

## Innsbrucker Rezeptbuch (Vienna Cod. 5486)

The Innsbrucker Rezeptbuch is a manuscript recipe collection from a South German/Austrian context. It dates to the mid-fifteenth century and survives as part of a set of medical and culinary texts bound together. The editor Doris Aichholzer published it together with two related manuscripts and drew attention to the less elaborate, more practical recipes. The manuscript is of unknown provenance, but has been owned by the Habsburg emperors since at least the early sixteenth century. It is now held at the Nationalbibliothek in Vienna. An edition, German translation and commentary can be found in Doris Aichholzer: *Wildu machen ayn guet essen... Drei mittelhochdeutsche Kochbücher*, Peter Lang Verlag Berne et al. 1999

1 If you would make a pressed milk, take two parts milk and the third part eggs, beat it together and salt it lightly. Boil them in a pot and the same pot inside another pot, boil water in this, or inside (immersed in) a cauldron, or add hot fat and stir it together as for a *vogel pias* (a kind of custard). Then wrap it in a cloth and press it etc.

2 If you would make a fried milk, take pressed milk and cut it into slices (*snitzen*). Make a *strauben* batter and fry them and then serve it in a *ziseindel* sauce (fruit sauce) or a pepper sauce (*pfeffer*) or dry (i.e. without sauce). Thus it is good etc.

3 If you would roast (*pratten*) it then, lay it on a griddle or stick it on a spit and drizzle them with fat or serve it in a yellow broth (*prodlem*) etc.

4 If you would make congealed milk (*stokmilich*), also prepare it this way. If you wish, also serve it warm and stir it with a spoon etc.

5 If you wish, put it in a cheese vat (*chas kar*) and let it drain well, and swerve it in place of an *ayer chas* (egg custard). You should make it quite thin and salt it very lightly, and serve it with saffron.

6 But if you wish, serve it in a spicy sauce (*ein gesultzt*). That is also good. Prepare a sauce (*sultz*) for it and spice (*stupp*) it well etc.

7 If you would make a tart cherry puree (*weichselmüz*), take tart cherries in a pan and break them up (*zertreib sy*), add toasted bread and pass it through a cloth with wine. Season it well and beat egg yolks into it, then make it as thick as a side dish (*gemüez*) and do not oversalt it.

8 If you would make a puree of sweet cherries (*chersen*), make it in the same way as the tart cherry puree and do not oversalt it etc.

9 If you would make a puree of damsons (*krichen müez*), also prepare it in the same manner as the first.

10 If you would make strawberry puree (*erper müz*), also make it in the way etc.

11 If you would make a puree of brambles (*praper farnts* (?) etc.

12 If you would make a puree of spilling plums (*Prunus domestica* ssp *pomariorum*, *spending müz*), take the spilling plums, pour on a little water, and boil them so that the stones fall out. Take some toasted bread and pass it through (together) with wine, and add honey and spice it well. Then bring it to a boil and prepare it like the other purees (*müeser*) and do not oversalt it.

13 If you would make a roasted (*gepratenes*) apple puree, brown (*pren...ab*) the apples in fat and chop them, spice them, add honey, and then prepare it in a pan so that it turns out thick. Do not salt it etc.

14 If you would make a puree of pears, roast the pears in the embers so they turn black, then place them in cold water and remove their peels. Then boil them and pass them through with toasted bread and mix in wine and honey, and boil it in hot fat, spice it well and do not salt it.

15 If you would make a puree of dried pears (*klotzenpirn*), wash them in warm water, cut off the stalks and the cores, and boil them or let them soften in water. Pound them and pass them through, and add toasted bread and wine and honey. Season it well and salt it lightly etc.

16 If you would make a puree of nuts, let the nuts boil in a pan until their skins come off. Then pound them and pass them through with *semel* bread that is toasted (*pawt*). Season it and add fat, and do not oversalt it. If you wish, add eggs and make it the thickness of a bread porridge (*semel müez*) etc.

17 If you would make an elderflower porridge (*holer müz*), take the elderflowers and place them in milk. Let them boil in it until it has thoroughly gained their scent, then pass it through with toasted bread or otherwise make a porridge with the milk. And press out the elderflowers and do not oversalt it.

18 If you would make a good almond porridge, you know well to make that with rice flour or other flour, or pound them like the nuts etc.

19 If you would make a good porridge of millet (*prein*), boil the millet in a pan with milk and salt it lightly. Then pass it through with eggs like peas. Put fat into a pan and put the millet in it, and thus let it boil gently. Cover the pan and lay fresh coals (read *kolen* for *holer*) on it, thus it turns out like a cake. Then serve it on a serving bowl etc.

20 If you would make a chanterelle (*pfifferling*) porridge, take the chanterelles and put them into cold water and leach out the sour taste. Then pound them and take a *semel* loaf and (lay it) in milk and then pass it all through together. Take it and wring? (*wing*) it and add fat and do not oversalt it. Serve it in a bowl like elderflower porridge.

21 If you would make a good egg mush (*ayer müez*), take eggs and beat them, add milk and a little flour. Put this together, you know this well.

22 If you wish to make pounded chicken (*gestozzen hüen*), boil it and pound it in a mortar. Add a little toasted bread to it and pass it through with wine. Break eggs into it, spice it and serve it, and do not oversalt it.

23 If you wish to make a crawfish *Mus*, boil the crawfish and shell the tails and the claws. Pound the rest and pass it through like the chicken *Mus* (*huormuez*). Lay the necks (tails) and claws into it, season it with spice powder (*stupp*) and salt it.

24 If you would make a pea puree, boil them and pass them through, and season them with spice powder (*stupp*)

25 If you would make a shaggy *Mus* (*zottet müez*), make sheets of dough that are thin, and then cut them so they are as small as small rings. Fry them in fat so they are not very brown and then cook them in good milk. Serve it and add fat etc.

26 If you would make a pigeon *Mus* (*? ge auben müez*), prepare this like the pounded chicken, or serve them roasted or in a *ziseindel* sauce or boiled, or pound them in a mortar or chop them and place them in a pan in the kitchen. Prepare eggs as though for an *ay kuechen* (pancake). Prepare this well and take another pan, heat fat in it and put in one egg. Fry it, and chop hard-boiled eggs into it. But take two or three pigeons (*?dy auben*), and do not oversalt it.

27 If you would make a good *Mus*, take flour and break eggs into it and chop it. Make a *Mus* of it, colour it yellow, and do not oversalt it.

28 If you would make a *Mus* of *strauben* fritters (*strauben muz*), chop the *strauben* and cook a *Mus* with them. If you wish, pound the *strauben* and pass them through with wine and prepare the *Mus* with spices, the thickness of a *Mus* of pounded chickens etc.

29 If you would make a *Mus* of pounded *chuchlein* fritters, prepare it like the *strauben Mus*, with spices.

30 If you would make a puree of calf liver, roast the liver and chop it. Also take toasted bread, pound this together, pass it through, and season it with spices. Do not colour it yellow but leave it black and also add honey.

31 If you would make a pounded dish (*gestozzenes*) of veal, chop it and pound it, pass it through with toasted bread and wine, and prepare it like pounded chicken. Let the meat boil a little.

32 If you would make a lung *Mus*, boil them and chop them, and prepare them with eggs. Spice it and colour it yellow if you wish etc.

33 If you would make an onion puree (*zwifel müez*), boil the onions and chop them small etc.

34 If you would make an onion puree (*zwifel müz*), peel them and boil them like an apple puree in their own steam (*in dem dampf*). Break them up and then grate a *semel* loaf into it. Pass it through and season it with spices etc. Make it a little sour, add fat, and do not oversalt it.

35 Item a puree of garlic (*knolach*). Take three heads of garlic or four, pound them together and pass it through. Take a pan with fat, put it into this, stir it and do not oversalt it.

36 If you would make a roe deer puree, toast gingerbread (*lezelten*) as though for a *pfeffer* sauce, add the roe deer blood and honey, and grate a *semel* loaf into it. Season it with spices and add fat, and do not oversalt it.

37 If you would make a *furhes*, boil the meat and chop it. Pour the blood into this and wine or vinegar, and grate bread into it and add honey. Also add spices (*wurtz*) and add finely chopped onions, and add fat. Prepare it this way and salt it etc.

38 If you would make a *Mus* of four colours, take chard (*pissen*) and parsley and pound them. Pass it through with wine and prepare a *Mus* from this, that will be green. A *Mus* made of good milk, that is white. The third colour: colour a wine *Mus* yellow. The fourth colour is: take burned bread and pound it very small, and add that to the *Mus* (*gemuez*), that way it will become black, or (colour it) with tart cherries. Pass through the milk and let it boil up beforehand, and salt it lightly, that way you have the four colours and four kinds of *Mus*. Do not make them too thin, and brush (*salb*) the serving bowls with honey ahead of time, that way the different kinds of *Mus* do not run into each other. Serve it.

39 If you would make a puree of fish, boil the fish until they are half done (*?auf halben weg*) and pound them. Add grated gingerbread (*lezelten*) and toasted *semel* bread, and pass them through with wine. Season them with spices, and prepare them in the thickness of pounded chicken.

40 If you would make a good galantine (*galrad*) of a pike, boil the pike and chop the flesh. Then boil the flesh in wine and honey and turmeric (*gelbwurtz*). Boil this together until it can be poured like an electuary (*latwargen*) and do not oversalt it.

41 If you would make a galantine (*galrat*), take wine and honey and gingerbread (*lezelten*) and raisins and almonds (read *mandl* for *maldl*) and boil it all together to the thickness of a mild pepper sauce (*ein lener pfeffer*). Colour it yellow, spice it, and salt it lightly. And if you wish, add the liver of a calf to this. Pass that through with wine and also boil it in this etc.

42 If you would make a good dish, take the antler of a young deer and singe it clean. Boil it and pound it. Take the antler and wine and honey and gingerbread (*lezelten*) and boil it together. There shall only be the blood of the antler (used in the dish), and this is good.

43 If you would make a pressed pig's head, singe the head clean and boil it so that the meat falls off it. And chop that meat small and season it with turmeric (*gelbwurtz*) and then take it and press it, or let it heat in a pan, or prepare pancakes (*pletter*) of eggs and spread them with this. Lay many of them on top of each other, wrap a white cloth around them and press them. Make a sauce of honey and gingerbread with it etc.

44 If you would make a curd cheese (*ziger*) of almonds, pound the almonds and drain (*seck*) them through a cloth. Take half the milk and boil it, and then pour cold milk on it mixed with sugar.

45 If you would make a hedgehog out of almonds, take almond milk and boil it very thoroughly, drain it, and let it dry on a cloth. Prepare it in such a way that it hardens. Then stick slivered (*getailt*) almonds into it and pour almond milk over it. And if you would colour it yellow, you may also do that etc.

46 If you would make a cheese (*chäs*) out of almonds, take almond milk and boil it with wine so that it curdles (*gerin*) and then drain it through a cloth over straw. And let it harden. Then put it into a vat (*kar*) and mix it with sugar and with other spices (read *gewürtzen* for *gelbürtzen*) and serve it dry.

47 If you would prepare poached eggs (*verlornew ayer*) of almonds, divide the (almond) milk in two parts. Colour the first part yellow and put a yolk into it. From the other part, you make white cakes (*zeltel*) etc. Pour more almond milk on it that should be coloured yellow, and also sugar it. This is good etc.

48 If you would prepare a dish from the head of a roe deer, boil it so that meat falls off it and chop that. Prepare chopped meat with this (*ein gehackt von fleisch*) and mix them together. Then take the forehead bones (*hirren pain*) both. Put the brain into them and wrap them in a sheet of eggs. Wrap the chopped meat around the other bones and roast them. Then spice them and do not oversalt them. When they are roasted, serve them roasted or prepare a *ziseindel* sauce or a *pfefferlein* sauce etc.

49 If you would make a pastry (*pasteten*), make a dough of eggs as though you wanted to make hare's ears (*hasenorel*, a type of fritter). Then roast that and shape it over a bowl (*mach ez über ein schussel*) and fry it in a pan. Prepare a *taig* (dough lid? filling?) for it or put in birds in a *ziseindel* sauce, or fish, but with the best spices you can get. Close it on the top. If you wish, (prepare? serve?) it in a pot. This is also good etc.

50 If you would make a filled fish (*gefülten visch*), detach the skin starting from the tail and take out the flesh, and boil it with spices (read *gewurtzen* for *gelburtzen*) and raisins. Place that back into the skin and close it with skewers (*zwecken*), and then roast it or serve it in a *ziseindel* sauce and do not oversalt it etc.

51 If you would make a larded roast of fish, take the flesh of the fish and boil it and season it with spice powder (*stupp*), and colour it yellow. (Add) a little fine white flour (*semel mel*) and two eggs or 3. Shape it like a roast and boil it well, then stick it on a spit, baste it with egg yolks, and roast it. Slice hard-boiled egg whites like bacon and stick it into that etc.

52 If you would make a roast of eggs, beat the eggs in a bowl, season them, salt them, and pour them into a bag. Let them boil in that so they turn very hard. Then take the egg, stick it on a spit, roast them and lard (*besteck*) it with the egg so that it looks like larded etc.

53 If you would make a venison roast (*wild praten*) of eggs, prepare it like the (above) roast, but do not roast it and do not baste it. Slice it as thick as a finger and serve a pepper sauce over it etc.

54 If you would make halved eggs, boil the eggs hard, shell them, cut them apart and remove the yolks. Chop them and add parsley and season it and salt it, and mix it with another (raw) egg. Fill it back into the white, fry them in fat, and (serve) a pepper sauce (*pfefferlein*) or a *ziseindel* sauce over it, or serve them in a yellow sauce (*prülein*) and salt them, or serve them fried in *strauben* batter.

54a If you would make *kraus eyer*, boil the eggs so that they remain soft at the yolk (*totterweich*) and make two holes into the ends and take out the yolk. Chop parsley into it and season it, and see that the white stays in the shell. Cook the yolks in a pan and in fat so that they do not turn too hard, and then fill them back into the eggs. Then let them boil in meat broth or in water and then serve them in a good sauce (*prülein*) if you shell them, or in a *ziseindel* sauce, or fry them in fat.

55 If you would make filled roasted eggs, also prepare them in this way (*des sins*), and then you roast them on a skewer with their shells, and also chop the white etc.

56 If you would make a May Cake (*mauschen chuechen*), take five eggs or seven and beat them well, and add three full spoons of milk. Heat a mortar and heat fat, and cover it above and place coals on it, this way it will rise.

57 If you would make rice out of eggs, boil the eggs hard and then take the hard egg (*daz hert*) and chop it very small. Take good milk and boil the (cooked) white in that, and if you wish, take egg white and a little fine flour and beat that together. Pour it into the pot that has the rice in it. Thus it will become thick. Do not oversalt it.

58 If you would make a large egg like a large ball (*kugel*), cook it in two bladders one of which is larger than the other. Put the yolk into the small bladder and both (the bladder and the whites) into the large one. Put in the yolk first and then pour in the egg white. Let it boil so it becomes hard.

59 If you would make a “changed” (*vercherten*) fish in three manners: fried, boiled, and roasted, take the fish and lay it on a griddle. Where (i.e. the part) you wish to boil it, wrap a cloth around it that is moistened with wine or vinegar and salt it. Thus, it boils. The second part you fry thus: strew it with flour and pour hot fat over it. The third part roasts by itself etc.

60 If you would make a blanc manger (*plametschir*), boil a capon and remove its skin. Chop the meat with rice flour and season it well with good spices and also add honey if you wish. Let it boil until it becomes dry. Then taste it and wrap a cloth around it, and let it dry through that well etc.

61 If you would prepare a filled calf’s liver, chop the liver small and add eggs. Season it, take the caul (*netz*) and put (wrap) it in that. Let it boil, or fry it in a pan, or prepare a *ziseindel* sauce for it, or make it thin and serve it as a puree (*müez*).

62 If you would make curdled (*gerünene*) almond milk, boil fish scales and pass it through a cloth, and pour that (cooking liquid) into the almond milk, thus it becomes a *sultz*. Lay it out and it will harden, or leave it as a white *sultz*, and lay into that whatever you wish, thus it is a white *sultz*.



63 If you would make a *furhes* from the blood of a calf, take toasted bread and the blood and pass it through with wine. Season it and add honey, and chop the lung into it. If you wish, you can also add grated bread.

64 If you wish to make a hollow roast (*holpraten*) of meat, chop the meat small and break eggs into it. Salt it and season it and add a little flour. Take a spit that is as large as a rolling pin (*welg holtz*). Make it pointy, but leave it thick in the middle. Wrap the meat around it and roast it (basting) with fat, and take it off once it turns hard. And if you wish to fill it, use raisins and figs and almonds, or birds in a *ziseindel* sauce, or fish and bread. Roast it again/more (*paz*) on a griddle and do not burn it.

65 If you would make good meat, roast the meat and serve it in a *ziseindel* sauce, and see that it is veal. That will be a tasty dish.

66 If you would make filled apples, cut the apples open at the top and hollow them out. Then fill them with roasted apples, chop those, or with raisins, and close the apples again. Roast them or fry them in a *strauben* batter in fat.

67 If you would make filled wafers (*oblat*), also prepare them in this way and then prepare two sheets of dough, wrap them around, close them up all around and fry them in a pan.

68 If you would make filled sheets of eggs, take eggs and beat the whites separately. Take a little fat into a pan, only enough to cover the bottom, and pour the eggs into it. Make very thin sheets and also make sheets from the yolks. Spread the sheets (with) roast apples or with raisins or figs and then roll them over each other (*welig si dann uber ein ander*) and cut them like rose sausage (*rosen wurst*). Stick 4 or 5 of them on a skewer of wood. Prepare a batter and roll them in it, then fry them, withdraw the skewers, and cut them open lengthwise.

69 If you would make filled slices (*gefult sniten*) in this manner, lay one slice atop the other. If you spread them (*bestreichst*), use four (apiece). Also fry the in the same manner and also cut them open into pieces (*snitzen*) etc.

70 If you would make filled *semel* loaves, cut the *semel* loaves open at the top and hollow them out. Also fill them in this manner or prepare birds in a *ziseindel* sauce or fish. Fill them into the loaves and then close the hole again. Also fry them etc.

71 If you would make filled crawfish, prepare them with eggs and chopped crawfish as you would make filled eggs and roast them on a skewer or fry them etc.

72 If you would make crawfish in a jelly (*gesultzt krebs*), boil the crawfish and shell the necks (i.e. bodies) and claws and put them in a *sultz* of fish or of calves' feet.

73 If you would make filled milk, first press it and then prepare it like filled slices (*sniten* - recipe #69) and also fry them. Cut them open in the same way so you can see the filling etc.

74 If you would make a filled chicken, remove its skin so that it stays whole. Take roastable (*pratigs*) venison and bacon with it and chop it small while it is raw. Add spices and return it to the skin. Put it into a pot and let it boil, and then serve it in a good sauce (*prulein*) or dry it on a griddle etc.

75 If you would make a jelly (*sultz*) of four colours, take calves' feet or sheep's feet and boil them until the bones fall out, and then make the *sultz* with that. The green colour is made with parsley juice, add the feet to that and let them boil together and pass them through. The black colour is made with tart cherries (*weichsel*) or with dark toasted (*prenten*) bread, also add the feet to that. The yellow is made with saffron. Season all four colours. The white is made of almonds or nuts. Pass them through, and boil each colour separately and add a little wine, but not to the white. When they gel (*gerün*) and you wish to serve them, rub a serving bowl with honey, and let the jelly (*sultz*) harden (*uberslahen*) so it does not run together.

76 If you would make a *gespot* in May, take a flowing cheese and slice it into a courtly serving dish (*hoff schüssel*) (in pieces) larger than a finger. Break eggs into it, stir it well, and fry it in May butter etc.

77 If you would make filled dough sheets, make the sheets very thin with a rolling pin. Then take eggs and boil them hard, chop them, and prepare them as if you wanted to make halved eggs. Season it and also add honey, and spread this on the sheets. Then prepare a *strauben* batter and roll them in it, and fry them. Cut them into slices and serve them dry or serve a *ziseindel* sauce over them.

78 But if you would make a dis (*gemüez*) like chicken puree (*huen müz*), make it a little soft (*len*) so it resembles this. But if you wish, pass it through with wine, that is a good *müz*.

79 If you would prepare a wreath of four colours, make sheets of eggs. (Make) white ones from egg white, yellow with yolks, green with (herb) juice and egg white, and black also in this manner. Roll them over one another and then cut them in the length of two digits. Then stick them on a reed (*schin*), one colour after another, and tie it together like a wreath. Prepare a *strauben* batter and lay it in that, then fry it. After it is fried, pull out the reed. Then cut it on the top all around so you see the colours etc.

80 If you would prepare fried milk in a mortar or a pot (read *scherben* for *scherlen*), take good milk and seven eggs and beat that well together. Put fat into the pot and then put it (the milk) in. Cover it above and put fresh coals on it. Or take curdled (*gerunene*) milk that has been laid out to dry, pass it through with eggs and also prepare it in the manner as described above in a mortar or a pot etc.

81 If you would prepare a soup of hemp, take raw hemp and pound it well. Then pass it through. If you wish, boil it in a pan and cause it to curdle. Prepare a puree from the curds (*topfen*), add spices and honey, and leave it white as it is. Prepare it as thick as a thin porridge (*ein prein, der len sein*).

82 If you would press the hemp, also prepare it this way and press it, and then serve it sliced and put sweet spice powder (*ein suss stupp*) on it. That is good etc.

83 If you wish, fry it like pressed milk. But if you do not wish to eat it with fat, it is better sweetened (*ersust*) or you prepare it with a *ziseindel* sauce or *pfeffer* sauce.

84 If you would roast it, you can also well do that. If you eat fat (*smaltz*) on a Saturday, you can prepare and season it exactly like pressed milk.

85 If you would make a cake (*chuechen*) of it, prepare it in the same manner as a porridge (*den prein*) and pass it through, and also let it cook in a mortar.

86 If you would prepare Bohemian (*pehaymisch*) peas, boil the peas in lye (*kaltgüzz*) and when they shed their skins, pour the lye and the peas into a small vessel (*schefflein*) and rub it together on a strainer (*durich slach*). Wash the peas well in water with the skin and let them boil, and do not oversalt them. Serve them this way or colour the sauce (*prulein*) yellow etc.

87 If you would make a pastry (*pasteten*), take eggs and cook them in fat like scrambled eggs (*ein gerüert air*). Beat them and then take fat that is hot in a mortar and put the eggs into it. Then take birds and fry them in fat, and add the eggs, or take roast chickens and cut them apart and also stick them in (the egg) and let the feet stick out above. You can also use fried (*pachen*) fish with this.

88 If you would prepare shaggy (*zotet*) peas, boil them like the Bohemian ones and then let them boil dry so that the water boil away (*einsied*). Then pound them well and season them, add honey, and pass them through a strainer. This way they will look like worms (*maden*).

89 If you would make them black, prepare them with toasted (*prantem*) bread. Pound this very fine and mix it in, and then pass them through in the same manner etc.

90 If you would fry them, also prepare them in this manner and let them become thick, then shape small balls and fry those, and roll them in *strauben* batter etc.

91 If you would fry them in another manner, prepare them in the above way again and beat eggs into them and make a batter and fry that. Shape them into little balls with a spoon etc.

92 If you would make cake (*chuechen*) from them, prepare the peas as described above and beat eggs into them, and then pout it into hot fat in a mortar or in a pot (*scherben*) or in a pan and let it fry in that.

93 If you would make peas in jelly (*gesultz arbais*), also prepare them in this manner and boil them in honey, that way they turn out thick. Then cut them into slices, lay them in a bowl and pour *sultz* (aspic) over them and let it gel. Thus it does not fall apart (*zerüert*) and stays as it is.

94 If you wish, you can fill sheets (*pleter*) with it, but it is a little hard and falls apart easily etc.

95 If you would make a hollow roast (*holpraten*) of it, also prepare them in that manner and wrap (*slach*) them around a wooden spit that is as big as a rolling pin or bigger. Roast them and baste them with hot fat. Some say you should also pour honey on it so it will be stronger, and grated gingerbread (*lezelten*) should also be added to it, that way it is tastier and good etc.

96 If you would prepare a *furhes* of of peas, boil them so they do not become mushy (*müsot*) and (add) toasted gingerbread (*geprant pfeffer prot*) and pass them through with that. Grate gingerbread (*lezelten*) or bread into it. Take the toasted (*verprünnen*) bread and pound it very small and also add it, that way it becomes black. And take onions cut small and fry them (*swais ab*) in fat or oil. Add them, and honey, and season it and take hard bread like (as though for?) a hare's head (*hasen kopf*) and add that, and do not oversalt it etc.

97 If you wish, you can make a chessboard of it. Only take of coloured pounded peas and put them in a bowl. You know how to divide them, and if you wish, press a particular coloured item (*ein besunder gefert*) on every part (i.e. field of the chessboard) with a mould.

98 If you would make venison out of beef, take roastable (*pratig*) (meat) and chop it raw, add eggs, and shape long balls the size of a piece of meat. Let them boil in water in a pan and then prepare a good pepper sauce (*pfefferlein*) to go over them, or a *ziseindel* sauce, or a good *prülein*.

99 But if you would prepare the venison in a *sultz* (probably aspic), you can also do this well. But you must season it first and then add the *sultz* (*so sultz es*), that way it is flavourful inside the *sultz*. Make the *sultz* from meat.

100 If you would make an assembled (*angelegtes*, literally laid-along) chicken, take a capon and pluck it cleanly. Take off the skin and cut the meat cleanly off the bones everywhere. Chop the meat and do this also with the eggs. Wrap it around the bones again. When you prepare this (do it) with spices (*gelburtz*), then boil it in meat broth and make this broth nice etc.

101 If you would make a boiled chicken in a glass, pluck the chicken and take off its skin. Leave on the feet and the neck, and chop the rest of the meat and season it. Pus the feet into the glass one after another and then fill in the meat by the neck above. Set the glass by the coals, thus it boils. But you must sew the skin shut before you put it into the glass etc.

102 If you would make good fritters of calves' lungs, chop the lungs small and add a little boiled bacon and two egg yolks or three. Season it and shape small balls. Prepare a good *strauben* batter, dredge the balls in that, fry them, and do not oversalt them etc.

103 If you would make a good fried dish (*paches*), take *semel* bread and egg yolks and also four nutmegs. Cut each one into four parts. Heat fat in a pan and stir it in that, then put it in a mortar that is hot and has a little fat in it. Cover it above and put coals on it that are fresh, and let it fry in that.

104 If you would fry tripe (*wammppenflekh*), boil them very well and prepare a *strauben* batter, dredge them in it and fry them. But you may also first fry (*rosten*) them in fat if you wish, and salt them etc.

105 If you would prepare fritters over a reed (*ror*), prepare a *strauben* batter and take reeds. Remove the nodes (*die lid ab*) and dip the reeds in the batter and fry them. When they are fried, pull out the reeds and wipe them so they are not wet. Fry more over them until you have a good (quantity for a) dish. Make a sauce (*gusst*) over it with honey and a little wine etc.

106 If you wish to fill reeds (*fritters*) when you fry them, fill them with raisins and figs or with roast apples that are prepared with spices. Dip the ends in batter and then hold them into the fat so that this also fries.

107 If you would fry *charbel* (chervil?), prepare (dough) sheets like for hare's ears and cut them apart in the middle. Put hot fat into a mortar and let the mortar stand in the embers. Stick them (the dough pieces) on a skewer and place that in the mortar and stir it about. Let it fry this way and turn it (the skewer) over. That is good etc.

108 If you would make pressed milk in a different manner than the first (recipe 1), take eggs and milk and beat them well together. Put it into a pan and cook it like a *vogel speys*, and then press it in a linen cloth. Then prepare it as you wish etc.

109 If you would prepare a fritter that looks like cut dagging (*gesniten fronsen*), also make sheets of dough and cut them and roll them out on top of each other. Fry them in fat that is not too hot and press them together at the top before you put them into the fat etc.

110 If you would make a string-shaped (*gestriktz*) fritter, make a thick *strauben* batter and take a small courtly serving dish (*hoff schüssel*), and make a hole through and through (*dar durich und dor durich*). Thus fry it, and if it starts to come together in the middle, prevent it with a small wooden skewer, thus it will become (shaped) like a cross etc.

111 If you would make a sage porridge (*müez*), fry sage and chop it like *strauben* fritters (or: as fine as dust? *alz die stauben*) and prepare a porridge with good milk. Do not oversalt it.

112 If you would make fried stars, prepare dough sheets as for *hasen orlein* and cut stars from them. Always put two on top of each other and fill them. That is also good. Fry them like other fritters, but these are better etc.

113 If you would make a sauce, take parsley and sage and *pfeffer chraut* and chop all of that well. Catch dew with a white cloth, wash it (the herbs) with that, dry them, and keep them as long as you wish. And whenever you wish, prepare it with vinegar or with wine etc.

114 If you would make a sweet sauce, take grated gingerbread (*lezelten*) and boil it in wine and honey with cinnamon and ginger, and then make it thin. Thus it is good etc.

115 If you would make a white sauce, take almond kernels and pound them well, and pass (*reib*) them through with wine or with vinegar. But if you do not like almond, take garlic and season it with *gelburtz* (tumeric? or read *gewurtz* – spices?). And if you would have it yellow, colour it yellow, or green with parsley etc.

116 If you would make a sauce out of cowberries (*payssel per*), take grated gingerbread (*lezelten*) and pass (*reib*) it through with wine or vinegar, and pound the berries beforehand.

117 If you would make a sauce from nuts, take nuts and *semel* bread and hard-boiled eggs, but only take the whites of the eggs. Pound it together and pass it through with wine, spice it and salt it gently, thus the sauce will be white. White sauce with garlic is passed through with *semel* bread and not salted, and you use a little meat broth into it to thin it etc.

118 If you would make a green sauce of garlic, take the green (of the garlic?) and parsley and chop it together. Pound it and pass it through a cloth with *semel* bread and with wine or vinegar to the thickness of a *pfeffer* sauce etc.

119 If you would prepare a sauce of horseradish (*chren*), take horseradish and scrape it nicely along the root. Cut it into cubes and pound them. Add *semel* bread and pass it through with meat broth etc.

120 If you wish, also make a green sauce from the *kraut* (the greens of the horseradish?), this is also good ground with wine, or also pound it and pass it through etc.

121 If you would prepare a brown sauce, take strawberries and *semel* bread and pass it through with wine etc.

122 Item a blue sauce, take blueberries and also prepare them in this manner with *semel* bread and wine etc.

123 Item a sauce of raspberries (*holper*): pound them and pass them through with wine and spice them so they are sweet, or also add honey to it etc.

124 If you would roast a chicken without a (hearth-)fire, take a sponge and moisten it with oil. Set it alight and roast the chicken by this etc.

125 If you would cook fried eggs (*ayer im smaltz*) on paper, spread fat on the paper, set in on the embers and cook it on that etc.

126 If you would prepare large (*reymigs* – roomy or broad) fried eggs, break the eggs into the fat and see there is a lot of fat so that it reaches above the eggs. Drain it off afterwards. But first see that the fat must not be very hot etc.

127 If you etc. pressed fish, boil them and remove the bones and season them very well afterwards. Then press them, but taste them before you press them. Serve them as you wish: cut and with sugar on them, or in a good sauce (*iüssel*), or heated on embers, or whichever way you wish.

128 If you would make a chopped elderflower porridge, boil the elderflowers in good milk and pass it through so that the milk takes on the scent. Take two eggs or 3 and good flour, beat the eggs into it and chop it very well and prepare the porridge from that etc.

129 If you would serve a good dish of hens, take young chickens and pound the feet, neckflaps (*kräglein*), livers and necks and prepare pounded chicken from that. Then boil the chickens, as many of them as you wish, and serve them, in that *gemüez*. That is also an uncommon dish.



130 If you would prepare a *furhes* from the (the above chickens') blood, take wine and cut off their necks and catch the blood in the wine. Then boil this together and thicken it with toasted bread. If you wish, take their innards (*ingeweide*) and serve it in this, or chop it, and grate bread into it etc.

131 Item a cake of eggs in a mortar. Take 7 eggs and a little fine flour and beat it together. Pour hot fat into the mortar and (put) the eggs into it, set it in the embers, cover it above, and lay fresh coals on top etc.

132 If you would prepare it in a different manner in a pan, take sage into it and fry it in a pan, and then serve it as you please in a *ziseindel* sauce or a *pfefferlein* sauce or otherwise serve it dry (i.e. without a sauce) etc.

133 If you would make sausages from chicken's necks (*kragen*), take beef and chop it small with 3 or 4 eggs, and season it. Then take the necks and leave the crops attached to the necks, and fill the chopped meat into them. If you have meat left over, form small balls from it and fill them into the feet. Also put the stomachs into the feet. Then boil them and serve them in a yellow sauce (*prulein*) or *pfefflein* sauce that is also yellow, or in a chicken puree (*hüern muez*) or a *ziseindel* sauce etc.

134 If you would prepare a cake (*chuechen*) in a mortar, take eggs and beat them very well. Cut parsley and sage into them and then cook it in a mortar. Then serve a sweet sauce (*prulein*) over it and cut it as large as a finger, and serve it.

135 If you would prepare a clear (*lawtrew*) meat broth, if the meat is not good, take fat (*smaltz*) and let it boil in the broth, thus it becomes clear (*lauter*) etc.

136 If you would improve fish in aspic (*gesultz visch*) that will not gel, prepare a black colour. Take gingerbread (*lezelten*) and honey and wine and the colour and boil it all together. Then add it to the fish and also add the aspic (*sultz*), and make it stronger this way. Thus it will be tasty etc.

137 If you would prepare venison of fish, take out the bones and chop them small. Add parsley and also 3 or 4 eggs, and then shape small balls from it. Boil them and add turmeric (*?gelburtz*) and when it is boiled, cut them apart and prepare a *pfefflein* sauce over them as though you were making a *furhes* of peas etc.

138 If you would prepare a made (*gemacht*) sausage hang the sausage in the smoke and they roast it, and serve a *ziseindel* sauce with apples or with onions over it etc.

139 If you would prepare sow's feet, take a *semel* loaf and put it into meat broth so it softens, and pass it through like a *pfeffr* (sauce) in thickness. Then season it with saffron and *gelburtz* (spices, most likely) and put the feet and ears into this.

140 If you would prepare starlings in sauce (*ein gemacht staren*), serve them in a *ziseindel* sauce or in a *pfefferlein* sauce or in a sticky sauce (*in ein pikt*) or make a puree (*müez*) of it, or serve them roasted, or serve them in a pastry (*pastel*). If you wish to make the pastry, make it of eggs, in a pan, and put in the starlings as though you wanted to prepare forest birds.

141 If you would prepare coloured foods, be it purees or fritters, prepare the colour with wine or vinegar. Blue colour (is made) from cornflowers, dry them in a mortar and pound them very small. Then mix them with vinegar or wine and leave them to steep, or keep them as long as you please. Also prepare green colour this way from (parsley) juice etc.

142 If you would prepare white (colour), heat (*pren*) eggshells in a pot filled with eggshells, and heat them in a brick kiln or a lime kiln or with a potter. Grind this to dust and then mix the dust with egg whites, thus it will be white, or mix it with vinegar etc.

143 If you would make an elderberry puree, prepare it in the same manner as the blackberry (*prauper*) puree passed through with toasted *semel* bread, and spice and also salt it.

144 If you would prepare a rose porridge, prepare it in the same manner as an elderflower porridge. Boil the roses in milk and pass them through, and prepare a porridge from it. You can also prepare a lily porridge in this way, or a porridge of other flowers that have good scents. Etc.

145 If you would prepare a *müz*, fry flour in fat (*prenn daz mel in smaltz ab*) and make the porridge from that. Beat 5 or 7 eggs into the milk and pour it into the fat and colour it yellow. Thus it is good. Do not oversalt it and do not let it become lumpy (*knollat*).

146 If you would prepare a tart (*durden*), take chard and salt and parsley and cut it up small all together. Wash it in fresh water, grate cheese into it, and add fat and eggs. Then prepare sheets of

dough and put it into there, and bake (*pach* ?) it in a pan and put egg yolk on top and let it bake well etc.

147 If you would prepare ravioli (*rabel*), also prepare them in this manner and wrap it in sheets like *krapffen*, and boil it very well in a pan. And when you take them out, put grated cheese on them and also fat and salt etc.

148 If you would prepare a pastry of meat, take young chickens and boil them, or take starlings or pigeons or whatever you wish. Chop it and then put fat into a pan or a metal bowl or a cooking pot (*scherven*) and see that it is hot. Add each one part of egg and one part of meat in it and let it fry etc.

149 If you would fry small cakes (*chuchel*), take lukewarm water and prepare the dough with it. Beat eggs into it and do not make it too thin. Put a little fat into the pan and put in the *chuchel* with a spoon, but see that the fat does not cover them. Thus they rise nicely and become fluffy (*rogel*) and dry.

150 If you would prepare them in a different manner, take hot milk and pout them in small. These are also called roasted (*pratew*) *chuchel* etc.

151 But if you wish to make small cakes shaped like bonnets (*haubote chuchel*), prepare those with lye (*kaltgazz*) and let the dough stand for a while, and then fry them in the same manner as the first.

152 If you would prepare uncommon fried eggs (*seltzams ayer im smaltz*), take apples and put them into the fat as though you wanted to make fried apples, and when they are a little brown, break the eggs into it and first salt them etc.

153 If you would prepare good fritters of grated *semel* bread, take grated *semel* and beat eggs into it, and make the batter thick. Then fry them and put them in (the pan) with a spoon, and do not oversalt them etc.

154 If you would prepare almond porridge (*mandel muez*), pound the almonds and pass them through with *semel* bread if you have nothing else. Season it with sugar and do not oversalt it etc.

155 If you would prepare roasted, ground-up small cakes (*pratne gestosnew chuechel*), take hot water and prepare the dough with that and with eggs so that the dough becomes thick. Pound it well

in a mortar so it becomes cohesive (*zach*) and then put small cakes (*chlainew chüechel*) in (the pan) and see that the fat is not too hot. You can also well prepare them with milk. Do not oversalt them. They are fluffy if they are prepared correctly etc.

156 A cheese porridge, if you wish to prepare that so that it is passed through, prepare a good cheese soup (*kes prü*) and add toasted *semel* loaves and let them, soften in it thoroughly. Pass them through with the liquid and season it. That is good.

157 If you would prepare a pounded puree of white beets and parsley roots or other root vegetables, wash them very well and then pound them in a mortar and pass them through with wine and toasted *semel* bread. Then season them and do not oversalt them.

158 If you would prepare a quince electuary, take quinces and place them in a cauldron. Add water and let them boil very well. Then take them out, cut the quinces away from their cores and discard the cores. Pass the quinces through a tight sieve with a strong spoon. Then return them to the cauldron and add honey. Let them boil but do not let them burn, and when they turn brown from boiling and can be drawn up with the spoon, they have boiled enough. Then you may season them as you wish. You may also add almond kernels when you boil them. Afterwards, pour it out on a board so that it dries. Cut it into small pieces and serve them in any way you wish etc.

159 If you would prepare tart cherry sauce or electuary, you know this well, (it is) boiled until the stones fall out and (then) passed through etc.

160 If you would prepare it from apples or pears, also prepare it in the first manner as from quinces, cut out the cores and then boil them, but more (for longer) etc.

161 A *gesultz* of cheese. Take a brittle cheese and wheat flour and grate it together, but use more cheese than flour. Lay it on a board and work (*welg*) it with eggs (but) so it does not become too stiff. Make rolls (*zollen*) of it that are not too large and then cut them into small pieces. Take a mortar and put a little fat into it. Set it by the fire so that it becomes hot. Then lay the pieces (*weklein*, lit. breadrolls) into it and use nothing but linseed (oil) or (other) oil.

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