

## Rheinfränkisches Kochbuch

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The Rheinfränkisches Kochbuch is a manuscript dating to the middle of the fifteenth century. Dialectally, it belongs in Southwestern Germany, and it is clearly a high-end product as we can see from the lavish use of space, fine calligraphy and gilded initials. The text was edited by Thomas Gloning for Tupperware Deutschland Editions (1998). My translation is based on his edition.

1 If you would make small fritters (*kreppelin*) in Lent, take nuts and figs and pound them small with each other and season it according to your will and heat it in oil and fry them (wrapped) in a leavened (*erhabendem*) dough in the way of dumpling-style fritters (*kreppelin*, modern German Krapfen) in a pan and serve them cold at the table, those are well-tasting fritters.

2 If you would make *fladen* (flat cakes) in Lent, take all manner of fish roe except barbel roe and pound it small with a little wheat flour so that it becomes as a *strauben* (type of fritter) batter and colour it and pour it onto the *fladen* dough and bake it in an oven, that will be pretty and good *fladen*.

3 If you would have partridges in Lent, take two carved pieces of wood in the shape of a partridge and take fish and take away their skins and bones and chop them very small and season them well and press them into the moulds and boil it with that. Thus it takes on the shape of a partridge and you shall roast it afterwards and lard it with pike, thus you have a roasted partridge and a strange dish.

You may also put that into whatever moulds you wish and you may also put it into the guts, bladders and stomachs of fish.

4 If you would make fried *struben* (= *strauben*, normally a type of fritter, here it looks like a roast) of fish, take whatever fish you would and take off their skin and bones and chop the fish small and grate into them a crumb of bread and season it well and push it together on a flat surface (*strijch iß*

... *czu samem*) with a wet knife in the shape of a loaf and lay it into the pan and boil it. Then shape it like *struben* and put it on a spit and lard it with roasted pike (pieces).

5 If you would make fried *kreppelin* (small fritters) of fish, take fish and treat them as described above and add a little raisins, and if the fish are large, nicely clean the guts and stomach and turn them inside out and fill them with the chopped filling and boil them, and collect together what is left of the chopped filling and wrap it in anything (any kind of dough you wish) and boil it then and serve it with the livers and the roasted back pieces in a yellow pepper sauce, that way you have a good dish.

6 If you would make a red spoon dish (*muß*) of crawfish, take crawfish and draw out the bad part (*daz bose*) from the eyes and also draw out the thread (i.e. guts) from the tail and pound the rest very well and grind a white grated bread with it and pass it through a white cloth with milk, and beat eggs into it and put it into a pan, that way it becomes a red spoon dish (*muß*), you may spice it if you wish.

7 If you would make a pepper sauce to go with crawfish, take properly boiled crawfish and take off the shells and break off the legs. Then take other crawfish and also cut them off at the eyes and take out the stomachs and boil them well and pass them through (a cloth) with wine or vinegar and season them and colour them as you please and thus make a pepper sauce (to go) with the shelled crawfish, that is a strange dish.

8 If you would make filled crawfish, take large crawfish and take off the shells and (note) in one piece and take out the insides and throw away the bad parts (*daz bose*) and chop it together and break fried eggs (or baked? *gebacken eyer*) into it and season it and colour it and fill the shells with it again and pound the shells together (other shells? Probably a misplaced line) and stick them on a skewer and roast them on a griddle. But in Lent, take grated bread in place of eggs and (use) other things that belong in Lent and fill them with those.

9 If you would make a galantine over fish in summer, keep the scales of all the fish and especially of the pikes and when you would make galantine (*sulczen* – a verb), take the scales and place them in a white cloth or fabric scrap and boil that with the fish and when they are boiled, press out the cloth and put spices and saffron into it (the galantine) and the liquid you pressed out.

10 If you would make galantine powder, you shall take many fish (swim) bladders and collect them and boil them well so that they can be stirred to pieces and that there is little cooking liquid and put them into a glazed pan and let that harden. Then pound it to a powder and when you wish to make galantine, take of the same powder as is described before on the scales, and you shall take half a *loit* (unit of weight) of the powder to each *masz* (measure of liquid capacity).

11 Again a powder for galantines. Take bean, pea or vetch flowers, dry them in the air and powder them and if you want to make a galantine, put the same powder into a little (cloth) bag and boil it with the fish and when they are boiled, press out the bag and add spices and saffron to it and take to each *masz* (unit of liquid capacity) two *loit* (unit of weight).

12 If you would again make a galantine, take calves' feet clean them and boil them so much that bones fall off and that they can be stirred apart like a spoon dish (*musz*). Then pour it out into a clean dish and let it harden in the air like glue and make it into powder and make galantine (*sulcze* – verb) of fish or meat with it as you wish in (within?) a year. Thus is gels firmly, you may also make galantine over a year or two if you wish.

13 If you again wish to make a firmly gelling galantine, in the great heat of the year, take isinglass, they make it gel nicely and firmly whenever you want without any doubt. All fish (swim) bladders are also good for gelling galantines.

14 If you would again make galantine, have an earthen dish made that is glazed all over. Pour the galantine in there in summer and bury the dish in the earth a span deep, that way it will gel.

15 If you would again make a galantine of a roe deer skin, take the skin and scald the hair off and clean it thoroughly. Boil it and fold it and cut it 3 spans long and two fingers wide and make a good galantine of that, that gels well.

16 Item of you would make fig soup (*bruwe*), take figs and stick six each on a skewer, and make as many of those as you wish. Boil them in a cauldron (*ketel* – prob. metal) or cookpot (*haben* – pottery) and take an equal amount of wine (as the water used in boiling) and pour it in. Then take gingerbread (*pfefferbroit*) and also a little white bread grated in and add it to the soup of the figs, and (add) honey and vinegar and pass it through a cloth and season it altogether and lay the figs in a serving dish and pour it on. And if you would serve it, strew on picked raisins as many as you wish.

17 If you would make an almond spoon dish (*musz*), take almonds and pound them well and make a thick milk of them and pass it through a cloth into a pan and grate a little white bread into it and add a little wine to it and let it boil. Afterward, pour it into a sieve and let the water run off and serve it in an elongated shape (*richte isz langlecht an*) with almond kernels, and also pour almond milk onto it as much as you see fit.

18 If you would make a liver puree (actually more like a sauce), take a deer liver and roast it. Then cut the outer part off and pound it well with rye bread, with honey, wine, and vinegar, and pass it through a cloth and season it well and boil it up, that way it turns black. Serve this cold with the liver, but you are to boil the liver beforehand.

19 If you would make roast liver in pepper sauce, take a fresh liver and roast it as described before and cut off the outermost and pound it with rye bread and add broth and wine or vinegar and cut the liver in slices and lay them into the pepper sauce and season it and boil it up in a pan.

20 If you would make a roasted milk, take milk and eggs in equal amounts and beat that together thoroughly and salt it and add saffron and put it into a pot and set that into a boiling cauldron so that the water does not enter the pot and let it boil until it hardens. Serve it as a spoon dish (*musz*). But if you would roast it, pour it out onto a cloth and fold / twist the cloth (*ringe daz duch*) so that the

water goes out. Thus it becomes hard as a cheese. Then, cut it in slices and roast the slices on a griddle and baste them with fat and strew spices on them.

21 If you would make a curly porridge (*cruselecht musz*), take eggs and flour and make a hard dough of that. Then shape the dough into thin sheets and strew them with flour so they do not stick together. Roll them over one another and cut them small as you cut parsley. Then take eggs, milk, and a little flour and make a thin white porridge and let it boil up and take the cut (noodles) into the porridge and let it boil up. When you serve it, you may strew sugar on it.

22 If you would make elderflower porridge (*musz*), take elderflowers and milk and boil the flowers well in it. Afterwards, pass it through a cloth. Then take grated manchet bread (*semelen*) and eggs and make a porridge of it and season it as you wish.

23 If you would make a spoon dish of leeks (*lauchmusz*), take white leeks and cut them a finger's length and sautee them well with animal fat. Pour water into it and let it boil up lay it in a colander (*syep*), so the wet (the cooking liquid) comes off it. Afterwards, lay it in a pot and pour milk into it that has been passed through a cloth with white bread, add fat to it, and boil it with pork.

24 If you would make greens to serve with quail (*ein wachtel krut*), take wine and parsley and cut the parsley into pieces the length of a digit (*ein gliddes lang*). Take a quail that that is well gutted and two times as much of the greens as the quail is large and boil that in a pot together.

25 If you would make a quail porridge (*wachtel bry*), take one or as many quails as you wish and boil them in a pot. Then take them out and boil millet in the quail broth and roast the quail on a griddle and serve it on that same porridge.

26 If you would make a gourd puree (*kurbes musz*), take gourds and cut off the outer skin if the gourds are not too old and parboil (*bruwe*) them in boiling water and then chop them small and boil

(sude) them with good meat of castrated ram and when they are boiled properly, take out the meat and pour in milk and let it boil well and serve the meat with that.

27 Take gudgeons and also bacon and cut the bacon as long as the gudgeons and boil it all together, then it all looks like gudgeons.

28 Item if you would make a good salted sausage, take the hind gut (rectum) of a calf and scrape it out in hot water and make it clean. Chop the lungs and bacon and season it well and enclose it in the gut. You also happily take the brain and egg yolks, parsley, and milk with this, then it is called a brain sausage. Afterward, boil it and then roast it on a griddle and serve it dry (i.e. without sauce) or make a yellow sauce to go over it (with) a little wine and season it.

29 If you would fill and roast a calf's head, boil it well. Then break open the top of its skull (*hyrnschalen*) and put good spices in there and pour hot fat into it and roast it on a griddle and serve it.

30 If you would make proper good greens (*kappus*), dig out chard with the roots and wash it very clean and boil it in a cauldron in salted water until it is enough. Then pull it out and spread it out on a clean board or cloth and let it cool well. Then take off its outer cover (*ubirhut* – the outer leaves, or the root's skin?) and lay it in a dish and add mustard, vinegar, honey and saffron. That way, you have good greens.

31 You may also prepare the same greens with sweet spice powder and boil figs with it and wine (and?) vinegar and strew raisins and almonds on it, and also add medlars, pears and all kind of things, both to (the) sliced roots and the chard (i.e. using both root and leaves).

32 If you would prepare a deer liver, take the liver and roast it or boil it until it is well done. Then cut it up small and pound it with rye bread and add the broth (from the boiling) to it, and wine (and) vinegar, and boil it so it turns black. Then chop up bacon small and add it, and when it has boiled

completely, make a pancake (lit: sheet – blat) of eggs in a pan and when you serve it, you lay that pancake on top of it.

33 If you would make a stuffed sausage of liver, take the liver and chop it small while it is green (raw), and chop (hard-boiled?) eggs into it, and white bread. Season it and colour it, wrap it in a caul and roast it.

34 If you would make a liver sauce (*sulcze*) of fieldfares (*turdus pilaris*), take the birds and prepare them nicely and leave the stomachs entirely in them. Boil them in a pan full of meat broth, then fry them in fat. Then take the liver of a sheep or a calf and pound it well, and also take as much bread with it and pour a little wine and vinegar into it. Pass it through a cloth and season it and colour it well. Let it boil and serve the birds on it.

35 If you would make a small dish (*voreszen*) of a hare, take the lung and liver, the innards and the tail of the hare and cut it into small cubes Fry the tail (likely a scribal error. Probably originally read: catch the blood) of the hare with wine or with vinegar and boil it with that and add a little broth and wine and vinegar so that it is enough. And chop bacon into it.

36 If you would make a sauce for a goose, take a young goose that is well fed and roast it nicely. Then take garlic and white bread in equal amounts and pound it well, and pour wine and vinegar with it. Pass it through (and add it to the goose), and season it well because saffron takes away the (strong) savour.

37 If you would make a filling for a goose that is young and well-fed, or older, and lift off the skin as you do for a chicken. Pound garlic and pepper in a stone (mortar) and fill the goose with that and with juniper berries. Stuff this into the inside of the goose as well, and chop bacon with it and add green (i.e. fresh?) grapes (or light-coloured raisins?) with it as much as you wish, and fill it with that.

38 If you would make good sauce for a loin roast roast it well. Then take rye bread, vinegar and parsley and pound that well in a stone mortar and then pass it cleanly through a white cloth and serve it over the roast.

39 If you would make pastries, take hard, well-rolled out dough and chop a young chicken, a young pigeon and good bacon into small cubes. Lay it into the dough and season it well and lay a sheet of egg dough over it and then bake it in an oven.

40 If you would make a *buben pulbe* (elsewhere known as a *bubenpfuhle* or *bubenpfulben*), take the tongue and lung of a calf, cut it up well and cut bacon with it. Chop it fine and break eggs into it and saffron and pepper. Then make sheets of egg (pancakes) and roll it up in them, brush it with egg at the ends (to close it) and fry it in fat.

41 If you would make bent fritters (shaped) like horseshoes, take grated cheese and half as much flour and break eggs into that and season it and seethe (probably a scribal error for: knead) it all together and roll it out on a board. Make long and thin pieces and fry them in fat. Then boil them in a soup and serve them at the table.

42 If you would make an infidel cake (*heydenschen kuchen*), make a dough with many eggs, as firm as you can, and colour it. Roll it out into thin sheets and fry them in fat. Then take good wine and half as much honey and boil it up together. Draw the fritters through this (sauce) and strew them with good raisins, if you wish.

43 If you would make golden slices (of bread), take egg yolks, saffron and salt and beat it. Draw the slices through it and fry them. Strew sugar on them and serve a sauce with it.

44 If you would make fried morels, take small morels, wash them thoroughly and cut off the stems. Make a thin batter of white flour and pour a little wine into it and colour it. Draw the morels through that and fry them.



45 If you would fry roasted/fried eggs

Take eggs and roast/fry them (*brade* – may refer to roasting in the embers) and take a little fat in a pan, just enough to make it barely wet, and break open the eggs at the tip with a knife (down to?) the third part. Pour out the egg into the pan and fry it.

46 If you would make fritters of fresh cheese (*czeger*) and cheese (*kese*), make a dough of flour and of fresh cheese in equal amounts, break eggs into it, colour it, and (see to it) that the dough be thick. Afterward, take a plate and place a ladleful of the dough on it- Scrape it off lengthwise with a knife into hot fat and you will have fine fritters (literally: fried cakes). Serve them with sugar.

47 If you would make fuzzy (*kruse*) eggs, break open the eggs at the broad end and empty the shells. Take plenty of egg yolks and beat them well, add spices, saffron, and chopped parsley or sage and fry it in a pan. Chop it small and return it to the eggshells, stick them on a skewer and roast them.

48 If you would make fried

*struben* (a kind of fritter), take *struben*, chop them small and boil them in thick milk. Break two or three eggs into it and colour it and powder (spice) it and if you would serve it, strew it with something.

49 If you would make a fried

spoon dish (*musz*), take plenty of eggs and as much fat and salt it and do not heat it too much and put it into a pan and fry it in that.

50 If you would make a

sauce/galantine (*sulcze*) for chickens, take old chickens and break them apart (halve or spatchcock them, presumably) and cut off the meat so that the bones (still) hold together. Chop the meat and add bread, bacon and spices to it and place it back on its bones and close the skin over it again. Pin

it together so that it does not pull away (*sich nit strube* – lit. does not crinkle or ruck up) and boil it well and cleanly, and serve it with the broth.

51 If you would roast a suckling pig well and cleanly, take eggs stirred in fat (eyer in smalcze = fried eggs, stirred, I think) and chop the lungs with that. Season it well and fill it with that. Boil it in a cauldron and then roast it on a spit, and draw a sausage through its mouth lengthwise. It is also good to fill it with juniper berries and garlic, if you like that kind of thing.

52 If you would make a sloe sauce, take ripe sloes and (boil) them in a pan with a little wine and with vinegar and breadcrumbs. When it has boiled, pass it through a cloth.

53 (A sauce) For birds or for chickens. Boil fieldfares well in a pan with fresh meat broth, and they must boil up in it. Then fry them well in fat. Now take a liver of a sheep or calf and boil it and pound it very small with the same quantity of bread and add (lit. pour) wine or vinegar or both with it. Pass it through (a cloth) and season it and colour it. Let it boil up and serve the birds in it.

54 But if you would eat it sweet, add a good part of honey to it according to your will. You may serve partridges in this, domestic chickens, brawn, roasted deer liver, or other things.

55 Take vinegar, wine and honey and gingerbread (*pfefferbrot*) and pound it together. Pass it through (a cloth) and make it thin and season it and boil it up. Serve it cold as you wish and take (i.e. serve) fish or meat or venison boiled or roasted with it.

56 A garlic galantine (? *galrat* – looks like a sauce) for a goose. Take a young goose and roast it nicely. Then take garlic and white bread in equal quantities and pound it well. Add a little vinegar and honey, but pass it through (a cloth) before. You may season it if you wish, but this is not common.

57 Another filling: Take bacon, green (i.e. fresh) pears and juniper berries and parsley, chopped, and fill it (the goose) with onions and parsley and bacon or with what you will.

58 Take small reeds and cut off the knots and shape a strong dough over them. Fry them in much fat and then pull out the reeds, this way the fritters turn out hollow like flutes. Strew them with sugar if you will.

59 Cut round apples into small cubes like bacon and fry them in lard, butter or oil until they turn brown. Then strew them on a spoon dish as you would fried lardons (*gryben*). That is courtly in Lent.

60 If you would prepare sour cabbage, add sourdough and ground mustard to it. Or boil wine or water with tartar (*wynsteinen* – potassium tartate) and let it become clear, and pour that into it with the raw, chopped onions.

61 Take wine and honey in equal measure and boil it and skim it well. Then take sloes that are well cleaned and lay them into it spiced (and spice it). You may also put medlars and pears into this, stuck about with spices. And only take as much as you serve, that way the spices retain their power.

62 You may also make sauce of parsley with rye bread and passed through a cloth with vinegar. This sauce is good with a roast.

63 Also make a sauce of ripe sloes (and) also make a sauce of mulberries thus: boil them with wine and with honey and vinegar and with bread. Pass it through a cloth so that it turns as thick as an electuary. Season it and pour it out on a board so that it dries, and slice it. And if you would serve it, dissolve it in warm wine.

64 Make a (pastry coffin) shapes over a model as you wish, from a dough made of eggs, and bake them a little on a broad base (a kind of baking sheet?) in an oven so that the shapes you wish to have becomes hard. Then take them out again. Then take well boiled, ground-up chicken and add eggs, spices and honey. Pass all of that through (a cloth) and put into each pastry coffin, as many as you make, a spoonful of this filling. Set them back into the oven so it rises and becomes a courtly dish.

65 Take figs, raisins and honey. Chop it together with spices and other good things, fill it into apples and close them again with a wooden skewer. Bake them in a thick-walled container (degel) with wine, that turns out courtly.

66 Pass a boiled brain through a cloth with eggs and white bread and boil it with fat broth, that way it becomes a spoon dish of brains (*hyrn musz*).

67 Take cherries or sloes, medlars, or whatever else of stone fruit (*stein obize*) there is, and pass it through (a cloth) and add a little honey to it and set it by the fire in a pot. Let it become thick, thus each kind will make a special dish.

68 Pass strawberries through (a cloth) with white bread and with honey and spices and vinegar, that is exceptional.

69 A fried dish (*gebackens*) of seven colours. Brush a pan with fat and break the white of eggs into it so that they do not burn, and colour each one with one colour, whichever you want. When you have fried as many as you wish, lay one atop of the other and brush the edges all around with an egg batter. Then lat it back into the pan with fat, that way it hold together and is courtly.

70 Take a parboiled (*erwelten*) fish of a size to yield three pieces. The part that you would have boiled, wrap in a cloth moistened with vinegar. Lay the fish on a griddle and baste the second piece with fat and put flour on it, and leave the third part to roast on its own.

71 Take chopped grapes, beat two or three eggs into that, and boil it in thick milk. Colour it and strew spices on it.

72 Grind garlic, pepper, bacon, juniper berries and a pear with a little bread and grapes, and fill the goose with that.

73 A courtly fried dish. Make (it) over a mould (*forme*) or over a carved mould (*model*) or over a bowl or a cup or whatever else you would like from a dough with eggs. (Put?) it into the cauldron, then stick twigs into the fried matter (*gebacken*), then put cinnamon sticks onto the twigs and stick it all around and put plums or whatever you wish into the cooked filling (*gekuch*).

74 Take walnuts while the shells are not starting to harden yet. Pierce them through with an awl (*sulen*) and lay them into salted water for 8 days. That way, it draws out their bitterness. Afterwards, wash them cleanly and boil them very well in wine and honey. Strew them with spices and also season the cooking liquid and keep them in the cooking liquid in a glazed vessel so that the liquid covers the nuts and they do not grow mouldy. And season them with nutmeg, canel or cinnamon bark (*kanel adir czymmenrynden*), or any other spices.

75 Catch May (morning) dew in a linen cloth and lay parsley seeds into it for a day and a night and soak it. Then take beans and pound them to a powder. Put the powder where you wish and throw in the parsley seed, then it will grow.

76 Parsley that (grows) immediately. Take distilled liquor (*gebranntem win*) and lay parsley seeds into it for three days. Then sow the seeds into hot ashes or into fat, fertile soil.