

## Kochrezept-Notizen aus dem 16. Jahrhundert

In the late 16th century, someone jotted down a set of cooking recipes in a copy of L. Frucks 'Deutsch Formular vnnd Rhetoric' of 1579. They were published in H. Müller: Kochrezepte aus dem 16. Jahrhundert. In: Rheinisch-westfälische Zeitschrift für Volkskunde 14 (1967) 83-86 and are available online thanks to Thomas Gloning's inestimable website. Judging by the dialect, the writer is from the greater Cologne area, likely near the border with the Netherlands.

The recipes are fairly standard for their time, but interesting in details such as cooking and serving instructions.

### In order to cook and hold good kitchen

Item to make a yellow pepper sauce (to go) over a chicken. You shall boil the chicken till it is done, in a short broth with a little butter added (*darauif*) and pepper and salt and sugar and saffron and nutmeg and gingerbread (*peffer kouchen*) and mixed with vinegar.

Item to fill the chicken, use bacon and *villich* (?) and pepper and two egg yolks. That is chopped together, the chicken is filled with this.

To make a pepper sauce (to go) over a salmon

Item take wine and water and white bread and butter and cook that together, and then pass it through a cloth. Then take enough pepper, sugar, saffron and raisins and let this boil all mixed together. Put the salmon into a serving bowl and pour the abovementioned sauce over it.

Item to cook a chicken in its own broth, you add mace (*behscaten blomen*) and a little butter.

Item a chicken that is boiled with green (fresh) meat should not be filled.

Item, to boil green (fresh) meat with a chicken you shall cut genuer (ginger?) into large pieces, tie it up in a cloth and afterwards take the genuer (ginger?) out and arrange it around the meat and chicken.

Item take a partridge and pluck it dry (*druich*) and place it in the coals and then take out its gullet and stick the breast with cloves. Fill it with mace (*beshatten bloemen*) and butter and then (place it) on the spit.

Item if you want to boil it, prepare it as before on the fire and then place it in a vessel with water and then let it boil until done, and then add wine and butter or otherwise good goose fat.

To make a pastry

First to make the coffin (*hauiß*), take warm water and butter and 2 eggs and flour. Mix this first with the flour and then gradually add more until it is stiff, and then shape the coffin. Then you shall take a chicken or a duck, and a piece of meat of a sheep or calf or other meat that is lean, cut into little pieces and arranged around the chicken. The take *quell vur* (?), first boil it, then add mace (*beschalen blomen*), cloves and saffron and sugar and butter or other good fat, and the spices mixed with vinegar and wine, and then placed on the chicken and set into the oven with a hole made in the lid.