

The *Registrum Coquine* of John of Bockenheim

The *registrum coquine* is a modest collection of 75 recipes (76 if you count the one on the reverse of one page) that survives in two manuscripts, one in the Paris Bibliothéque Nationale (latin 7054), the other in the private Segal collection. The text has been edited and commented on by Bruno Laurioux in "Le Registre de cuisine" de Jean de Bockenheim, cuisinier du pape Martin V. In: *Mélanges de l'Ecole française de Rome. Moyen-Age, Temps modernes* T. 100, N°2. 1988. pp. 709-760. This translation follows the text as presented there.

What makes this manuscript particularly interesting is the fact that its author, identified in the Paris MS as Iohannes Buckehen and in the Segal MS as Ioh. Bockenheym, is not, like many authors to whom other recipe collections are ascribed, otherwise unknown. He is recorded in documents from the papacy of Martin V (1417-1431) as cook of the court kitchen (i.e. not the personal kitchen) and, unlike his predecessors at the papal courts at Avignon, was a clergyman, as is evidenced by the collection of benefices he managed to accumulate through his career. He very likely served at the papal court in direct proximity to powerful patrons who could secure vacant positions for him. It is likely that the *registrum coquine* was produced at the end of his active service, in the early 1430s, and represents, in a way, the condensed advice of a master caterer looking back on a successful career.

Laurioux places Iohannes de Bockenheim in the tradition of Maestro Martino and Bartolomeo Scappi, a skilled practitioner whose brief instructions are meant to be read by similarly experienced masters. In light of the author's obviously poor command of Latin – the text's vocabulary is limited and its syntax and grammar extremely simple – the idea that de Bockenheim was an artisan who had acquired a bit of learning on the side seems plausible. However, looking at the actual content of the recipes, compared to the instructions given by Chiquart, Martino or Scappi, they appear remarkably formulaic. There are practically none of the glimpses of practical craft in application that make reading Chiquart such a pleasure. The frequent appearance of “sweet spices” (*species dulces*), “other spices” (*alii species*) or “fat” (*pinguedine*) and the general sketchiness of instructions do not suggest great familiarity with the ins and outs of the kitchen. Of course the author might simply not be chatty, but his main concern clearly seems to be not so much how to prepare the dishes as how to serve them, and who to serve them to. Though speculative, it is easy to see de Bockenheim as an executive chef, an expert in managing the hospitality of a court rather than a hands-on creator of culinary art.

This, to my mind, is what makes his work particularly interesting. Along with recipes, many of which are quite standard, we get instructions on serving them and, perhaps most importantly, on who to serve them to. Of course we need not take these too literally. Not only mercenary captains would have enjoyed peppered partridges, and it is unlikely orange omelets were ever specifically for ruffians and women of easy virtue. But they reflect the perceptions of the time, from a man of considerable authority on the subject.

Being an ecclesiastical courtier, de Bockenheim does not present any cuisine easily defined in national terms. Many of his recipes are identifiable by who they are destined for – Romans, Italians, Rhinelanders, Saxons, Slavs or Germans - others by parallels in surviving recipe collections of the period. Altogether, though, the impression is rather like that of a modern-day hotel restaurant, with dishes from a variety of sources collected to meet the tastes of every traveller you could reasonably expect to come in. His is certainly an upscale cuisine – the copious use of spices, especially saffron, and expensive ingredients such as almonds, raisins, lamb, lamprey, pheasant, capon and peacock makes that clear. It also seems somewhat blandly international.

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Register of the Kitchen

1 – Here begins the register of the kitchen on which way and how foods must be prepared throughout the entire year, and what kind of dishes (*ministra*) must be made and various side dishes and sauces to place with different dishes (*ferculis*). Both for magnates, nobles and prelates and for other persons, by me, Johannes of Bockenheim, once cook to my lord Pope Martin V

First, how to make a dish of almonds. Take almonds and grind (*pista*) them well in a mortar, and temper them well with a good broth of chicken or veal. Thereafter, take *agresta* (verjuice) if it is summer. But if it is winter, then take cloves with cinnamon; and make small pieces, and put them in dishes, and sprinkle over them cinnamon and sugar. And this will be good for princes and magnates.

2 – Thus make a dish (*ministrum*) of bread. Take grated bread, and temper it with good fat broth, and saffron and cheese, and other good spices, so that it becomes thick. And that will be good for Italians.

3 – Thus prepare chops (*copias*). Take lean pork or veal meat, and cut it in pieces to the length of a

palm. After that, take coriander grains (*?grana galandrie*), and grind them in a mortar, and put in salt. And place these pieces on a table, and put a hare on top; and leave them standing thus for an hour. And then place them on a spit, and sprinkle these grains (coriander) above. And that will be for Romans.

4 – Thus prepare meat of castrated ram. Take it, and put it in fresh water, and leave them to stand for a while until the blood comes out. And then put it by the fire. And when it is boiled, then put on top of it parsley roots, and make a little broth; thereafter, pour over it saffron and *agresta*. And that will be good.

5 – Thus prepare beef. Take it, and wash it well, as described above; and cause it to boil well. And put on top of it green dill, or onions, with salt and saffron, with a little vinegar. And that will be good for Germans.

6 – Thus prepare pork. Take it, and wash it well, as described above. And once it is boiled, put on top of it raw eggs, with saffron and onions, and with vinegar. And this will be good for noblemen and peasants.

7 – Thus prepare veal. Take it and wash it as described above; and once it is cooked, then put into it raisins, with saffron and cloves, and with other spices, and temper it with wine and vinegar. That will be for Romans.

8 – Thus make a dish of meat. Take lean pork with parsley, and its roots, and grind those together with a knife, and grated bread, and temper them with eggs and good spices; and make them boil all together for a short while. And that will be good for Italians.

9 – Thus make a dish (*ministrum*) for Romans. Take boiled liver and lungs of goat, and make of them small pieces, and put them in almond milk with good broth, and good spices, and cause them all together to boil for a short while. And that will be good.

10 – Another dish (*ministrum*) for Germans. Take cooked pork, veal or lamb liver and grind it in a mortar. And put in a little honey, and other spices, with a little saffron on top.

11 – Another dish (*ministrum*) for Italians. Take the organs of a goat, and chop them with a knife together with hard-boiled eggs, and temper them with good broth and saffron and other sweet

spices. And that will be good.

12 – Another dish (*ministrum*) for magnates. Take chickens with cooked pork and chop them with a knife, cheese, eggs, and saffron, with other good spices. And sprinkle cinnamon above. And that will be good.

13 – Another dish (*ministrum*) for princes and barons. Take pheasants or capons, and cause them to boil, so that they stay whole. After that, take pine nut milk, and finest almonds (*flores amigdolarum*), and make them boil in the manner of a white broth, so that it is thick, with sugar and ginger, so that the third part be sugar. And put all of it over the pheasants or capons, and sprinkle cinnamon over them. And that will be the best.

14 – Thus you must roast a pig. Take its organs, that is to say liver and lung, and chop them with a knife, and temper them with hard-boiled eggs, fat bacon (*lardone*), and parsley, marjoram, and raisins, and sweet spices. And then cut the pig along the side (*per latus*), and put it on a spit, and fill it with the mixture, and close up its side well, and draw one foot across the other, so that it stands well, and make it roast all through. And that will be for the rich.

15 – Thus you shall roast a kid. Take its organs, liver and lung, and chicken intestines, and grind them together, with parsley, marjoram, raisins, saffron, and with cooked and raw eggs, with other spices; and put all of that in it; and close it up, and put it on a spit. And when it is cooked, take well beaten eggs, and pour them over it with saffron. And that will be good for Italians.

16 – Thus prepare chickens. Take them, and wash them well as is customary, and make them boil. And then put in raisins, with saffron and other sweet spices; and put parsley into the (serving) dish. That will be for nobles.

17 – Thus prepare pigeons. Take them, and put them in a pan, in fat (*pingedine*) with fat bacon (*lardone*), and cover it well, and turn them sometimes, so they do not burn. After that, take ground almonds and raw eggs tempered with *agresta*; and then throw that into the fat and put into it rosewater so that the mixture is somewhat thick. And pour all of it over the pigeons. And that will be for Italians.

18 – Thus prepare chickens (*pollastra*). Take it, and make it boil as described earlier, and cut it into four or six pieces, as you wish. And put these pieces into fat, and see that they do not burn. And

then take marjoram, with other spices, with raw eggs, with saffron, and mixed with *agresta*; and make a pastry, and put it into a pan (*tegale*), and put in all the pieces of the chicken (*pollastra aut pullos*); and pour the mixture on top, with the fat. For Romans.

19 – Thus make a black peppered dish (*piperatum nigrum*). Take kid meat and roast it on a spit. After that, make small pieces, and put them into hot fat. Make them boil a little this way, with onions. Afterwards, turn it all out (of the pan). And take toasted bread and make pepper sauce of wine and vinegar, *agresta* and ginger, and add pine nuts and raisins. And pour it over the meat, and sprinkle cinnamon over it. For magnates.

20 – Thus prepare small birds such as thrushes, blackbirds, starlings and similar ones. Take them, and make them boil; and then divide them into four parts; And grind their heads and livers with juniper berries; and put fat to fry, and put the pieces of the birds into it. And put the mixture on top. And that will be good for Frisians and Slavs.

21 – Thus prepare a pig's stomach. Take it, and wash it well with salt and water. After that, take grated cheese, parsley, and marjoram, with other spices, and grind them together. After that take hard-boiled eggs, according to its quantity, and temper them with with saffron, *agresta*, and other spices, and put them into it, and close it well. And that will be for Italians.

22 – Thus make *vigitelli* of pork. Take its liver and lung, with other organs, and make pieces a finger in length; and wrap these pieces in the caul of the pig, and make them roast on a spit. After that, take sweet spices, with good broth. And put these parts on top of that, into the (serving) dish to that they are not covered by the broth (*ita quod brodium non tangantur*) and sprinkle sweet spices on them. And that will be for Romans.

23 – Thus make *vigitelli* of meat of castrated ram. Take its liver and do just as is said above of the pig and its caul, and temper them as was said before. They should also readily boil beforehand. For Germans.

24 – Thus make a pepper sauce (*pipereatum*) to go over hare. Take it, and skin it as is customary. And guard that its *sudor* (literally sweat, here blood?) does not escape. Make many pieces, and wash them in wine and vinegar, and pass that liquid through a sieve (*straminiam*). And then make these pieces boil in that liquid, and do not skim it, since from the scum is made the pepper sauce. And if it is not black enough, take toasted bread and pass it through a sieve. After that, take pepper,

cloves, and ginger, and put them in with raisins and whole pine nuts. And that will be for nobles.

25 – Thus make a pepper sauce (*pipereatum*) to go over birds. Take a duck, or a goose, or a similar kind, and prepare it as is customary. And put it on a spit, and make it roast well. After that, make as many pieces as you wish, and make the black pepper sauce as is described above, with honey, ginger, pepper and cloves, and make it boil together with the bird; And place whole cloves in the (serving) dish. And that is for Bohemians. And in a similar manner, make it of the crane, the heron, and other wild birds.

26 – Thus make a pepper sauce (*pipereatum*) to go over peacock. Take it and wash it well in hot water. And put it to roast prepared with good fat bacon (*lardone*); and then make the black pepper sauce, or white, as is described earlier. Some properly eat it with sauce (*sapor*). And it is good for Romans.

27 – Thus prepare other kinds of birds. Take them, with meat of kid, and make pieces, and fry them in a pan in fat. After that, take *agresta* with a little vinegar; and put those pieces in it, and let them boil a little. And then temper them with sweet spices, and with marjoram, parsley, raisins, and *agresta*. And it will be good. In a similar manner as is said above of the duck it is done with the wild boar.

28 – Thus make paschal lamb. Take a small lamb and skin it, as is customary; and remove all its organs, and wash it well inside, and let it stand on its feet. After that, take the liver and lung, and make it boil with the other organs. And temper them all with parsley, or fat bacon, and other spices, raisins, and salt; And put all of it into it and close it well. Some properly also do not put in this mixture on the occasion of the feast, but only the organs with herbs. And then place it on a spit lengthwise, and draw one foot across the other, in the manner of the hare, so that it looks good. And that will be for magnates.

29 – Thus make a *torta* for noblemen. Take well cooked pork and chop it with a knife with fresh cheese, with almonds, dates, and pine nuts, and temper it with ginger and saffron, and other spices. Mix it well with your hands. And let there be a firm pastry dough, and put it into a pan, and put fat inside so that it does not burn. And then put the mixture into the pastry case. And put on top of it whole almonds and pine nuts, and when it is cooked, put silver and gold on it, so that it looks good.

30 – Thus make a pastry (*bastadam*) of whatever meat. Take meat of any animal and make small

pieces, in the manner of dice. And temper them with fat, pepper, cinnamon, saffron, *agresta*, raisins, and other spices, and leave it to stand for a while. During that time, make a dough and put it into a pan, and then put the mixture all inside; and cover it well with (an)other (piece of) dough, and then pour in broth mixed with cinnamon and wine. And that will be good for Italians.

31 – Thus make a pastry in a pot (*pinenta*). Take beef and make pieces, as previously cooked, with its own fat; And if it pleases you, put in pigeons or other birds, in one big pastry, mixed with a few onions, saffron, and other spices. And put them into a small pan a bit of *agresta* with broth, and let the birds boil a little. And then take eggs beaten with broth and rosewater, ginger, saffron, and other spices and put them into the pastry. And when it is cooked, put sugar over it. Some properly add cheese. And it will be for Englishmen.

32 – Thus make a brouet (*brodittum*) of meat. Take cooked pork and chop it with a knife, and temper it with fresh cheese, eggs, saffron, and fat broth. And put it in, and do not stir (*moveas*) it until the time comes to eat it. Then (put) spices into the (serving) dish. And it will be for Italians.

33 – Thus make a brouet (*brodittum*) of cheese. Take fresh cheese mixed with eggs, and add saffron with other sweet spices. After that, take fat broth and put it in, and do not stir (*moveas*) it until you wish to eat it. Then put into (serving) dishes as much as you wish, and put the spices on top. And this will be for Frenchmen and Englishmen.

34 – Thus make a common pastry (*bastedam comunem*). Take cooked veal and chop it well with a knife, and with its own fat, and then make a dough of bread, put it into a pan (*tegale*), put spices into the pastry and put in the meat with raisins and fat on top of it; and when it is cooked, put saffron mixed with wine on top. For Germans.

35 – Thus make a pastry (*bastedam*) for noblemen. Take thrushes, starlings and blackbirds, or other kinds of birds, and clean them as is customary. After that, take veal or meat of castrated ram, well torn up (*tritas*) with the hands; and make a pastry and put it into a pan, with fat underneath. And put in the meat below, and the birds on top. And make a funnel. And mix eggs, saffron and rosewater and pour them in through the funnel. And this will be for Englishmen.

36 – Another pastry (*basteda*) for magnates. Take chickens, whole or cut up, with veal, or wild birds; and make a pastry, and put the birds underneath the meat, tempered with other things, as (described) earlier, with spices, sugar, *agresta*, and raisins, and put it on top.

37 – Another *torta* for Hungarians and Bohemians. Take organs of lamb or kid, according to the quantity of the *torta*, and make them boil, and chop them with a knife, and temper them with eggs, cheese, and spices, and with good fat broth, and put in sugar and pine nuts, with chopped bitter oranges (*citrangulis*) and saffron. And it will be good.

38 – Thus prepare various eggs. Take them and make them boil well, and grind the redness (the yolk) with parsley, marjoram, and good spices, and then fill the white with that mixture. And then take butter, heat it in a pan and put the eggs into it. After that, take raw eggs mixed with *agresta*, wine, parsley, and saffron, and pour it over them, and make it all boil together. And this will be good for monks and cloistered folk.

39 – Another *torta* for Swabians and Bavarians. Take new milk and put it by the fire, so that it coagulates. After that, take (the) fresh cheese and temper it with flour and good spices, and (make) a large pastry; and put that into a pan with hot fat (*segimine*) and put all into it; and when it is cooked, then put on top of honey and sugar. And it will be good.

40 – Another *torta* for Thuringians and Hessians. Take fresh cheese with sweet spices and temper it with eggs, and put it into a pan with a little saffron. And make it cook till done. Also for Frisians.

41 – Thus make a *torta* for Saxons. Take old, good grated cheese and temper it with eggs and spices, and make a pastry and put it into a pan, and underneath plenty of butter; and when it is cooked, then put above it saffron with sugar. But in the months of May and June, put over it the juice of herbs. And this will be good.

42 – Thus make *herbulatum*. Take good and whole herbs, as there are parsley, marjoram, rue, mint, or sage, and similar, and grind them in a mortar. After that, take raw eggs and fresh cheese and mix them with raisins. After that, take saffron and ginger with other sweet spices, and fresh butter. Then make the pastry, put it into a pan, and put fat underneath and inside. And when it is cooked, put over it sugar and whole pine nuts. And it will be best for courtiers and their women.

43 – Thus make *herbulata* for copyists and their wives. Take whole, odoriferous herbs as you wish, and chop them with a knife. After that, take fresh cheese, and temper this with raw eggs and saffron. And after that, take old cheese and make round pieces, and put those over the herbs, and put it all together to cook. And then put sugar over it. And it will be good.

44 – Thus make chickens and meat together. Take chickens and pork or veal, and make them boil together; And when they are cooked, then remove the broth and take eggs, with small breadcrumbs, and put that into the broth so that it becomes soft (*mollis*). After that, take those eggs and bread and pass them through a sieve with wine, vinegar, and their broth. And put fat bacon (*lardonem*) in the manner of dice above, and make it boil together for a short while. And put all of it over the meat and chickens; And then make balls of eggs, flour, meat and raisins, saffron and other spices, and put those in the broth together with the meat and chickens. And this will be good for Englishmen.

45 – Thus prepare domestic goose. Take it, pluck it, and wash it well; and put it to boil well, with cow meat. If it pleases you, roast it till it is wholly done. Take garlic and grind it well in a mortar with small crumbs of white bread, and pass it through a sieve; And add dill to the broth, and put it to boil together; And put it all over the goose, or inside, if you wish to roast it. And that will be good for burghers.

46 – Thus you must roast pheasants. Take them and wash them with hot water. And set aside (? *fac stare*) the combs on the head and a number of the longer feathers in the tail; and then put the meat into hot water and boil it for a short while; After that, prepare them well with fat bacon all around, and make them roast till done, and put whole cloves into the chest. And then take the feathers and put [...?] on the tail, so it looks good. For princes.

47 – Roasts of other birds make thus. Take birds of whatever kind, and wash them well, and put them on a spit, as long as each of them takes (*ut aliquoliter indurescent*). But beforehand, put them to boil briefly. And when they are cooked, put on top of them ginger and wine and vinegar mixed, with salt, and sprinkle ground ginger on the (serving) dish. And that will be for mercenaries in the field.

48 – Thus must you boil partridges. Take them, and remove their organs, and wash them well; And take broth of meat, or water, and make them boil. And when they are cooked, take pepper broken through the middle (coarsely crushed?) and put it into them, and make it boil together. And this will be for captains in the field.

49 – Thus make an omelet (*fritatem*) of bitter oranges. Take beaten eggs with oranges, as many as you wish, and draw out their juice, and put it to those eggs with sugar. After that take olive oil or fat, let it heat in a pan and put the eggs into it. And it will be for ruffians and unchaste women.

50 – Thus make almond milk roast on a spit. Take nicely thick milk, and temper it with good broth. After that, take a sponge and put it on a spit, so that it heats. And then pour in that milk, and turn the spit very gently until the milk hardens; And then divide the sponge into two parts, and the milk stays on the spit. And then turn the spit gently until it is cooked. And it will be good for whores.

51 – Thus make a soup of honour. Take white bread with beaten eggs, sugar and saffron, and put the bread into nicely hot fat. And take ground almonds with chicken broth and *agresta*, and put in pigeons, or roast pheasants, and put the mixture on top of it, and sprinkle on top of it cinnamon and sugar enough. And it will be for kings.

52 – Thus make a homely soup (*suppam casatam*). Take grated bread and put it in a dish, and put on top old grated cheese with sweet spices. Put in bread again and cheese with spices again until the dish is full. And then take fat broth and pour it over. And then once more put in bread and cheese and spices, as earlier. And that will be good for Romans.

53 – Thus make dumplings to go over chickens. Take raisins with pork or veal and chop it well with a knife, and temper it with eggs and spelt flour (*?farro*), saffron and other spices, and put whole raisins into it, and make small dumplings, and let them boil for a short while in water; And then put them on top of chickens in broth and boil them together. And this will be good for Saxons and Frisians.

54 – Thus make eggs with broth (*cum brodio*). Take raw eggs, mix them with wine and flour, and pass them through a sieve (*straminiam*); and temper them with salt, saffron, and other spices, and make them boil together for a short while. After that, take soft-boiled eggs (*modicum cocta*) and put them into a (serving) dish, and pour the mixture over them. For monastics.

55 – Here begins the register of the kitchen for Lent, and first of leeks.

Thus make a dish (*ministrum*) of leeks. Take white leeks and wash them well, and let them boil a little. Then chop them with a knife and temper them with almond milk, and put into them olive oil and grated bread with saffron. And this will be good for canons and vicars of the Church.

56 – Thus prepare turnips (*rapas*). Take them and wash them, and put them to boil; and then remove the water and grind them well, and temper them with olive oil and almond milk; and then put sugar with saffron and salt into them; and strew cinnamon on top. And if it is outside of Lent, it

can be made with fat broth and diverse meats. And it will be for peasants.

57 – Thus make a dish (*ministrum*) of spinach. Take it, and wash it well, as described before. And first make water boil, then put the spinach into it and make it boil for a little while; and then remove the water and chop the spinach well with a knife, and temper it with almond milk; and put in olive oil, and temper it with hot water and a little spices. And this will be for Italians.

58 – Thus make soup of peas. Take peas and put them in water, until they become soft; and then make them boil. After that, temper them with saffron and other sweet spices, and put in onions (cut) in the manner of dice, with olive oil and marjoram; and make white bread toast, and make small pieces, and pour all that over them. And this will be good for countryfolk.

59 – Thus make a dish (*ministrum*) of hemp seed. Take them, and wash them in hot water, and make them boil gently, so that it coagulates above; and then remove the upper part and pass it through a sieve, so that the water goes out; and then put them by the fire with grated bread and onions fried in olive oil; and then temper them with their milk, saffron, and other spices; and sprinkle raisins on the (serving) dish. And it will be good for sick people.

60 – Thus make a dish (*ministrum*) of spelt. Take them, and wash them well in water, and make them boil with almond milk, and put in saffron with other sweet spices. Or if it is (the) time (of the year), you may put in eggs. And it is for the infirm.

61 – Thus make a dish (*ministrum*) of beans. Take and wash them well in hot water, and leave them standing thus for a night; and then they are boiled in fresh water; and grind them well, and put in white wine; and put onions on top, with olive oil or butter, with a little saffron. And this will be good for Lollards and pilgrims.

62 – Now follows the register of fishes, and first of salmon. Take it, and divide it into three parts, so that its back (? *dorsa*) remains whole; And of the other parts make pieces the length of three fingers; and pass a wooden skewer through which part you wish, so that it is not bent/twisted (*ut non flectetur*); and wash those parts well, and put them on the griddle; and when they are roasted, then pour over the parts the juice of sage or marjoram. But if you wish to boil them, then pour over wine with parsley. For Rhinelanders.

63 – Thus you prepare carp. Take them and put away the scales, and make pieces as you wish, and

wash the pieces in wine and vinegar, and pass the washing liquid through a sieve (*straminiam*); and pour the washing liquid over the fish, and do not skim it, but always move it about with a spoon. After that, take pepper and cloves, ginger and other spices, and put them on top. Some properly boil them with just wine, parsley and oil or butter. And this will be for rich countryfolk.

64 – Thus make a lamprey roast. Take it living, and put it into a cauldron in white wine, so that it dies in the wine; and it is boiled in the same wine. And then take it out and put it into a dish; and stick plenty of whole cloves along the side of the white part, and put it on the griddle, and make it roast gently. And always baste it with good broth. And this will be the best for noblemen.

65 – Thus make a pastry of fish. Take large cooked fish; and then take almonds, whole dates, and pine nuts, and grind them with raisins, add saffron, and knead them together with your hands until they are hard; and put in dates with whole almonds, and put them into the pastry in the pan, and fat underneath; and then put in the fish; and make it cook together. And this serves well for noblemen.

66 – Thus make spinach fry. Take it and wash it well, and put it into a pan in olive oil, and turn it often so it does not burn. And put in salt with a little vinegar; and sprinkle spices over the (serving) dish. And this will be for Italians.

67 – Thus prepare rice. Take and wash it, and make it boil gradually (*successive*), until it is soft; Then remove the water and temper it with sheep milk, or almond milk, with saffron. And this will be good for Germans.

68 – Thus prepare eel. Take it and skin it, and make it boil well; and then put parsley on top; and when it is well cooked, then put on top saffron with other spices. But if you wish to roast it, then divide it into pieces; and put the pieces on a spit and always place between the parts a leaf of sage, and baste them with rosemary. And this will be for Marchers.

69 – Thus prepare stockfish. Take it, and let it stand in water for a night, so that it becomes soft. And then make it boil a little, and discard the water, and wash it well; and then make it boil until it is done, with onions and parsley; and then put on top saffron with other good spices. And this will be for Thuringians, Hessians and Swabians.

70 – Thus make a *torta* of apples. Take them and peel them and cut them through the middle in the manner of a communion wafer, and put them into the pastry, and temper them with saffron and

other spices, and make them fry in oil, and put honey on top. And this will be for peasants.

71 – Thus is made sauce for magnates. Take parsley, marjoram, rue, mint, or sage, and similar herbs; and grind/chop them all together with bitter oranges (*citrangulis*). And pass it through a sieve (*straminiam*), and temper it with wine and a little vinegar, and put on top ginger, saffron and cinnamon. And this will be good.

72 – Another sauce is made thus. Take livers, lungs and hearts of chickens and make them boil together, and grind them in a mortar with saffron and a little vinegar. And this will be for noblemen.

73 – Another sauce of almonds. Take them and grind them well; after that, take ginger and *agresta*, with a little white bread, and chop it all together with a knife. And this will be good for prelates.

74 – Another sauce is made thus. Take raisins and put them in hot water with the rind of bread previously put in red wine, and grind them well with cloves, ginger, and nutmeg; and then temper them all together with *agresta*. And this will be for princes.

On reverse side: Sage, salt, wine, saffron, rue, parsley. Of these is made a sauce that keeps the heart/mood (*precordia*) whole.