel to the marrow, but that shall be uninjured with its membrane (*heutlein*) so that the juice may not run out. And the peel should stay on the apple below. It is to have approximately eight points, like stars appear.

Place them in a deep dish. Pour well water over them and weigh them down so they do not float up. Cover it well and let it stand in a warm place for a day and a night. Pour off the water, add new, and let it stand again as before.

Then put them all together into a glazed cookpot, covered well, and set them by the fire surrounded by embers at a distance. Let them slowly begin to boil and keep it up (?so *durchauß*) until the peel begins to grow soft. Then take them out carefully so you do not detach a point and lay them on a nice cloth over folded over.

Take the water into a brass pan that is so wide one apple can lie in it next to the other. It is best with a glazed pottery cooking vessel (*kachel*) on the embers. Take one pound of the best sugar for each three apples, and if they are very large, take five quarters (1 ¼ lbs).

Take enough water. If you do not have enough from (cooking) the apples, take fresh well water, and if the sugar produces foam, take it off with a spoon. And when the cooking liquid is clear and the syrup has been boiled white, put them in a dish and when it has cooled, lay in the apples carefully (*hoeflich*). Weigh them down and let it stand for a day or two.

When the liquid has become thin, boil it again as before. And by the third time, boil the apples with it, but very gently. If you handle them right, they will turn out so clear, not only the peel, but also the inner apples, that you can see the pips inside.

Store them so that the crystal grow on them, that way they turn out all the nicer. You can give sick people joy with these all year, for cooking and otherwise. They also serve for great headaches that come from a burping and indigestive stomach.

Den Agrest zubereiten (p. 142)

To make verjuice

Take the grapes as instructed before, clean them nicely, press them, squeeze out the juice and let it settle. Then salt it right, put it in a ready cask, close it well and let it ferment.

Keep it. It is useful for many things in the kitchen, especially to sick people who like to eat sour foods and to whom vinegar is forbidden, in great heat and thirst with foods, and for fish galantines (*Fischen Suelzen*). This juice may be boiled with sugar or without sugar like a quince juice. That serves a strongly heated stomach, as does *Sawerampffer* (usually sorrel, here prob. referring to a class of sour herbs), especially *der rund Gartemampffer* (prob. *Rumex patientia* – patience dock)

Wie man gruene Drauben durch das gantze jahr behalten sol (p. 142)

How to keep green (fresh) grapes throughout the year

In autumn, when the grapes begin to become transparent, break off as many as you wish that are not too thick so that no uncleanness is in them. Lay them in fresh well water and make them nice (clean). Take a nicely glazed cooking pot or a small cask and lay the grapes into that. Take clean well water, as much as you will need, salt it like a brine (*Silper*) for herring or salmon and pour it over (the grapes). Weigh them down so that it covers them well and close it up so nothing unclean can get in.

Keep it clean, do not put your hand into it, and when you wish to use them from time to time, take out with a knife what you need. Keep it clean so no *Kahn* (the layer of fermentation byproduct produced in sauerkraut making) is upon it, that way the last all year. And if you want to use them, have a care of the salt and always lay them in clean water beforehand.

Many lay them in verjuice, but that is not necessary, they stay nicer this way. These serve sick people well. (The final sentence was clearly added post-typesetting)

Ein Pasteten von Kastanien und Meertraeublein (p. 144)

A pastry of chestnuts and raisins

Take the chestnuts and burn them quickly in the fire so that you can peel them. Then wash them, and the same quantity of raisins. Prepare the pastry case as it should be in proper height, prepare the aforementioned foods with ginger and pepper and put them into the pastry. Close it well. As soon as the pastry case has puffed up (? *auffgangen*) and hardened, pour a bowlful of meat broth into it that is properly salted. You should also stir in a crumb of bread when you pour it in, or of strong gingerbread (*Leckuchen*), that is better.

Bake it for half an hour, and if you wish, you may divide a roasted goose into four quarters and add it when you pour in (the liquid). And add the liquid from the (dripping) pan, but it must not be oversalted, neither the goose nor the liquid. Both ways are pleasant to eat and very remarkable.

Ein Dort von Erdbeern / Kreusel oder Strichbeerlein / wie sie genennet werden (p. 145)

A tart of strawberries or gooseberries (*Kreusel- oder Stichbeeren*), whatever they be called

Take eggs, the yolks alone or all together as you wish, beat and whip them well, then take good thick cream that is sweet, stir in as much as there are eggs, add rosewater if you wish, grind of almonds what is right and pass it through (a cloth) with the cream, but in that case take a little more of the milk (cream) than of the eggs. Hold it over a bright fire, but far away, stir it diligently until it begins to thicken a little, but do not let it boil. Then the dish (pastry) should be ready, and it should not be too high, half as high as another tart is. Then pour the mix into it and place nice strawberries or gooseberries in it so that they are half in the mass and half sticking out, and strew it well with sugar so that you neither see the mass nor the berries. The strawberries should be washed in rosewater and not too ripe, for then they turn to mush immediately, but the gooseberries are fine and right when they are already yellow and clear. They need much sugar. Bake them well and give a lot of heat below, but not too much above so that they stay nicely white. It is enough quickly. If you bake them in an oven, lay a piece of paper on top.

Ein Safft von Birnen (p. 148)

A juice of pears

Take well ripe pears that have much juice and soon become soft (*teig* – lit. dough) such as is commonly the case with *Speck- and Wasserbirnen* (two sorts then in trade) and more of their kind. After they have lain a bit and begin to go soft, they give the most juice.

Peel them, slice them thin and pound them small. Place them in a thick, coarse sack, lay it under a press (*Pressen oder Trotten*) until all the juice comes from them and then leave it to stand well because of the thick matter that is in it.

Skim off the clear (juice) thoroughly from the container in which you got it into a fine copper kettle. Hang it over a bright fire and when it comes up (boils up), take off the first foam as with wine, but only once, at most two or three times, no more. Let it always cook at an even boil, stir it often, and the more it thickens, the more you must stir it so it does not burn.

Take it off. Three *Maß* (a *Maß* of Nuremberg measure is 1.08 litres) commonly produce one, and if six *Maß* produce one and a half, it is a lot. It should be like unclarified honey as it first comes from the comb of that is boiled to its (proper) state after skimming.

Then place it in a dish and let it cool. Store it in a small cask or other dish. You can boil slices of quince in it, or bitter oranges, that way it always tastes that much better in cooking. It also serves as a *Sueltz* (a preservative medium) for roast (meat). Strew it with cinnamon and ginger and will stay good for several years.

And with this and others more, improvements can be made in the kitchen to sauces and otherwise (it is to be) used like sugar, but (only) for healthy people. It does not serve the sick because of the liver and the wounds, as (does) boiled meat.

Because of these things (issues), I leave out many things such as of beans, chestnuts, peas, raisins and nutmeg. Nonetheless such things serve with *Durchbruch* (hernia?), but we will leave that to the peasants who mostly also know how to prepare it in the places where people have wine.

Folgen etliche Essen von Erbsen (p. 152)

There follow numerous dishes of peas

Set very good, clean peas to cook and let them boil (simmer) well as though you wanted to prepare a galantine. Then toast white bread nicely yellow as though for a soup. Pour the clear broth over it and when it is soft, pass it through (a sieve) with the remainder of the clear broth. Make it properly thick and put it in hot fat. Season it with sweet spices and saffron and salt it properly. It will taste no different than pureed peas.

I have had sick people who absolutely wanted to have it as they were used to it, and when I prepared this for them they thought nothing else than that they were eating as always.

Ein anders (p. 153)

Another kind (of pea dish)

When the peas have boiled to the right state (*auff ihr stadt*), pass them through (a sieve) with broth that has been stirred up, as thickly as you can. Put that in a pan and let it cook better, or in a pot as long as it does not burn. When it has reached the right thickness, put it into a serving vessel in which you can stir it.

Have boiled eggs in the meantime, a little better or more than one commonly does, but still not very hard, one or eight, more or less, as you would have it. Let the yolk (run out) into the peas after you have shelled them, but before, stir the peas so they are no longer hot. Then also add a little sweet fat and if you wish, add rosewater and sugar. Salt it properly and season it with ginger, saffron and good sweet spices. If you wish, season it well with nutmeg, it tastes good in this dish.

Then pass it through a colander or a white cloth as you find (described) of worm-shaped spoon dish (*gewuermten Muß*) or through a syringe. If you wish, put it on a plate or serving platter and let it cool and cut it. Serve it dry or wet (with a sauce), as you please, but always strew it with sugar or stick it with slivered almonds.

Ein Sultz von einer Erbesbrueh (p. 153)

A galantine of pea broth

For a bowl of broth, take a good bowl full of clean white peas. (Put them) in a well-fired nice new cooking pot. After the firing, the pot should be set by the fire with water together with its lid and boil well so that it loses its smell/flavour. Then put the picked and washed peas into it, cover it closely, let it boil and watch that it does not run over so that when the peas sit (in place) one moves them about all the less and the broth comes off clear. Also cook a good amount of parsley root and mace with it.

If the peas are of a good kind, it becomes a very proper broth and very good despite the fact that no fat goes into it. Season the broth with saffron and sweet spices as you find it listed at the end of this book. If you would like it sour, especially for sick people who are 'hot' (*hitzig*), add juice of bitter oranges, limes, lemons and pomegranates to it. Prepare it in a bowl and let it stand. As it cools, it gels like any other galantine. It is enjoyable to sick people who cannot bear to smell meat.

Knoedlein von dem Kaeß (p. 156)

Dumplings of cheese

Grate bread and cheese, two parts bread, but the third cheese, and make it properly with eggs, not too thin so that it does not run. Pepper it well and also add mace and saffron. Put them into boiling meat broth, always into the center of the boil (? *alle mal fornen in den wall*) and let it boil very slowly. Beforehand quickly fry it brown in fat. This gives a very good broth that you may well give to a sick person who eats cheese.

And if you have a very weak soup, grate a little cheese and throw it into the boiling water (in den wall). It boils together. Press it out with a spoon, it immediately produces a good flavour as though it were spiced.

But this should not be a common peasant cheese, but of the good Swiss or Italian cheeses, also Dutch and their like. When they turn hard, they are useful for such things.

Ein Kaesesup so man einer Kinbetterin geben darff (p. 157)

A cheese soup one can give a woman in childbed

Grate a good handful or two or three of the best cheese, as described before, according to whether you wish to make much or little. Put it into a vessel that is suitable for the purpose. If you have no meat broth or someone eats no meat, take water that is boiling well, as much as you require for the soup. Pour it over the grated cheese and it will run together. Press it out with a spoon and pour the broth from it into a small pot. Add more and press and knead the cheese well until you see there is no more strength in it. Then set it (the liquid) by the fire and add hot fat, saffron and mace. Stir it

continuously until it boils. Then, if you wish, leave it like this, also if someone does not like to eat spicy food. (Otherwise) take a little ground pepper or caraway and the yolk of one egg, as the occasion calls for. Since all the coarse matter comes away from it, it is not damaging. And this is how you make them with white and green (fresh) Swiss cheese.

Many other dishes are made from cheese and *Zueger*, but I will leave them undescribed because of their coarseness. As stated above, my purpose is not to describe all kinds of strange delights with which I might well fill another book, but only what is also suitable for the sick and pregnant women, and also for old people who may have odd desires from time to time, (to judge) what may be permitted there.

Ein fast herzlich Gebackens (p. 158)

A very hearty/kind baked dish

Take four or six egg yolks, beat (*reiß?*) them well, add a Loth or two of rosewater and lard the size of a (wal-)nut. Take three Loth of good cinnamon, two Loth of ginger, half a Loth of long pepper, half a Loth of nutmeg, grind it cleanly. Keep half the cinnamon and grind it coarsely so that it is long. Put all the rest into the eggs together with ten or twelve Loth of pure, bolted fine sugar and a little salt, and work it into a dough as though for snowballs (*Schneeballen*) and other such baked dishes with fine, clear white flour.

Then, have a nice, glazed mould in the shape of a hat as you like it that should be hollow inside and have three feet on the inside along the brim. Pull the dough over that and make it shaped like a hat, mould a string around it, place it by the fire, but not too close, and put proper embers underneath, and turn it around regularly until it is baked enough.

Then take a Loth or three or four of sugar, boil it with good rosewater to a strong syrup (*starcken Julep*) and anoint the hat everywhere well with a small brush. Then strew the coarsely ground cinnamon all over it, and when it has hardened a bit, take it off the mould and it will look like a grey felt hat.

This is also a dish for the morning for old and weak people, with a drink of *Malvasier* (*Monemvasia* wine from Greece). And in many places, servants have this custom when they sit in stores or where

they must do their business in the winter, when they have to be in the cold much. It should be about the thickness of two knives.

Ein Kinderessen (p. 159)

A dish for children

Boil eggs hard, chop them and add a bowlful of cream. Pour hot fat into it. Stir it until it boils, salt and sugar it, and serve it. It constipates a little.

In another manner

Take good dry apples, peel them and cut them into cubes. (Add) clean *Meetraeubel* (raisins) or *Rosinlein*, as some call them, one as much as the other. Prepare a batter with a little sugar and honey boiled together, throw it in and fry it like small dumplings (*Knoedlein oder Knoepfflein*), or bake in a thick-walled container so that it does not draw as much fat to itself.

Eyn herzlich Essen von gedoertem Teig (p. 161)

A hearty dish of dried dough

Take eggs, as many as you like, the yolk is best, add enough pepper, ginger, saffron, nutmeg and mace together with all kinds of good spices that please you, salt it a little and stir it into a dough with good flour. Try it, if it is not strong enough with spices, season it more as long as it is not strong enough. It should be very dry. If you would have a little sugar in it, that is your choice.

Then work it as dry as you can, roll or twist it into thin ribbons about as thick as a proper knife's back, cut it as thin as wood shavings (*Hobelspaen*) or very finely cut root vegetables. Roll out the ribbons of dough three or four fingers wide, then cut them across. That way you get different lengths. Lay it out on paper sheets and place it in a baking oven after the bread has come out, or in winter into a stove's inside (*Ofenroehr oder kachel*). Do not let it burn, but see that they turn nicely crisp to the extent that the dough allows because of the saffron.

Keep them in a box in a dry place and they stay good for a quarter of a year or longer. When you have a weak meat soup, throw one or ten or twelve into it. And if you want to serve it, let it boil up once or three times, that way they swell up and the broth tastes very good. (Even) if it is not bad in itself, it becomes better still. Serve it over sops.

Another

Take a handful of these or more, as you please, put it into a small pot or glazed pan that is (big) enough, add good fat broth, cut parsley roots into it if you wish, leave them as is proper, put it on a platter with more broth so that it is like barley (porridge to be eaten) with bread slices or spoons. It is good, just do not let it cook too soft.

Differently

Let it just swell up a little together, not completely, then leave it so or cut it like (the size of) lentils or a little bigger, depending on how thick they are so that they stay nice and round, and throw them into hot fat so that they brown quickly. Lift them out again with a slotted spoon into the aforementioned broth and let it boil again. If you wish, season it more, the broth becomes opaque and thick from it, if you please. Cut parsley or spinach into it, very finely. It is good, though nobody can judge with certainty, and it gives a sick man the desire to walk.

Ein herzliche Suelzt (p. 167)

A hearty *suelzt*

(The term usually refers to galantine at this time, but here it does not. This may be an earlier meaning of the word and reminiscent of the 'Sauce for Lords' of the Harpestreng MS)

Take a good chicken or capon, prepare it as it should be, and cut it into four parts. Set it to cook with old wine, three parts wine to the fourth part water, salt it very little and do not make more of the broth than that you have left the fourth part of a *Maß* (a Nuremberg *Maß* is 1,08 litres) after boiling when it is skimmed. Set it on embers well away from the fire so that it boils gently and does not boil over, well covered. That way it retains its vigour and you do not lose much.

When the chicken has been cooked, pour off the broth into a clean dish so that it separates and skim the fat off well. Meanwhile, toast a slice of bread or four nicely on a griddle, very gently and not burned, so that it is nicely crisp throughout. Lay it in a platter or bowl, pour the broth of the chicken over it, and cover it so that it becomes nicely tender.

But before you pour off the broth of the chicken, take the liver which you shall keep in cold water diligently. Put it into the boil(-ing liquid), let it merely boil up once and pound it finely in a mortar. Now take this together with the soaked bread, pound it in a mortar and pass it through a sieve or colander (*Durchschlag*) with *Malvasier* or other delicious wine so that it is like a porridge or spoon dish. Add enough cinnamon, a quarter of a nutmeg, a piece of galingale, mace, and also let it boil together with ginger, especially if you want to make it for a woman in childbed.

Now mix it all together and make it right with the abovementioned wine, as thick as *Strauben* (a pulled fritter) batter. But if someone was not allowed wine or could not bear the smell, as often happens, prepare it with the broth of chicken and make it sweet with sugar above all. Keep it in a glazed container well stoppered and it will stay good for a long time if it is handled cleanly.

If the sick person will eat meat, place the quarters of the chicken on a nice white cloth, let it dry of the broth and then lay them into the *sultz* so that they draw the flavour to themselves. And when it has thickened as it does, make it proper with the abovementioned things. And when you give it to a sick person, strew it with cinnamon.

But if the sick person will eat neither meat nor chicken, leave them out and give him the *sultz* alone. I have often helped them to begin eating this way, especially women in childbed who neither liked chicken nor meat. But for those, leave out the nutmeg.

Another kind common for guests

Take a young piglet, those between six and thirteen weeks are best, cut it to pieces and boil it in half wine and half water so that no more (of the cooking liquid) is left to soak six or eight slices of bread to fill a bowl.

Then take (a piece) of the pig's liver the size of a goose egg, blanch (*schupffs*) it in the pig broth and pound it small. Then pass the bread and the liver through (a sieve) with good sweet wine or *Malvasier*. Where you do not have that, take the best wine you may get.

If you are concerned that it may become too strong (thick), add of the broth. Make it the right thickness, make it yellow with saffron, and add sweet spices so that it becomes roesch (tasty?), but do not add too much. When it has stood overnight, the spices lose their power. If it is not strong enough, improve it. Add a good amount of cinnamon and nutmeg, the cinnamon and nutmeg are supposed to stand out before the other spices. If the wine is not sweet, make it right with sugar.

I have stated before that it should be as thick as *Strauben* (a pulled fritter) batter. The meat should be salted together with the broth. Lay it out so it dries, as you did with the chicken, then place it in the *sueltz*. It may be kept eight or fourteen days, especially in wintertime. But what is returned from the table, do not mix back into it or it will become runny. Always have it in a cool place and stir it whenever you take some of it (because) the thick part settles to the bottom. This is called a liver *sueltz*.

Ein herzlich Essen vom Fleisch (p. 167)

A hearty dish of meat

When a sick person does not like to eat chickens or meat, take the meat as of chickens of calves and chop it as finely as if it was ground. Then season it well with sweet spices, also add saffron, chop mace into it, and you may also chop in marjoram, thyme and parsley. Also add raisins cleaned of seeds and stones. Salt it properly.

Place it in a cooking vessel (*kachel oder haefelein*) that is not wide, add water and wine and let it boil. Do not stir it. That way, the meat will cook together again (*aneinander sieden*). If you have more (than you need), keep it. Let the meat cool a little and cut it in slices like white bread. Lay them in hot lard and fry them brown quickly.

Place them in a bowl. Make a good thin sauce (*bruehlein*) for it from cinnamon, sugar, and strong wine, or take the broth that the meat was boiled in, that is best. Prepare it alone with cinnamon and all manner of spices, and make it sweet or leave it as it is.

You can also add sugar to the meat. That way, it and the broth become sweet. (In that case) season it better, add raisins, let it boil, pour it over (the meat) and strew it with cinnamon.

It is better if you dry(-roast) it on a griddle and brown it than if you fry it in lard. And (prepared) with broth poured over it like fish. Or if you cook it for healthy people, chop bacon into it, then it bastes itself, and otherwise you should chop in as much of (other) fats such as been marrow as is needed. (But) for sick people, you should not cook fatty.

Wie man ein Rehe und gute Kalbsleber zubereiten solle (p. 181)

How to prepare a roe deer and good calf liver

(I suspect a transcription error of *rehe* for *rechte*, making this a proper and good liver unrelated to deer)

Cut it into nice, broad strips as thick as the liver is, about the thickness of a little finger. Pepper it well and salt it properly. Make fine small skewers (*Spißlein*) and stick one on each. Lay them on the griddle so that it dries (cooks) a little nicely and slowly. Meanwhile, cut bacon as through you wanted to have crackling (*Grieben*) to put on *Kraut* (leafy greens) or fish. Render it slowly and always drizzle the liver with it until the liver is rather roasted, but not too much or too drily.

Meanwhile, prepare a very good pepper sauce with toasted bread that is nicely brown soaked in meat broth and passed through, as readily find, or made (thickened) with flour and well seasoned with pepper, a good amount of cloves, cinnamon, nutmeg and other sweet spices. Let it boil well and also add a little vinegar, unless you have (used) broth that was (already) sour before such as from a sour soup or meat that was cooked sour.

Then withdraw the skewers from the liver and place the liver on a serving platter or bowl, as it pleases each one, and bring it to the table, lay each one beside the other, and pour the pepper sauce over it. Set it over a chafing dish (*Glutpfann*) and let it cook on that for a quarter hour or half an hour.

Let the rendered bacon become very hot and pout it on (the liver) together with the crackling pieces and strew it well with ginger. But if you wish (to make) it for a sick person, take good beef marrow instead of bacon and so that you have crackling pieces, too, take apple that stay whole when cooked into the shape of crackling pieces, throw them into the melted marrow, brown them and put them on (the liver) afterwards.

Ein ander Form (p. 182)

Another way (of roasting liver)

Leave the liver whole and make as many cuts in it as in a roasted fish, and salt and pepper it well. Heat a spit and stick the liver on it. Always drizzle it with rendered bacon or marrow but put a little vinegar into it, and sage cut quite small, and pepper. Make enough of this that you have some left over. When the liver is cooked nicely, but not too hard, for it is an evil, indigestible food in this case, pour the liquid that is left into the metal or pottery pan (*Bratpfannen oder kaechelin*) you should have underneath (the spit) so that the baste and what the liver gives off shall be retained together. Heat it and pour it over the liver thus roasted (*gebachen*).

If you then wish, make a pepper sauce over it as before when you would make the liver skewers. Strew it well with pepper before, salt it properly, sprinkle a little vinegar over it with your hand and let it stand for a while, then put it into the net (caul) with salt.

[I suspect the final part belongs with the following recipe]

Another

Leave the liver whole and prepare as is said firstly of spit (roasting), then “strike” (*schlags* – baste or lard?) it well with sage and roast it with a net (caul).

Differently

Make a good egg filling as good as you would have it. Chop bacon or marrow into it, a well sufficient quantity, and make it like a milk (*milchlein* - thickened dairy dish) or sauce (*bruehlein* – a thickened sauce). And if you then wish, cut the liver or hollow it like a breast (piece) that you fill. Put part of the chopped (filling) in there and add a good quantity of pepper and saffron. Then close it up and roast it. If you wish, also cover (*beschlag*) it with chopped bacon for a filling as inside, then take the net (caul).

Another

Chop the liver very small and take all that is veiny out of it. Season it well with saffron and sweet spices. Break eggs into it as many as you wish or require, strain the birds out of them, mix it with them, then add what you wish, different raisins (*Weinbeer*, *Rosinlein*) and sugar according to how the one who is supposed to eat it wishes.

Make a little bag from a net (caul) put it in, close it, and let it brown in hot fat. The bag should not be too full, otherwise it bursts open.

If you have no caul or do not want one, bake it in a mortar or a thick-walled cooking vessel (*tiegel*) like other mortar-baked foods (*Mörselessen*) of which there are many, as those (baked in) a *tiegel*. If you wish then, leave it whole and make a good sweet sauce for it of wine; cinnamon and sugar are best. Or if you wish, cut it into slices or strips as you choose, but pour the sauce over it.

Differently

Chop the liver as described, with it a part of boiled bacon, (a quantity of) onion as big as a bean, and all manner of aromatic herbs such as marjoram, thyme and sage. Prepare it with eggs and raisins in a caul or in a *tiegel* as you wish. This stuff is also food in bratwurst skins.

Schnitten von disem Gebackens (p. 183)

Slices of this fritter/fried food

Take a lung of a calf or cattle (*Rind*) as you can get and let it boil properly, but not as you do otherwise. Chop it together with the marrow or otherwise the fat of the kidneys (suet) that is very fresh. Then season it as you please according to who you want to serve it to. Also (add) raisins and eggs, or if you wish, leave out the eggs. Fill it into the gut (*den Darm*). You may also chop into it (a piece of) onion the size of a bean with the abovementioned herbs. Prepare it for boiling as above, dry it well and serve it whole.

In another way

Take six or eight well beaten eggs according to how big or small the gut is. With that, take twice as much of the best milk you can get with each egg. Add saffron and sweet spices. If you wish to have

it very good, add sugar, rosewater and raisins. That way, a sick person may also eat of it if all other dairy is forbidden to them.

Salt it slightly, close the gut well and do not fill it too full like all (sausages). When it is filled and well sewn up, you shall have boiling water and lay it in a kettle or a pan over the fire until it chills (*erkaltet* – poss. misreading for *erhartet* – hardens?). And when you want to put it into the water, shake it up well, otherwise the raisins settle into one place.

You can also strain the milk with well-pounded almonds before you add it to the eggs. For a sick person, you may also cut up such (a dish) and pound sugar and strew it over it, they become very firm with almonds. If one does not eat the gut, they will eat the insides. And in all (these) ways you may also fill a beef stomach.

Ein herzlich Essen oder Pasteten von einer Zungen (p. 188)

A hearty meal, or pastry of a tongue

When the tongue is cooked enough, take off its skin and cut it into round slices slightly thicker than a finger. Stick them with cinnamon slivers and cloves. Then take kidney fat (suet) and slice or chop it into little pieces. Prepare those with good spices, pepper, also cloves, also sweet spices, only a little salt, and put some of it into a pastry coffin as broad as it is. Then lay in a layer of the tongue, strew the fat over it, again lay on the rest of the tongue and then of the fat. Cover it with its lid and put it into the oven. Let it bake for an hour.

While it bakes, make a mild pepper sauce as best you can, with all manner of spices, sugar, and what is mentioned above, and a little vinegar. Remove the pastry from the oven, make a hole in the lid in one place as is often explained, pour out the fat and add some of it to the pepper sauce. Let it boil together, then pour it into the pastry, close it again well and put it back into the oven, not long, about half an hour. Then serve it. These are delicious if you make them right. And this is also how you make the pastry of a cow's udder

Von dem Euter einer Kuhe (p. 189)

Of a Cow's Udder

When it is washed cleanly, boil it properly so that it does not run out on you on the spit. When it is cold, stick it with cinnamon slivers and cloves, Roast it well, and when it is almost done, baste it with May lard. When it is foamy, take grated bread, well bolted, and with it ginger, cinnamon, and sugar, and strew it well with that so it gets a crust. And if you wish, make a sauce of bitter oranges with this. If you have them, you can also baste it with bitter orange juice instead of lard before you strew it, or if you want to, leave it unstrewed and make a sour sauce for it as you have it, and all manner of sweet and sour beforehand. And if you wish, cut it into slices as the tongue (mentioned) before, lay it in a bowl. Take melted lard, good ginger as before, very little vinegar, and the broth that it was cooked in, or another meat broth, and let it boil together. Then pour it over (the meat) and let it cook for half an hour on a griddle or a chafing dish. Turn the slices and stick them with cinnamon and ginger, and if you wish, place the slices on a flat tile or a pastry dish. And then away.

If a slice that you commonly roast is left over and is not eaten, add proper soup fat to it so that you can add what ginger is needed, pour it over and let it cook together, then it is served. Those are courtly dishes if they are made right. But you can also prepare it unroasted, with a sweet sauce as you know of the tongue (mentioned) before, and with bitter oranges as you (know) of young chickens.

Ein gut und lustig Essen eines gefuelten Bratens (p. 194)

A good and pleasurable dish of a stuffed roasting

Take a hind leg or *Qualen* (foreleg?) of a calf or ram. Wash it clean, then cut it open from above at both ends and hollow it out with a knife (shaped?) like a last. Nicely in the middle of the meat. Put vinegar and pepper inside and let it lie.

Meanwhile, take of another hind leg or *Qualen* (foreleg?) as much as seems necessary to you. Wash it and skin it and boil it quickly (*ueberbrueh es*), but do not let it boil long, barely one boiling up. Then chop it properly small and also chop a proper amount of beef marrow into it. Season it with vinegar and a good amount of pepper and salt it properly. Fill the roast with this, and if you are skilful at hollowing it out, the filling should go all around inside.

Close the holes above as you hollowed it, stick it on a spit and roast it well. In the end, baste it with the juice that drips out of it, but (only as much) so that you still have enough of it in the platter to serve. You may also put raisins and other seasonings into the chopped (filling) as you prepare the good chopped pastries. And when the roast begins to drip, strew it well with ginger and pepper.

Allerhand eingemachte Huener fuer die Krancken (p. 201)

All kinds of chickens cooked in sauce for sick people

Take a half or a quarter of a well-prepared chicken, according to how (much) the sick person eats. Add half water and half meat broth, or if you do not have that, add other meat so that you make a good thin soup (*Sueplein*) for it. This may well be if you take care. When it is almost cooked, clean young spinach and lettuce, wash it cleanly and spin the water from it as though for a salad. Grasp it together and make a cut through it. Add it to the chicken and let it boil until it is done. Serve it alongside the soup or all together. It cools in great heat, cleans the blood and brings sleep.

Parsley roots are always good, they give strength and flavour to soups. If you wish then, take the chicken when it is almost cooked and put it in another vessel. Take the aforementioned greens or spinach or young chard that is white or yellow, add it and also the best broth, as much as you think enough. And the chicken together with the greens should be moist, but not sodden (*bruehig* – literally: brothy). You may add a little vinegar with the greens or add the chicken (cooked?) in half wine and half water.

Junge Huener in einer Fischbrueh (p. 205)

Young chickens in a fish broth

Take the chickens down in a timely fashion, always in the evening when you need them (the next day), or early in the morning if you need them for the evening. Do not scald them until you intend to prepare them for cooking, thus they remain tender and tasty.

When you prepare them, half an hour or three quarters of an hour before you want to take them to the table, quarter them, put them into a pan or cooking pot, and lay mace and whole cloves in the

bottom. Add wine, and mix the wine with water. Add hot lard, and when they begin to boil, add salt. Skim off the foam as you do with fish. Also stir in a little bit of breadcrumbs. In a well-appointed kitchen, there should always be a small cask of the finest bread, dried, ground to powder, and bolted, that is good for sauces and other things.

Now you shall always pour the broth over (the chickens) as you do with fish. Let it cook to this measure, garnish it with parsley when you serve it. And you shall only boil it until the lard has gone, then plate it and serve it if you wish.

When the chickens are cooked, place them on a platter or a bowl, and have ready beforehand two well beaten egg yolks for the chickens or the broth (passage unclear), stir the chicken broth into them and also a little vinegar unless the broth is already strongly sour before. Also add a good piece of May lard and stir it smooth as you do an egg soup (eyerbrueh). As soon as it begins to boil, pour it over the chickens. You should also mix saffron with the egg yolks. It becomes as thick as a gentle porridge.

This is also how you make a sauce over pike, with vinegar and pike broth, and over warm trout that are cooked 'blue'. Note that you should first put everything (of the meat) onto the platter and then the sauce, if you have it, into it so that it lies nicely in it. It is good this way, and the first kind is very enjoyable for sick people.

Eine Pasteten von Huenern und Quitten (p. 206)

A pastry of chickens and quinces

Take quinces and hollow them out so that the seeds and cores are removed. Fill them with cinnamon, sugar, ginger and raisins after you have washed them clean. Also prepare chickens with that (filling?), half or whole, but they are most hearty whole. Also prepare the chickens with good spices on the inside such as sweet spices or ginger, pepper and cloves pounded together and broad quince slices pounded into it.

Then stir a crust of bread into a pastry case, put in the chickens as is proper and thrust the quinces inbetween, a good quantity of raisins and the above spices so that they are black above from the

spices, especially of cloves, (but) only the chickens, not the quinces. Add a good quantity of fat or sweet May butter. Do not oversalt it.

Close it well and bake it for an hour. You also may, if you like to have a proper liquid (*brueh*) with it, loosen the lid in one place and turn it aside so you can see what there is. If you think it is too little, take half wine and half meat broth, (add) sugar and spices and a crust of bread stirred small or perhaps a little quince electuary and what such things are. Stir it, let it boil together, stir it in, let it bake fully until it is very enjoyable and good. You can also roast the chickens half done and fry the quinces in fat and close them up.

Von einem Rindsmagen fuer einen Fuersten (p. 206)

Of a beef stomach (fit) for a prince

Take a good fat hen (and) when it is scalded and prepared as it should be, beat six or eight good eggs well. Also chop good fragrant herbs, parsley, marjoram, and thyme, very small raisins and grapes, and if you wish, young spinach. Season it well with saffron, pepper, and sweet spices, salt it properly (and) also add sweet lard.

Now tie the chicken well shut at the neck so it cannot run out, pour the abovementioned stuff into it, and also sew it shut tightly below. If you wish, brown it in lard before like preserved/confited (*eingebickte*) chickens.

Put (literally: thrust) it into the stomach along with sufficient sliced almonds, raisins, and grapes, and also sew shut the stomach. Place it by the fire in boiling water and let it cook slowly until it can be roasted well. Then take it out of the broth, place it in (a pan with?) hot lard, stick the stomach well with cinnamon and cloves, and also the hen before you put it into the stomach, and make the stomach become nicely brown. Then pour off the hot fat and make a broth (to go) over it as you like. That is a stately dish. Strew it well with ginger.

Gar kleine Frantzoesische Pastetlein (p. 222)

Very small French pastries

Whoever needs much of these things should always have leg or loin roast as it is customarily eaten pickled in vinegar, as well as legs of rams or lambs, depending on the time (season), because this is always better than freshly slaughtered. Then if you wish to make small pastries, one not being larger than that it may stand in your hand, take as much as you make many (as many pieces as you make pastries), for each one of the abovementioned meat the size of an egg that is not large. If it has been pickled long, add a little water in a small pot so that the meat can be put into it on top, cover it, place it on the embers and let it boil up once just so it hardens (*erkecke*) a little.

Chop it small so that it becomes little crumbs, the size of raisins (*weinbeer* – may also mean fresh grapes), add pepper, saffron, a little cloves, and of the broth in which it was parboiled. Do not oversalt it. If you wish, add a little cinnamon, but men do not all like to eat cinnamon. Work it all together with enough fattiness that is chopped with it.

Make a dough as you know how, shape little pots, put the share of each one into the middle and place a lid on top. If you wish to add sugar, that is your choice, but if you do not stint the raisins, they will become fine and proper. Now prepare them, bake them for half an hour and when they are baked, brush them with egg yolk, but add saffron. When they harden, make a hole in the top. Then fat boils out of it and runs all around the lid. That way they are done right and are enjoyable and good.

If the meat was not long in the pickle, parboil it in the same broth (but) if it is fresh, soak it in half wine or vinegar, broken a little with water if it is too strong, depending on how it is to eat (what the intended flavour is). These are also best for sick people, especially (made) of veal, chickens, capons or the like.

Krapffen von dem ubergebliebenen Fleisch (p. 225)

Pastries of leftover meat

Take of such (meat) as you have that is no longer suitable for the table, it is good for these things. Cut the meat off the bones and chop it well. Make a dough of fine flour and eggs, a little lard, salt it well, or the way you make it for tarts, as you please.

Take two thin sheets, one as big as the other, shape it as you would like it and as you can, round, triangular, or rectangular, into hearts, roses, or stars. Then add good spices to the meat, raisins, and what you like to have sweet or sour, as you please. (Add) enough fat from what is skimmed off soups (*Suppenschalz*) or beef marrow, according to how fat or lean the meat itself is. If you wish, you can also add good herbs, with or without spices, or eggs as though you wanted to make sausages that go into the fat-lined part of the large intestine (*Klobwürste*). You may also take coarsely ground almonds, (but) they are better grated, especially if you also add eggs, and grate a little bit of hard white bread if you please. Always add a little meat broth.

If you want to make them, prepare it (the meat) and put a little of it on part of the abovementioned sheets (shaped) according to whatever you want of animals, birds, hounds, hares, as described above. Shape it with the prepared stuff (meat mixture) and then place the second sheet on top. Press it together according to its shape and close it as artfully as you can.

Give each its form: to the sow, bristles with a pastry wheel, give each one eyes from black dried cherries or juniper berries, (arrange) the skin of an egg around it or of red apples or rose petals, each after its kind. As to what else belongs to them, I have kept the little sheep's trotters and such things as well as the young hares' feet, those who are artful do not need much description, to those who aren't it is in vain. Roughly done does not improve them or detract from them. Close them, brush them with egg as is always done, bake them quickly and serve them warm. They are best without egg, but to each as they like it. Almonds and a little bread makes them good.

Sausages of this stuff (leftover meat)

Take the stuff described above, each meat on its own or all together, chop enough bacon (*Speck*) into it if you wish to prepare it for a sick person, but it should be soaked (*?uberschwelt*) before, as always. Prepare it like the aforementioned, whichever way you like, then fill it into guts suitable for bratwurst (*bratdaerm*) and fry it brown quickly in lard or on a griddle, as you like.

Again a dish of leftover meat

If you have good leftover meat of any kind, big or small, chop it and season it with pepper, ginger, and ground mace, or if you wish, take saffron as well, or just pepper alone. If you wish, add raisins or washed plums, and if it is the season that you have sour gooseberries or grapes outside that are not yet ripe, add those as the opportunity arises, (make it) sour or sweet, as you please. And if you

have chickens, birds, or pigeons, half or whole, add them. Take well-beaten eggs and make it a little thicker than for *klopwuerste* (sausages made with the fatty end of the large intestine).

Put half water and half wine into a pot, or good meat broth, but no salt. Let it boil with enough skimmed fat or chop beef tallow into it (and) salt it a little. Then put in the stuff you prepared into it all together, or like big meatballs with a large spoon. Let it boil until it develops a nice broth like fish broth. Serve it, and if you wish, strew it with cinnamon. It always turns out well. You can also throw cut almonds into the broth.

Ein anders von Fleisch und Huenern (p. 225)

Another (pastry) of meat and chickens

Take prepared (*bereit* – probably means cooked) meat or chickens, what you wish, put it in a small pot that is just right with water (filled with just enough water), do not add too little salt and let it boil lazily until it is half cooked. Place it in a small pastry crust and add a crumb of grated or ground white bread. Also add a little *Serin* or, as it is called, *Gartenhyssop* (may be hyssop or summer savoury, I tend towards the latter) cut up very small, or sage or parsley each alone or all together. If it is wintertime, have them dried and finely powdered. Also add a little saffron and a little May (clarified) butter, if you wish, but do not make it too fat.

Pour into it as much of the broth it was cooked in as is right, (but) let it cook down into a small short broth (before). That is very healthy. And always add a spoonful of wine so that it is not well noticed, unless one particularly likes to eat sour foods or it may be that one was hot (*hitzig* – of hot complexion), then add a spoonful of vinegar. As soon as you first add this, you may also prepare a bit of marjoram with it. These are very healthy herbs.

The *Serin* (hyssop or savoury) parts and cuts the strong phlegm in the stomach, womb and guts like thyme (does). These herbs all boiled in meat broth with parsley root and greens and a little sweet butter are very useful. So is fresh chervil; wherever there is a growth of congealed or otherwise standing blood in the body, it is good when eaten in quantity and the water of it drunk.

Fleisch und Huehner in Kisserbsen (p. 230)

Meat and chickens with chickpeas (or grass peas)

At the time when the *kisserbsen* (may mean chickpeas or grass peas) are ripe, take such that are full and not too old for a sick person. Remove them from their shells (pods) and let them lie for a while in fresh water. Then put them into a small cookpot, and as much good broth of chickens or meat to them. When it has boiled properly, (but) there is still broth left for a soup, if you have a piece of meat or chicken (set aside) especially for a sick person, add it. Cut parsley and thyme small, and if you wish, also a leaf or four of chard or lettuce, but (cut them) small like parsley.

Then, when you wish to, take chicken or meat, what you have, when it (the pot with peas) has just boiled so that the peas can still boil with it and not turn into a mush, put it into a flat cooking dish (*kaechelein*) with the best broth, as much as is needful, and the peas along with it. Take a little more of the broth than (you would) for a soup. Add pepper or sweet spices and saffron, and (like) into a soup a little bit of pounded mace. And if you wish, cut up a little green leaf vegetables (*kraut*) small, or leave it out, depending on what the sick person likes to eat.

And you need to give sick people variety and change if it is the same stuff (they eat). If a sick person will eat no meat or anything made from it, make it with half meat broth and half water and he will not soon taste it. Fry (*roeste*) breadcrumbs into it in the first boiling (to thicken it), as above, if you wish. When they are almost cooked, add May butter and let them boil quite dry.

When they have been boiled dry of water or meat broth, you may put them in a *blaetlen* (a sheet? a pan?) with May butter, ground pepper and mace and let it cook on the coals for half an hour, but these are not suited to every sick person because May butter does not make good stomachs when there is much bile. But where this is liked, pepper it all the more.

And you can also just boil it with a little toasted bread in the broth and pass it through (a colander or strainer) like other peas, and add seasoning, that is very good.

Krapffen von ubergebliebne[m] Fleisch (p. 232)

Pastries of leftover meat

Take of this stuff, depending on how much or how little there is, and remove the meat from the bones. Make a dough of eggs and fine flour, and work lard into it well (or: enough), or if you wish, make it like any other dough for tarts. Break (knead) it often and well. Shape it long, round, triangular or rectangular, as you wish, and you can do well. Take the meat and season it with sweet spices, pepper, and add a good quantity of saffron. Mix it well with vinegar and meat broth, add a good quantity of raisins. Or if you wish, leave out the sweet things and in the season when sour grapes are available, add them (*Weinbeer*) instead, or sour plums, soaked or steeped a little. But do not put in any spices with sour grapes except always pepper. Always (add) skimmed fat (*Suppenschmaltz*), especially with the grapes, unless the stuff (meat) itself is very fat.

If you wish (to prepare it) then, mix it with well-beaten eggs and prepare it as you please. Afterwards, place it on the rolled-out dough, in the middle of one piece of dough (that is) the lower. Put it on that, brush the lower part well with egg white so that it raises the upper (part). Close it as well as you can, and put on it what you wish. And you can make roses, stars, lilies, hounds, hares, pigs and birds thus. But you shall know that you must roll out a large sheet and form the same with the stuff (meat) as you want it. Then make another (sheet of) dough over it, press it closely over the shaped one and afterwards, cut it off with the pastry wheel. Then brush it and bake it like other tarts, (but) it must not bake long.

Salmen zu braten (p. 235)

To roast salmon

If you wish to prepare the back of a salmon to roast in the best way, wash it with vinegar or good, strong wine, one as much as the other. Leave it to lie for half an hour.

Then, take pepper, a little cloves and mace, all pounded small, and mix it with salt (but) not too much. Strew it well over the back and prepare it on the griddle, let it dry gently.

Then prepare a sauce (*brueh*) in the same (fashion?), heat fat, add a good quantity of the aforementioned spices, a little hard bread, half wine and half vinegar, and well chopped sage and parsley. Let it boil well together so it becomes like a thin pepper sauce.

Pour this on the roast and brush it on its back with a bunch of sage. They are roasted enough soon. If you wish to serve it warm, pour the sauce over it warm, (but) if you want to serve it cold, pour it on (when) the sauce has developed a skin and is nicely black. That way it stays nicely moist. Then you can make a sauce with cinnamon, ginger, sugar and raisins and pour it on.

Wie man einen Aal auff's beste seud (p. 236)

How to best boil an eel

When the eel is skinned and readied as it should be, place it in a nice *kachel* (shallow, glazed pottery cooking vessel) with three feet. Pour in wine and water so that the fish is completely covered, one as much as the other. Set the vessel over the embers, cover it when it begins to boil, salt it a little and skim the foam as with other fish. Then cover it up again and let it boil on the embers of the fire for an hour or one and a half, depending on how big the eel is.

Meanwhile, heat some fat and take a piece of an onion as big as a bean. Do not cut this, but chop it so that it is like (as liquid as) a sauce. When the fat is hot, hold it by the fire, add the onion to it and pour it into the boiling liquid (*den Wall*) that you skimmed of foam before. Also (add) a little dried bread that you should always have in the kitchen.

Take a handful of nice chard, wash it and shake off the water. Grasp the stems in one hand and cut them away. Cut up the leaves as small as you may with a good amount of parsley and when the eel is half cooked, add it with a good quantity of sweet spices. Also add saffron mixed with very little vinegar, and let it (the eel) boil completely until it has a proper broth.

Many add sugar and different kinds of raisins (*Weinbeer und Rosinlein*), that is according to everybody's pleasure. I prefer herbs and parsley. Otherwise it is a sluggish, putrid fish that brings on many illnesses. That is why things are better that break its kind (alter its nature) and that is why it should be cooked slowly over the embers, not with a quick fire. An eel should also be so soft that it cannot be picked up with the hand. When an eel is firm, shun it, it is not cooked enough.

You also cook lampreys (*Lampreten* – sea lampreys?) the same way, only that they are drowned in milk or *Malvasier* (malmsey wine) beforehand and, like the river lampreys (*Neunaugen*), are scalded with milk or with wine.

Föhren in einer Pasteten (p. 238)

Trouts in pastry

If you wish to fry fish nicely and in the best fashion, gut them first, especially trout, eels and grayling, which are commonly served cold. Leave the back in one piece. If they have roe and fat innards, seek out the gall and leave the rest inside. Lay them in vinegar as long as you have time. But before, cut carefully from the back halfway to the belly. Cut on both sides (of the bone?) according to how thick or thin the fish is, not all the way through.

After they have lain in vinegar long enough, take pepper and ginger and then whatever else people like to have with their fish for boiling, that is also good for roasting. That is: carp like to have pepper, ginger and cloves, that also serves for roasting them, and pepper more than the rest when you roast them. For bream, trout, roach, perch, eel, nase, and the like, take mace and cloves. Also put sage behind their ears (gills) (and) into their bellies. Prepare it well with the spices beforehand and salt the innards inside the cuts well. If they have none, place them on a griddle and dry (toast) them gently. The vinegar makes them nicely firm.

Prepare a broth (a baste) with fat, vinegar, the named spices and thoroughly cut sage, and let it boil. Rub (brush on) them repeatedly with sage until they are fully roasted. Then dry them off. In this manner (also) prepare other fish that you wish to put into pastries.

Cut them, then let them lie in vinegar overnight or from the early morning until the evening. Then prepare put them in the pastry case with pepper, ginger, mace, cloves and cut sage like you know (to do) with salmon. That is a hearty fish for pastries for those who know how to cook it right. You may add lemons, but they add nothing to it except ostentation (*herrlichkeit*) because they dry out and stick to the top crust. You eat trout in place of salmon. Bake it for an hour and a half. Adorn and shape (the pastries) according to whether they are large or small. I will not take too much time here, (do) as was said before with pike, carp and (other fish) that are good for roasting.

Plateißlein oder Halbfisch (p. 241)

dried salted flatfish

Prepare them thus: When they have been soaked and cleaned as nicely as can be done, boil them well in water. Then take them and remove them from their bones. Arrange them in the platter decoratively (*hoeflich*), strew them well with ginger and pour hot fat over them. If you wish, make hot fat and throw onions into it as is written for the eel, with dried bread. Or leave out the onions, (but) add a fair amount of ginger, finely chopped parsley, and the broth of the flatfish which they were boiled in. Add as much wine as broth and let them boil together, then pour it over (the fish) and let it boil together on the griddle.

Differently

When you have taken them off the bones and arranged them in a bowl, take as much as you need of the broth in which they were boiled. Add a good amount of butter, chopped parsley, a good amount of ginger and pounded mace. Always salt it properly, pour it over (the fish) and let it boil on a chafing dish or griddle.

Another form

When they are prepared as before, take verjuice and grapes or the juice of sorrel and a small bunch of *Serin* (probably summer savoury, possibly hyssop) (and) parsley, let it stand, then pour it over the fish with May butter and a good amount of pepper. Let it boil together on a chafing dish and always strew it with ginger, that is courtly (*hoeflich*) and good, and also useful to the sick.

Another way

When they are boiled, take them dry out of the water in which they were boiled into a pan or a *kache(l)* (a flat glazed pottery cooking vessel). Add a good peas broth and hot fat or May butter, as the occasion is, together with a little bread flour. Season it well, also (with) pounded mace and dried rosemary, and let it boil well together. If you wish, cut parsley. When a sick person is not allowed to eat spices, take only the rosemary with a little sage, maybe also mace. This is also how you boil dried trout and other dried fish.

Ein Pastet von den Schnecken (p. 242)

A pastry of snails

Prepare the snails as they should be. Take them out of the water and swing them like lettuce in a clean cloth. Then place them in a platter or bowl, season with plenty of pepper and a bit of cloves, and mix it well.

When the pastry case is ready, put in salt and fresh butter and close it when the case hardens. In the meantime, prepare fresh meat broth with enough finely cut parsley and add sweet butter to it. If the snails are not strongly peppered, add more (pepper) to the broth as it boils. Pour it into the pastry as always, and let it bake half an hour.

Weiter von den Schnecken (p. 246)

Further of snails

Snails are commonly served in March when their shells are still firmly closed. Place them in a pot of water by the fire and let them boil until the shells open. Then take them out with a knife, remove the guts and innards, and clean them like the viscera of a calf in warm water that gets ever warmer and warmer until all uncleanness (*Wust*) is removed. Place them in a pan with water on the fire and let it boil up well once. Then keep them in fresh well water until you prepare them.

Boil and clean the shells. Then take the snails from the water and dry them a little with a cloth. Salt them properly, and season them with pepper mixed with a little cloves and enough cut parsley. Mix all of that together.

Then have meat broth ready and put a little wine or vinegar into it, (just) so you barely notice so that the snails do not grow hard. Put a spoonful or half a one of the broth into each shell, add a snail to each, and a good piece of sweet butter with which you make it so the broth does not run out (seal it).

Place them in a wide, flat pottery pan (*kachel*), that is better than on the griddle, and pour a bit of meat broth into the pan so it does not split. Place it in the embers and put a lid or metal sheet on top,

and heap embers on that. Once they are cooking so you can see them move in their shells, let them cook as long as eggs. Have hot broth on hand to always add to the pan.

Serve it hot, and if there is broth left in the pan, pour it over the snails when you arrange them on the platter. Many serve them in the pan because of the warmth. You may also put them in a flat pastry pan.

Von den Froeschen fuer die Lungsichtigen (p. 247)

Of frogs for those suffering from lung disease

There are several (kinds of) frogs that are eaten, (and) I have seen them cooked, but never properly alive. However, I know that they are found in ponds and I believe they are green in colour and a little larger than tree frogs. The large black ones are poisonous.

Now you cut them apart like a hare, the back part from the front, skin them and put them in fresh water for a while. Then dry them off with a white cloth. You sprinkle them with good vinegar and salt and flour them like other fish and fry them.

You also boil them in wine, mixed with a little water, and when they are done, you pour off the broth into a bowl or platter. Add enough pepper and sweet butter and set it on a chafing dish/brazier to cook covered until the fat becomes clear. They turn as white as chickens.

But where people shy away from this (dish), you must cut the meat off the bones after they are boiled and then prepare them in a platter or pastry pan like crawfish. They are also cooked in a cloves broth like black carp.

Otherwise there is no better way to prepare them than putting them back into their shells and placing them in a deep pan, boiled with a broth made as is described above. You must take it off the fire so that it is not too hot and pour on the broth and boil it about as long as one boils hard eggs.

There is little useful about snails. They mostly serve (as food for) lechers. That is why young people should not eat too much (of them), otherwise great harm can come of it as I know to tell from many examples.

Wie man den Peterlein zu den Fischen als auch zu dem Fleisch bereiten solle (p. 257)

How to prepare parsley to go with fish as well as with meat

Take very fine roots, clean and brush them to the nicest, then tie them together with a string and place them in a soup pot. Behind that pot, set another pot that is as tall as the first (filled) with cold water so that as the roots are boiled, the greens always are in cold water. That way they stay nicely green.

When you take out the roots, dry the greens on a white cloth and lay it by the meat. If you want (to serve) it with fish, boil it in water that is salted and lay it by the fish. If you have time, lay the root in fish broth for an hour, which is possible (when served) with cold fish, with which there should be most parsley.