

## **Recipes from Meister Hans**

One of the most extensive and interesting medieval recipe collections in German is a manuscript dated 1460 and ascribed to one Meister Hans, cook at the Wurttemberg court. It was often treated as a solitary, the work of a single cook, but there are too many parallels with contemporary manuscripts from Southern Germany to make this plausible. The recipes are an eclectic mix, many terse and simple, others detailed and sprinkled with anecdotes. This is a selection guided by affinity and interest, not a representative sample. I may add more as time allows.

The entire text was newly edited and extensively commented for Tupperware Deutschland by Trude Ehlert: *Maister Hansen des von Wirtenberg Koch*, Frankfurt (Main) 1996.

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### ***Recipe #1 Ain mandel muoß machen***

Make a spoon dish of almonds

If you would make an almond spoon dish (*muoss*), take a pound of almonds and also take [illegible] and if you do not have that, take white wheat bread (*semlein prot*) with it and put that in water and boil it in that and pass it through a cloth with the (almond) milk. That way it becomes small. If you would have it sweet, add sugar to it. This is called an almond spoon dish (*muoss*).

### ***Recipe #2 Ain mandel suppn***

An almond soup

Item, an almond soup. If you would make that, it is made with almond milk. Take a white wheat bread (*semlein prot*) and toast it nicely. Pour the milk to it if you would have soup.

### ***Recipe #3 wiltu habn ain mandel kâeß den mach also***

If you would have an almond cheese, make it thus

Item, if you would have an almond cheese, you must have isinglass (singular article – *ain haussen platt*) and two pounds of almonds of which you make the cheese. Grind the almonds finely and pass them through a white cloth. Take isinglass, one *lot* (unit of weight), you shall boil that in water, and you shall pass the almonds through with the isinglass cooking liquid, and you shall not let the (almond) milk boil. If you would have it sweet, take a quarter pound of sugar, that makes it sweet. And take a pound of almonds, those you shall blanch and stick the whole, white kernels to it, stick them into the cheese.

Add a thick (almond) milk to it and add a quarter pound of sugar to that, that makes it sweet. If you cannot find a small bowl, take a shallow plate (*rindlein*) that is glazed on the inside and pour the milk into that, Then it hardens in it and when you would have it, pour it out (invert it? *schütt...umb*) onto a serving bowl and add the milk and then stick the almond kernels onto the cheese.

#### ***Recipe # 5 Ainen weissen Igel zue kochn***

To prepare a white hedgehog

Item to prepare a white hedgehog. Take a pound of almonds and pound them small and add sugar. Beat it together and shape a proper hedgehog from it. When it is hard, take twenty almond kernels and cut them small (sliver them) and stick them into it, that will be its spines. And give him an almond kernel into its mouth.

#### ***Recipe # 6 Ainen schwarzen Igel***

A black hedgehog

Item to make a black hedgehog, you must have a pound of ginger and you shall wash that nicely and pick it nicely so that nothing unclean remains on it. And you shall heat (lit. sweat – *schwaissen*) it in a pan and let it cool so that it is dry. Pound it small, and you shall add cinnamon, cloves and sugar to it. Beat this together and shape it into a proper hedgehog, and when it is prepared, you shall stick it with cloves, those are its spines. And a gilded nutmeg in its mouth, that is healthy for the hedgehog.

### ***Recipe #7 Aber ainen anndn Igel***

Yet another hedgehog

Item but (for) another hedgehog, he shall take for it one pound of figs and wash off the flour. Let them dry, then chop them small. Pound them cleanly with good spices and add saffron, that makes it red. And you shall not forget the sugar. Beat it together and shape it into a hedgehog and make it nicely yellow with saffron. And take cloves, that will be its spines, and a fig into its mouth.

### ***Recipe #8 von ayrn jn der vasten***

Of eggs in Lent

Item eggs in a pepper sauce in Lent. Take two pounds of almonds and pound them and grind them small and add sugar to it. Add a little water so the oil comes from them. He must not let it boil, the milk is supposed to be thick so that he may make the eggs of it (or) whatever he wishes.

Take a little (of the almond) milk and add saffron and make yolks like (as big as) a hazelnut. And take a small white cloth. You shall lay it in your hand and lay the white on it and make a hole in it. Lay the yolk into the white and put (close) it over it so that it is shaped like a hen's egg. There shall be as many of them as for a mess.

And (take) a pound of ginger and wash it nicely and grind it small, and a slice of white bread. Put this in a cooking liquid (*prüe*) and pass it through with sweet wine and pepper and sugar. This is called in a pepper sauce. And you must not forget the sugar.

Item you shall make (this), you shall have (these) for halved eggs: make them (fried) with fat. You shall have a small bowl and lay into it as many half eggs as you wish. Take a quarter (pound) of sugar and let it melt in a pan. When it is dissolved, it should harden on the fat.

And under white almond milk make soft yolks and strew sugar over them for salt.

### ***Recipe #10 Sulcz von veygn***

Galantine of figs

Item as galantine of figs, if you wish to make this, take a pound of figs. Wash them nicely and give them one boiling. Leave the stalks on, and set them in a bowl so that the stalks point upward. When they are boiled, you shall have isinglass and boil this in good wine and take the broth that the figs were boiled in (as well). And take of this as much as you need with the figs. Season it with good spices and saffron, and see that there is not too much of the broth, (just) so that the figs are covered.

### ***Recipe # 11 ain sullcz von weinpern***

A galantine of raisins

Item a galantine of raisins. Take a pound of raisins for this, wash them nicely and grind them small and take isinglass that is to be boiled with good wine. Take as much of that so that you can pass them through (a sieve or cloth), and add good spices and sugar. Put it into a bowl and let it grow cold and cut it into pieces as you please.

Take nut milk and isinglass that is to be boiled – he should do it properly! - and add sugar. The milk is to be sweet and thick (*besteet* – lit. to stand or gel), and the broth should be white, and let it stand.

And you should have a pound of almonds and grind them small, and again add one *lot* (fraction of a pound) of isinglass, And the milk should be added and the milk should be sweet. Put it into a bowl and let it grow cold.

And take a pound of raisins and wash them nicely and grind them small and you must have isinglass. Pass the raisins through (a sieve or cloth) and the milk (liquid) should be as thick as almond milk, and season them with good spices.

And when you serve it in a bowl, cut it through the four ends (quadrants) and take out the two pieces that are not next to each other and put black ones in their stead. This way the bowl is filled and becomes whole again.

### ***Recipe #12 Von ainem guoten seniff***

Of a good mustard

Item for a good mustard, take mustardseed and clean it and pound it finely and force it through a cloth that is closely woven. And pound cinnamon flower (i.e. cassia buds), mix it with that (mustardseed) and stir the mustard with thick honey (*hoenig samen*), (stirred) together properly like a spoon dish. And if you wish to ready it, take a little and mix it with wine. That way you have a good mustard.

(A parallel recipe from a Munich manuscript describes the desired consistency as ‚like wax‘, so the interim stage is likely to be very thick and needs diluting. This can be done more easily by warming the honey before stirring in the mustardseed flour. ‚*hoenig samen*‘ very likely is a misunderstanding of ‚*seim*‘ - a thick, viscous liquid – rather than ‚seed‘).

#### ***Recipe #14 Sullcz von hosennestl***

A galantine of lacing points

Item a galantine of lacing points. Take the skin of a roe deer and scald (*prüe*) it and draw off the hairs. Boil the skin very well. That way it will shrink very much. Cut it (into pieces) the length of a span and the width of two fingers, and make a galantine of it.

#### ***Recipe #15 Ain ayr muoß***

A spoon dish of eggs

Item, a fried spoon dish of only eggs and as much fat and salt that it not be too hot, and put it in a pan and fry it, that will be a fried spoon dish.

#### ***Recipe # 16 knödel mach also***

Make meatballs thus

Item take veal and chop bacon with it and season it well and grind it. Add eggs and white bread to it and make small balls and cook them in hot water. Cut them and serve them to eat.

***Recipe # 17 Ain essen vo visch Rogen das mach also maisterlich***

A dish of fish roe make masterfully thus

Item take fish roe, but not barbel roe, and pound it in a mortar and fry it in a pan (as) a broad sheet, and cut it into cubes. Burn (brown – *prenn ain*) flour in a pan with oil so that it turns black and take a broth (*prüe*) of fish. Make a pepper sauce with the flour. Take vinegar and spices and have it boil up, and boil it (the cubed roe?) in that. Cut a white wheat loaf (*semlein*) into cubes and brown the oil (brown it in oil) and pour it over the dish.

***Recipe #19 Würst machstu aus ainem affter darm von ainem kalb***

Sausages you make from the rectum of a calf.

Item take the rectum of a calf and make it very clean. Chop lungs and bacon together, season it well and rub it in, and put that into the rectum. And boil the sausages and prepare and roast them. Thereafter, serve them dry (i.e. without sauce).

***Recipe # 22 Ain haniff suppn***

A hemp soup

Item a hemp soup. Make it thus: You shall pass it through (a sieve or cloth) with wine if you would have it good, a good soup, and toasted bread. And (take) an onion and an apple and chop that small and fry the chopped things in oil and add that (the hempseed and wine).

***Recipe #25 Ain haniff muos mach***

Make a spoon dish of hemp

Item a spoon dish (*muos*) of hemp: Take hemp (seed) that has been boiled and grind it small and take white bread. And pass the hemp through a cloth together with the bread and season it with spices.

***Recipe #28 Ain totter mouß mach also***

A spoon dish of egg yolks make thus

Item if you would have a spoon dish of egg yolks, take thirteen eggs for that and take the yolks from those. And (add) an eighth of Italian wine, that way the dish turns out fine, and a little salt and sweet butter, that is also good, and cream.

***Recipe #29 Ain gemeuß von milich ram mach also***

A spoon dish of cream make thus

Item of cream, take ten egg yolks. You shall take fat with it and boil it enough (*ab sieden*) so that it pleases the people well.

***Recipe #31 Aber ein gemüß mach also***

Another spoon dish make thus

Item (take) 32 eggs, boil them so they become hard. Take the whites of them, chop them small, grind white flour into it and pass it through a cloth. (Add) sugar and a little salt. You shall pound the yolks separately and add a little flour to it, and add a little saffron and sugar and pass it through a cloth.

For each mush you must have a cup-shaped bowl (*becher schal*) that has several holes. Put the white into one bowl. Put the yolks into another separately. You must have a lid for each bowl with

which you can push it through (the holes). And you should push it so that the little worms become as long as the serving bowl. Draw it away from yourself a little, and the other one towards you, and end with (that) pull. And take a bowl and draw it across even more strongly, back and forth lengthwise. But take the white and after the white, the yolk, as long as you have of that.

(The instructions for plating are a little confused, but I gather that you begin in the middle of the bowl and make wider layers, alternating white and yolk, until you have produced a mound of little worm-shaped extruded eggy ribbons. And yes, that does sound more than a little El Bullí, but there are parallels for peas mashed and extruded to look like worms, and in later periods for shaping butter like this. In terms of flavour, the dish looks decidedly unexciting.)

### ***Recipe #34 Ain gepachens von drej farbn***

A baked dish in three colours

Item chop parsley small and grind it and break eggs into it and take a large pan and make it fat (grease it) and pour a good spoonful into it. Thus you make a sheet (plat) of it, or as many as you will.

And make a yellow filling of eggs and season it well and in which you would bake it (this phrase should probably read when you wish to bake it), add fat and lay one sheet on another, then spread the filling on them so that it is as thick or thicker (than the sheet) and lay another sheet on the filling, and lay on another sheet and again of the filling, as long as you have any. Then bake that.

When it is ready, pierce it with a knife that way the air goes out of it (and it sinks) to the bottom. That shall bake together when it is ready. Then lay a brick on it or something that is as heavy and let it stand. And you may slice it when you would serve it, and strew sugar on it.

### ***Recipe #35 Praten in der vasten***

A roast in Lent



Item a roast in Lent that comes (is made) from fish. For that, you shall take a pike and cut it open. Remove the bone, and you must have the blood of the pike, that makes it black. If you do not have enough, you shall take (that) of small fish or of gingerbread (*leczelten*). Toast that so that it becomes black and let it cool and grind it fine and pass it through a sieve. Take wine and place the gingerbread in it, and chop it small with the fish (plural) and do this in measure (this may be a misreading for an unclear ingredient). And take rye bread and grate it small and stir it together with the fish and the gingerbread. Season it well, and (but) do not add saffron. The main part of it (is to be) fish. Make (shape) a fish roast of that and stick it on a spit, and take pea broth and put it into a cauldron and lay the roast into that. Let it boil until it is done, and do not let it boil too much (*versieden*). Make two or three so that it be enough for a mess. And take almonds and cut them apart lengthwise and stick the roast with those, and stick whole cloves into it, that makes it tasty. Now you shall have a pound of raisins, and you shall grind them small and pass them through with Italian wine and you shall have sugar and good spices with that.

### ***#36 Aber der lay essen mach als hernach stet***

Another such dish you make as is written hereafter

Item you shall take the other part and make a loaf (*zellten* – this may mean gingerbread or similar to it in shape) that is two fingers thick. Lay it into the broth that the roast was boiled in and let it boil until done and do not let it boil too much. Lay it out cold on the serving dresser (*anricht*) and chop an apple (to go) with it.

### ***Recipe #38 Ain frömdes pachns***

A foreign baked dish

Item, a foreign baked dish. For this we shall have seven colours. And make a filling of each colour. And you must have wafers that are thin discs. For each filling, you must have four wafers, and the filling is to be seasoned with good spices. Make a white soft dish (*muos*) and add sugar to it. Take four wafers and spread one colour on them and (make sure) that there is not too much of the filling, and lay the four wafers on top of each other with their filling. Then take another colour and also spread it on four wafers and lay then together on top of each other (and) on the other four wafers

written of above. Now take another colour and do the same as well, and lay them all on top of each other so that four of every colour are on top of each other. When you have filled all the wafers and it appears to be too small to you when they are on top of each other, then start again with the first filling and do as you did at first. Lay it on as table or a board. On top of it, lay something the weight of two bricks and let them lie underneath it for one night. Thus, they turn hard and cold and they should be sweet with sugar. You may serve it sweet if you will, or keep it as long as you would. Or, if you wish to serve it, take a sharp knife and cut it the way you wish and put it in a serving bowl. That way, you see the colours well. That is a baked dish without fire, and you shall have seven colours that you shall prepare from all things the year round.

***Recipe # 41 Wiltu grün fleisch behaltn von dem winter piss jn den sumer***

If you would keep fresh meat from winter until summer

Item if you would keep fresh meat from St Martin's Day until the summer, be it beef or castrated ram or pork, you should lay each (kind) down separately. The salt (should be) clean, and you should not touch it with unclean hands.

You should cut the feet off the pork at the knee, and cut off the ears. Take as much of it as you wish to keep and let it lie in the salt for three weeks. And all (the time?) do not take them into the dirty hands.

Pour off the brine (*sulcz* – the resulting liquid) into a cauldron or cookpot and boil it, and skim it well. Thus it becomes as clear as wine. Take a small cask and lay the feet and the ears into it, and there shall be as much of the brine in it as will cover them. Then cover it and let it stand and do not mess with it much (*ganng nit vil dar zue*)

***Recipe #42 Das Rintfleisch behalt also***

Keep the beef thus

Item take beef and small, cheap breads (*mutschl*) as much as you wish and salt them well and let it lie for forty days. Then pour off the brine and do with this as you have done with this one (the above).

Weigh it down like sauerkraut and set it in a cellar so that it becomes cool. When the warm days come, take a spoon and take of the brine and try it (to see) whether it does not smell (bad).

(In that case) pour it off and take fresh well water and take salt, a small bowl full, and beat it into the water with a whisk (or broom – *pesen*), and let it run through a clean cloth. There must be enough brine that it covers the meat.

### ***Recipe #43 Das kastrunnein behalt also***

Meat of castrated rams, keep thus

Item you should do the same with the meat of castrated rams, and you should treat each separately.

When you want to eat it, you should water (desalinate) it and boil it with that (water). And if you would have a good meat that is called meat from the brine, you make a sharp sauce with that.

And you shall remove the hair from the pig's feet, that way they turn out beautiful. You may salt them as you like.

### ***Recipe #44 von Repphoenern etwas zue kochen***

To cook something of partridges

Item if you had nothing else but partridges, we may make six dishes from them. Three partridges suffice for a mess. You shall roast them well. When they are half roasted or fully done (*an die stat*), you shall take beef marrow and take flour and cold water and make a firm dough. Make a pastry case (*copn*) of that and lay the partridges and the marrow into that. And you shall have good wine, you shall also put that in there, and two *lot* (a measure of weight) of raisins and a *quentein* (a measure of weight) of cloves, and season it with other spices. Now make a sheet of dough and cover

that well and close (*verpind*) es. And if you then have an oven that is warm, set it in there. If you do not have one, place it on the hearth where it is hottest, make a clean spot there. Take a cover (? *scherben*) of a pot that is plain (*schlecht* – usually ‘smooth’, maybe unglazed?) and heat that and put ashes on it. Distribute it all round so that the air does not enter it. That is a pastry (*pfhasten*) of partridges.

#### ***Recipe #45 Aber von Repphüneren***

Again of partridges

Item now you shall take the partridges and prepare them nicely and leave the necks and the feet on them. Then take chicken broth that is sweet and add it boiling, and add to it a *lot* (measure of weight) of whole pepper (peppercorns). Wash it nicely and throw them in the middle of the chicken broth and let it boil as long as the chicken broth (or: let the chicken broth boil, if we disregard a later insert), and do not let it boil overmuch (*versieden*). Slice an apple into long, small pieces and season it nicely with spices. Only put in the apple once you want to serve it.

#### ***Recipe #47 Ain fürhessen mach also***

A *fürhess* dish make thus

Item if you would make a *fürhess* of hens, take the blood thereof and chop a chicken into it for (each?) apple and chop an onion small and sauté (*schwaiss*) it well and add it.

#### ***Recipe #48 Von pratten hüneren mach***

Make (this) of roast chickens

Item if you would have roast chickens, roast them nicely and when they are roasted, let them cool and hew each one to pieces (or ‘in half’). And take white wheaten (*semlein*) bread, toast it for a pepper sauce, and let it not be black. Take vinegar and wine and add honey, that makes it sweet. And now season it with good spices. Take a quarter pound (*vierdung*) of raisins and sweat (boil?

sautéé?) them nicely and add 2 *lot* (fraction of a pound) of almonds. Stir it all together and pour it on (the chickens) and let them stand in it, and cover the pot so that the smoke does not strike out (contaminate the flavour).

### ***Recipe #53 Ain sulcz von vier stuckn***

A galantine of four parts

Item a galantine of four parts, for this you shall have a black colouring. If you do not have that, take honey and flour and stir it together over a fire. Let it grow cold and grind it small. That way the colour turns out pure. And cut the chickens and boil them in wine and pour vinegar into it, and season it with good spices.

Put broth into a pan and colour the broth black and pour the broth on (the meat), and you shall have isinglass put into it inbetween (in the meantime?). When the galantine is hard, cut it crosswise. Take out one 'point' (quarter) and also the one opposite it, and do not damage the other ones. The black (pieces) shall remain.

Take a pound of almonds and pound them small and rub it through (a cloth) with a chicken broth. Add white ginger and grains of paradise and season it with spices, and the chickens should be white. And pour the white broth over it so that it is equal to (level with) the black. Cover the black with silvered cloves and the white with almonds.

### ***Recipe # 57 Den lachs prat also***

Salmon roast thus

Item take the back of the salmon and also treat it thus and roast it, and cook the other end in water and vinegar. Take crusts and (sugg. of) rye bread and soak it in vinegar. Take ginger more than pepper and a bit of caraway. Flour this and boil it with vinegar to the right thickness. Serve it with the fish.

You may also serve this condiment with all manner of fish and game.

**Recipe # 58 von stock vischn zue pratn**

To roast stockfish

Item take a stockfish and (remove?) the skin of it. Soak it in water for a night, then press it in vinegar and roast it and baste it always with oil or with butter.

Make a *taig* (batter/dough) of flour and eggs and pepper and saffron and salt, and cover (drizzle? - *beschlag*) the fish with it, (in) three pieces. And let them become red by the fire. Baste it thoroughly and serve it.

Recipe # 59 Von stockvischn also

Also of stockfish

Item skin the stockfish and boil it until it is done. Remove its bones and chop it small. Add eggs, white bread, pepper and saffron and let it boil. Salt it and serve it, or make a yellow soup (sop, i.e. bread dumpling) of it with saffron.

**Recipe #62 Von mörser hünner die mach also**

Of mortar chickens, make them thus

Take a roasted chicken, dismember it small and take the sheer meat of it. And take a thin batter of eggs and of pepper, anise, pepper and saffron and pound it all together in a mortar. Fry it in a little fat, those are mortar chickens.

**Recipe #63 Aber ain gabraid ze machen also**

Again to make a galantine thus

Item thus make the galantine: Take pigs' feet and let them cook till they are half done, and boil them lower (reduce the heat) and place them in a pot and add wine or vinegar, and cook them in the broth until done. And let boil in it pepper, anise, galingale, ginger, cinnamon, saffron, and cloves, and pour all of that into the broth. Place part of the food (the meat?) into a bowl again and pour the broth over it again and let it cool and serve it.

***Recipe #64 Ain sulcz von füßen mach also***

A galantine of feet make thus

Item again a *sulcz* (jelly or a thickened spicy sauce) of feet. Make the *sulcz* or boil whatever belongs to it until it is done. Then take white bread, ginger, take more (of that) than pepper, anise, and saffron. Grind that with vinegar and with the broth, not too sour. This condiment (you) put on (boiled trotters?). It is called Lombard *sulcz*.

***Recipe #65 fülle den magen also***

Fill the stomach thus

Item take chopped pork, eggs, cut white bread, fat meat, pepper, caraway, saffron and salt and temper it all together. Full the stomach with it not too full and boil it green (dyed green?). When it is boiled, loosen the filling from the stomach. Cut it into four pieces and chop it with eggs (the pronoun here suggests it is the stomach, not the filling, that gets chopped)

***Recipe #67 Wie man ain Rindfleisch siedn sol***

How to boil beef

Item take beef and salt it well. Take enough shallots (*aschlach*) and let it boil well in fat broth. The beef, as you want to serve it, put meat and shallots together and let it boil up and serve it.

***Recipe #68 Aber von einer gemachten lebern***

Again, of a liver in sauce

Item, (take) a fresh beef liver that is not stony. Cut it into five pieces and roast them on a spit. When it has cleansed itself (*sich geseübert hat* – sweated out its blood?), wash it in the broth or in water (for) three hours. Roast it until done then and let them cool. Then cut them nicely.

Pound one of the pieces in a mortar and add pepper, ginger, and anise, grind that small and boil it with vinegar so that it becomes smooth and thick. Let that cool and lay the liver into it and serve it as deer liver.

***Recipe # 69 Des wilden Sweins leber thue auch also***

Also do thus with the liver of a wild boar. Item also do this with the liver of a wild boar and add good broth to it and serve it.

***Recipe #70 von schäfflein knödlein also***

Meatballs of mutton (make) thus

Item if you would make boiled mutton meatballs, take hard-boiled eggs, a little white bread, sage (and) salt and chop that small, and (add) much cut bacon to it, raw eggs, and saffron. And then make balls, as many as you wish, and boil them in soup/broth in a pot. And when they harden, heat (*erwell* – scribal error for coat?) them in the egg batter, stick them on a spit, roast them and serve them.

***Recipe #71 Ain lamps haubt gepachn***

A lamb's head, fried



Item a lamb's head. Take (it) and boil it very well, take the meat off it so that the bone stays whole, add to it hard-boiled eggs and sage and chop that small. Mix into it rice, egg, chopped bacon, and pepper. Fill this spicy mixture (condiment) into the skull and work it into the place where it (the meat) was before. Dredge it through an egg batter and fry it in fat.

***Recipe #72 Das Rechhaubt mach also***

The head of a roe deer make thus

Item make the roe deer's head thus: take boiled meat that has been boiled sufficiently (*zue massen*), mutton, beef or pork. Chop it small, mix into it eggs, chopped bacon, pepper, caraway, salt. Then make a sheet (*plat* - flat pancake?) of eggs and divide the spiced meat (*condiment*) on it equally. Roll up the sheet and dredge it through a batter, fry it in fat or roast it on a spit. When it is cooked (lit: boiled – *gesotten*), cut it apart in pieces and serve it.

***Recipe #73 Ain frömdes geprattens mach also***

A foreign roast make thus

Item this is called a roast(ed food). Take roasted pears and firm sour apples and boiled pork, pepper, saffron, and anise. Bake/fry (*pach*) all that and make it soft with raw eggs so that it may stick together. Then make a sheet of eggs (pancake or dough sheet?) and spread the seasoned mix on it equally. Roll up the sheet and dredge it through an egg batter and fry it in fat until firm. (And/Or) stick it on a spit and roast it and baste it with eggs and fat. When it foams, it is fully cooked. Serve it. You may send it (to the table) like a proper roast.

***Recipe #74 Ain essn von hünern das man nennet lanncz***

A dish of chickens that is called *lanncz*

Item take chicken livers and stomachs and cut them thinly and deep-fry (*pachs*) them in fat. Add to them fat, pepper, eggs, caraway, and salt. Stir it together as soft as (the filling for) filled eggs (and)

push (*streich*) them into boiling fat in a pot so that they stay whole. That way they are fried until done. Then serve it, this is called *lanncz*. In the same way, you can prepare young chickens or lamb.

(I read this as meat fritters bound with egg. I am not entirely sure the meat is fried twice or just once, but I would tend towards once. The verb '*streich*' is particularly interesting, it suggests a consistency similar to spaetzle batter since the action it implies is spreading the mass on a board and slicing off a piece of it that is then deftly pushed into the hot fat without allowing it to fall apart. It suggests a soft but cohesive batter that suggests raw meat cut into very small pieces to me. This might well be worth trying out in a variety of ways.)

### ***Recipe # 75 Ain rugk pratn von dem rech mach also***

A back roast of roe deer make thus:

Item of the back roast of roe deer: lard it well with small pieces of bacon (speck), strew it well with salt and throw upon it pepper, ginger and caraway.

Wrap around it (*bewind es mit*) a dough as though for small *krapfen* (filled pastries) and let it bake in an oven. Await, judging by the lightness (of the dough) whether it is baked entirely. You may also bake here in one piece this way.

(Krapfen is a broad category of pastries, usually fried or baked, occasionally boiled like ravioli. There are no recipes for krapfen dough from the 1460s, but two decades later the *Kuchenmaistrey* describes it being made with wine, honey, and egg. Other sources later suggest fat as an ingredient, and some Krapfen dough was clearly leavened. I would suggest it does not matter very much here since the dough is mainly meant to protect the meat from drying out or burning, but a leavened, slightly sweet dough should go very well with this.)

### ***Recipe #76 Ain (con)diment von rechflaisch laß siedn***

A spicy sauce of roe deer venison, let it boil

Item take meat of roe deer, salt it and let it boil. Add parsley, sage and chopped bacon. When it is boiled (until) done, take rye bread crust, ginger, pepper, vinegar, and grind a spicy sauce from this. Let it boil up in this and serve it.

***Recipe #77 Ain essen von wiltpraet mach also***

A dish of venison make thus

Item take the shoulder and the lung of a roe deer and boil it (until it is) tender. Cut it in cubes. Strain the broth through a sieve so that no hair remains in it, return it all to the pot and add fat and wine, and let it boil strongly. When you serve it, strew ground pepper on it. But it should remain just (slightly) thick.

***Recipe #78 Ain gemüß von weissem prot***

A dish of white bread

Item dry white bread and grate it (and pass it?) through a sieve. Keep that in a leather bag so that it does not become wet. When you wish to eat it, lay it (out) and add to it fat, eggs, pepper or whatever you may have thickly (for thickening? In quantity?)

***Recipe #81 Ain grüne sals die mach also vnd behalt die***

A green sauce, make it thus and keep it

Item take sage and onions, parsley and sorrel old and young. Pick the herbs and wash them and dry them in the sun. Take with that pepper, galingale, ginger, cinnamon, anise, coriander, cubeb, cloves, mace, grains of paradise, and a little *artickel* (unknown), that makes the sage nice. And take dried white bread and make a powder of all of this. When you wish to eat it, temper it with wine or with vinegar. And keep (store) this as long as you please.

**Recipe #82 Ain Condiment haist dewericz**

A sauce that is called *dewericz*

Item take a sour apple after St Martin's Day (11 November), peel them and cut them apart. Then lay them in a honey beverage (*hönig tranck*). Let it boil so that it turns brown. You may keep this for a year. This sauce is called *dewericz*. You may also fill *krapfen* (small pastries) with it.

**Recipe # 83 von krapffen mach die fülle also**

For *krapfen* (small pastries) make their filling thus

Item make a filling with grated cheese, and with eggs and chopped bacon. Thus fill (? *kleb*) a sheet of the dough and then wrap the other part of it over that like a *fladen* (flat, baked dish probably similar to a *tarte flambee*). And fry them in fat until they are done. You may (also) fill *krapfen* with eggs and with apples if you wish.

**Recipe #84 Ain haydenischn kuochen mach also**

Make an infidel cake thus

Item roll out a dough (made) with eggs with a rolling pin as thin as wafers and cut it into pieces three fingers wide and longer than a hand. Fry them in fat and pour over it peppered honey drink (mead?) or spicy honey sauce (*hönig wurczen*). Serve it. This is called an infidel cake or isinglass (likely a scribal error).

**Recipe #86 von gefüllten ayren die gepraten sind**

Of filled eggs that are roasted

Item take eggs and crack them open at both ends. Blow into them so the yolk comes out. Chop sage and mix it with the yolks and fill them again. Throw the eggs into hot water and peel them and roast them and drizzle them with egg and with herbs and saffron, and serve them.

***Recipe #87 aber von gepratn ayrn***

Item grate fine white bread and fry it strongly in butter and mix eggs with that and dry sage and pepper. Fill the eggshells with it and roast them on a skewer and serve them.

***Recipe #88 Ain habich muoß von ayren***

A 'falcon dish' of eggs

Item chop sage small and fry it in butter. Mix herbs and saffron into it and make a 'falcon dish' from it. Fill it back into the shells and lay them into boiling water. Boil them and quarter them nicely afterwards.

(A parallel tradition suggests the word 'habich' (falcon) may be a misreading of the dialect 'haebich' - tough, viscous, making this a thick dish of eggs)

***Recipe #92 Wie man hirss pratn soll***

How you should roast millet (porridge)

Item how to roast millet (porridge). Take millet and bran and seven eggs with it so it becomes hard. Cut it in pieces, stick it on a spit and baste (*beschlahe*) it with eggs. Serve it (with) salt or another condiment.

***Recipe #93 von gepratten arbassen die mach also als hernach stat***

Of roasted peas, make those the way that is written hereafter

Item pass peas through a sieve (and add) eggs as many as you wish to have with it. Then fry them in fat or butter. Cut them into small pieces and roast them on a spit. Baste (*beschlah*) them with egg and serve them.

***Recipe #94 Aber von gepratn ayren***

Again of roasted eggs

Item chop eggs and nut kernels and (mix) soft eggs with it. Chop it small and put it into the eggshells and roast them and serve them.

***Recipe #95 Ainen ennglischn fladen mache den also***

Make an English *fladen* (flat pie) thus

Item (take) soft cheese, butter and pepper, mingle it together, make a pastry case of dough and fill it with the cheese over half (halfway full). Let it bake in a pot (baking dish). This is called an English *flad(en)*

(Fladen were flat tarts, probably originally similar to *tarte flambee*. This recipe presupposes much knowledge (the making of pastry crust, the technique of baking), but it suggests that the tart would have raised edges and be baked in the kind of baking dish – greased, heated in the embers and with a lid to apply heat from above – described thirty years later in the *Kuchenmaistrey*. The recipe is fairly straightforward, though parallels often also involve eggs. “Englischer Fladen” always describes a rich cheese tart.)

***Recipe #96 Ain ponnen gemacht von taig***

Beans made of dough

Item roll out a dough with a rolling pin (*wallczn*) so that it is a finger thick. Cut it in cubes like beans and throw the dough into hot fat. Let it fry quickly. Pour off the fat and let it dry. And make

this with saffron (sauce?) or spicy sauce, and let it boil up before you put the beans into it. These are called beans (made) of dough. Guard them from mice, and you may keep them a long time this way.

### ***Recipe # 97 Von ponnen***

Of beans

Item boil green beans with nice (=white) bread, pepper, three times as much caraway, saffron, salt, vinegar and beer. Grind it together. Dry the (cooked) beans, pour the boiled-up cooked (sauce) over them and serve it. Also cook green peas like this.

### ***Recipe # 98 von herten ponen***

Of hard beans

Item of hard beans, make them thus: put them into boiling lye until their skins come off. Then pour them into a sieve and rub the skins off them. Boil them with the aforementioned wine sauce and serve it. (From) these beans, you can (also) make bean butter.

### ***Recipe #100 von arbaissen***

Of peas

Item boiled peas. Make it thus: take peas and vinegar. In addition, take a fitting pot with milk and twelve eggs with it, salt and saffron. Beat this well with a whisk (*tzwirl*) and set the milk in the pot into a boiling cauldron with water. Let it boil as long as you boil beef. When it is cooked entirely, serve it in whole (large?) pieces and put herbs on it.

If you would roast it, put it in a bag while it is whole and weigh it down with a stone all night and morning, and in the evening cut it thin and stick in on a skewer, strew it with salt and pepper and serve it.

***Recipe #104 Ain tuoch muoß mach also***

A cloth mus (soft dish in a cloth, like a pudding?) make thus.

Item, white bread, cut it in cubes (when) it is hard, and throw it in (-to a pudding cloth or cookpot? - possible lacuna). And add almond milk to it and let it boil up and serve it. (Strew) sugar on it. Make 'cloth mus' of other milk the same way.

***Recipe # 105 Aber von Reiß den mach also***

Again of rice, make it thus

Item wash rice nicely in warm water. Pour the rice into a pot and pour water into it (to) a thumb's width above the rice. Set it down and let it cool. And once you wish to prepare it, pour almond milk into it and set it by a slow fire (*auf ein küle* – lit. on a coolness) and stir it until it thickens. It will stay as thick as you can manage best.

If you would know whether it is cooked, take the grains between the fingers. If they mash and are not hard, it is done. Serve it with sugar.

***Recipe #106 Aber ain Condiment mach also***

Again, a spicy sauce make thus

Take good broth, saffron, sage and vinegar over a moderate fire and let it boil. Temper this together with eggs and fine (white) bread, and cut bacon with it. Lay it in boiling water, and let it boil, and serve it if you wish.

***Recipe #107 Aber ein (con)diment***



Again a spicy sauce

Item a spicy sauce of wine and of honey. Dismember (*zue gelid*) roast chickens in it and serve them.

### ***Recipe #108 Guoten haber keren mach jn also***

Good oat kernels make thus

Item if you would make good oat kernels (grains), make the flour as follows: Take a *Metzen* (measure of volume, could be anywhere between 20 and 40 litres) of oats and sieve it nicely and boil it so that it (the grains) split and you see the kernels. Afterwards, dry it nicely and grind and pound and then move it back and forth as long as (it takes for ) the grains (to) become clean.

### ***Recipe #109 für die kraut würm***

Against cabbage worms

Take leaves of white chard (*piessen kraut*) and boil it well. Then let the leaves cool and sprinkle the plant seed with them. When the seed has dried, let it stand. That way, the worms will not eat the cabbage. The seed remains, and that suits you well, for I have noted in secret that you like to eat fermented cabbage (*pottign kraut*), though not a lot. But I am more inclined in my nature to oat porridge and thus would not trade places with you with regard to food.

### ***Recipe #110 Aber von Repphünern mach die also***

Again of partridges, make them thus

Item first of roast partridges for Lent: Order two moulds carved into wood shaped like partridges, so that when they are pressed together they have the form of a partridge. Take fish and remove the bones and scale them and chop them small. Season it very well and boil it well with the wooden moulds (on?). That has the shape of a partridge. Stick it on a spit and roast it, and lard it with roast pike.

***Recipe #113 Ainen fladen jn der vasten mach also***

A *fladen* in Lent make thus

Item a *fladen* in Lent. Take almonds and chop them small and place them in bowl, and colour half of them with saffron. And take well selected raisins and boil them up as they should be and lay them out in the bowl separately. And take all manner of fish roe, except barbel roe, and pound that in a mortar with a little flour so that it turns out like a *strauben* batter (a type of leavened fritter). Colour that and pour it on the *fladen* and bake it in an oven.

(A *fladen* is typically a kind of flat baked dish with a dough base and a meat topping, not enclosed like a pastry and sometimes with discrete pieces that diners would take off to eat separately (like chicken legs). The category is broad. Here I think the aim is a kind of baked pancake, but I cannot exclude the possibility there is a pastry base that goes unmentioned.

*Strauben* are leavened fritters, the simplest kind and universally familiar. The batter is described in various recipes as anything between a near-liquid and the thin but cohesive dough that could be shaped by hand. Here, I tend towards reading it as a thick batter.)

***Recipe #114 von krappfen fuell***

Of filling for fried pastries

Item pound nut kernels and figs together in a mortar and season it well and colour it and place it in a pan. Pour oil with it and boil it up and put it into the pastries (*krappfen*). Make a dough of white leaven (*vrhab* – usually means sourdough) and fry it in oil and serve it cold.

***Recipe #115 vonn gepratn ayren dem thue also***

Of roasted eggs, do it thus

Item crack open the eggs at the thick end and beat them well, and add saffron, pepper and chopped parsley or sage. Fry this in a pan and chop it small. Fill it back into the eggshells and stick them on a skewer, lay them on a griddle and roast them nicely.

***Recipe #116 von vaigen ein ze machen***

Serving figs in a sauce

Item stick six figs on each skewer and make of those as many as you wish. Boil them in a cauldron or a pot and pour into it in equal measure water and wine. Afterward, take bread and gingerbread (*leczellten*) grated and add it to the cooking liquid (*suppen*) of the figs and take vinegar and honey. Pass that through a cloth or through a sieve. Season it and colour it and boil it together in a pan. Lay the figs into a clean wooden container and pour it over them. And when you serve this, give it cold.

***Recipe #118 Ain essen gestalt als ein Roseysen***

A dish shaped like a horseshoe

Item you shall grate a good cheese and take as much flour and break eggs into it so that it can be rolled out. Powder (spice) it well and roll it on a table so that it becomes (shaped) like a sausage and bend it like a horseshoe. Fry it in fat.

***Recipe #122 Ain gabraid zue willpraet***

A *gabraid* (sauce) with venison

Item take a deer liver and roast it. Then cut it and pound it in a mortar, and pass it through a sieve with rye bread, honey, wine and vinegar. Season it well and boil the liver and then serve it cold, that is called a *gabraid*.

***Recipe #123 wüerst von hasen mach***

Make sausages of hare

Item take the lungs and the liver and the sausages (probably: guts) of the hare and cut them in cubes. Catch the blood and add pepper and boil it (the offal) with that. Put it in the gut and slice the sausages and roast/fry (*prats*) them afterwards and serve them dry (i.e. without sauce).

***Recipe #126 Ain holer muoß mach also***

An elder (-flower) spoon dish make thus

Item an elder (-flower) spoon dish. Take elder flowers and lay them in milk and leave them lying in it for a good long time. Strain the milk through a cloth and set it by the fire and stir it so that it does not curdle, and take four eggs and break them into it, and take with that good spices and fat.

***Recipe # 129 Ain essen gestalt als die piern mach also***

Make a dish shaped like a pear thus

Item take well-selected Italian raisins and pound them in a mortar. Take blanched almond kernels and pound them together with that. Mix ginger and sugar into it. When that is done, knead it in your hand so that it is shaped like a pear and stick a stalk into it.

***Recipe #130 Ain gemueß von hünern mach also***

A spoon dish of chicken make thus

Item you shall take a boiled chicken and when it is boiled, take that boiled chicken and take the white (meat) of the breast and tear it apart finely (*zer czaiss das*). And when you have torn it apart, lay it in a pan and dry it well over a fire. And when it is dry, pass (*zertreib*) it through a sieve or pound it small in a mortar so that it becomes like a flour. And (take) pure almond milk and (with)

the boiled milk (make/use for) sauce (*prüe*). If you would have it sweet, add sugar to it and let it boil a little.

***Recipe # 135 Aber von gabraid die zue vaist sej der thue also***

Again of galantine that is too fat, do to it thus

Item if it be the case that the galantine is too fat when it gels. Pour boiling water on it. It becomes clear this way. Tilt the bowl to one side so that the water does not stay on it a long time, otherwise the galantine will dissolve.

***Recipe #137 Von klainen walt vogelein also***

Of small forest birds thus

Item take small birds and place them in a pot. Add fat and let them fry (*praten* – suggest shallow frying) in it. Take Italian raisins and grind them with wine or with vinegar and pour that in.

***Recipe #138 willpraet geit man gewürcz***

(with?) game you serve spices

Item, with all spices (mistake for ‘game’?) you shall prepare spices and then add them to the pot. But for boiled or roasted game or deer venison, you shall serve them separately in a bowl. But with hare or with squirrel or with birds,, these are all seasoned in the pan or the pot. And note that you shall not season (with) salt (*würcz salczen*) any game that has already been salted before.

(“würcz salczen” likely means ‘season with salt’, but it might be a corrupted sentence meaning ‘serve no spicy sauces with...’ )

***Recipe #139 Aber ain gepachenns***

Again a fritter

Item take boiling water and throw flour into it and stir it so that it has the right thickness. Then take four eggs into it and stir it well and spread the dough out with a spoon in a pan with fat. When it is frying, strew it with sugar.

***Recipe #140 Mach krappfen also***

Make *krappfen* (fried pastries) thus

Item if you would make *krappfen*, then take eggs and beat them in a pan, and butter, and stir it together. Chop into it Italian raisins and add spices and put it into the dough.

***Recipe #141 Die fleisch krappfn mach also***

Make meat *krappfen* thus

Item take veal or chicken (or) venison and let it boil, (according to) whatever kind (of meat) it is, and chop it with Italian raisins or with fat meat and eggs and spices and fill it into the prepared dough.

***Recipe #142 Ain condiment von allerlaj ding***

A spicy dish of all manner of things

Item take and prepare a dough of cake in a pan and cut it in pieces and put it in the egg sauce that shall be made of sage and of mint and parsley and garlic

***Recipe #143 Ain salsen von knofflach zue gemuess also***

A sauce of garlic to be eaten with side dishes (make) thus

Item a sauce of garlic with side dishes (*gemuess*). Take and grind almond kernels and white bread (*semel*) with the garlic. That is good to eat with side dishes (*gemuess*).

(*Gemuess* is cognate with modern Gemüse, vegetables, but has a slightly different meaning in this context. *Gemuess* are cooked dishes that are not primarily meat, not main dishes. They are also usually soft. The related word *muos* – modern *Mus* - means a dish eaten with a spoon.)

#### ***Recipe #144 Aber ein Sallsen aus salvan***

Again a sauce of sage

Item a sauce of sage, you shall take it and cinnamon and walnuts. Grind that with good vinegar.

#### ***Recipe #145 Seniff ze machn also***

Mustard make thus

Item, take and pound (*stampff*) the mustard. When that is done, pour boiling water on it and stir it as though for a dough/batter. Do that three days in a row, and pour off the water in the morning, and stir it again with boiling water. On the third morning, grind (*reib*) it with beer (and?) vinegar (the text supports both reading beer and vinegar or *alegar*, depending on how seriously you take the scribe's punctuation). Take grains (*keren*) that are cut small and ground parsley together with the spices (or: the root) and boiled cooking pears and ground coriander, sifted through a sieve, Italian raisins, blanched almonds, and boiled honey (*hoenig samen* – read *hoenig seim*). Place that upon the herbs, and do this with every layer. This is rightly paid for in silver, that is how healthy it is. Also always add cinnamon to the mustard.

(This recipe has a few interpretative issues.

We do not know what '*keren*' is. The word refers to kernels, grains or seeds. I guess coarsely ground mustard seed, but I am not sure.

‘*bier, essig*’ has a separation mark between the words, but it is uncertain whether this must be read as indicating two ingredients or just that the letters ended up too close to each other

‘*petsill mit der würcz*’ would mean parsley with the spice, but is just one umlaut away from being ‘parsley with the root’, which sounds more credible

‘*hoenig samen*’ is somewhat odd since honey does not have seeds. ‘*samen*’ may be a mistake for ‘*seim*’ which means liquid, boiled and possibly diluted honey. But again, this is interpretation.

Finally, the description that this is paid for in silver depends on an emendation from parallel sources by the editor.

It’s still an interesting recipe.)

#### ***Recipe #146 Ain gepachens von kaes***

A fritter of cheese

Item take hard cheese and grate it and break eggs into it and chop bacon into it, and a little flour. Mix that together and spread (*streich*) it into the pan. When it is fried, spread (*bestreich* – poss. Mistake for *bestreu* - strew) it well with sugar.

#### ***Recipe #147 Eingemacht vische***

Fish in jelly (or pickle?)

Item, take fish, pike and other good fish that you would put into a galantine, and chop them in pieces. Place them, in a cooking vessel (*schaff*) and pour wine into it and vinegar in measure and clean salt, and boil that nicely. When they are cooked fully, throw in ginger, cinnamon, cloves, galingale, anise, pepper and saffron. Stir/mix (*tempir*) it gently so that it turns out good, and let it boil up with the fish (bones?). Then lay the fish into a bowl and let it grow cold until they are boiled (*gesiedennt* – probably error for *gestend*, gelled).



(This is very likely a recipe for a fish galantine, but there are also parallel recipes for vinegar-pickled fish that look similar. It may be intended as a pickle.)

***Recipe # 149 Aber von vischen etwas***

Again something of fish

Item take a young pike and scale it and remove the guts through the 'ears' (gills). Then boil fish of whatever kind you want, take out their bones, and pound them in a mortar. Add pepper, salt, and sage, and salt (suspect copyist error - read: fill) the pike with this, strew it with salt and lay it on a griddle.

***Recipe # 150 Aber etwas vonn vischen***

Again something of fish

Item scale pike and chop them in pieces. Add parsley, ginger, pepper, caraway, salt, and wine or vinegar. And make a case (*hafen*, literally a pot) of dough. Put the fish into this and then take egg yolks and make it (the case) whole on top (i.e. close it). Bake it in an oven as long as you bake rye bread. Then serve it forth.

Item you may also do this with salmon, trout, eel or other fish.

***Recipe # 151 Aber von vischn zue beraittn als aller gestalt***

Again to prepare fish in the shape of eels

Item take and scale a pike and chop it to pieces, and remove its bones, or the fine flesh (*praten* – lit. roasting-grade meat) first, and pound it in a mortar. Add to it flour, honey and salt.

Mix this and place it in a pot that has a hole as big as a finger. Force the fish through this into a vessel with boiling oil. Give it the shape of an eel, and fry it well. Serve it forth.

### ***Recipe #153 Ainen Syroppel jn grün ymber***

A syrup for green ginger

Item if you would make good ginger green almost as (the kind) one brings from Damascus. Take warm water and place the ginger in it overnight and leave the water standing through the night by a small fire (*pej eine klainen glütlein* – implying a glow, not flame). Thus the ginger will have turned nicely soft overnight. Then take it and peel the skin off of it with a knife and dry the skin and grind it to powder.

Then take honey and clarify it so that the foam comes off it. Item with four lot (unit of weight), take one lot of ground white ginger and two lot of cloves. Item three lot of pounded sugar. One lot of cinnamon bark. Put all of that into a pan with the white ginger and let it have a good long boil. That way the syrup is right.

Item take small glazed jars that are glazed inside and out and place twelve pieces in each jar and pour in the syrup until the jars are full. Thus it is good.

### ***Recipe #159 von guotem essich wie ma den machn sol***

Of good vinegar, how you should make it

Item take grapes around St Michael's day (29 September) before they become fully ripe and crush (*ze knör oder zer knüsch*) them with the hands. Then take a glazed vessel (*peck* – suggests wide bowl shape), put it in, set it in the sun and let it ferment well. Then take the peels out of it and pour off the clear liquid into a vat that is clean and nice. And swirl it all around with the best wine that you can have. Let the vat dry out again and put the aforementioned wine into the vat, (but) not too full. Let it stand in a warm place. Thus you have the very strongest vinegar and in the apothecary's shop this is called *acetum fortissimum*.

### ***Recipe #160 Aber von essich etwas***

Again something of vinegar

Item if you want to make one (vinegar) stronger yet, take an adder's tongue (this may refer to *ophioglossum vulgatum*, a fossilised shark tooth, or indeed the tongue of an adder) and suspend it in the vinegar. Never was tried stronger vinegar than this, the longer (it is left in), the better.

And the vinegar develops a skin when it grows old and many amazing things are made from that skin. You make very strong vinegar with it, and you also make vinegar at the table with it, as is described after.

Item take the skin (of the vinegar?) that is called *fortissimus* and put it in a glazed bowl and let it dry well. Then grind it small as flour and place it in a container that is clean or into a small sack. Carry it with you where you wish, and when you wish to eat, place the powder in a bowl and pour wine into it. That way it is good vinegar and better than common vinegar. This way you may prepare all foods in front of people.

### ***Recipe # 161 Eingemacht kütten wie ma die machen sol***

Preserved quinces, how you should make them

Take quinces and steam them in a pot until they are slightly soft. Then lay them (out) and let them grow cold and cut them apart in the middle and take out the cores. Put a nutmeg in them in place of the seeds and then take cinnamon bark and cut it into small splinters. Fasten the quinces (back) together with these and stick them on the outside with cloves and whatever spices you desire.

Then lay the cloven quinces into a glazed vessel and take two parts of honey and one part of wine, as much as you trust will reach over the quinces (cover them in the vessel). Boil it until it foams and set it over the fire again (repeatedly) and skim it again. Do this nine times. Then take it off (the fire) and let it cool completely. Then pour it over the quinces and close the vessel. Thus are they prepared.

***Recipe #163 Ain salsen uber jar ze machn die mach also***

To make a sauce (that keeps?) over the year, make it thus:

Item if you would make a sauce that you will have throughout the year, take parsley in May and pepperwort (*pfeffer kraut* prob. *Lepidium latifolium*) and sage and young chard (*piessn kraut*) or its leaves and chop it all together finely. And catch dew in a cloth before the sun rises and take the herbs and force (wring?) them through a cloth with the dew, as thickly as you can. Put it into a small shallow trough and set it in the sun. Thus (dried) it goes into a bladder bit by bit (*stupffs weiss*) and when you want to in that year, moisten it with wine and with vinegar like any other sauce.

***Recipe #164 Ein grüne mandel milich***

A green (freshly clotted?) almond milk

Item if you wish to make a green milk of almonds, take a pound of almonds and a bowl full of fish scales, and boil those in water. And then pour off the water of it and press them out well, and take that water and pass the almonds through well half (half of the almonds?) above a small wooden trough. Let it gel as a galantine (*sullcz*) does. Then take it and break it (apart) onto a serving dish with a spoon as any other green milk, and pour on thick almond milk.

(The meaning of 'green' is interesting. I doubt it refers to the colour, though some fish scales may produce a greenish hue for all I know. Rather, I suspect it refers to freshness (as in 'green cheese'), making this a dish meant to emulate the appearance of freshly clotted 'Sauermilch'. The serving style, by spoonfuls arranged on a dish, is found in dairy dishes in sixteenth-century manuscripts.)

***Recipe # 167 wiltu ain schlechten kumpost machn***

If you wish to make simple compost

Item if you wish to make simple compost, take a pitch-lined container and fill it full of sloes and pour in wine or water, as much as you wish or can add (i.e. as will fit).

Then pour it off again (MS say on again which is likely an error) and measure it, and as much as you measure, add as much honey and put it into a cauldron (*kessel*). And let it boil until it cooks down to as much as there was honey. Let it cool well.

Then take quinces and fresh hard pears (*regel piern*) and let them boil a little and cut them into small slices.

Also take the small sprouts (lit. 'children') that stand with the cabbage heads and sprout or shoot out of them and cook those and add a little.

Then lay in the uncooked sloes, one layer, and then strew in a layer of the quince or pear slices and a layer of the small cabbage sprouts as well. Then add sloes again and do so until the vessel is full.

Then pour in the boiled wine or a measure of honey together with the honey and tie shut the container until it ferments. That way, you have good compost, and if you want it, add spices to the wine.

### ***Recipe #168 wiltu das dir das prot nit schimlig werde***

If you want your bread not to get mouldy

Item if you do not want your bread to get mouldy, take birch seeds that are harvested between the two days of Our Beloved Lady (probably Assumption on 15 August and Nativity on 8 September), dry it well in the sun and keep it. If you wish to use it, add a little of it to the leaven (*urhab* – usually means sourdough) at night. If you knead the dough later, the bread will not turn mouldy or grey.

### ***Recipe #169 Ain stain waich zue machen***

To make a stone soft

Item if you wish to make a stone soft, take old urine (*pruncz wasser*) and the blood of a billy goat and boil it all together. Add savoury to it, and put the stones into it. That way they become soft.

### ***Recipe #170 Aber ain seniff ze machen***

Again how to make a mustard

Item if you would make a mustard, take wine and honey boiled well together and skimmed nicely. And while it boils, you should stir it strongly. Afterwards, put it into a pot while it is hot and add the mustard flour until it is so thick that the spoon will stand in it. Then cover it with a crust of bread and close it well, leave it standing overnight on a stove or behind one (*uf der helle* – in the gap between stove and wall). Then it ferments like a dough. Afterwards, set it in a place where it will neither freeze nor yet stand too hot, and if you would eat of it, take it out with a spoon and stir it with wine.

### ***Recipe #175 Dinten mach also***

Make ink thus

Item if you would boil good ink, take four *lot* (unit of weight) of oak galls, two *lot* of vitriol and two *lot* of gum to a measure (of water). And use rain water for it. Item only add the gum when it turns blue. Or two measures (of water) for common ink.

(The ‘measure’ (*mass*) is not clear. In many systems, it comes to about a litre, which seems a lot in this context. )

### ***Recipe #178 Wie man ainen haidnischn kuochn machn sol***

How you should make an infidel cake

Item an infidel cake make thus: Take eggs, as many as you like, and beat them, and (take) white wheaten (*semlein*) bread and cut it in cubes, and strew them in the egg, and take a little (of the) egg

into the pan and pour it in. Lift it over the fire and stir it all together nicely. And take another pan and put a little fat into it, and do not let it get too hot. Pour the eggs into that and set the pan over the embers and let it bake. See to it that it does not burn. And (serve it as) an entremet or in a pepper sauce, or as you wish to have it, and season it beforehand. (Also) bake lung this way.

***Recipe #179 Mach weiss geprattne hünner also***

Make white roasted chickens thus

Item for a white roasted chicken, take the whites of eggs and a little fine flour with it. They shall be drizzled with that (*begiessen*) and afterwards placed back by the fire until it is entirely right.

***Recipe #180 Die rotn hünner mach also***

Make the red chickens thus

Item for red chickens, take saffron, eggs and flour and do unto this as you have done unto that (as above), and season it well.

***Recipe #181 Die swarczen hünner die mach also***

The black chickens make thus

Item for black chickens, take gingerbread (*leczellten*) and burn it until it turns black and grind it small in a mortar. If you do not have that, take honey and white wheaten flour (*semlein mel*) and burn it in a pan until it becomes black. Let it cool and rub it through a cloth with eggs. Drizzle (*geuss*) the chickens with it when they are roasted.

You shall stick them with cloves. The red ones with silvered ones. The black ones with gilded cloves. The green (ones) with silvered and gilded (ones).

***Recipe #182 Die grünen hünere bereitt also***

The green chickens prepare thus

Item make green chickens thus. Take parsley ground with eggs and flour, and season it well, and pass it through a cloth. And also do with this as is written above.

***Recipe #183 Zue weissen hünern ein sals***

A sauce with white chickens

Item for a sauce with white chickens, you shall take Italian raisins. Grind them small and take with it the very best wine that you can get and pass them through a cloth with this. And add the best spices.

***Recipe #184 Ain salsen zue swarczn hünern***

A sauce with black chickens

Item a sauce with black or red chickens: take parsley or another green herb and pass it through with vinegar.

***Recipe #187 Mach ain swarcz gemuess also***

Make a black (spoon) dish thus

Item a black (spoon) dish. Take veal. If you cannot have that, take the blood of chickens of young roosters or hens and put it into hot wine and let it boil. And take a boiled hen and chop it small, and take half a white wheaten loaf (*semel*) and lay it into the blood and let it boil up. And when it has boiled, prepare it with honey so that it is neither too sweet nor too sour and sprinkle it with pounded cloves and ginger and sugar.



(I assume the veal mentioned in the beginning would replace the boiled hen, but it may in fact mean that the entire dish can be made with calf's blood and meat instead of chicken)

***Recipe #188 Aber etwas von hünern ze machen***

Again a dish made from chickens

Item, take a pound of almonds and pound them small. Then take a boiled hen and roasting-grade (*praetig*) veal and chop that together with the hen and let it boil with the (almond) milk all together in the pot. Let it boil properly. When it has boiled, take the necks and the heads and put them in a mortar and pound them very small, and add white white wheaten (*semlein*) bread to it and pound it together with clean broth. Then take the feet (thighs?) and fill them with the chopped meat. And make meatballs the size of a hazelnut, serve those with the thighs. And keep them in the pan until they open up (*?sich entschleust – is done?*), and let the thighs boil separately until they are done. That way they stay whole. The broth should be made with the best spices. When it is in the pan, take a little vinegar so that it be soured. When you wish to serve it, warm up the livers and the stomachs and the thighs and lay them in a serving bowl dry (without sauce), and boil the broth in a pan and pour it on.

***Recipe #189 Aber ain essen von hünern***

Again a dish of chickens

Item you shall take the blood of young chickens or of a lamb, or of a calf. Take two or three chickens and you shall cut them up raw, each into twelve pieces, and cook (*siedn – boil*) them in the blood.

Then take an onion and an apple and chop that together, and a fatness of meat and (put) the blood into a pan, and put that in a pan and let it boil well together and add it to the chickens and season it well with good spices.

***Recipe #190 wann man annderst nicht hat dann nur kalbfleisch***

If you have nothing but veal

We came to a place where we found nothing but veal, and my lord had many guests, so he bought the calf. Then he came and took hot wine and stabbed the calf completely (to death) and cut off its head completely, high on the neck. He split the head down the middle and took out the brain and washed the rest nicely and cooked it cleanly and makes a head dish from it. Then he takes the feet, chops off the knees and makes a galantine.

Now he takes the innards of it and washes it nicely and makes it nice and takes bacon and fine white bread that he cuts into cubes. Take as many eggs as you wish and mix the eggs and bacon into it and fill the neck and the *wämlein* (one of the stomachs) and let it boil nicely and cook it separately, that way it stays white. When it is boiled, boil the *wampen* (belly, or another of the stomachs) and the *magen* (one of the stomachs) in slices, and put them into a bowl when you wish to serve them. Place the innards on top and that makes a nice dish.

Then take the liver of the calf, chop it up raw, and then take fine white bread and bacon. Cube the bacon and grate the bread and season it with spices, and take eggs and mix it all together with each other. Put fat into a pan and put the liver and all these things together into it. Stir it well over the fire so that it does not burn. Then take the net (caul) and put it on the table and when it hardens, wrap it in the net and place it on a griddle, and put two or three pieces of wood onto it to turn it over with. That way it does not break apart when it is roasted. Cut it into seven pieces in a bowl, and what you cut off, grind up and pass it through a cloth with good spices and good wine. That way it turns out good. Then take the brain and place it on a cloth, tie it together and boil it with the cloth or inside it, and when it is boiled, take a pound of almonds and grind them up small with good broth or soup. Pass it through a cloth with fine white wheat bread and pass the brain through with the other things, and take clean fat, and boil it. Also take a good wine and the blood of the calf, but not too much of the blood. Then take good dry *lebkuchen*, not too little, grind it up small and put it in. If you don't have sugar, use honey instead and clean fat, that way it turns out smooth. Season it with good spices and take that in right measure, a good sprinkling of spices on top.

**Recipe # 191 (no title)**

Take the lung of a calf and wash it nicely, and boil it in a pot and chop it small. Take good broth or soup and twelve egg yolks and cook that together, that is a good spoon dish.

Take the head of the calf, wash it nicely, take it off cleanly and cut it into small patches, and cook it with good spices and saffron and parsley.

Take the breast and a roastable meat of what animal you find or may get and chop it small, and take the blood, and don't make it too black once it is done. Then take rye bread and grate it small. Take the blood and sixty-three eggs, beat them with it, and also add the grated bread, and chop it small and add good spices and cook it nicely with cloves, and of the bread take half or more, you make the roast with it.

Also take a small kettle and put in broth or soup and place it over a burning fire, then take the roast and put it in there and let it boil until it is done. When it is well ready, take it out and let it cool, then take bacon, cut it up small, lard the roast with that and also stick it with whole cloves. Then take good wine with it, and good spices, and sugar, and prepare a soup to go with the roast.

Of the roast: take the long (parts? - filet strips cut along the kidney roast?) together and place it in hot broth and let it boil till it is done. Do not let it overcook, and when it is done, place it on the table if you wish, and let it cool. Now you may cut it as you wish. Afterwards, make a bound pepper sauce of it, and take onions and an apple with it, chop it up into that, and take fat from the meat and the blood into a pan and add it, make it cleanly, with good spices. That way it is (like) venison.

And the breast you cut lengthwise, that is served as a meat (dish). And you shall take the legs that still have meat on them and chop them into small pieces and take a soup or broth of the meat, with vinegar added, and the blood of the calf should also be added, and boil it in there. And put in chopped (meat or organs) with good bacon, and season it with good spices. That makes a good first course dish.

### ***Recipe # 194 Ain gefüllten hechten***

A filled pike

Item you shall take a mid-sized pike, you shall not forget that, and strike off its head. Take a wooden board and make it as long as the pike is and clean it (the pike) nicely. And when you have gutted (or: loosened) it and it is all free within its skin, take the back and a small knife at the tail (this sentence is ungrammatical in the original). That way, the fish is freed.

Take it out entirely so that the skin remains whole with its scales. And then take the fish and loosen its flesh from its bones. Let the skin lie and chop the fish very small, and take other fish in addition, until you (can) fill the fish completely. Season it with good spices. Thus, it becomes well-tasting.

And after that, you shall have pellitory (*perchtram* - *anacylus pyrethrum*), hyssop, southernwood (*Abrautten* - *artemisia abrotanum*) or sage and parsley, you shall have all of that with it and chop it with the fish. Fill the pike full again, this is called a pike.

If it is not a fast day, chop apples and eggs in with it and fill the pike and attach its head again and sew it together again with a thread. Thus the fish becomes whole again.

Add some of the same (filling) into the ear cheeks (gills), and the filling should be nicely cleaned. Then add the filling into the head and the mouth. And lay it on a griddle and roast in cleanly and nicely.

### ***Recipe #203 Ainen ponnen prein mach also***

Make bean puree thus

Item of bean puree. Take the beans, wash them nicely with lye (*kaelguesse* – might mean cold water, but often refers to mild lye) and boil them so that they are neither too soft nor too hard. Take them out and let them grow cold. And take a clean bowl and a clean spoon and grind them nicely and (so that?) they do not jump out (*sy nicht zue aussen schlafen*). When you wish to serve them, grind them so that they stay white. You may add whatever kind of milk you wish that is sweet, and serve it. (For?) the other ground beans, take pea broth with them and pour in a little oil, and make it thick. Serve it hot. That is called a spoon dish (*muoß*) of beans, and thus you also make a soup.

### ***Recipe #204 Aber ein gemuess von arbassen ze machen***

Again how to make a side dish of peas

Item of peas, grind them nicely. You may make a side dish (*gemuess*) of them as you wish, warm or cold. The cold ones (put) upon a bowl and when they have firmed up (*gestannden ist*), cut them through the middle twice. Take out the middle piece and pour mustard in its place.

Take peas that are not too soft and grind them fine in a mortar add honey and saffron to it or sugar, that makes it sweet. And add a little flour, that makes it firm (*zaech* – hold together, I suppose). You shall have a bowl, and make holes in it, and burn the holes through it with a round iron rod. The holes shall be as wide as a feather quill. And put the peas into the bowl or cup so that they go to its bottom evenly when you push down the lid. This way, the peas come out at the bottom. Put them in a bowl and in that, you should give them three or four turns. And make a mustard with that that should be yellow, and season it with good spices and pour it over that.

### ***Recipe #205 Arbass pratn an einem spiß***

To roast peas on a spit

Item, if you wish to have more peas, make roast from them. And the peas should be nicely boiled. Grind them and add spices and sugar to them. It becomes sweet from that. And take flour, it becomes stiff (*zaech*). When the peas (dough) is ready, take a spit and wind it around that. That way you surely have a roast. Take dates and cut them lengthwise and lard the roast with that. Roast it nicely (*prat jn sauber*) and serve it. And serve a good sauce on it and with it (*daran und dar zue*)

### ***Recipe #206 Aber von arbassen***

Again of peas

Item take peas, let them boil so that the skins (*paellg*) come off and grind them very small. Pour them in (to a bowl?) and see that they are not too thin. Take rice that is well boiled and lay it in the middle (*mitten darein*) and serve it.

**Recipe #207 Von einem weissen gemuess von nussen**

Of a white spoon dish of nuts

Item take a white nut spoon dish in a pot, that is made from nuts. He shall pound them but so that they do not pass through (but not pass them through a cloth?) and you should have a thick milk with that and white wheaten flour (*semlein mel*), it becomes thick from that. You may serve it warm or cold, and make it sweet with sugar.

**Recipe #208 Ain praün gemuess von weinpern und von veign zu machn**

To make a brown spoon dish of raisins and figs

Item for a spoon dish (*muoß*) you shall take a pound of raisins and a pound of figs. And you shall take twenty durable pears (*Regel pieren* – a hard variety that kept well and was suitable for cooking). Sautee (*schwaiss*) them nicely in fat or in oil, if you may have tit. Dry it with flour (dust it?) and put it into a pan and boil it so that it turns brown. And when they turn brown, let them cool and press them together, that way the oil comes away. Chop it into small pieces so that it is small. And the figs shall be well boiled, and you shall sauté (*schwaiss*) the raisins well, and grind them mixed together. And you shall have a good Italian wine, *Reinfall* (probably Istrian rebulo giallo), *Rumonier* (possibly Romagna) or *Malvasier* (malmsey), and if you add *Malvasier* you will not spoil it. And it needs good spices and take honey and put that into a nice spoon. The honey should be very hot. Pour it in and stir it so it turns thick. Then put it on a serving dish or what you have and if you wish to serve it and have no dates, take cloves into the spoon dish. And cut the dates lengthwise and stick them into it.

**Recipe #209 das gemuess vach oder mach jn ainen kopff**

Item if you would make it in a round pot (lit: a head), make that with flour or from eggs and flame/heat it (*prenn in ab*). If you wish to make a green or white dough sheet (*ein plat*) of rice, make a green or white sheet. You have that whenever you wish.

**Recipe #210 Beraitt wilprät also**

Prepare venison thus

Item of venison; if you have it, take a small piece and chop it small. You must also have pure/clean (*rain*) blood, if you do not have that, take of the blood of a chicken, as much as (is needed) for one dish. Put that into a small pot and stir it well so that it boils up. What you have chopped small, put into the blood and (put) pure fat into it and let it boil. Prepare it in this so that it is thick (*starck*). And strew good spices on it of ginger, cloves, sugar and cinnamon. He shall strew it with that.

Equally you may (make) this of all manner of meat. If you would have it white, add almond milk to it, and some egg white. Sweeten that with sugar.

**Recipe #212 Das du guot praun machest ze essen**

(the way) that you make good brown (colour) for food

Item if you would have brown (colour), take the blood of roe deer or of hares or catfish (?*schaidn*) and pass it through a cloth. That way, it turns brown.

But of you cannot have blood, take *lebkuchen* (*leczellten*) and burn it (*pren* – I think it means dry-roast it in a pan) and let it cool and grind it and put it in there (the dish), it becomes brown from that. And (season it) with good spices, but not too much, then salt it properly and you shall become a good servant (this line rhymes and may be proverbial). And strew something good on it with cloves and with spices.

**Recipe #213 Von einem gepachen mach also**

A fried dish make thus

Take a white wheaten bread (*semlein prot*) that is not too freshly baked and cut it crosswise (*zwirich*), not lengthwise. You shall have two kinds of filling. One shall be green and the other

black. And spread the egg filling on them, one slice after another. If you can have it, put yellow filling on one slice. And make a batter of eggs or of wine and dunk the slices in it and lay two slices on each other and fry them. And strew sugar on it.

***Recipe #217 Ain condiment das haist kalbedin***

A condiment sauce called *kalbedin*

Item take the crust of rye bread softened in vinegar and then take more ginger than pepper and a little caraway. Make (put) that in vinegar and boil it so that it thickens. Serve it with fish. This sauce is called *kalbedin*, you may eat it with all manner of fish or game.

***Recipe #224 Ain gans ze beraiten und ze machen also***

To prepare and make a goose thus

Item take whole geese, but the heads are to be taken off, and pound them or (and?) place them in an earthen pot and add water and let it boil from the bottom up and on a trivet. Close the pot so that the steam cannot escape and raise a small fire for it. Let them boil till they gaggle (*schnattn*). Then take two heads of garlic, leave them whole and let them boil together with the goose with saffron. Serve them entire.

(This is interesting: First, the ‘pounding’ (*stoeb*). Later recipes sometimes instruct cooks to break the bones of fowl destined for stewing. This was supposed to improve the taste.

Secondly, the precise instruction of applying heat gently from below, which would be unusual in a kitchen where most pots stood in the embers and were heated from all sides.

Thirdly, the way that the pot is closed (probably with some kind of paste) and heated until the geese ‘natter’ - very likely until steam escapes, having built up pressure for a while.

I also suspect that the cooking liquid was considerably more sophisticated than water with garlic and saffron. Again, later recipes parallel the technique and include thickeners, complex spices and dried fruit.)



**Recipe #225 Aber von gennsen ze beraitten und ze machn**

Again, to prepare and make (this dish) of geese

Item take whole goose and pig's flesh, sage and other herbs and chop it all together. Fill the neck with this and boil it, and when it is boiled, lay it on a griddle and drizzle (*beschlach*) it well with egg or with an egg batter, and drizzle (*bedraeff*) it with fat. Take saffron and parsley and fennel greens (*venichel kraut*) and temper it upon the herb or seasoning as best you can and will (add it to the batter?). Give it to eat.

**Recipe #228 Wie ma klaine spanfäckel pratn und beraitn sol**

How to roast and prepare small suckling pigs

Item take a suckling pig and roast it at a low temperature (*prat es küel*) and split it in half with the head (including its head). Then take the lungs or hard-boiled eggs and two slices of soft white bread, saffron, pepper, salt and finely chopped bacon. Fill the suckling pig with it, stick it on a spit and drizzle it with fat.

(I assume the pig is cut open all the way to the jaw, including splitting the skull, and closed up over the filling, not roasted as a half)

**Recipe #229 Von ainem kalbfleisch gefüllet**

Of stuffed veal

Item this way you may fill a (piece of) veal or a lamb: Take pork, remove the skin and chop it small. Add to it two white wheaten loaves (*semel*), pepper, eggs, honey, saffron and vinegar, but (do) not (make it) too sour. Let it boil and serve it. Also make (use?) a lung mush (*lungel gemueß*) this way.

(I suppose the entire filled veal roast or lamb could be boiled, but I rather suspect the word describes a step in the preparation of the filling I do not fully grasp yet)

**Recipe #230 Von aimen gannczen huon ganncz und gar in ainem Anngster**

Of a whole chicken entirely inside a narrow-necked bottle

Item how you should put a chicken entirely inside a narrow-necked glass bottle. Take and scald the chicken but not too much (*verprüe das nicht*) so that its skin remains whole. Take it and remove its skin and blow into the skin and where it is broken and has a hole, sew it shut again. And take the meat and boil it, and when it has boiled enough, chop it small mixed together with sage and parsley.

Take a blunt (piece of) wood and thrust the skin into the glass jar or narrow-necked bottle and blow up the skin inside the glass vessel, and put the filling into the glass vessel in it (into the skin). As you put the skin in (to the glass), leave the neck sticking out and tie it shut well and attach it over the glass vessel (tuck it under the rim?) so that no steam or water may enter it. When you pull off the skin all the way to the feet, you must cut off a little there.

So do all that is written above, and set it in a pot so that the water stands above the chicken and the glass the depth of a finger across (a finger's breadth), and let it boil. Thus it hardens so that one sees an entire chicken inside the glass vessel, and then serve it.

**Recipe #232 Von Reis mach den also**

Of rice, make it thus

Item take rice and wash it nicely with four waters (four times in new water). And boil it so that it stays a little firm (*röscher*). Then take the whites of eggs and grind (*reib*) one together with the other, then you have a white fried/roasted food (*pachens*). But if you would have it yellow, separate the yolks from the eggs (and add them), that way you have a yellow fried/roasted food (*pachens*). Then take a shallow mortar (*reib scherem*) and grind the rice small and the egg with it as is written above, as you would make it, white or yellow. Make a dough that is thin and pass (*scheuß*) it through your hand like with fried meatballs. That way you have a roasted/fried food (*pachens*) of rice. And take a spit that is small (a skewer) and lay it by a fire. Then strew breadcrumbs on it while it roasts. That way it turns out nicely brown.

**Recipe #244 Ain fürhes von dem kalb swaiss ze machn**

A fürhess to be made with calf's blood

Item take the blood of a calf and add wine to it. Mix this and set it by the fire and let it boil well. Then if you have no sugar, take honey and gingerbread instead (*an die stat* – enough?), and also add fat. That way the dish turns out fine, and also chop the lungs into it, and that must be well boiled. And you shall not forget the salt and also add good spices to it.

**Recipe #245 aus dem swais von dem kalb seud wilprät darjnne**

Of the blood of a calf, boil venison in it

Item take the blood of a calf and boil venison of deer in wine and mix the blood in with it. Then season it with spices and with sugar as is described above. If you do not have sugar, take honey instead.

**Recipe #254 Von ainem grünen pachn also**

Of a green fritter, thus

Item if you wish to fry green pancakes/sheets (*pletter*), for this you must have good spices, and the filling is made with eggs. Spread this filling on and when it is seasoned, also add saffron. If you do not want to have it with eggs, take wine (*wein* – poss. error for *weinber* – raisins?) instead. When the batter (*teig*) is made, take fat in a pan and thrust both ends (of the rolled-up pancake) into the batter and fry that until it is done. And when it is fried, lay it before you on a table and cut the fritter lengthwise or across or whichever way you choose and add or strew on sugar.

**Recipe #255 Von vischen zue pachen**

Of roasted (usually means baked/fried) fish

Item if you would have a good fish roasted (the word usually means baked or fried), it can be done in many ways. You must have pike or tench or carp and take the blood of the fish, you will serve that as a proper *gebachens* (usually means a fritter). And you must season it with good spices and you must have nutmeg with it, do not chop that too small. When it is chopped, it is (given) the shape of a roe deer roast, large or small, or you shall wind it around a spit. Lay it in a bowl and let it cool, and stick it with good almonds. When you wish to eat it, you shall roast it till it is done so that it goes to the table hot.

### ***Recipe #256 Von einem frömbden gemuess ze machn***

To make a foreign (spoon) dish (*gemuess*)

Item I begin in summer and leave off in winter. We want to and shall look at foreign dishes, those turn out well in winter. Then see that you have seven colours, then you may stand with honour. You must have black (and) good blue, yellow, white, red (and) brown, can we get this together?

When you would find the colours, you must have blue cornflowers. Pick them in the summer and you shall dry them in an oven that is not too hot. Grind them well and keep them (stored) loosely.

Let us not forget green, when parsley has gone away (out of season), we (still) have green wheat ears.

Or saffron, it becomes yellow from that.

Red (and?) brown colour comes from sour cherries (*weichseln*). When they ripen, you shall break them off the stalks. Pass them through a sieve and let them boil until they let go of their stones. And add the third part of honey. Thus you shall let it boil, and when it has boiled, then let it cool. If you wish to keep it, store it in a pot that is glazed on the inside. Then you are free with the colour (need not worry about it?) Thus you may keep it all year and not lose the colour. You shall consider well that the moisture (*dunst*) shall not depart from it (i.e. keep it covered).

### ***Recipe # 257 von ainem visch gepraten, gesotn und gepachen dem thue also***

Of a fish that is roasted, boiled and fried; do (to) it thus

Item if you wish to make three kinds of dish out of one fish that nonetheless stays whole: Take it and lay it on a griddle, and sprinkle the head part with flour and drizzle it with hot fat until it appears to you to have had enough of this and it turns brown.

Around the middle part, wrap a nice white cloth, around and around, and pour hot wine and water mixed over it, and salt the wine and water. Sprinkle the middle part with that a little and steam (*seud* – more usually means seethe or boil) it nicely until it is enough. And add a little blood to the wine.

Salt the tail part nicely and stick it with a knife and place embers under it, and roast it at a low temperature on the griddle.

This way, you have three dishes of one fish, that is one fried, the second boiled, and the third roasted.

(This is a common conceit in German cookbooks of the period, and interestingly we find a similar recipe in al Warraq's cookbook from the tenth century. Christendom's chefs may have learned more thoroughly from Arabic-speaking teachers than we can demonstrate through written sources.)

### ***Recipe #260 Von ainem abenteuerign aye des vgiss nit***

Of an adventurous egg, do not forget it

Item, take two pig bladders, and one shall be bigger than the other, and make them pretty (clean) with water. Take eggs and separate them nicely from each other, the white separate and the yolk separate, and take the little bladder so that it becomes full, and put the yolks into that. And then take the other bladder and put the small one into that. Then take the white and also put it into the bladder. And cut a whole into the bladder and peel the bladder away from the yolk so that it may also go into the (big) bladder. And sew up the bladder again and beat the whites together and take a funnel and pour the whites in on top of the yolk so that the bladder be full. Then tie it shut and put it into a pot and let it boil again. That way it becomes one egg, and serve that for food.

**Recipe # 263 Von eingemachten öpfeln mach also**

Of spiced apples, make it thus

Item take figs, sugar, raisins and honey chop that together with spices and with good things. Fill it into the apples that are hollowed out (*aus gelöchert*) and pin them together with a piece of wood (*zweck*).

Fry them (coated) with a batter made with fat and wine, and you also may well bake them in a cake (*in ainer kuchen*).

(The reading of the final part is, unfortunately, not entirely clear (the genus is inconsistent and the noun therefore ambiguous), but pies of filled fruit are a major glory of later Renaissance cuisine and it is quite likely this is an early version. )

**Recipe #265 Von ainem Sweins koppf den berait also**

Of a pig's head, prepare it thus

Item boil a pig's head and take the meat off it. Chop it small with good spices and press it together like a boiled milk (i.e. like curds). And take a batter or two: you may slice it and pan-fry (*praten*) the slices of fry them in the thin batter (*pachen*)

**Recipe #266 Von gepressten vischn ze machn**

How to make pressed fish

Item of roasted fish: remove the bones from a well-boiled fish that is well boiled and salted (repetition in the original), and chop it small. Add good spices and press it in the same manner as your pig's head. If you wish to colour this, dry red roses and other things and put the powder on it.

***Recipe #267 Von gepachn öppffeln die gepresst sind***

Of baked apples that are pressed

Item fry/bake (*pach*) thin apple slices and lay each one lengthwise after the other on a board that is covered with a white cloth. And take a brush and brush the slices with honey, and strew spices on each time, and make one layer (*zeil*) on another as many as you like. And spread a cloth on it and another cloth over that and press it as is described above.

***Recipe #268 Aber von einen piberswanncz***

Again of a beaver tail

Item scald a beaver tail and draw off the skin, and roast the tail so that it becomes dry as sand. Afterwards, strew it with spices.

***Recipe # 271 Von ainem Erper muoss ze machn***

To make a strawberry puree

Item pass strawberries through (a sieve) with white bread and with honey, and add vinegar and wine to it and good spices. That is called a strawberry puree.

***Recipe #274 Ain Sallsen von weinpern***

A sauce of raisins

Item take raisins and boil them in a pan and pass them through and hold them over a fire until they thicken. Then add spices and honey and let it become thicker still. Then take them off (the fire) and let them cool. And when you wish to serve it, take white bread and vinegar and mix it and serve that, it is a good sauce.

***Recipe 276 Von ainer sulcz Uber ainen form gemacht***

Of a galantine made over a mould

Item make a galantine thus: Take a small mould from which you can take off the rim (*reif*), and if you wish, make a shaped vessel (*model*) of dough that is of the same width as the wooden mould. Bake this very thoroughly. Then take the rim off the wooden mould and pull the carved base (*tafel*) carefully away from the galantine. Place the galantine in the baked mould. Take the skin of a tench that is dried and make it into a powder. Let it boil up with a gentle (*weak*) broth and then let it chill (*uber schlahn*) slightly. Dye it according to the galantine and lay it all around it so it looks as though it had been poured in. You may also take straws and stick them all around, and place flowers in them. And you can gild or silver it.

***Recipe #280 Von gepraten ayrn***

Or roasted eggs

Item make roasted eggs thus. Let them boil up once and crack them open on both ends, and blow into one end so that it goes out at the other end. Add spices to it and put it back into the shells and stick it on a skewer and roast them until they have enough.

***Recipe #286 Von ainem höfflichem gepachen***

Of a courtly fritter

Item a courtly fritter make thus. (Spread the dough) over a mould of form or over a bowl, cup or pot or whatever you wish made of a dough of eggs. Stick small branches into it, then lay it on a bowl, and when it is fried in fat, take straws and stick them onto the branches and stick flowers or roses or whatever (else) you wish on the tops of the straws. And you may put whatever food you wish into the fried form, if you wish.



**Recipe #289 Item also solstu den tiergarten machen also**

Item thus shall you make the menagerie thus

Item if you would have a menagerie, take flour and eggs, you may make of that what you wish. And of meat or fish you can make what you wish (of) ten kinds (of animals), if you wish, of each kind, ten kinds in a garden.

The garden shall be surrounded by a wall of bricks. If you have no bricks, you shall surround it with planks so that the game does not escape. But if you cannot have planks, make a fence of branches (*gertn*). The branches shall be made of eggs and of flour. Take the whites of eggs and a white flour (*semlein mel*), of that you shall make the branches. And you shall have parsley or other greens and grind it small and should have sage and you shall take the egg yolks and a very small amount of flour with it. Make the green branches of that. Take a white bread dough (*semlein taig*) but do not burn it. Make the stakes of that and add saffron to it so the stakes become yellow. Brown (*prenn ab*) the stakes in fat.

And make a dough of eggs and cheese, make it wide like (you do for) the flat cakes (*fladen*) for Easter. Thus you shall make a hut in the garden. The branches are to be a span in length, stick them all around it.

And a tower shall stand inside (the garden) and a path shall lead through it. Atop the tower, a gallery (*gang*) shall go all around it. This is where ladies and maidens and knights and men-at-arms (*knecht*) shall stand if they want to see and catch the game. Outside the garden shall be a ditch that shall have live fish in it, and between the fence and the ditch shall be trees that shall bear apples, pears, nutmegs and nuts. And you see on those trees everywhere squirrels and birds that shall stand on the trees.

A gate guard shall stand in front of the garden that shall be golden. They (ladies and knights) shall and want to be glad, and this shall happen (be presented?) before the feast, that is when you see the menagerie brought in. In it are gentlemen and ladies and maidens a part, and he who does not believe may well see it when it comes to the table (this may be an off-colour joke). You can well see it then, know this.

Inside (the garden) are also crossbowmen (*schüczn*) and men-at-arms (*waeppner*) and other entertaining things. And you also find cooks in it. And when you see the drawbridge (for *purg* read *prug*) come down, the gate is opened and you see the bishop come forth and the cook stand below who put the fire in there. He (the bishop) sits down on a bench and draws a drinking vessel to his hand, he is served from that, and immediately (he sets it) down on the table again.

Inside it (the garden) are two kinds of birds, this shall be known, and if they (the diners?) have not eaten anything else, then they shall fly from it (be eaten?). I also see the monkey go in(to) the menagerie and that is an etc.

And if they (the diners) would eat more, serve fried fish and boiled and roasted.