

## Meister Eberhard

Meister Eberhard is a recipe collection that belongs into a south German context, most likely associated with the court of Bayern-Landshut during its ascendancy in the first half of the 15th century. We know nothing about the putative author other than that he claims he was part of the kitchen staff there. The text contains an eclectic mix of recipes and dietetic advice heavily cribbed from a variety of sources, including the (unattributed) writings of St Hildegardis Bingensis. The text is published in A. Feyl: Das Kochbuch Meister Eberhards. Diss. Freiburg i.B. 1963 and online on the website of Thomas Gloning.

**Hereafter follows (a text) about cooking, and Master Eberhard, a cook of Duke Henry of Landshut made it.**

### ***R1 Zum ein salsenn von weichselnn zu machen.***

To make a sauce of tart cherries.

If you wish to make a good sauce of tart cherries, put the cherries into a pot and place it on the embers and let them boil. Then cool down again and pass them through a cloth, put it back into the pot, place it on the embers and let it boil well until it thickens. Then add honey and grated bread and cloves and good spice powder and put it into a small cask. It will stay good three or four years.

### ***R2 Ein gutte salsen zu machen in der fastenn.***

To make a good sauce for Lent.

Take horseradish and pound it in a mortar and take almonds or nuts and pound those, too, and pour some wine to it. Horseradish breaks the stone very strongly if it is eaten with your diet.

### ***R3 Item ein andre salsenn.***

Item, another sauce

Sage, parsley, mint and pepper, that is to be pounded with vinegar, this is a sauce that gives you a good appetite.

### ***R4 Item ein essenn von gebratenn arbeissenn.***

Item a dish of roast peas

Take boiled peas and pass them through a cloth or through a sieve. Stir as much egg into it as there is peas and fry it in butter. Then place it on a spit and roast it well, baste (*beslach*) it with egg and greens (*kraut*) and serve it forth. Do not oversalt it.

### ***R5 Ein holder muß zu machenn.***

To make elderflower *mus*

Take elderflowers and grind them in cow's milk and take flour and make a *mus* (porridge) from this. This is good for

the head and the senses.

***R6 Ein gut mus zu machenn.***

To make a good *mus*

Take nuts and pound them small and pass them through a cloth with sweet milk. Add crumbs of sweet *semell* (fine white bread) that has been well boiled, add enough fat and stir in egg yolks. Spice it well and do not oversalt it.

***R7 Wiltu machen ein gebraten mufl vonn vischenn.***

If you want to make a fried *mus* out of fish.

Then take stockfish (*per visch*, i.e. *Bergerfisch*), marinade (*peyß*) them in vinegar and throw them in almond milk well mixed with rice, and add a little fat that is *wellig* (hot?). Do not oversalt it.

***R8 Item ein essenn vonn einer lebernn eins kalbs.***

Item a dish made from the liver of a calf.

Take the liver of a calf and chop it finely, and add fresh bacon and raisins. Place a net (*necz* i.e. caul) in front of you and slather it with egg yolk, then take the liver and fold the net over it and close (*verspeil*) it well. Place it on a griddle and let it roast, cover it half with egg yolks that are red, and afterwards (cover it) on the other side with green yolks and parsley, and do not oversalt it.

***R9 Wiltu machen ein meyschen kuchenn.***

If you want to make a May cake.

Take ten eggs and beat them well. Add parsley and stir it in, then take a mortar and place it on the coals and put into it a spoonful of fat and let it get hot. Pour in the egg and let it bake at a gentle heat, then turn it out onto a bowl in one piece. Do not oversalt it.

***R10 Item wiltu machen ein essen in dem meyen, das heyßt ein gespöt.***

If you want to make a dish in May that is called a *gespöt*

Take flowing cheese and cut it into many slices that are thin, and take six eggs and break them over the cheese. Melt May butter in a pan and place the cheese with the eggs over the fire and mix the egg gently (*zeuch es ey dar mit auff*) so that it is smooth (*slecht*), and serve it forth and do not oversalt it.

***R11 Item einen fladenn zu machenn von fischenn,***

To make a *fladen* of fish, whatever kind they be

Take thick almond milk well mixed with rice flour and add to it an apple or two and a little spice. Boil it in an oven and

let it bake, and do not oversalt it.

***R12 Wiltu machen morchen vmb weihennachtenn.***

If you want to make morels around Christmas

Take a batter made from white bread and a little flour and break eggs into it and tie two large knots and throw them into the batter and move them around in it and put them into fat that is not too hot. When they are baked a little, take them out again and cut it open across the middle of the knot and fill it with hard-boiled eggs and dip it into a mild batter, place it in fat and bake it, then put the mushrooms in there and let them fry.

***R13 Wiltu machen ein gestroczttes gepachens.***

If you want to make *gestroczttes* fritters

Make a batter of plenty of eggs and season it well, and color it yellow. Throw a dozen good *helmm* (mushroom caps?) into the batter, so that they are wet (covered in it), and then take them out and fry them in fat, and do not oversalt it.

***R14 Wiltu machen gut kuchenn vonn eyerrn.***

If you want to make a good cake out of eggs.

Take eggs, as many as you want, beat them well and cut into it five *lot* [a unit of weight differing widely by region] of fine white bread. Put raisins into the batter. Heat fat in a pan, so that it is enough, and pour the egg into that and let it bake inside and out. With that lay it on a board and chop some spices onto it, cut it into slices and serve it.

***R15 Item ein essenn von milch kuchenn.***

A dish out of milk cake.

You should cut them up small [...]

[There is a gap in the text here. Probably the recipe continues somehow]

***R16***

...pot and pour water to it and cover it and let it boil, so it will stretch inside the glass jar, so that you can see its foot and wing and the whole body. That way it is well done.

[This is the tail end of what looks like a 'chicken in a jar' recipe. See Sabina Welser for comparison]

***R17 Wiltu machenn dreyerlej essens an einem visch.***

If you want to make three dishes out of one fish.

Take a pike and wrap a wet cloth around its middle part and lay it on a griddle. Salt it and and let it roast, and the front part you must dust with flour and pour molten fat over. Pour hot wine over the cloth. The hind part roasts by itself on the griddle.

***R18 Item vt scito coquantur carnes.***

Know how meat is cooked

Take several *pecia* of wine and put them into a pot to the raw meat and thus it is cooked.

***R19 Item ad extrahendum sal de cibo nimis salsato.***

How to extract salt from food that is salted too much.

Put wheat flour into a piece (*pecia*) of linen cloth and put it into the food to boil (*bulire*).

***R20 Item ad appetitum comedendi valet illa salsa facta cum aleo.***

This sauce made with garlic aids the appetite for food

Take about thirty grains of pepper and crush it together, and eat it on an empty stomach for two days. Also take three leaves of sage and a moderate measure of salt. Or add garlic and pimpernel and make juice (of it).

(it is not quite clear whether this is one recipe or two)

***R21 Item wiltu swarcz fisch machenn.***

If you want to make black fish.

Let the fish boil till they are done, then take ground cloves and add them to it and boil it up well one more time (*ein guttenn wal thun*).

***R22 Item vonn hechtenn***

Item of pikes

Pikes make good and pure jelly that becomes transparent.

***R23 Wiltu einen gutten stockfisch machenn.***

If you want to make good stockfish.

Let it boil as long as veal and let it boil down at a simmer (*auff halben wogk*). Pour off the broth and take out the fish and pick it apart well. Then take a pan and put fat in it and let it warm up. Then place the stockfish into the butter and let it heat up in there. Then take ginger and saffron and the broth of the fish and color it with that, pour it over the stockfish into the pan and let it boil up (*ein wal oder drei thun*) once or three times. That way it is well done.

***R24 Item hienach volgt, wie man ein ganß pratenn soll.***

Here follows how to roast a goose.

Let it starve thoroughly for two or three days so that the bad *preden* that are in it go out. Then it should be fed on grain. Kill it and roast it by the fire. You shall grind sage and other good seasonings (*wuercz*) so that the juices go through it, and it should be sprinkled with wine or with vinegar so that the fat drips away. Goose fat should not be eaten as it makes people sick, because the fatness (of the goose) comes from bad moisture. Those who are healthy should eat goose roasted this way, so it does less damage. Those who are ill should eat little of it. If you cook it by boiling in water, it is unhealthy, because then the bad *preden* can not go out of it, being prevented by the water.

***U25 Hienach volgt vonn den kuchenspeisen, warr zu sie gut sein.***

Hereafter follows of *kuchenspeisen* (cereals and legumes used in cooked dishes) and their uses

**R25**

Rice neither chills nor heats and nourishes well, and if you boil it well in milk, it makes much blood, but it is harmful to people that have grumbling in the body, and it constipates and is not digested well.

**R26**

Eating millet chills and dries the body and constipates and does not nourish well, and oats and spelt do the same

**R27**

Barley causes wind and chills and does not nourish well and does harm to all people with illnesses coming from a cold nature, or who have grumbling in the body. But to people of a hot nature, or those who would like to be smaller (lose weight?), it is good. And if it is eaten or drunk with fennel seed it is good against all kinds of diseases of the chest, and Avicenna says that barley water damages the stomach, as it is cold. It is also good for feverish people.

**R28**

Lentils are moderately hot and dry out and make much blood. If they are boiled with vinegar, they extinguish the inflammation of the blood. Those who eat much of them get dark eyes because they dry out the body so much. Avicenna says that they damage the stomach and cause gas and constipate.

**R29**

Chickpeas heat up and cause gas and make much piss and make the women's right (i.e. menses) come up once every four weeks, as it should be. And Averroes says they break the stone that lies in the loins or in the bladder, and so does the broth that they are boiled in. And the black chickpeas are better for this than the white ones. And Galen says that

the broth of chickpeas, if they are boiled, is good for the liver, as it cleans it and the kidneys in which the stone grows of phlegm and drives much uncleanness out of the body.

### **R30**

Pea broth has the same power, but not as strongly, and when you have no chickpeas, boil peas. Chickpeas and peas that are green should not be eaten, as they cause bad moisture in people.

### **R31**

Beans cause gas and pain in the body and make people dizzy in the head. Rhazes says that those who eat much beans become confused in their senses and eventually go crazy and sigh deeply and think that something presses on them or is wrong, and they confuse people in their senses and consciousness. Then people themselves do not know why they sigh so deeply. Galen says that beans make good blood and strong people should eat them freely, but they should be boiled well. To those who eat them with vinegar, when they are boiled well, or those who eat them raw, they cause bad moisture in the stomach and the guts and cause gas, from which comes great illness.

### **R32**

Turnips (Rubenn), says Averroes, heat up the body and cause moisture and gas in the body and unchastity, and pretty eyes.

### **R33**

Onions are hot in the fourth degree and moist in the third and cause unchastity and headaches. To those who eat them raw, they cause bad moisture and bring great thirst to people.

### **R34**

Garlic is hot and dry in the middle of the fourth degree and has the properties of the onion, and in addition it drives out winds and pressure (*das bleen*) in the body. Its damage, when it is eaten, is that it brings great heat and bad moisture and its vapors rise up into the head. But garlic does less harm in cold countries and cold seasons than in the summer, or in hot countries, according to Master Rhazes.

### **R35**

All greens make bad blood, that is melancholy and sadness and bad thoughts and dreams except for lettuce (*lattich*) and bugloss (*ochsen zungenn*)

### **R36**

Lettuce (*lattich*) chills, and to those who eat it boiled it makes better blood than other greens, and it causes sleep, whether eaten raw or boiled, and is good for people who have been hurt in the head by the sun or who have an inflamed stomach. Those who eat it with vinegar are made hungry and desire food. It is also hot and dries and damages the head, the sight and the stomach and causes many bad dreams. It should be boiled in two waters so that it causes less damage, writes Avicenna.

### **R37**

Cabbage is hot and dries out the body and makes people sing well. The juice coming from it is good to drink for sick people and makes bad blood, and Rhazes says it causes many bad dreams. It causes bowel movements and softens the chest and the throat, and Orbasius orders people who have a disease [*das gesuecht* - the dropsy?] in the loins or hands and feet to eat cabbage.

### **R38**

Chard and orache (*melt*) have the property of softening the body and cause bowel movements. They nourish well and are good against jaundice and for people who have inflamed livers. Especially orache chills and causes moisture. Chard is better and does not cause as much moisture in the body. Chard leaves placed on wounds draw out pus strongly.

### **R39**

Benet is good and useful to the throat and lungs and the stomach and also the liver and causes bowel movement moderately. It is a good and healthy food.

### **R40**

Almonds which are sweet are gently hot and gently drive out the moisture from the body. Averroes says that they cause the brain to grow and people to sleep sweetly. Therefore they are of use to people who study hard or are awake often and have become too thin. They should be shelled and eaten with white bread by people who do not want to eat anything else. If you eat sugar with them that is even better, because they make much blood, which is good. Rhazes says that the salve the throat and make it smooth and are good for people who suffer pains when passing water because of a hot disposition [?]. They make people piss well, and almond milk causes the same, but they are hardly digested. Averroes says that almonds clean and purify the paths and members through which water passes from the body and are useful to thin people. And the oil that comes from them is good against cramps. And those who anoint their backbone with it it will protect in time from becoming bent in old age.

### **R41**

Pomegranates, eaten on an empty stomach, slake the thirst and drive away excess gall and cause hunger in people.

Rhazes says that they drive out the fever and cause those who have their food coming (back) out of their mouths to keep it down, and chill the liver. Averroes says that, when eaten at mealtimes, they do not let food spoil in the stomach. If they are eaten last they do not let the vapors of the other food rise up into the head.

#### **R42**

Walnuts heat and dry the body and are hardly digested. They damage the stomach and cause food to be thrown up (lit: out at the mouth) and bowel movements. But the green ones are less harmful. Those who eat too many of them are struck by paralysis [palsy?] or the stroke to the tongue, as they make a heavy tongue. Avicenna says that they are not harmful when it is very cold in winter. Averroes says that, eaten in measure, they cause harm to all people who need to fear hot diseases or often get them. Eaten with figs, they are good against poisonous air and all kinds of poison.

#### **R43**

Hazelnuts make the brain grow and the head hurt. Hippocrates and Avicenna say that, when fried, they are good against the cough and cause phlegm to be driven out. Hazelnuts cause gas in the body and wind in the intestine and are less well digested than true nuts (echt nuß, i.e. walnuts). But they nourish well.

#### **R44**

Medlar fruit harden the stomach and drive out excess gall. They should be eaten after the meal, when people do not want to eat anything else.

#### **R45**

Chestnuts do the same as medlar fruit. They also stop the vapors of the food from going up to the head. Pears and cheese also do this when eaten last at the end (of a meal).

#### **R46**

Mulberries do great harm to the stomach, most of all those that are not ripe. They should be eaten before using other food, so that they cause bowel movement and chill the body.

#### **R47**

Plums are of two kinds, white and black, and both are of a nature that they chill the body and cause moisture, if they are ripe, and drive out excessive harmful heat that is caused by hot surplus gall and cause bowel movement. But they slightly sicken the disposition of the stomach, the white ones being better than the black. Avicenna says that the bigger and thicker they are, the better. They should be eaten before other food, especially if the person (in question) can not have bowel movements.



**R48**

Sweet cherries (Kirschen amerellen) also have the nature and properties of plums and should be eaten first.

**R49**

Peaches chill the body and cause moisture that is bad and harmful, but they raise an appetite for food. If you eat peaches after other food, that food will spoil in the stomach. Therefore if anyone wants to eat them, he should do so before other food, that way they are good against the bad taste in the mouth coming from the stomach and the vapors from them strengthen the heart. And if you squeeze the juice from peach leaves, that will kill the worm in the ears if you drip it in. He who often eats much peach will often become feverish, but they are good for people who have an inflammation in the stomach, who walk or work much. Those should eat them on an empty stomach, and moderately.

**R50**

Quinces cause greater constipation than pears and strengthen the stomach and increase the appetite. Those who eat them after other food will will have bowel movements, and the vapor that comes from them strengthens the heart and is good against all diseases of the heart. If they are fried, says Avicenna, they are of more use to people of the nature that may not hold in their food but have it come out at the mouth (lit: at the top) and to drunk people, and (they) strengthen the stomach that has much bad moisture and make people happy. Avicenna says that he who makes a syrup of the juice and drinks it, that will bring him back the desire to eat food even though he may have lost it altogether.

**R51**

Pears which are raw chill and dry and constipate the body and take away the thirst. Rhazes says that for him who eats them before other food, they press down that food so the vapours cannot rise up into the head. If they are rough and not sweet, however, you shall fry them and otherwise not eat them.

**R52**

Apples which are sweet cause natural moisture. Sour apples, however, chill and dry if you have too much natural heat, and if you only taste them they strengthen the heart and the brain. They also cause wind in the body. Averroes says that apple juice strengthens the stomach, but those who eat many apples will sicken at their *zieh adernn* [some type of blood vessel] and become feverish. Avicenna says that he who eats apples should not gulp down the juice afterwards. All apples that do not have good taste are harmful.

**R53**

Grapes that are sweet and white and have thin skins are easily digested if they are sweet, and Rhazes says that they

make people very fat and cause gas and heat up the body and cause unchastity. They harm the bladder and should not be eaten unless they were picked three or four days before. All the more grapes are good for people who have pain in their intestines, and they clean the kidneys and bladder and nourish well. Averroes says that they bring heat and moisture and are good for the liver.

#### **R54**

Figs. Averroes says that figs are the best fruit because they clean the stomach and cause bowel movements and bring heat and moisture. Avicenna says that they cause bad blood, wherefore people who eat too many of them get skin diseases and lice. But they are good for the liver and the spleen, if they are clogged up, and they clean the kidneys and bladder and open the way where the food is to go in. If they are eaten with nuts or almonds long before eating the main meal, they are good for the chest and against roughness in the throat. If they are boiled in water and eaten dry, with nuts, they are good against all poisonings.

#### **R55**

Eggs which are fresh from the chicken are the best. The yolk heats moderately and nourishes well, but the white chills and causes phlegm and bad blood and (is?) a bad food. Soft chicken eggs boiled in water are good for people who have lost their strength and for people who are losing much blood. Fried eggs make the vapors go up into the head. Soft boiled chicken eggs are good for people who suffer from weight loss or are hoarse or have a rough throat and can not breathe well, or who throw out blood at the mouth.

#### **R56**

Cheese that is neither too old nor too young, slightly salted and fat, is good, but if it is newer and unsalted, it makes better blood. Galen says that it should be eaten little and rarely as it causes stones in the kidneys and bladder. Avicenna says that all cheese, be it old or new, salted or unsalted, is bad for the stomach. But if you eat a little of it, says Rhazes, it strengthens the mouth of the stomach and raises an appetite and digests the other food. All the other medical authorities say the same.

#### **R57**

Milk that is sweet and fresh chills and causes moisture and is good for people who suffer from weight loss or dry cough or those *do scheydet das wasserr* (who suffer cutting pains?) when they piss. People who cough should have honey added, which causes the milk to be digested well. Avicenna says that milk causes good blood and nature in dry people, but it is harmful to all who have the fever or grumbling in the stomach or have diseases of the blood vessels or other illnesses caused by cold. After milk, nobody should drink wine but stop drinking. Avicenna says that nobody should eat other food after milk before it has been digested. Those who eat sweet milk should not work with their hands nor sleep afterwards but otherwise rest. Otherwise the milk will turn to vinegar and harm the stomach and all limbs. Nobody should eat milk and fish at the same time as this causes leprosy. Among all milk there is none better than womens' milk, and then goats' milk according to Averroes, but according to Avicenna it is cows' milk. Rhazes says that milk is harmful to young people that are of hot nature as it *wirt zu hant in in gelbe* (is immediately turned into gall?), but for old people it is healthy. Eating milk mixed with honey or sugar is good as it is the better digested for it. Avicenna says

that it causes moisture and takes away skin diseases from the body.

### **R58**

Milk is good for everybody who has lung diseases. Milk from which the butter has been taken and which has been heated well with a red-hot iron, if drunk, strengthens those who have inflamed livers or pain in the intestines or lose good blood because of excessive heat, through the nose or elsewhere where they suffer excessive heat.

### **R59**

Also all green, sour milk is indigestible and causes loss of appetite.

### **R60**

Also whey drives out heat and excess gall and is good for people who suffer from skin diseases and those who have swellings (geswulst).

### **R61**

Also butter made from milk harms the stomach and causes loss of appetite if eaten in large quantities.

### **U62**

Hereafter follows a chapter about fish

### **R62**

Also the fish that live in stony and running water and have plenty of scales and are neither too large nor too small nor too fat, like eel and salmon, and that are sweet and do not taste bad, those are the best, provided they are fresh and have not gone bad. But you shall know that all green fish are cold and moist and indigestible and cause thirst and bad blood and a bad stomach and plenty of phlegm in the stomach and harm all people who have diseases caused by a cold nature. But they are good for people who are hot and dry by nature.

### **R63**

Also all fish that live in dirty (*pfuczigenn*) or standing water are bad. All salted fish are unhealthy and you should eat little of them. But those who have recently been salted are the best among them.

**R64**

Avicenna says that fresh fish, as described above, are the best if they are cooked in a sauce that has a little vinegar in it. This way they are healthy. All fish broth causes bowel movements.

**R65**

Also all crustaceans (krebs) which live in fresh water are good and helpful to people who suffer from weight loss, and nourish well.

**R66**

Also all fish are healthier fried than boiled. They cause people to sleep, like eels do.

**R67**

Also Gardianus says that all fish should be boiled with wine or vinegar or spices, as this draws the bad moisture out of them.

**U68**

Hereafter follows a chapter about bread.

**R68**

Rhazes says that among all the grain, wheat is best. Therefore the bread you eat shall be made from wheat and be pretty and well baked, slightly salted and well leavened (*gedefmet*) and at least one or two days old. But know that good bread with a little bran in it causes bowel movement. Avicenna says that you should never eat warm bread because it hovers high in the stomach and can not be digested. Any bread that is boiled in water and does not have leavening (? *tesem*) in it causes stones and pain in the body and the liver. Also, bread that is baked in the pan like cakes (*kuchlein*) causes pain in the body and can not be digested well. All bread that is old causes great illness. Rye bread is the best after the white and causes bowel movements. Other kinds of bread are neither healthy nor good because they do not nourish well.

**U69**

Hereafter follows a chapter about meat

**R69**

Also meat is the food that most nourishes the human body and makes it fat and strong, but it is not good for people who are feverish or otherwise full of blood. Know that all meat of old animals or those who bear young in them and also of old birds, all old chickens and roosters, and all fat meat is useless because it foams in the stomach and causes loss of appetite. All roast/fried (*gepratenn*) meat nourishes well and is healthy, but it is badly digested and is good for people who are tightened below by too much blood [*den vil plutz enget unden an* - suffer from constipation?]. When eating it, you should eat nothing else, Rhazes says. Roast/fried meat is coarse food and stills the hunger and is badly digested and makes you fat in the body if it is lean. Boiling meat is the healthiest way to prepare it. If you add a little vinegar to the water it is boiled in, it is good for people who have a hot liver or too much red gall, or excess gall.

## R70

Young chickens. Averroes says that among all birds a young hen that is fat is the healthiest bird and has the property of making a good nature. Its broth does the same and is good for lepers. Among all hens, those that never laid eggs are good. The others are not good. The brain of young hens makes the human brain grow and sharpens the senses and prevents nosebleeds caused by diseases of the brain.

## R71

Partridges are frigid by nature, though not as frigid as domestic chickens. Its meat is not bad, but tender. Eating it does not harm healthy people much, but it is not good for the sick and causes phlegm (*sleymig*). Take its gall and mix it with old fat and often anoint oneself with it where lice grow on the skin from the sweat of the flesh (*de sudore carnis*). It passes through the skin and no more will grow.

Partridges are very healthy, and Rhazes says of them that if they are eaten boiled, they will drive the evil moisture and any rotten food out of the stomach. They also cause constipation.

## R72

Grouse (*Pirckhunn*) are of the same nature as those described above, except that their flesh is better to eat for both healthy and sick people than that of the preceding.

## R73

Capercaillie is hot and a little moist and is therefore good food for both healthy and sick people. If maggots or other worms are eating a man, take its bladder and strongly pulverise it. Take of that powder and put it into the place, and once the worms taste it, they shall die.

## R74

Turtledove is noble food because it sharpens the senses and the memory, say Averroes and Rhazes. Other doves cause inflamed blood (*enczundt plut*) and fever (*den ritenn*). Rhazes says that young doves strengthen natural heat, but old

doves are good for people who have the evil disease (*den bösen sichtagenn*) or have been struck by paralysis (*parliß*). You should fill them with bacon, juniper, and sage and roast them.

### **R75**

Also starlings and pheasants and all birds that eat juniper are healthy, they are hot and cause loss of appetite bad humours [böse materig]. The same is also caused by all waterfowl such as herons and wild ducks and many other birds.

### **U76**

Hereafter follows a chapter about all kinds of animal meat.

### **R76**

Now I will first say that goat meat and the meat of young hens is the best of all. Averroes and Rhazes say that there is no badness in it and it makes good blood, but it still is not good for people who work hard, and neither is any other fine food, because a hard worker will have it rot in his body, as coarse food rots in idle and ill people.

### **R77**

Meat of rams that are under a year or one year old are the best after this, as is veal from calves that are under a year or one year old, or those that suckle.

### **R78**

Also beef nourishes well and makes much and coarse blood and is good for people who work hard. It is bad for people who are melancholics and have many sad dreams and thoughts.

### **R79**

Pork, be it from wild boars or domestic pigs, is well digested and it nourishes well, but it makes phlegm and is a coarse food. The best parts of a pig are the feet, the mouth, the ears and the tail.

### **R80**

You shall eat no marrow, whether it is of birds or other animals, as it causes dizziness in the head and a bad memory, so that you forget things which you heard or read earlier.

**R81**

Among the wild animals there is no healthier one than the roe and roebuck, says Albertus, because they protect men from the fever and drive the busy worm [*den regen wurmm?*] from the body.

**R82**

The meat of an old deer or hare causes melancholy, bad dreams and bad thoughts. But roast hare nourishes people who have been struck by the paralysis.

**R83**

The meat of a hedgehog is good for lepers. Those who dry its intestines and grind them to a powder and eat a little of that are made to piss, even if they can not do so otherwise.

**R84**

Squirrel meat is healthy. Know also that any meat is the healthier the younger it is. It should also be neither too fat nor too lean.

**R85**

The heart of any animal is indigestible and does not nourish well. The brain chills and causes loss of appetite and harms the stomach. It should never be eaten except before other food.

**R86**

The head is coarse food, it nourishes well and heats the body greatly, brings grumbling in the stomach and fever and strengthens the blood. It should never be eaten except in winter, when it is very cold.

**R87**

The liver, spleen and kidneys of all animals are indigestible and bring many diseases to people.

**R88**

You shall use and eat many foods, and you shall know that if you eat food that is hot in nature, like pepper, onions and garlic, they will burn your blood. Crustaceans do the same. If you eat things that chill you much, though, such as lettuce and root vegetables and things that are equal to them in coldness, they will kill your blood and cause it to clot. If the

things you eat are by nature too watery, such as squashes, they will cause the blood to rot in your body. If they are poisonous, like mushrooms, they they kill you, but if they (only) cause much moisture in the body, rotten matter will accumulate as (is caused by) onions, peaches, and such.

### **R89**

But if the things dry out the body too much, such as pepper, parsley, gentian and hyssop, although these things are good if they are mixed with other things that cause moderate moisture, they will make you ill and not nourish you if you mix in too much of them.

### **R90**

But if it is that you eat foods that are too fat, be they fish or flesh, they will float up in the stomach and cause the food not to be digested. If you eat food that is too heavily salted, it will not nourish you and burn up your blood, spoil your stomach and the food in it and damage your eyesight. If the food is too sweet, it will close up your body and limbs, which causes great harm. But if the things you eat are bitter, they will not nourish you and make neither flesh nor blood (in the body), and you will come to harm.

### **R91**

And if the food is too sour (*eßigt zu serr*, lit. "vinegars too much"), be it that there is too much vinegar in it or that it tastes too much like vinegar, it will make you age and die.

### **R92**

But if the food you eat constipates you too much, and it is not sour like quinces, it will harm you. A great authority speaks of this.

### **R93**

The food that is good for people is the meat of a lamb that is a year old or less, goat meat and veal and the meat of a suckling calf, and chickens that are a little grown (*etwas groß*) and under a year old, and have not laid eggs yet, capon, partridges and soft eggs and scaly fish living in running water, all small birds that are commonly eaten, and wheat bread made with raisins, two or three days old and slightly salted.

### **U94**

Hereafter follows a chapter about drink.



## **R94**

Your drink shall be old, clear wine, not new, cloudy wine, and you shall mix it with a little water. But let the wine warm up a little before you drink it in winter, which is from St. Catherine's day (25 November) to St. Peter's (21 February?), when the storks return. Your food shall also be warm and not cold, and you should eat meat and food that nourishes strongly and well, such as the meat of a one-year-old ram. If you want to eat beef, hare, deer or pork, these meats will not harm you otherwise than it is written that they help and harm above. Also, in this time you shall eat more than at any other time of the year, because the outside cold causes the natural heat to be kept inside the body, in the stomach, heart and liver, and the digestive power increases.

## **R95**

Item in summer, which is from St. Urbanus' Day (25 May) to Our Lady's Day the first (8 September), you shall eat food that does not nourish you too much nor is too filling, such as goat meat, the meat of a young lamb, a suckling calf or a ram less than a year old, and young, small greens such as boiled spinach or lettuce, and perhaps for vespers, if you want, you may eat raw lettuce with vinegar at that time.

## **R96**

Item if you do not have too cold a stomach when you go to eat breakfast, you may eat horseradish, tart or sweet cherries, and other food afterwards because these things chill you and make you moist while the season makes you hot and dry, and they cause you to sweat, and the cherries drive out the excess gall. But you shall not eat too much of them so that you do not chill your stomach too much, especially if it is cold and sick at the time.

## **R97**

In autumn, which is from the Day of Our Lady's Birth (8 September) to St. Catherine's Day (25 November), you shall eat a little fruit. The fruit you eat should cause a little moderate heat, like almond and green nuts eaten in measure.

## **R98**

In spring, which is from St. Peter's Day, when the storks return (21 February?) to St. Urbanus' Day (25 May), you shall eat in measure and eat fine foods, because you have overeaten in winter. And you should know at that time of the year it is harmful to you to get fat meat or fish into your stomach. You should eat pears or cheese afterwards, after fish nuts or pears, after meat cheese or pears. But you shall never eat green fruit, except on a day when you have walked much, and when you feel great heat in your stomach. In summer, you should eat little of it, or eat nothing else for a good while afterwards. Avicenna says that though green fruit such as plums, sloes and tart and sweet cherries are good for people who work hard and have much gall that heats the stomach, they make people's blood watery and rotten. Therefore he writes that people who eat much and diverse fruit get bad fevers. No fruit does this more than the green fruit I have listed here, and it is healthy to no one, as the same authority says, as it always causes people's blood to rot etc.

## **R99**

Also know that fine, warm food keeps people in good health longer than coarse, cold food will. All beef, pork and millet are harmful, because they are digested badly. Eating plenty of fine foods such as young chicken, goat and veal is unhealthy for a strong man who has a good stomach and works hard, because it will spoil and rot in his stomach.

## **R100**

If you have eaten fat meat that did not agree with you, eat pears or cheese afterwards. If you have eaten oversalted food, eat sweet apples afterwards. You must never eat fine and coarse food at the same meal, or you must eat the fine foods beforehand such as soft eggs, young chickens, small birds (and neither) ram, beef, pork nor venison. You shall never eat boiled or roast meat because the fine food will float up on the coarse inside the stomach and rot. Avicenna says that after hard work, or if someone has walked far afield, he should eat no fish. Avicenna also says that nothing is more harmful than to eat many different things, such as fish, meat, crustaceans etc, at the same meal and then linger long (over the table).

## **U101**

Hereafter follow several oils, what they are good for and how they are prepared.

## **R101**

Item make rose oil thus. Take 3 pounds of olive oil (pawmöls) and 1 pound of rose petals and put that into a glass or a glazed pot and close the top tightly and hang it out in the sun for thirty days and then press it through a cloth. The oil is mainly good against all kinds of heat that comes during sickness if you rub it over the brows and forehead. If you do not have olive oil, take good May butter and an ounce of wax and melt it first and then mix it. It is said that the latter is better than the former.

## **R102**

Lily oil has the same power and is good for the same uses as rose oil.

## **R103**

Borage (barrago) is called gruntletliche and is made like rose oil. It helps against all kinds of diseases that are caused by heat because its nature is much colder than that of violet oil or rose oil.

## **R104**

Borage (*barrago*) is (also) called *scharlay* (i.e. scarlet) flower, therefore the oil of the *scharlas* flower is called *barragmatum oleum*. It is made the same way as described above. It is one part warmer by nature than the others and is good for those who suffer from quartan fever and all weariness of the heart and whose senses are in doubt, but who are not quite insane yet.

### **R105**

Oleum iusquiani is made thus. Iusquianum means henbane (*pilsenn*). Fill a pot that has holes with the seed and the heads and leaves cut up, take another pot and bury it in the ground and put the other one with holes on top and cover it well, so that nothing can fall in, and then cover both with earth and leave them standing for a year. When the year is over, take them out and you will find fine and clear oil in the bottom pot. This oil is good against all diseases caused by heat, because it chills strongly.

### **U106**

I have spoken of the oil that are of a cold nature. Now I will speak of those that are of hot nature.

### **R106**

Laurel oil is made thus. Take laurel berries and bay leaves, too, if you have them, grind them and boil them strongly in water, and take off the (oil floating to the) top and keep it. This is good against the cold gout (*die kalten gicht* - arthritis?) and all diseases that are caused by cold things because it is hot in the third degree.

### **R107**

*Oleum puleginum* is made from pennyroyal (*poley*) which is hot in the fourth degree. Take pennyroyal when it is in flower and boil it in oil, as is described earlier, and temper it before the fire. The longer it boils, the better it gets. Then you press it out and keep it.

### **R108**

*Oleum sambucum*. *Sambucus* means elderflower, which is hot in the third degree. Make the oil from elderflowers which are boiled in oil, too, as you heard before, and it is good for the same things as the others which are hot. There is also another oil of the elder, of cold nature, which is made from the berries. These are brought in over the sea as they are not found here.

### **R109**

*Oleum nardinum* does not flow from a stone in India, as people say. It is made thus. You take whole spikenard and boil it in water with oil, as you heard before, add it to a freshly pressed (*stampfftienn*) wine and let it lie in there for twenty

days. When the force has passed into the oil entirely, wring it out and keep it. It helps against all diseases that come from a cold nature and aids digestion.

### **R110**

*Oleum ruteleon* is made from rue. The shells are boiled together with the rue leaves in mild wine and oil. Let it stand for twenty days, wring it out and keep it. It is good and hot in the fourth degree.

### **R111**

*Oleum castreleon*. *Castorium* is made thus. The castoreum (*bibergeyl*) is boiled in oil with mild wine. It must not be wrung because the castoreum falls apart entirely. The oil is good for epileptics. Epilepsy is a disease of the brain and confuses the senses of people. It is also good against the gout and fortifies and gives strength to all limbs.

### **R112**

*Oleum anetileon*. *Anetum* means dill, the seeds of which are partly (*ein teyl?*) ground with oil (and added?) to mild wine and wrung out. This is good as I said before and has been heard here. Thus shall the oil be made, be it from the greens or the shells the flowers or roots.

Also, those who want to make *oleum muscatellinum* or *Nardinum* or *ruteleon* or whatever kind it be shall take the greens, flowers or wood and do not grind it, and put it into oil for three hours and as much wine as oil and solids together. Let it lie in there and rot (*faulen*) for thirty days. The longer it lies, the better it gets. Then it is wrung out and the oil is kept.

### **R113**

If you wish to make oil from seeds, grind it and boil it as described above. May butter is good for this because it is good and healthful. Therefore those who have no oil can use May butter.

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