

## Inntalkochbuch

The Inntalkochbuch comes from a monastic library in Bavaria's Inntal region (the Inn is a tributary of the Danube), dating to the late 15th/early 16th century. It is written in Upper German and strongly reflects local culinary traditions, though some of its recipes are commonplaces found elsewhere. The original text was published in Berthilde Danner: *Alte Kochrezepte aus dem bayrischen Inntal*. in: *Ostbairische Grenzmarken* 12 (1970), pp 118-128. It can now be accessed online through the website of the inestimable Thomas Gloning at <https://www.uni-giessen.de/fbz/fb05/germanistik/absprache/sprachverwendung/gloning/tx/kb-dann.htm>

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### <<1>> *Gut chaes ze machen*

To make good cheese

When you put the curd cheese into the cheese container (*chaskar* - *char* or *kar* probably means a vat) with the slotted spoon (*gauffen*), salt it after every *gauffen* and at the end salt it all around. The cheese will lie for a year and not go bad.

### <<2>> *Ein smetten zu machen*

To make a *smetten*

Put cream into a pot as large as you want it to be and harden (curdle?) it in the pot and turn it out onto a pretty (i.e. clean) cloth. Let it dry and then take it out of the cloth. Put it into a *char* (probably a vat) or *multer* (probably a carved dish) and salt and spice it gently. Add saffron and mix it all together, then put it into a clean cloth again and hang it up to harden. Remove the cloth

and you have a good *smetten*.

<<3>> *Ain gemachcz awtter gepraten von milich, wie man das beraitten sol*

A made (i.e. artificial) fried udder out of milk, how to make it

Take equal amounts of milk and eggs, beat it vigorously together and add saffron. Put into a pot and plunge that into boiling water in a cauldron, taking care not to let the water enter the pot. Let it boil in there until it sets. Then turn out onto a white cloth, wind the cloth around it and weigh it down so that the water strains out and it becomes hard as cheese. Then cut it into udder shape, stick it on a spit, and roast it on a griddle. Add spices and baste it with fat, and serve it.

<<4>> *Zu ainem chrewssen mues*

A crawfish *mus*

Take crawfish and cut out the bad part (*das pos*) from the eyes. Grind them in a mortar and pass them through a sieve with milk. Grate a small white bread loaf (*semel*) into it and break egg yolks into it, beat it all together and make a mus of it in a pan. It will be red.

<<5>> *Zu chrumpen krapfen als ross eisen*

Fritters, bent like horseshoes

Grate good cheese and take half the amount of flour, break eggs into it enough for the dough to be soft enough to be rolled out, and add spices. Roll it out on a board so that it becomes like a sausage. Bend that and fry it in fat.

<<6>> *Zu haidnischen kuchen*

Infidel fritters

Make a dough with plenty of eggs, as hard as you can make it, colour it, roll it out to make a flat cake like a pancake and fry it in fat. Take good wine and half the amount of honey, boil it together and draw the cakes through it when you wish to serve them.

<<7>> *Zu ainem pachen in ainer schüssel*

For a fritter (served) in a bowl

Take grated cheese and flour in equal amounts, break eggs into it and season it well, knead it together and roll it out on a board. Make the dough into strips (*struczel*), fry them in a pan in fat and then cut them in(to?) a bowl.

<<8>> *Ein mandel mues ze machen*

To make almond porridge

Take rice, wash it well in water and dry it on a cloth. Then pound it small in a mortar and sieve it through a cloth. Make thick almond milk, put it by the fire and grind the pounded rice into it, about half a spoonful, and some sugar.

<<9>> *Praten arbaiss an ainem spiss*

Roast peas on a spit

Pass peas through a sieve, break many eggs into them and fry them in lard or butter. Cut them into pieces, roast them on a spit, baste them with eggs, and serve them.

<<10>> ***Haber prein und haber mel ze machen***

How to make oat porridge and oatmeal.

Take a *meczen* (*Metzen*, a volume measure that varied widely) of good oats and *reitter* (hull?) it well and boil it until you can see the white kernels. Then dry it and pound it so that the kernel becomes pure (is separated?).

<<11>> ***Aier smalcz in der vassten***

Fried eggs during Lent

Take blanched almonds, grind them up and pass it thick through a cloth with water. Boil in a pan like a mus so that it thickens. Take fat *hawsen* (Hausen - a freshwater sturgeon), cut it into cubes and fry it in a pan like fat bacon. Remove the fried bits (*grieben* – lit. the cracklings) and put the almond puree into the fat. Spread it out with a spoon and colour spots (lit. 'eyes') on it like yolks. Press the fried bits of fish into the white part between the yolks, sprinkle it with sugar, and keep it near the warmth (of the fire) warm until you bring it to the table.

<<12>> ***Herbst milich zu machen***

To make autumn milk

Put fresh milk into a pot, add sour milk (*sawer milich*) and stir it together, then let it stand until it

becomes sour (*sawer werd* i.e. curdles).

<<13>> *Von eingepickten hünern*

Pickled chickens

Take raisins, onions, almonds, vinegar or wine, cut the chickens into three parts, put them in(to the pickle), season them with spices, and serve.

<<14>> *Von rohen hünern*

Of raw chickens

Take the meat from the bones, chop it, but keep the bones. Take hot broth and take 2 eggs and the meat and shape patties out of it around the bones and put them into the broth. If you have bacon (speck) or beef or meat of castrated ram (*castrauneins*), (add that and) and chop that with parsley or sage.

<<15>> *Von einem hirschen horn, das zeitig ist*

Of antler that is in season (young)

Remove the hair, boil it well, and let it cool. Take good wine, sugar or honey, and serve that cold with all things. Item: you can also serve it with onions.

<<16>> *Von einem andern gehörn*

Of another horn (i.e, antler)

Take a calf's head and press it entire, place the horn on it and fasten it with a tack or nail, place it on a platter with boiled venison around it and serve.

<<17>> *Von wiltprät im slaff*

Venison *im slaff* (sleeping?)

Thus: Boil the venison first, then brown good pepper sauce and pass it through with Italian wine and use raisins and almonds.

<<18>> *Nota*

Note

If you want to boil venison well, do not take much wine and take good broth of beef or castrated mutton, pass it through with good pepper sauce and use cinnamon instead of cloves.

<<19>> *Von wiltprät würst machen*

Making sausages of venison

Chop the meat small and chop bacon into it, take 16 eggs with each sausage (batch of sausages?) and season it well with spices. Scald (*uberprenn*) them a little, lay them on a griddle, and serve them.

<<20>> *Wiltprat aus einem guten pfeffer*

Venison (to be eaten out of) a good pepper sauce

First scald it, then take good green broth and soften (simmer?) it in that, then pass it through with wine or vinegar. Chop onions into it and add fat, and *swaißs ab* (fry them?)

<<21>> *Ein riechpraten von wiltprat*

A smelly roast (*riechpraten*) of venison

which is old. Once it is half roasted, pour cold water over it, then place it near the fire and roast till done.

<<22>> *Von wiltprat chnödel*

Meatballs of venison

For a princely dish, 8 eggs. Break them into it, add spices and bacon chopped small. Parsley or sage go into the broth.

<<23>> **Wiltprät von hirschen**

Venison of deer

Pickle/marinate it (*mach ein*) and roast it until it is done. Take plenty of honey, wine, and figs, pass that through and serve it with good spices.

<<24>> ***Gefüllt hechten***

Filled pike

Kill it by stabbing it into the back by the dorsal fin and take off its skin. Chop up the flesh of the fish and add raisins and spices, all mixed, and serve it.

<<25>> ***Chnödel von vischen***

Fish balls

Chop it with two eggs, press it (out?) and cut it small. Prepare them in a broth (suppen) with wine, vinegar and spices.

<<26>> ***Lange chnödel von vischen***

Long fish balls

Chop the fish very finely and pound them in a mortar with raisins and almonds. Serve them.

<<27>> ***Von einem raiger mues***

Of a spoon dish of heron

First roast it, and when the meat comes off, take the bones (*pain*, suspect misreading for *pret* - meat) and grind them up with a small white bread loaf (*semel*). If this is not enough, add a chicken and grind that up well. Add good wine and 6 eggs for one dish and pass it through. Put it into a pan



or pot and season it with good spices.

<<28>> *Raiger praten*

Roast heron

Make good spices with saffron and serve it juicy (*safftigen*).

<<29>> *Raiger in einer geislicz*

Heron in a *geislicz* sauce

First boil it well. Then take the meat and a pound of almonds and grind that up together. Take good spices, ginger and sugar, and serve it.

<<30>> *Von raiger gepraten vnd gespikcht*

A roasted and larded heron

Make a sauce of good wine, honey and good spices. Boil the spices and serve.

<<31>> *Pratwürst von vischen*

Bratwurst sausages of fish

Chop the pike finely and add good spices and use caraway in it. Place that on a spit and roast it, and baste it with fat. Serve it with sugar, ginger, and *traget* (a spice mixture)

**<<32>> *Von vischen ein fürhess***

A *fürhess* dish of fish

Take flour and brown (*prenn das ab*) it in a pan without water or wine, and when it is browned (*geprennt*), take wine or vinegar and pass it through a cloth. Season it with good spices and serve it.

**<<33>> *Von chärpfen fürhess ze machen***

To make a *fürhess* dish of carp

Take wine and wash the fish out well. Take a handful of flour in a pan and brown it (*prents ...ab*) without wine or water, then pass the washed (washing liquid?) through. Let it boil and season it with good spices.

**<<34>> *Ein rein mues an ayer***

A clean (*rein*) *mus* without eggs

Put good milk into a clean pan and add grated white bread so that it becomes thick. Colour it with saffron and with spices and a little honey. Let it boil over coals until it is so dry that it pleases you.

**<<35>> *Ein gefulcz von einem chäs***

A *gefulcz* (felted dish?) of cheese

Take a *marben* (= *mürben*, brittle?) cheese and white bread grated together, more cheese than grated bread, and turn it out onto a board. Knead it with eggs so that it does not become too strong (hard), make cylinders (*zöllöll*, lit. logs) of that which are not too large, and cut them up. Take a mortar, put fat into it and place it by the fire and let it get hot. Then put the *welkt* (?) into it. Add as much sugar, raisins and spices as you like. Do not stir it around in the mortar (?) and move the mortar away from the fire only a bit so that it does not get cold.

<<36>> *Ein gespikchter praten von vischen*

A larded roast of fish

Scale the fish and cut out the flesh, as closely as you can, when it is raw (*also rochs*) and then take the bones and boil them so that the rest of the meat comes off. Then take the two kinds of fish meat (the one cut off the bone and the one boiled off) and chop them together. Add saffron and a bit of spices, grated (bread? Likely omission) and 2 eggs to a dish, so that it becomes firmer and stronger. Take the chopped fish flesh and form it into a roast. Drop it into boiling broth from a small board in a pan of the type that seems suitable to you. When it has boiled enough, stick it on a skewer and coat it with red egg yolks against the fire on the spit. Take the white of a hard-boiled egg and cut it up like bacon and lard the roast with that, then it is done.

<<37>> *Von einem hirschen gehörn*

For a deer's antlers

At the time it is fuzzy and soft, take it and clean it thoroughly and singe it over a fire, then cut the upper part into slices, as many as you can get out of it. Take honey and boil it by the fire. Dry *leczelten* (a kind of gingerbread) by the fire. Take the bone (the hard part of the antler?) and chop it, then grind it in a mortar. Then take the honey, wine, gingerbread, and the blood from the antler and pass it through a clean cloth. Boil the antler in this.

<<38>> *Ein hirsch lungel ze machen*

To make a deer lung

Take it fresh and boil it in its own dripping (juices). But if it smells, boil it another broth with parsley and other spices and add *leczelten* (a kind of gingerbread), wine and vinegar.

<<39>> *Eins wilden sweins choppf etc.*

The head of a wild boar etc.

<<40>> *Einen ziger von mandel machen*

To make a curd cheese out of almonds

Take almonds, as much as you want and well ground, pass them through a cloth and warm them in a pot. Stir it with a stick. Keep almond milk cold and pour it onto them mixed with sugar.

<<41>> *Ein igel von mandel*

A hedgehog of almonds

Throw well ground almond (milk?) into a clean pot and stir it well with a small stick. Then pour it out onto a cloth so that it lies *enpar* (on top?) and let it drain so that it becomes dry. Strew it with sugar and take quartered almonds that are colored red with saffron, and stick it with them like (the spines of) a hedgehog. Pour thick almond milk over it and serve it on a platter.

<<42>> *Ein chüs von mandel*

A cheese of almonds

Boil almond milk in a small pan with spiced wine until it curdles - the wine must be sweet - and pour it onto a cloth, add a *strablein* (*stäublein* = spices?) and leave it to drain until it is dry. Place it in a cheese *char* (probably a vat).

<<43>> *Ein gar guten pfeffer zu vischen*

A very good pepper sauce for fish

Take soft raisins and a blackened toasted bread slice, and take half a pound of raisins and pound the raisins and the bread together. Pass it through a cloth with the best wine and add good spices; nutmeg, cloves, sugar, cinnamon.

<<44>> *Sulcz visch*

Jellied fish

Take the resin of tart cherry trees, dry it and grind it and put that into the jelly while it is hot. It will gel quickly.

<<45>> *Sulcz visch*

Jellied fish

Take the skull of a calf, boil it well, clean it and then boil it till it is done. Take a little of the skin from it and half a pound of almonds, grind that up together and pass it through a pepper cloth (*peffer tuch*). Add sugar and ginger and boil the fish in this. Serve it. This way, it will gel quickly.

<<46>> *Sulcz visch in den aigsten*

Jellied fish in August

Clean calves' feet nicely and boil them in wine with isinglass, pass them through a cloth etc.

<<47>> *Ein anders pachens von pranntem taig*

Another fritter of burned dough (*pranntem taig* – probably choux pastry)

Take flour and good green (fresh?) broth or hot water and pound that together in a mortar. Take 6 eggs for one dish and hot fat, and draw it through that (*zeuchs darein*).

<<48>> *Aber ein pachens*

Another fritter

Take 24 eggs, a quarter pound (*vir dumb*, read *vir dung*) of raisins, and a small white bread loaf (*semel*) for one dish. Break the eggs and add the bread, then take a little hot fat and take a cauldron or mortar. Mix the eggs in a pan and then put it into the mortar; there let it bake until it is done. Take it out and cut it up small lengthwise. Take ginger and sugar, and when you serve it, sprinkle it on.

<<49>> *Ein gepratner putter*

Roasted butter

Take (*recipe*, lat. 'receive') a small white bread loaf (*ein semleins prot*) and mix it with 12 eggs, stick that on a spit and sprinkle it with flour. Place something (a dripping pan) under it until it is properly heated, and sprinkle it with flour whenever you turn it. Serve it in the best sauce (or: when it is at its juiciest?).

<<50>> *Gepraten arbaiss*

Roasted peas

Prepare a lye and boil the peas in that, remove the skins and then boil them until they are done. Pound them in a mortar, add honey, and add grated bread with 6 egg yolks and fat. Take a wooden skewer and shape (the mass into) a roast. Lay it by (the fire) and roast it until its is done. Baste it with hot fat.

<<51>> *Regen würm von arbaiss*

Earthworms from peas

Item: boiled in lye, remove their skins and boil them until they are done. Pass them through a sieve into a bowl (to look) like earthworms. Then take made mustard and honey and season it with saffron and spices, and pour that over the peas.

<<52>> *Von gemüs*

Of a side dish

Boil a pan (*pfenbert*) of milk and break 16 eggs very small (or fine), salt it and season it with spices and saffron. When the milk boils, add the egg and leave it over the coals and let it gel (*grin*). Turn it out onto a peppered cloth and fold up cloth with the *gemüs* inside it firmly. Place a board on top and weigh it down with a heavy stone so that the water comes out well. When it is cold, cut it into long slices and strew sugar on it.

<<53>> *Ein gemüs*

A side dish

Make a batter with 6 eggs and fry it like *strauben* (a kind of leavened fritter). Chop it up small and boil it in hot wine. Season it with honey and spices.

<<54>> *Ein gmüs*

A side dish

Make a batter with 3 eggs and pour it through a strainer that has been heated in fat (into the pan). Done thus, it hardens like peas. Remove them from the pan, make an egg broth (*aier prue*), put them in this and season it.

<<55>> *Pachen weichsel*

Fried tart cherries



Make a batter with 4 eggs in water, season it with spices in hot fat (misplaced here?) and dip the cherries into the batter one after the other and fry them in hot fat.

<<56>> *lugnekerin (?) Nota bene*

*Lugnekerin* (? probably a person) note (this) well

Make a dough with *gerben* (barley?) and knead it well with your hands. Then place it on a cloth in a carved bowl (*muelter*) and roll it out thin. But make it thicker than pancakes. Cut it with a knife like drawn bread (*?zogen prot*) and fry it in hot fat. This will please much (this sentence in Latin).