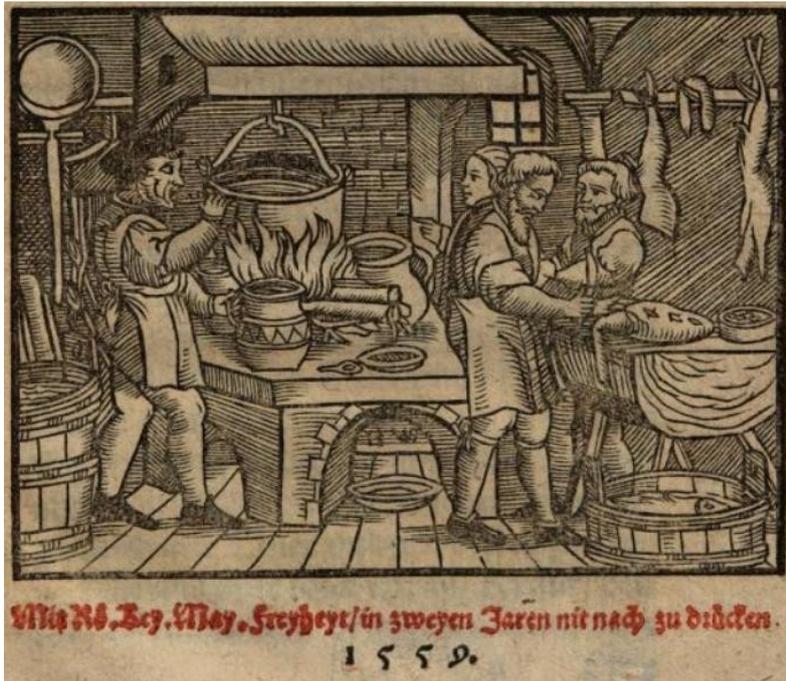


***Ein sehr Kuenstlichs und Fuertrefflichs Kochbuch von allerley Speisen auch wie man Latwergen und Zucker einmachen soll unnd sunst von anderen gutten haimlichen Kuensten Ainem jeden im hauß sehr notwendig und nuetzlich zu gebrauchen***

***Durch einen fuernemen und beruembten Koch seinem Ehegemahel zu der letze geschenkt***

**A Most Artful and Excellent Cookbook of all Manner of Foods, also how to prepare electuaries and sugar and of all kinds of other good and secret arts most useful and necessary to any household.**

**Given to his spouse by a prominent and famous cook at the end of his life.**



The short *Kuenstlichs und Fuertrefflichs Kochbuch* was first printed in Augsburg in 1559 and reprinted in Nuremberg in 1560 and subsequently. Despite its brevity, it is interesting especially as it contains many recipes for *küchlein*, baked or deep-fried confections, that apparently played a significant role in displaying status. We do not know who the famous cook referenced in the title may have been or if he ever existed.

The book itself is available for download through the Deutsche Digitale Bibliothek at

<https://www.deutsche-digitale-bibliothek.de/item/SYB7BYN66BFCCWBJN5AKSOECNS3S5THP>

and through Google Books at

<https://play.google.com/books/reader?id=1wtTAAAcAAJ&pg=GBS.PP1>

To the Reader

Kindly inclined reader, as God Almighty according to the Book of Moses known in Latin as Genesis created the Heavens and the Earth as well as Man, and has graciously and fatherly given grass and herbs, trees, fish, birds, livestock, vermin (*Gewuerm*) and all manner of animals on the Earth for the benefit of Man so that we should be physically maintained by these things, let us give thanks to God our almighty and heavenly father.

And as such grass and herbs as well as trees not only serve us humans, but also the birds, livestock, and all animals on the Earth, all animals are also subject to him.

But as such grass, herbs, and trees often are harmful to man and beast because of disorder, if they are not given in order and according to nature, all livestock and animals are weakened and fall sick thereby, suffer, and die.

So that Man shall have his pure and proper order according to certain precepts, I cannot in good conscience (*gut hertziger mainung*) fail to make available this art to all kindly inclined people and bring it to the knowledge of the public through this tried and proven book of art (*kunstbuechleyn*), in the pieces that follow hereafter that explain this clearly.

I am entirely hopeful that, if these pieces are used properly and prepared correctly, many people will be served well without the reward of glory (*on rhum zumelden*).

(...)

#### 1. A Wine Spoon Dish (*weinmüß*)

Item make a wine porridge or *Müß* thus: Take a *Semel* or a *weck* that is old and dry (*altbacken*) and grate it. Then brown (*roeste*) it nicely in fat and pour on wine. Add sugar so that it becomes nicely sweet, colour it yellow, and add ginger. Let it boil and serve it and strew *Trisanet* (a sweet spice mix) on it, thus you have a good spoon dish of wine.

## 2 A different Spoon Dish of Fritters (*Strauben müß*)

Item fry *Strauben* nicely crisp, take them, and chop them small, but not too small. Fry (*roeste*) them in fat, but do not use much fat because they are already fatty (*schmaltzig*). Pour on thick milk and season it. You may also use new wine in place of the milk if you can get it. Add sugar and prepare it like a *Weynmüß*. Thus it becomes a good spoon dish of fritters (*Streuebelein mueß*)

## 3 An autumn spoon dish (*Herbstmüß*)

Take a handful (each?) of almond kernels, *Weinperlin* and *Rosin* (two kinds of raisins) and remove the pips. Blanch the almonds. Take one as much as the other and chop all three ingredients together, not too small, but nicely coarse. Then add caraway, grate it and fry (*roests*) in fat, and pour on *Reinfal* or another good, common wine and pour that onto the bread that has been fried (*geroestet*). Let it boil and add sugar. Then take the three ingredients that were chopped, add them to the bread and season it nicely. You must not colour it yellow. It must be seasoned like a *Weinmueß*. Let it boil down so that it thickens like an oat porridge (*haberbrew*). Thus you will have a good autumn spoon dish (*Herbstmueß*)

## 4 To cook rice

Take thick milk and let it boil. Pick over (*klaube*) the rice cleanly, and when it has been cleaned (*erklauht*), put it into a bowl. Pour boiling water over it and blanch it well, then strain off the water. When the milk is boiling, add the rice and set it into the coals and let it boil until it becomes soft. Then add sugar, and you shall salt it when you wish to serve it.

## 5 A May Spoon Dish (*Mayen muß*)

First, take eight eggs, break them into a pot and beat them well with a spoon until they become nicely clean/clear (*fein lauter*). Then take a *maß* of milk and pour it into a pan. Let it boil until it firms up (*herdt wirdt*). Then take a strainer (*durchschlag*) and strain the eggs into the boiling milk. Sprinkle a little vinegar through it over the eggs in the pan. Let it all boil

together nicely. Push it together with the spoon and let it boil as long as soft eggs. Take it out of the pan with the spoon and put it into a small sieve (*Syblein*) so that it drains finely through it. Then place it in a clean flat grinding bowl (*scherben*) and grind it well. Add May butter (*Mayen Schmaltz*) the size of a nutshell and grind it again for a time. Afterwards again another one (repeat the step), and you shall add May butter six times and cook it down well (*einsieden*) each time and also grate sugar into it, as much as the butter and very finely so that it melts in the mouth like the butter. Then put it into a bowl like other porridge, and strew ground sugar on it. Thus you have a *Mayen muß*.

#### 6 To Cook Yellow Roots Vegetables (*Gelb ruben*)

Take pears and slice (*zerschneyde*) them like yellow *ruben* (i.e. carrots). Fry them well in fat and pour on wine into the pan, but not too much. Then add sugar and also mall raisins and let it boil well. See they do not have too much cooking liquid (*prue*), only a little, as *ruben* otherwise do. Thus you have good *gelb ruben* to eat in the evening.

#### 7 To Cook Peas

Take peas, as many as you wish, wash them in hot water and put them in a pot. Pour wine on them so that they are covered and add sugar. Let it boil until it develops a thick cooking liquid (*prue*), thus you have well cooked peas.

#### 8 A different May spoon dish (*Mayen müß*)

Item rice, boil that in milk that is thick or take almond milk if it is nicely blue. Blanch almonds, and take as much of the almonds as you have of boiled rice. Grind each separately so that it becomes very small (smooth), and when the rice and the almonds have been ground, combine them. Grind it together, add a little sugar to it, and serve it for a May spoon dish in Lent.

## 9 Almond Milk

Item take almond kernels and blanch them in boiling water. Pound them small in a mortar and pour on a little rosewater so that they can be pounded. When they are small, take them out and place them in a clean grinding vessel (*rein scherben*) and grind them as small as possible. Take them out onto a nice cloth and pass it through with rosewater that is cold. Grind it again and pass it through again, thus they turn thick like a thick milk. That will be good almond milk.

## 10 More about Rice (*Mehr ein Reiß*)

Take rice flour and put it in a pan. Stir it with almond milk like a wheat porridge. Grind blanched almonds, as much as the rice flour, but not too small, let them stay coarse. Combine it all, and add a little sugar, let it boil and serve it.

## 11 Hedgehog Milk (*Ein Igel milch*)

Item take rice and boil it in thick milk or in almond milk. Take of blanched almonds, as much as the rice, and grind each separately and then combine them. Grind it well together so that it turns out smooth. Take sugar and also grind it into this, and make it thick. Then put it in a bowl and use a *Kümlein* (comb?) to shape it like a hedgehog. Shape it artfully (*gestaltlich*) and pour milk on it so that the hedgehog stands in liquid (*in im pruelein*). Thus it is a hedgehog.

## 12 To Make a *Lebersultz*

Take half a square of Leipzig gingerbread (*Leckuchen*) and cut it small into a glazed pot that holds 3 *Maß*. Pour a little (lacuna. wine? water?) over the gingerbread to cover it and let it soak overnight, but start soaking it early. Stir it well with a spoon. The next day, bring it to the fire and let it warm up. Take half a *seidlein* of honey in a pan and let it melt over the fire and pour it in again (? *geuß es widerumb an*). Take wine in a pan with the honey and let it boil up over the fire and remove the scum. You shall add three *seidlein* of wine to the honey, and when it has been skimmed, pour it into the pot with the gingerbread. Let it warm up

well so the gingerbread becomes soft. Then take a sieve of coarse haircloth and yet it over a nice cheese vat (*kaeslein oder multern*) and pour the gingerbread into the liquid in the pot (probably garbled). Stir it in the sieve and force it through so that the gingerbread passes through. When it has all gone through, wash the pot nicely so that nothing sticks to it. Take some fresh fat and grease the inside of the pot. Then return the liquid (*prue*) to the pot. When it has been passed through, it must be like a wheat porridge (in consistency) or like a thick soup. Then let it boil by the fire and take care that no fire is close by the pot. Stir it with a spoon so that it does not stick (*sich nit anlege*) when it has become warm again. Take one and a half *quintlein* of saffron, grind it up with wine, add it to the liquid in the pot and stir it with a spoon. Add ground ginger and pepper and take whole nutmegs and cinnamon bark that is crushed (*zerknuetschet*), but not too small, and also add that to the liquid and keep stirring the entire time. When it boils, take the ground spices and add them, and salt it before adding the spices, but not much. Let it boil, and when it becomes thick, pour in more wine. It must not be too thick or boil for too long, no longer than an egg that is boiled hard and not poured out. And it should be slightly thick, like wheat porridge. Thus you have a *Lebersultzen*.

13 To make *Deller brot* or *Moerser brot* (literally: plate bread or mortar bread)

Take grated *semmel* or old and dry (*altbackene*) *weck* that is well baked, a good part of a *wecken* of five or six (pennies), and a little sugar. Put the ground bread in a bowl. Then add ginger, pepper, cinnamon and saffron. Item do not salt the eggs too much and beat them well in a pot. Strain it nicely over the bread so that the shells (*huelsen*) come out. Turn over (*wende*) the mash (*mus*) top to bottom with a spoon. Take small raisins, the pips removed, into the bowl with the bread and the egg. Then take almonds, blanch them and add them entire. Take the greatest quantity of *weinberlin* (different type of raisins) and stir it together until it is thick as a cheese fritter batter (*keaskuechlin teig*) and pour on a little egg so that it is not too thick, like filling for chickens. You shall also use nutmeg to season it. When the batter (read *brey* for *frey*) is made, take a small mortar that is glazed on the inside and also nicely smooth and even outside and that holds about a *seidlein*. Spread ashes on the hearth and set the mortar on it so that it stands evenly. Make a fire that burns brightly and set it by the fire at a distance. You must not have hot coals beneath. They must be baked by the fire.

Then take fat in a pan and let it boil up very hot. Then pour some into the dough (*brenn den eins in taig*) and stir it well with a spoon, but do not use too much. Take the rest of the hot fat and pour it into the mortar. Swirl it to cover the walls (*schwenk es fein drinn umb*) and leave a little in the mortar, but not too full. Then take a cover (*stuertzelein*) that covers it well and lay this into the fire so that it glows. And when you take it off the fire, throw it briefly into cold water and place it quickly over the mortar. Do this often, so that it always has a hot cover. You must not place coals around it or it will stick. Also turn the mortar and do not leave it alone. When it (the dough inside) hardens, turn it over, the bottom to the top. It must cook well for two or three hours before it comes out done. When you think it is well cooked, take it out. Take a griddle, lay it on entire and lay coals underneath so that it browns nicely all over. Draw out the fat, then slice it like apple fritters (*kuechlein von Apffeln*). Then lay it into a bowl and pour on the *Lebersultz*. If it is too thick, take *Malvasyer* (malmsey wine) and pour it into the *Lebersultzen*. Take the *Tellerbrodt* and lay it at the bottom of the bowl, and also take a roast chicken or pigeon. Cut that in half and then lay it on the *Tellerbrodt*, pour the *Lebersultzen* over it and serve it to eat. But when the *Lebersultzen* has boiled, it must be thicker than a *weinmuss* (spoon dish of wine), and it becomes thicker yet when it stands. You may well keep that, it lasts half a quarter of a year. When you wish to eat it later, add *Malvasyer* or good *firnen* (?) wine.

#### 14 How to bake *kuechlein* that are round

Also add *Weinberlin* (type of raisin) into the *Lebersultzen* with a dry (*altbackenen*) *weck* loaf. Pound that small and fry it and add pounded sugar. Stir it altogether thoroughly. Take the raisins, a large quantity, and add them to the bread. Beat eggs and strain them so that the shells (*huelsen*) come out, and pour that over the bread so that it turns nicely thick. Stir it together with a spoon like cheese fritter batter (*kaes kuechlein taig*) and then fry them well. Roll them and turn them over (*welger wende sie umb*) so that they become round.

#### 15 A Plum Puree (*Zwetzger prew*)

Take plums and remove the stones, and a good handful of *weinberlin* (type of raisins), more than the plums. Pound them in a mortar and pass (*reib*) them through a cloth with wine or

with *Reinfal*, and cook it like a *Weinmuß*. Fry a *semmel* loaf in fat and pour it on, thus it browns. Add sugar. You may also make a sauce (*prueelein*) over it and take it from this (the cooking liquid), but you must take a lot of the raisins so the cooking liquid turns brown. It must be passed through thick. You shall also add *Trisanet* (spice mixture), that tingles (*peitzelt*), and let it boil down so that it turns thick. Afterwards, when you wish to serve it over chickens, add rosewater so it smells good, strew cinnamon on it and cover the bowl until you bring it to the table.

#### 16 Electuary of Pears (*Regel piern Latwerge*)

Item take a grated *Semmel* loaf and fry it in fat. Grind the electuary in wine so that it turns thin and add it to the pan with the bread. Cook it like a wheat porridge. If it is too thick, pour in more wine until it becomes like a *Weinmus* (wine spoon dish) and add sugar. Thus you have a good electuary.

#### 16 (sic!) An Apple Puree (*Oepffel brew*)

Take apples, cube them and fry them as for apple puree. Pour on wine, and when it is ready to eat, take egg yolks, remove the birds, strain them into the apple puree and pass the eggs through a small strainer (*durchschlaeglein*). Pour in more wine and sugar and let it boil together so that it thickens like a porridge (*Brey*) that is eaten with spoons.

#### 17 Almond Milk that does not Curdle in a Soup

Item take rosewater, salt it like a soup, and when it has boiled, put it away and let it cool. Pass it through and prepare it like other almond milk. Thus it does not curdle.

#### 18 Jellied Milk (*Ein gesultzte milch*)

Take the whites of eggs and beat that well so that it becomes like water. Take thick milk as best you can get, put it into a pan, make a small fire on the coals, set the milk over it and add sugar. Also strain the eggs into it, through a strainer so the birds stay out. Beat that with a

spoon and let it boil until it thickens. Pour it into a bowl and let it cool, then it gels (*gesteht*) like a jelly (*sultz*). You may also well add *weinberlin* and *rosin* (types of raisins).

#### 19 Filled *Semmel* Loaves (*Gefuelt Semmel*)

Take a white *Semmel* loaf, slice off a thin lid on the top and hollow out the crumb. Then take little birds that go on skewers (*Spiesvoegelein*), boil them and fry them in fat. Take *Rosinlein* and *Weinberlein* (types of raisins) and blanched almonds, fill the *Semmel* loaf with that and place the lid on top again. Thus it fits together as though it were whole again. Prepare a batter as if for *Streublein* and place the *Semmel* in that. Pour the dough all around with a spoon. Take fat and put it into a pan. Let it get hot, then take the *Semmel* out of the batter and put it into the pan. Pour a spoonful of dough over the lid on top, quickly pour fat over it and see none of the batter gets into it. Fry it nicely, and spoon fat over the top, thus you do not see the *Semmel*. When it is fried, take a bowl and pour in a sauce (*pruee*) of wine, add sugar, also ginger and pepper, and a spoonful of fat. Let that boil, take off the lid again, pour in that sauce. Thus the *weinberlin* swell up and it is done.

#### 21 (sic) How you shall cook partridges

Item roast the birds, and when they are roasted, cut them apart in the middle and place them in a bowl. Cover them so they do not get cold. Take bitter oranges (*sawr Pomerantzen*), cut them apart and squeeze them out. Take a little sugar into a bowl, and also *Trisanet* and cinnamon, strew this over the birds and cover them with the bowl again. You may also well add rosewater or lavender water, a little, so they smell nice. Lay the bird in the middle and then pour on a little sweet wine, strew *Trisanet* over it and cinnamon, press out the saffron (probable error: for *saffran* read *safft* – juice) and set the bowl over coals like a *Schuesselmus*. Cover it nicely and let it get hot. Thus they will have the tingle of bitter oranges (*pitzlens nach den Pomerantzen*) and become a little sour and thick. Leave it covered, serve it and take off the bowl, thus they smell good. But you shall not prepare much liquid (*pruee*) with them, only take a little of each (ingredient).

## 22 A Sauce (*pruee*) over Chickens

Take small raisins (*Rosinlein*), remove the pips, also take *weinberlein*, and pound them small in a mortar. Take *Malvasyer* and force (*zwing*) them through a nice cloth. Thus it turns brown. Let it become hot in a nice pot. Draw the chickens off the spit, lay them in a bowl, strew *Trisanet* on them, and also pour the sauce over them. Take *Spickwasser* (?) and rosewater, pour it into the bowl, and set it over coals like a *Schuesselmus*. Let it become hot, but not boil, otherwise the scent of the waters and spices goes away. Also (add) cinnamon bark and pass through the raisins and then serve it covered at the table.

## 23 Baking *Kuechlein* for Sick People

Take a quarter of a hen that is boiled, the 'crumb' (*prosem* – i.e. the meat?) of it, cut it small. Take plums, remove the stones, and also cut them up small. Take grated white bread (*Semelmeel*) into it and add egg yolks, and make a dough as though a *küchlein* dough. Fry it thus.

## 24 A Porridge (*Breylein*) for Sick People

Take egg yolks, discard the whites, use four or five yolks, beat (*Treybs*) well in a pan and add wine into it (but only) so it becomes thick and not too thin from the wine. It will not cook down very thick. You may well add sugar. Boil it, serve it and give it to the sick. It strengthens people. Do not cook it long, otherwise it will curdle.

## 25 A Good Soup for Sick People

Take an egg and boil it in wine. When it has boiled, pour off the wine, take the egg and take out the yolk. Force it (*zwing* – mash it?), pour wine on it and make a soup. Thus a person regains flesh. An old man said so who had become thin and lost much weight, but a doctor made him such a soup every morning and he became fat (*faist*) and gained weight again.

## 26 A Porridge (*Müßlein*) for Women in Childbed

Take fat, add a little white bread (*Semelein*) into it, and fry (*prens*) it as though for a *gesprengten brueelein* (?). Then two spoonfuls of fat, one spoonful of baking flour into the fat, turn it over (i.e. stir it?). Take two eggs, beat them in fat, pour in cold water, as much as there is egg, pour the eggs into the flour and stir it like a porridge. Do not let it boil too long, and also do not fry (*brenne*) the flour too strongly (*hart*).

## 27 How You Shall Make a Marcipan

Take a handful of rice, set it to cook in thick milk, as thick as can be, let it boil, and when it has boiled, grind it fine in a grinding bowl (*Reibscherben*), as fine as you can. (possible omission: take almonds) Pour on rosewater, otherwise it will be oily. When it has been pounded as fine as possible, like for marzipan, add it to the boiled rice in the grinding bowl. Grind it well together and add sugar and May butter as though for a *Mayen muß*. You must not colour it yellow. When you wish to serve it, stick two or four stars (*sternlein*) into it and serve it cold.

## 28 Chickens Cooked in Sauce (*eingepickte*)

Take lemons (*Lemoni*). Brown (*roeste*) the chickens in fat, take them out into a pot and pour in half wine and half meat broth. Season it well with pepper and let it boil. When they have boiled, cut lemon slices like you cut horseradish and lay it into the *eingepickte* cooking liquid. Let it boil up once or twice and try it. It should not be sweet but tingle (with spiciness – *bitzeln*). Serve the chickens and lay the slices on top.

## 29 Chickens Cooked in Sauce with White Bread

Brown them nicely in fat and pour on wine and meat broth in a pot. Lay the chickens into this and let them boil. When they are boiled, take them and pour off the broth. Then place grated white bread in a strainer and pass it through with chicken broth so that it becomes thick. Pour it over the chickens again, add ginger, and season it well so that it tingles (*bitzelt*).

### 30 Another Way of Cooking in a Sweet Sauce (*sieß einbicken*)

Take wine-water mix and meat broth, brown the chickens in fat, pour on the cooking liquid and let it boil. Add sugar and season it. Try it so it is sweet, and add a little vinegar.

### 31 To Boil Hens

Take a clay pot that is new, and when it boils, throw in a good handful of salt. Place the hens in the pot with ginger roots (*Imberzehen*) and peppercorns, and also a little mace. See that when it boils, it is to boil gently. When they have boiled a little, about halfway, strain off the broth and wash the hens with warm water with a cloth that is small. Hang (*henck*) them back in the pot, strain the broth through the cloth and pour it back with the hens. Skim the fat off the top and let it boil gently, thus it will gain a nice broth. Then you have it.

If someone wishes to have horseradish (*kren*), take the boiled hen and take horseradish. Cut it lengthwise, nicely thin, and lay it in the broth you have drawn off. Take a good quantity of horseradish and let it boil up two or three times. When you wish to serve it, lay the horseradish on the chickens, but not too much. Thus the broth will taste good.

### 32 To Roast Young Hares that are Filled Entire

Take them and cut open their bellies, not with a long cut, and salt them inside and out. You can also well wash them with wine vinegar before. Thus they become more tender. Salt them within. Take raisins (*Rosynlein*), remove the pips, also blanched almonds, cut those into quarters, and also *weinberlein*, one as much as the other. Put that into the hare, sew its belly shut, lard it with bacon, and let it roast. This is called filled hares (*gefülte Heßlein*)

### 33 Who (Would) Make a May Cake (*mayenkuchen*)

Take *Mayenkraut* (could be greater celandine (chelidonium maius), ground elder (aegopodium podagraria) or woodruff (galium odoratum), though Grimm states this association is of recent date) and chop it small. Also take figs and cut them small, and *Rosin*, take out their pips, and *weinberlin*. Put all of this into the *Mayenkraut*, break eggs into it, and

make it neither too thin nor too thick. Take a flat cooking vessel (*scherblein*) and set it on the coals. Make a bottom crust (*platz*) that is as wide as the cooking vessel (*scherb oder tigel*) in which you wish to cook it, just like you prepare a carnival cake (*Faßnacht platz*). Roll out a *platz*, put May butter into the cooking vessel (*tigel oder scherben*), and when it has melted, place the *platz* in it so it reaches beyond the vessel (*dz uber das tiglein außreich* i.e. is wider than just the bottom). Also put in the mass (*teig*) with the *Mayenkraut*. Stick in *mayen* (sprigs of the herb?) and prepare it with the *platz* like a *fladen*. Do not add much May butter. Place the *scherblein* over it (like a lid) and lay coals on top. Do not make much fire underneath, otherwise it will readily burn. See that the bottom is thin like a *Fladen*, then it is a good *Mayenkuchen*.

#### 34 To Make Good *Fledlein*

Take *semel* bread and cut it like for golden slices (*tostes dorées*, like French toast), and take grated cheese as though for frying *kuechlein*. Break eggs into it and do not make it too thin, but thinner than for cheese fritters (*keßkuechlein*). Spread it on one side, one finger thick. Then make a batter as though for baking *strewblein* (a type of fritter) and dip it into the batter on the other side that has not been spread (with cheese). Set it into the fat so that the cheese is above. Thus it gains a *poitlein* like a *fledlein*. Spoon (hot fat) on top assiduously, thus it will be brown like the *fladen* should be.

#### 35 To Fry *Zyweben* (large raisins)

Take *Zyweben* and wash them well in wine or *raynfal*, thus they will grow large. Prepare a batter with the wine as for *repuntzeln* and soften them. That way the batter will stick to them, otherwise it will fall off. But if you soften them, the batter sticks to them.

#### 36 To Fry Pears (Regelpiern)

Cut the pears like (in the shape of) gobies (*Gruendelein*, a small fish), and moisten them with wine. Dust (*Schwing*) them with wheat flour and fry them.

### 37 To Roast Calf Liver

Boil the liver and salt it. When it has boiled, chop it very small and put it in a bowl. Break eggs into it and pour in hot fat (*brenn schmalz daran*) and stir it well together. Or take bacon and chop it into that in place of the fat. Season it nicely and colour it yellow, and also take *Rosinlein* and *Weynberlein*. Add them, and do not make it too thin with the eggs. Then place it in a caul (*netzlein*) and sew the caul shut so the liver does not escape. Take a pot, place a lid (*sturtzen*) on it, lay small pieces of wood (*hoeltzlein*) on the lid. If you have bacon slices (*specklein*), you may place them on the wood so the liver does not stick to them. Then lay the liver on them and set the pot into the oven by the fire, and see to the oven that it does not burn, thus it will be nicely crisp (*roesch*) and good.

### 38 Who Wants to Roast a Liver

Take the liver and cut it into pieces as big as walnuts. Stick lardons (*spick specklein*) into the pieces throughout and salt them like birds. Wrap each piece into a caul individually and stick them on a skewer. Roast them like a *Koepfen* (?), baste (*treffs*) it and prepare a sauce (*bruelein*) over it with meat broth. Season it well with cloves, thus they are good.

### 39 To Bake Gingerbread (*Leckuchen*) of the Small Kind that are Sold 21 to the Guilder

Take a large gingerbread (*Leckuchen*) that is thick and heavy, brown on the top and well peppered, and has a large piece of ginger on top. Take this and grate it coarsely in a sieve (*siblein*). Take the same coarse (grated material – the remainder in the sieve?) and place it in a small vat (*muelterlein*). Take a *viertheil* (a fourth as much?) honey and three Loth of ground sugar and put it into a small cauldron, both the honey and the sugar. Let it melt and not boil. When it has melted, pour it into the vat the coarsely grated gingerbread is in, thus it melts (*zergehts*) in the honey and sugar. Stir it and take a handful of the grated gingerbread and add it to the honey in the vat and stir it together again. Add three *Loth* of nutmeg, cut coarsely, and four *Loth* of cloves, also cut, and a *lot* of cinnamon, also cut that coarsely, and add all of that into the dough while it is still thin. Then take it and stir it again and add the grated gingerbread, thus it becomes so thick in the vat that it can be stirred with a small wooden shovel. Then retain some grated gingerbread and strew it in a corner. Lay the dough

on it and take wheat flour. You must prepare three (batches of) dough (*drey taiglein*). Place them on a table, take a little flour with all, and work it like rolled-out fritters (*gewelgerten kuechlein*) so it does not stick to the hands. It must be pressed nicely as each flat piece is rolled out (*drucken fein welches pletzlein gewelgert ist?*). Lay these out nicely alongside each other, and strew flour on the table so they do not stick. Take scales and weigh out nine Lot, and as large as you would have them, roll them out with a rolling pin, and always strew on flour underneath, but not too much. Again take a piece of wood like a rolling pin, as wide and thick as a gingerbread (*leckuchen*) and three fingers thick. Take the rolled-out dough for one *kuechlein*, flour the wood and press it onto the gingerbread that is rolled out. Thus it is as wide and long as a *leckuechlein*. Then take one or six that have been pressed, lay them alongside each other, take a piece of wood that is carved (*darauff geschnitten ist*) about a finger's width. Thus it gives them shape. Afterwards, brush off the flour so they are not dusty with it (*melbig*). Strew flour on a bread (suppose mistype: board), lay the *leckuechlein* on it and have them baked by a *Leckuechner*, they have the ovens for it. When I took the sugar, there were about twelve gingerbreads grated there and I added over six *maß* of honey and three lot of sugar as well as spices, and it turned out 110 *leckuechlein* like small *rumpffelkeßlein*.

40 *Pletzlein* (Pancakes) as they are made in Italy, thin as the back of a knife

Take eggs, beat them well for an egg pancake (*ayerplatz*), salt it, and take a pan for fat (*schmaltzpfendlein*). Put in a little butter and let it run around the pan, about half a spoonful. When it has become hot, take a spoonful of egg and put it in. This fries out nicely, as wide as the pan is. Turn it over so it becomes nicely brown. Then lay two or four on each plate.

41 An Egg Cheese (*Ayerkeß* – a custard)

Take good thick milk and eggs, beat them well, and salt them as you do another cheese. Colour it yellow and pour in wine vinegar with the eggs, or a little wine. Then pour in the milk to the eggs. Then take a pot full of water and let it boil, and when the water boils, suspend (*hencke*) the pot with the eggs and the milk in the boiling water, but see that the water cannot get in with the eggs. Let it boil continuously, thus it becomes an *ayr schotten*

(hard custard). Then place it nicely into a sieve so that it drains, and then place it in a mould. Thus it will be good as May butter and very tender (*mirb*).

#### 42 Zwickische Chickens

Take a chicken and scald it all around. Then take four or five eggs, according to how large the chicken is, beat them, take bacon and a little parsley and chop that well, and mix that with the eggs. Take a little mace, lay that into a broth if you can have that from elsewhere (*anderst* i.e. from a different meat). But if you wish, pound an entire nutmeg and strew a little on this. You may also beat quite thick milk into the eggs, the people of *Zwicken* (Zwickau) do it thus. If they do not use thick milk with it, they (the chickens) do not turn out well. And if you can have no bacon, take marrow from meat bones or May butter, and fill the chickens inside while the guts are in them (*da die Derm in liegen*). Sew them shut. You may also use the broth if there is much of it. Let it boil up quickly (*fein glat*), and the sooner it boils and is served up, the better it will be. They are not good if they stand long.

#### 43 Yeast Fritters with Raisins

Take beer yeast, half a *seidlein*, (or?) wine yeast into a pot that holds a *Maß*. Pour on lukewarm water, stir it well together with a spoon and let it stand for one night. Then strain off the water, pour in warm water, stir it together again with a wooden spoon and let it stand for an hour or two. Strain off the water and the yeast remains down in the pot. Take warm water, salt it like a mild water soup (*ein leise wassersuppn*), and take the white off the yeast that is down in the pot with a spoon so that the yeast is nice. Put it into the salted water, you must have four spoonfuls of it. The salted water must also boil beforehand, and let it cool so that it is lukewarm, then add the yeast. Take a bowl that is not too small and put in white flour. Then stir the yeast and the water together and strain it into the flour through a small strainer. Stir it together with a spoon and do not make the dough too thin,. It should be as though for rolled-out fritters (*gewolne kuechlein*) when you work them. Beat it well so that no dry lumps (*kein putz*) is in it, lay the spoon across the bowl, cover it with a cloth and set it upon the oven. Heat it warmly and let it stand there, thus the dough rises. Then take it and beat it again. Add raisins and stir it until the raisins are all mixed in, but do

not stir it to pieces (*zerklopfes dennoch nit*). Place it back on the oven, put the spoon and cloth back in place and let it rise for a while again. Heat some fat, put warm water into a pot, take the dough from the bowl (in pieces) as wide as half an egg. Take it out quickly with the fingers, shape it above like a small flat cake (*fledlein*), lay it in the hot fat, ladle some fat on top, but they should be white, not brown. When you want to lay them into the fat, you must keep your hands wet with the warm water, otherwise the dough will stick to them. Thus you may make good yeast fritters (*heffenkuechen*).

#### 44 Piped Fritters (*Spruetzen Kuechlein*)

Item take half a *seidlein* of blue (*plae*) milk into a pan and let it boil. When it is boiling, add flour so that it turns thick. Then cook (*roeste*) this well in the pan so it does not become stinking. It should be thick. Then, beat it well in a bowl. Set eggs atop the oven so they become warm, beat them nicely in a pot, salt them, leave out the birds (i.e. strain them) and always pour in a little egg and then beat it (the dough) thoroughly again. You must prepare it so no lumps (*puetzlen*) remain in it and thicker than for *pruete Kuechlein*. Put the dough in a syringe and press it out into the fat. Move it about in small circles (*fare fein gerings*). Moisten the syringe with water beforehand or the dough will not come out. It is thick. You must press them out quickly. Lay them in the fat hot, like *pruete kuechlein*, and move about with the syringe. If you have a broad pan, you can make them all the better, as wide as the pan. If you want to make them smaller, take a smaller pan. Turn them about carefully and do not break any of them.

#### 45 To Make *Marcepan*

Take half a pound of sugar and a whole pound of almonds. Pound the blanched almonds small in a mortar and add a little rosewater to the almonds so they do not turn oily when they are pounded. Add sugar and pound it well together, because it turns thin with the sugar and thus the dough must be made thicker (like that) for snowballs (*schneepallen*). Take two flat wafers (*oblat pletzlein*) and stick them together with rosewater as large as you wish to have it. Place the dough on top and beat it well flat like a plate for bread (*ein Brotdellerlein*). After you have beaten the dough broad, it must not be thick, (only) as thick as a finger is

across. Bend the wooden hoop (*reyfflein*) around it above, put *flecklein* (?) on it like a peasant apron, and bake it on the oven. Do not make it too hot so that it becomes nicely yellow. Strew *Trisanet* on it. If you would make it with blanched almonds, cut them apart lengthwise, gild the slices on top and stick the *marcipan* full of almonds that are gilded. Thus you have it.

#### 46 Marcepan Cookies

Take half a *vierdung* of almonds and a *vierdung* of sugar. Blanch the almonds and pound them as small as possible, pour rosewater on them, and when they are pounded very finely, add sugar, thus they will become finer still. When it is well mingled together like a thick dough, you must spread it out (*ausstreichen*). Watch out that you do not add too much rosewater. You can always make it thinner with rosewater. Take it out of a mortar into a bowl, add a little mace and rub it between your hands. Then take a wafer (*blat*) and cut it like the lozenges of windowpanes. You may make it large or small. Then take of the same wafer thus cut and spread the almond on it as thinly as possible, the thinner the nicer. Then take the white of an egg, two or three spoonfuls, add some fragrant rosewater and beat it well with a spoon until it develops a foam. Take the beaten (egg white) and spread it on the almond-covered wafers. Detach them (*schneyd es ab*), place it on the oven, heat it well and bake it gently. They often attach to each other, but they are supposed to stay white. When they bend upwards where you spread the rosewater, they become nicely hard and prettily white. Thus they should be baked.

#### 47 Schar kühlein

Take flour and eggs and prepare a batter as thick as *streublein* batter. As often as you wish to have one, take an eggshell full of milk and always as much milk as there is of egg, and otherwise prepare it like *streublein* dough. When it is made, take a flat pan and put in fat to cover the bottom. Do not let it get too hot. Put in the dough like an *ayer platz* and put a lid (*schart*) above the pan. Stack glowing coals on them and do not let it be too hot below, thus it becomes nicely thick. Stir (loosen) it so it does not stick, then take it out. Put it on a plate

and cut it into pieces like rolled fritters (*gewolne kuechlein*), lay those in a pan and fry them like other fritters.

#### 48 Carnival Fritters (*Fasnacht Kuchlein*)

Take good, twice-baked gingerbread (*leckuchen*), pound it small, and add *Trysanet*. Mix it well and make a dough with (as if for?) gingerbread cookies (*Leckuchen pletzlein*). Place it on the rolled-out *pletzlein*, lay it on the one half and fold the other half over it so that the dough (the filling) remains in the centre. Bend it like a sausage. Then take a pastry wheel as you use it to cut out *Schnepalen* (lit. snowballs – a kind of fritter) and cut the dough with that, thus it gains “baskets” (*koerblein* – a weave pattern?), but not too strongly so the gingerbread does not come out. Fry them in a pan and put hot coals underneath, thus they remain and become nicely crisp.

#### 49 *Liechtfesser* kuchlein

Take milk in a pan, salt it like soup and add fat. Half a *seidlein* of milk and a *pletzlein* of butter like half a *schmaltz*. Let it boil, and when it is boiling, take a handful (*batzen*) of flour and put it into the pan. Stir it well and do not stint the flour so that it becomes thick, like the *gewolnen kuchlein*. Cook it (*brenne in wol*) above the fire and see there are no lumps (*putzen*) in it and that it smells nice. Place it in a bowl and beat it well, Break an egg or two into it and beat it well, but do not make it too thin but as thick as the dough for *gewolnen kuchlein*. Make them round like *kuchle Liechtfesser* (?) and put fat into a pan. When it is melted, roll it out on a board and put it into the pan so that the rounds are not too broad. Fry them well again, thus they gain small bubbles (*kluntzlein*). Let them have a good heat so that they brown.

#### 50 *Schlöpferkeß* kuchlein

Take rennet and put it into milk, rennet as big as two peas and three Mas of milk. Set it by the fire and let it become warm. Then take the rennet, as stated the size of two peas, and dissolve it with a spoon in a bowl of milk. Put that into the pot with the warm milk and stir it

well together. Then let it boil. Do not press it until it has set and you will see in the pot an edge (*reyflein*) around like water. Take a sieve, as big as you would have the *Schlepperkeß* and put a nice, clean cloth in water. When it is spread out in the sieve, take an iron spoon and lift the *Schlepperkeß* into the sieve. Press it out well and then put it on a plate, thus you have a *schlopperkeß*. Now this pressed-out cheese, cut it into pieces, but it must be well dry. Take wheat flour, put the cheese into it, break eggs into it and beat it so that there are no lumps. Work it like *gewolne kuechlein* and also fry them this way. Do not take as much cheese as you use flour, a little less.

#### 51 Marcipan fritters that are like yeast fritters

Take half a pound of almonds and a *vierdung* of sugar. Pound the almonds small and add rosewater, otherwise they become oily. Then grind them even smaller in a mortar or grinding bowl and add rosewater, but not too much so it does not become too thin. Take a wafer and cut it square like the yeast fritters. Spread them with May butter on one side, and when two wafers have been spread, lay them atop each other so that they stay together, spread thinly. Take the white of an egg and a little rosewater and beat it fine. Then make a batter to its proper thickness. Take the spread wafers and press them into the batter. Take hot fat and put the *kuechlein* in, thus they will rise like yeast fritters. Do not fry them long like *pletzlein* so that they stay white and the fat does not get inside them.

#### 52 To make Snow

Take a *semmel* loaf, cut it apart, and you may also coat it in egg. Roast it over the coals. Take the egg batter (*airtaig* – probably the almond mixture) as for *marcepan*, spread it on the roasted *semmel* and slice it, not quite one finger thick. Lay the slices on a bowl so that the almond is toasted. Then take thick milk, as thick as possible, add a handful of sugar and beat it in a pot, thus it develops a foam. Place the foam on the slices with the almond that are toasted so that the almond batter rises. Make a high foam, thus it melts below and the bread softens. Thus you have good snow.

### 53 To make sour milk

Take almond kernels, blanch them, pound them, and pour on thick milk so they do not become oily. Grind them in a grinding bowl (*scherben*) with milk like a *Maienmuß*, that is as small as they should be. Always add a little thick milk. Put it in a nice cloth and hang it up like sour milk so it drips (drains). When it becomes dry, you can mix (*abreiben*) it again with thick milk. Form heaps as you otherwise do with sour milk and pour other milk or thick milk around them. If someone wishes to have it sweet, you can also add sugar.

### 54 To bake crooked fritters (*krumme Streublein*)

Take egg white and wheat flour and also add sugar. Make a batter with the whites of the egg and do not use the yolks or it will not turn out whole (*würde kein gantz heraus*). Add the white to the flour and sugar and make a batter. Do not beat it or it will become brittle (*muerb*). It must be chewy (*zech*). Add rosewater so it smells nice. Fry it like other *streublein*. Take a rolling pin (*welgerholtz*) when you fry them and take them out of the fat around the pin right out of the pan, while they are hot. Press them around the rolling pin. Let them be thin. Serve them and strew sugar on them.

### 55 To make *Mer küchlein*

Take eggs, beat them with fat and scramble (*ruers*) them to become quite stiff (*wol hardt*). Place it on a plate and cover them with a small plate. Press out the fat, take them and chop them. Take raisins (*Rosinlein*) and remove the pips, and also *weinberlen* (another type of raisin), and chop them nicely small together. Place it in a bowl and mix grated white bread into it. Break eggs into it and fry it like cheese fritters (*Keßküchlein*).

### 56 To fry sugar fritters (*Zucker Krepffle*)

Take twice-baked gingerbread (*Leckuchen*) and grate it nicely fine. Searce it through a colander (*durchschlag*) but (*aber*) let it become dry. Cut small pieces (*pröcklein*). When it is dry, pound it in a mortar. Place it in a bowl, add clarified sugar and *Trysanet* (a sweet spice mix) and make a dough as thick as for *Keßküchlein*. Also make a dough with water, roll out

small rounds (*pletzlein*), place a piece of the (other) dough the size of a marble (*einer schussers groß*) into them and fry them in a *kachel* (a shallow earthenware vessel). Or place them on a board and when the fire in the oven is out, push the board in. That way they also bake. They are supposed to be nicely white. If you do not wish to use clarified sugar, you may well take the best kind of honey that is also clarified and mix the gingerbread with that. These are good for (their) sugar and spice.

#### 57 To make Italian sausages

Take many pounds of meat with no skin on it and nothing else either (except muscle meat). Take bacon, remove the skin and cube it. Chop the meat, and when it has been chopped well, take the bacon pieces (*speckgrieben*) and add them. Take salt with it and peppercorns and mix them in. Put them into large intestines (*grosse derm*) the way you make sausages, and hang them in the smoke so they become dry (*welck*). Boil them to serve with a salad.

#### 58 To make small pastries (*Bastecklein*)

Take blanched almond kernels. Pound them and grind them as finely as you can. Make milk with them that is to be thick, so take all the more almonds. Let it stand in a pot for a day or two so it separates out a little (*ein wenig schottet werd*) or hang it up in a bag. But it should stand a day and a night before it is dried or poured off. Take this and grind fine white sugar into it. Let it be thick. Take a pastry base (*blatz*) as though for *gewolne küchlein* and make a deep bowl (*degelein*). Put milk into this and bake it in the dough like a May Cake. You must not use fat for this but bake it like bread.

#### 59 To Clarify Sugar

Take a *seydlein* (about 0.7 l) of water and the whites of two eggs to a pound of sugar. Beat it well so it foams and pour in the water, then beat that well together. Put in the sugar, let it boil gently (*gemach sieden*) and skim it well. Thus it is clarified. Let it boil well so it becomes somewhat thick (*dicklet*).

### 60 To Fry Cake (*Kuchen bachen*)

Pass through the batter (**durchzwingen**) and take half sugar (*halben zucker* – half the quantity? With half the dough?) and let the cakes boil well (*wol sieden*) so they peel off in the pan. If it is level (*wardt der eben?*), stir them around with a spoon so they do not stick (*sich nit anlegen*), otherwise they turn out smelling bad (*werden sonst stincket*). When they have had enough, they detach from the pan by themselves. Afterwards place them in a nice box, place that in a heated room (*stuben*) and turn them over frequently so that they dry out.

### 61 *Briere kühlein*

Take water, add fat, not much, and salt it like a water soup (*wassersuppen*). When it boils, add the flour so that it becomes thick from the flour and beat it in a bowl so that no lump (*putz*) is in it. Then break one egg after another into it and beat it well. Do not make it too thin and lay it nicely into the hot fat with a spoon. The dough is always cooked (*man bruet*) in a pan.

### 62 Sack Fritters

Take a little *streüblein* batter and put it into as small cloth bag (*secklein*). Take boiling water and suspend the batter with the bag in it. Let it boil until it becomes thick (solidifies). Then slice it like a *Scharkühlein* and fry them very well.

### 63 Hard-Boiled Eggs with Almonds

Take blanched almond kernels, grind them small, and colour yellow as much as is required for the yolk. Take eggshells and pour out (*thus... heraus*) the egg by the broader end. The almond mass should be well ground before you put the yolk into the shell like an egg yolk. Put a small wooden skewer (*höltzlein*) into the eggshell with the almond mass (the yolk) and leave the skewer in it. Take thick almond milk and pour it into the shells with the almond mass that is on the skewers. Move the skewers with the almond yolk (*mandel höltzlein*) so the milk runs all around as though it was the egg white. Set it in a cool place (*in ein kalter*)

with the tips of the shells (*sampt der spitzen*) and leave the skewer in it so it sets as though they were hard-boiled eggs. Then withdraw the skewers, peel off the shells and slice it on a plate like other hard-boiled eggs.

#### 64 To Bake a *Dortzen* (tart?)

Take wheat flour, a spoonful or two, and eggs, a piece (*pletzlein* – a flat round object) of fat as large as a walnut, a spoonful of veal broth or two that is not fat, as lean as can be, and make a dough of this as though for the *gewolnen küchlein*. Roll out a base (*platz*) as large as you want your tart (*Dortzen*) to be, but like a *fladen*, big or small, it must not be thick, only as thin as a *fledlein* at the price of eight pfennig. Put fat into a pan, as much as a walnut with the flour, and five egg yolks. Take milk and stir it (*zerreib es*) in the pan like a wheat porridge (*Waitzen prey*). Cook it over the fire like an egg mush (*ayerprey*). When it boils, stir it well so that it does not become lumpy (*putzet*). It must be quite thick, like the dough for the *Lichtfesser* or thicker. Afterwards, when you take it off the fire, pour it into a bowl. Beat in two eggs, reserve the whites, colour it nicely yellow, and add sugar so that it is as sweet as a *Mayenmuß*. Stir (*zertreybe*) it well with a spoon so that it becomes nicely smooth. It should be as thick as the dough for *Bruetenkuechlein*, a little thinner, and thicker than *streublein* batter. After that, take (it) and make of the base you have rolled out (*von dem platz den du gepletzt hast*), make it as flat as a *fladen*, and add *taig* that stays on the bottom like on a *fladen*(?). The bottom should not be thin, as thin as the back of a knife, so that it can be worked like a marzipan (*wie ein Marcepan machen mag*). Then take a rolling pin, roll it as thin as you can, cut holes into it and make *brieflein* over the *schechtelein* (patches/covers over the openings?). Spread (*recks*) over the *teyg* that lies nicely in the *kesslein* on the *tayg*. Sweep the oven out nicely and bake it in the oven like bakers bake bread, thus they rise nicely. You can also make it in a pan (pastry pan) like a *Mayenkuchen*, it also cooks that way. After that, put it on a plate and strew *Trysanet* on it. Thus it is tender when it has finished baking and is still brown though it is not burned.

65 If you would make it with veal

Also make such a container (*geheiß*) with such a *tayg*, but the base must be deeper and thicker. Take veal and let it boil well, but not fully done, only halfway done (*auff halbenthey*). Then chop it as finely as possible, place it in a bowl, add a little fat and season it well. Place it in the container (*geheuiß*) which you made. Then take four eggs, boil them hard, take the yolks and set them on top. Make a lid over it as though for the *Dortzen*. When you take it out of the oven when you think it has had enough and take off the lid. If it has become brown, take bacon and brush (*salbs*) it above, and when you want to serve it, pour in a fat meat broth.

66 To make *Dortz*

Put fat in a pan, a piece as big as a walnut, and when you put it into the bowl you must also put fat into it like you do into the pan. Beat it well together and brush the base (*platz*) well with egg yolk, thus it is baked nicely.

67 To make Milk Fritters (*Milchküchlein*)

Take milk in a pan, as much as you wish to have, and do not let it boil fully, but let it become quite warm. Take flour in a bowl, and once the milk is hot, pour it into the bowl and stir it well. Do not pour in too much, let it be nicely thick as for *gebrüete kuechlein*, bake (make) it a little thicker. Then take eggs and stir them well in a small pot (*heffelein*). Salt them as much as they require and pour them in (to the bowl). Beat it well, and take many eggs, that way they rise well. The dough should be like *Bruetekuechel* dough. Above all fry them while the dough is warm from the milk, that way they rise nicely. Do not use too much milk, but all the more eggs, that way they turn out good. Make the dough much thicker than *streublein* batter and lay it in (to the hot fat) with a spoon. Do not make the fat too hot, otherwise they become brown, and fry them slowly. Give them a good heat at the end, that way they do not collapse (*fallen sie nit ein*) and turn out good and not greasy (*schmaltzig*). They look just like *Bruetekuechlein*.

### 68 Fritters of Eggs

Take two eggs, boil them hard, remove the yolks and chop them small. Pour in a little milk and stir them to pieces in a bowl. Take two egg yolks and three spoonfuls of milk. Break one egg yolk into it or (and?) beat the yolk well so that no lump remains in it. Salt it. You may also cut almonds into it. Place it on a plate, turn it over (*welgern*) a little in flour, but do not work the dough too hard, like that for *gewolne kuechlein*, as little as you can, thus they are thick. This will make about eight fritters, each as big and long as a finger. Fry them floury (*rein melbig*) and give them a good heat at the end. Thus they will be quite crisp and good.

### 69 Steamed Chickens

Roast the chickens until they are done, as is proper. Then put them into a pot in one piece and pour in *Malvasier* (malmsey wine) and a good *Drisanet* (spice mixture). Let it cook down (*einpraten*), thus it will gain a thick sauce (*bruelein*) the colour of liver (*leberfarb*). Cover it so the scent does not escape (*es nich außrieich*). Season it as it requires and you see fit.

### 70 Geplotzte Chickens

Roast the chickens and cut them apart in halves. Bake/fry them (*bachs*), pour on *Rainfal* (Ribolla gialla wine), strew *Drisanet* (spice mixture) on them and colour them yellow. You may well not put bread into them. Thus it is done.

### 71 Peach Salad

Take them and peel the kernels. Cut them open so that they still hang together on one side. Take the kernels, break them open and peel (blanch?) them. Take each one kernel and put it into a peach. You also put in blanched almonds and nuts. Lay them in a bowl, pour on *Malvasier* (malmsey wine), and you may well also strew on *Trisanet* (spice mixture).

### 72 Peasant Dumplings (*Bauren knödlein*)

Take pepper, and a good part of onions with it, but not too much. Chop it well together, but not too small. Melt (*brenne*) a good piece of fat in this and then break two or three eggs into it and parsley. Do not make it too thin with the eggs and fat, and also take wheat flour and groats (*grieß*), one spoonful, but not as much as the wheat flour, or also add (grated) white *Semel* bread to it if you can have it. Thus they become thick. Make the mass quite thick, as for meatballs (*flaysch knoedlein*). When the meat broth is boiling, lay them in and let them cook quite gently. They must not cook long. And put in fat and eggs beforehand, otherwise it does no good.

### 73 To Boil Fresh Lampreys

Take them and scald them in warm water. Then cut off their heads but do not cut off the tails. If you scald them well, you can draw out fine veins from the tail if they are veiny once the heads are cut off. Wash them as nicely as possible in warm water. Then take a pan, pour water into it and boil them. Let them boil long and then salt them slowly, otherwise they become tough (*zech*). They must boil longer than a carp. Then arrange them on a plate, thus you eat them with ginger. If you would boil fresh salmon, you must boil it like a carp, in vinegar and water.

### 74 To Boil Trout

If you wish to boil trout well, you must boil them in pure vinegar.

### 75 To Boil Tench

Cut them open and take out the innards. Take boiling water and scald them, thus the slime comes off. Then they have small scales, also remove those. When they are cleaned well, cut them apart like a carp, wash them nicely inside like other fish, and boil them in water until they are half done (*biß auff halben theyl*). Then remove the water and pour on wine. Let it boil and add add breadcrumbs (*semelmeel*), thus they develop a thick sauce (*brüe*).

Afterwards add sugar as well, colour it yellow, and season it. You may also boil an eel this way.

#### 76 To Cook a Spoon Dish (*Ein Müßkochen*)

Take thick milk and boil it in a pan, and when it boils, put it in a pot and set it by the fire. When it boils hard, beat the eggs well and put them into the pot with the thick milk. Let it boil slowly (*gemach*) that you see it does not curdle completely (*gehet ... nit gar zusammen*) like an egg cheese (*ayr keß*). Put it in a small bag and leave it hanging one night, thus it drains (*zerseyhet*). Or place it in a small vat and sew shut the bag so the cheese cannot come out, lay nice bread on it and a stone above to press it. This way, the whey comes out. Tilt the vat, then take the cheese and grind it in a grinding bowl. Add sugar and grind it like a May dish (*Mayenmuß*), but it is to be thick like an egg porridge (*ayr prey*). If it is too thick, pour on a little rosewater, then it smells of that. It is eaten cold.

#### 77 To Make Poplar Salve (*Alber brost*)

medicinal recipe

#### 78 A *Trisanet*

Take half a pound of sugar, one *Lot* ginger, one of cinnamon, one *quintelin* mace, one *quintlein* galingale, pound it small with the ginger and the cinnamon bark.

#### 79 Another Good *Trisanet*

Take two pounds of sugar, three *Lot* of cinnamon, two *Lot* of ginger, two *Lot* of galingale, one *Lot* of mace, one *quintlin* cardamom, a *quintlin* peppercorns.

#### 80 To Prepare Rose Sugar or other Sugar

Take three *Lot* of sugar to one *Lot* of roses, but four *Lot* with lavender, and to a *Lot* of flowers (*Pluemlein*) also this much.

#### 81 To Clarify Honey

Take a quarter (*viertel*) of honey in a flat basin (*beck*) and the whites of three eggs. Beat it well so it develops a foam.

#### 82 To preserve Ahletwurz (Alant?)

medicinal recipe

#### 83 If someone's feet have frozen

Take brandy (*gebrenten wein*) and rub (*schmir*) them well above a coal before they crack, that is supposed to help. This is also good: take a radish, hollow it out and fry it in old grease (*einem alten schmerb*), force it through a cloth and rub yourself with it. It is also good when someone's feet have frozen: When the first peas that you eat come out, rub your feet with that, thus they will neither freeze nor crack.

#### 84 Those are the good herbs

medicinal recipe

#### 85 Against the Disease of the Mouth (*mundfeule und pruene*) so that the gums grow again

medicinal recipe

86 To make hair beautiful

medicinal recipe

87 A good stomach electuary

medicinal recipe

88 A water for the chest

medicinal recipe

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