

## **Mondseer Kochbuch**

The Mondseer Kochbuch is a recipe collection bound with a set of manuscript texts on grammar, dietetics, wine, and theology. There is a note inside the book stating it was completed in 1439 and, in a different place, that it was gifted to the abbot of the monastery at Mondsee (Austria). It is not certain whether the manuscript already included the recipes at that point, but it is likely. The entire codex was bound in leather in the second half of the fifteenth century, so at this point the recipe collection must have been part of it. The book was held at the monastery until it passed into the Vienna court library, now the national library of Austria, where it is currently held as Cod 4995.

The collection shows clear parallels with both the *Buoch von quoter Spise* and the *Meister Hans* recipe collection. Many of its recipes are complex and call for expensive ingredients, and some give unusually precise quantities and measurements. It is edited in Doris Aichholzer's "Wildu machen ayn guet essen..." *Drei mittelhochdeutsche Kochbücher: Edition, Übersetzung, Quellenkommentar*, Peter Lang, Berne et al. 1999

### **1 A spoon dish of almond milk, cherries, and rice**

You shall take a pound of almonds and pound them to milk, and cherries one *libra*, and pass them through a sieve and add the milk to it. Take a *fierdung* of rice, that shall be pounded to flour, and add that to the milk. Then take pure fat or bacon and melt that in a pan, and add to it half a *mark* of white sugar, and do not oversalt it.

### **2 How to preserve a deer liver in sauce (*ain hirssen leber sulzet*)**

You should roast a deer liver on a griddle if you want to keep it long. Then you should cut it into thin slices. Take clear, thick honey (*honigsaim*) and boil it, and take ginger and galingale and cloves, pound them together and throw them in. Then take a small cask or a vat into which you wish to put it and wash it very clean. Then pour in a layer of honey and a layer of liver, and so on.

### **3 A side dish of whey (*zigmilch*), almonds, rice flour, and chickens**

You should take whey and make almond milk (*mandels*)  $\frac{1}{2}$  libra. You should pound a *vierdung* of rice to powder and put it into the milk while it is cold. And take the breast of a chicken, and you should tear up and chop it into that. And you should take clean fat and add it, and it is to boil in this. Add a *vierdung* of sugar.

### **4 A spoon dish of rice**

Take water and boil the rice in it until it is half done, and pour off the water. Boil it in clean fat, and then pour off the fat, throw on sugar, and do not oversalt it.

### **5 Of an infidel (*haidnischen*) cake**

You should take a dough (or batter) and spread it thin. And take roasted meat and chopped bacon and apples, and add pepper and eggs, and fry this and do not oversalt it.

### **6 How to roast brain on a spit**

You should take brains, flour, apples, and eggs and mix it with spices. Spread (*streich*) it on a spit and roast it nicely, and serve it. You do the same with a pounded lung.

### **7 A remarkable (*seltzan*) spoon dish**

You should take *rainfal* (Ribolla gialla wine), parsley, and sage and mix that together. Add a little white bread, season it, and (add) eggs and let it boil well together.

## **8 To prepare a filled suckling pig (*spensau*) well**

Take a piglet that is three weeks old and scald it not too hot (*küle*) and remove its hair. Careful not to injure it, you should loosen the skin all around and detach both flesh and bones and everything that is inside the body all the way to the claws. And take a quantity as large as two eggs of the flesh you took out and boil it until it is almost done. And take the bacon and chop it, and add an egg and a slice of bread and parsley and sage in measure. Fill the piglet with this, not too full, tie up its snout and lay it into a cauldron gently and boil it so its skin does not break. Then take it, place it on a wooden griddle and roast it gently. When it is well roasted, take bread and lay it in a serving bowl. Fix four sticks on a board and clad the board with dough (? *pluot*, literally flowers) and loosen its snout and let the ears stand out, and serve it.

## **9 A spoon dish of cherries**

You should take cherries that are ripe and place them in an earthen pot. Pour on wine or water so they float up and let them boil. Pound them so the stones do not break and pass them through a sieve. Add two slices of bread. Take honey and let it melt and add it, and take wine or water and add it to the mass (*das koch*), and strew dry pounded herbs on it. You can also prepare a spoon dish of damsons or spilling plums this way.

## **10 A roast chicken in a mortar**

Take a roast chicken and cut it up (*zuo glide*) small. Take white bread and prepare a thin egg batter. Pound saffron and pepper. And mix this together, and mix it well in a vat. And take a mortar with fresh fat and put it in there altogether. Scum it with a ladle and cover it with a bowl, and frequently turn the mortar against the fire so that it gets an even heat. Pour off the fat and pour it (the cooked dish) out into a serving dish and serve it.

### **11 A beautiful (or courtly – *hübsch*) fritter**

Take roasted pears and sour apples and chop them small. And add pepper and eggs, and cut slices of white bread. Fill them so that they are not too full, to the thickness of a finger, and turn it over once (missing instructions to prepare a batter) and fry it in butter in a pan until it turns red. Serve that.

### **12 A spoon dish of cooked (*gepachenen*) pears**

Cut the pears nicely (*besneid* - peel and core) and cut them into slices, and lay them in a pot, and cover them with dough so that the flat bottom (*pladem boden* – most likely a misreading of *brodem*, steam) cannot escape. Cover the pot with a wide lid (*stürtze*) and lay glowing coals on it, and let it cook slowly. Then take out the pears and add a little honey, as much as there is of pears, and boil it together until it is thick, and serve it, and season it with ginger and pepper. You can also do this with apples and quinces.

### **13 How you can prepare good pastries (*pasteten*)**

Bake pastries of fish thus: Scale the fish when they boil up (lacuna here – and skin them when they boil up), and chop them into small pieces. Chop parsley and sage into it, (add) pepper, ginger, cinnamon, and saffron. Mix it all with wine and prepare a thin dough that is pliable and firm (*zech und hert*). Place the fish inside that and pour in wine. Cover it above with thin dough and close it all around. Break a hole into it at the top and lay the dough before a cauldron (also likely a misunderstanding, see Guoter spise 15 – and shape a funnel around the hole). Let it bake. You can also bake chickens, meat, or venison this way.

### **14 How to prepare a good sauce (*condiment*) over fish or venison**

You should take liver or (and?) hard-boiled eggs. You should pound them in a mortar, and you should mix that with clear drink (*getranck*), with wine or with vinegar, and you should mill it in a mustard mill (*senf müle*) or otherwise grind (*reiben*) it. And take onions, you should boil them in fat

or oil. You can pour this condiment sauce over fish or venison. You can also make many other things this way.

### **15 How to prepare filled pike**

Take proper-sized (*gefüg*) pike and scale them, and skin them from the anus to the gills (*lose in ab den darm zu den oren aus*). Take fish of whatever kind they are and boil them. Remove the bones and pound them in a mortar. Chop pepper with them, sage, caraway and saffron that is pounded and salt them in measure. Fill the pike with this and sprinkle them with salt on the outside. And roast them well on a wooden griddle. You can also do this with eggs.

### **16 Of filled eels**

Take fresh eels and wash off the slime or wash (*flew*) them in lye and skin them from the head (*bey dem haubt*). Chop sage and parsley, and add pounded ginger and pepper to that. Salt them in measure and throw this on the eels or into the eels, and pull the skin back on them. Sprinkle the eels with salt on the outside and roast them on a wooden griddle and serve them.

### **17 How to fry salmon**

Take a salmon and scrape off its scales. Split it and cut it to pieces. Chop parsley and sage, take pounded ginger, pepper, and anise. Salt it in measure. Prepare a coarse dough (*derben taig*) according to the size of the pieces and throw the seasoning (*das kraut*) onto the pieces and wrap them in (*bewirff sey mit*) the dough. If you can stamp them in a mould, do that. You can also prepare pike and trout this way. And fry each one separately in the dough. But if it is a meat day, you can prepare chickens, partridges, pigeons and pheasants this way if you have the moulds. And fry them in fat or boil them in their moulds. Take chicken breasts or other good meat, thus the art will be all the better. Do not oversalt it, and serve it.

## 18 How you can roast stockfish

Take a stockfish that is not large and remove its skin. Soften it in cold water and take it out, and press it (out?) in vinegar, (but) so that it stays whole. Tie it to two lengths of wood (*schin*) and lay it on a wooden griddle, and spread out the fire everywhere under it so that it warms. Drizzle it well with butter. Then prepare a nice batter of white flour and of eggs. Add pounded pepper or sugar and a little saffron. Salt it in measure and drizzle it on the fish. Pour on (? *slag den taig dar auff*) when the fish is very hot, and put coals underneath it until it turns red. Treat it thus before you take it down, drizzle it strongly with butter and serve it.

## 19 How to prepare pigs' guts and stomachs in a condiment sauce

Take boiled pigs' guts and stomachs. Cut the boiled guts into four parts. Also cut the stomachs narrow (*smal* – in strips?). And cut the stomach and the guts as small as you wish. Take parsley, pennyroyal, and mint, boiled (*gesoten*) sage, hard-boiled eggs, fine bread, the greatest quantity of caraway, not much pepper, and one egg to a dish. Grind (make) it with vinegar and with broth (*söde*) so it does not become too sour, and pour it on the condiment. Add fat and let it warm up, and take it up before it becomes too thick and serve it.

## 20 How to prepare a good fried *muos*

Take (meat) of the breast of a chicken and chop it small, and pound it in a mortar. Add a little flour or bread, pepper and ginger. Salt it in measure, according to the quantity. Stir this well together Cut to small wooden pieces (*klupplein*) the length of a finger, (shaped) like a spear shaft (*eln schafft* – probably read “rounded like a spear shaft”). Shape smooth ‘beaks’ (*snebel*) in your hands and mould them around the shaft (*spis*) like a morel. Pull them on the outside so they become uneven (*kraus*). Lay them in a pan and let them boil with the sticks (*stecklen*). As you take out one, put in another, and prepare as many as you wish. When they are done, take them out. Stir a chopped *muos* with butter and fill the morels with it. Stick them on a skewer for a while. Heat them and drizzle them with butter and serve them. You can also prepare morels of pike or of salmon or whatever you wish this way.

## 21 Almond milk of white bread

Take almond kernels, let them boil up well and then throw them in cold water. (Take them) out of that, skin them, and pound them. Take fine, hard bread and cut off the outermost crust. Then cut slices, four together, and cut them as thin as a belt, and then cut them thinly across, as fine as you can. Hold the almond milk over the fire. Let it warm up and throw in the bread so that it thickens. Hold it over the fire, let it boil, and put it in the serving bowl and strew sugar on it. This is called *Galenn*. And serve it. You also prepare another (kind of?) milk if you wish to add egg yolks.

## 22 How you can roast milk on a spit

Take milk that is not fat and that has gelled (*gelebret*) and break the pot if (?) it does not slide out easily onto a sackcloth. Let it be tied up in this and weight it, at first gently, then more. Let it drain (read *seihen* for *sieden* – boil) from morning till evening. Then slice it thin and skewer it, and sprinkle it with salt. Lay it on a wooden griddle and let it roast well, and throw on a little pepper (*pipeus*), and spread it with butter or with fat if it is a meat day.

## 23 How to prepare a condiment sauce over a goose

Stick a goose on a spit and boil the innards. Take the heart of the goose that is boiled and add to it the crumb of fine bread and caraway, a little pepper and saffron, and three boiled chicken legs (? *hünerbei*). Grind this together with vinegar, Take onions and cut them thinly and put them in a pot with fat or with water. Let them boil so that they soften. Then take sour apples and remove the cores. When the onions are boiled and done, add the apples so they become soft. Then add this to the pan with the other (things). And when the goose is roasted, cut it apart, put it into a vat and pour the condiment sauce over it, and serve it.

## 24 How roast (pears) can be roasted on a spit

Take roast pears and raw sour apples and boiled shallots (? *aßlauch*) and saffron and pound this together. Soften it with raw eggs. Then prepare a sheet of eggs and cut it apart. Spread (*füll*) the

matter (*materien*) on it so it is level. Tie the sheet together, moisten it with egg and lay it in boiling fat to fry it hard. Then stick a spit through it and lay it by the fire with two sponges (or: two together? *zwayen swammen*) until it turns red. Thus serve it,

## **25 How to prepare lampreys**

Take a lamprey and drown it in the best wine that you can have. Then cut it in six pieces. When it has been cut up, sprinkle it with salt, lay them on a griddle and roast them until they are done. Take the middle piece once it has been roasted fully and pound it in a mortar. Add the black crust of rye bread that has been soaked in vinegar beforehand. Also add pounded galingale, pepper, and ginger, caraway, mace, and cloves. But if you wish to keep it long, make it sharp with vinegar and with a little honey and boil it well. Lay it (the fish) in (when it is) cold.

## **26 Of roast chickens, how to fry them in a mortar**

Take young roast chickens and beat (*hau*) them small in a mortar. Take fresh eggs and break them. Mix it with pounded ginger and a little anise. Pour that into a greased (*faisten*) mortar that is heated. Throw the same spice you put into the eggs on the chickens and add saffron, and salt them in measure. Place them by the fire and let it fry at an even heat with little fat, and serve it.

## **27 How to preserve (*in machen*) a liver**

Take a beef liver that is not stony and cut it into five pieces. Lay it on a griddle and roast it. When it has cleaned itself (*sich gesaubert hat*), soak it in water (or?) in broth and let it roast until it is done. Then take it down, let it cool and trim (*besneid*) it nicely. Then take half a piece and pound it in a mortar and pound a little bread crust with it. Add pepper and ginger so it turns spicy (*scharf*) and take a little anise and grind it with vinegar and thick honey, and boil it until it turns thick. Then let it cool and lay in the liver. And consider also preparing other foods according to these instructions.



### **28 How to prepare roast chickens in a pepper sauce (*in den pfeffer*)**

Take chickens, roast them not fully done, and cut them apart (*zuo glide sy*). Let them boil in fat and water and take some bread crust, ginger, and a little pepper. Grind that with vinegar and with the broth and take four roast quinces with it. Serve this condiment sauce with the chickens. Let them boil well with it so that it turns thick on top. If you have no quinces, use roast pears and prepare it with those. Serve it, and do not oversalt it.

### **29 How to prepare a condiment sauce over beans**

Boil green (i.e. fresh) beans until they are soft. Then take fine bread and a little pepper, and three times as much caraway. Grind it together with vinegar and with beer, add saffron, and pour off the broth. Pour on the ground (sauce) and salt it in measure. Let it boil up in the condiment sauce and serve it.

### **30 How to prepare a sauce to go over chickens, morels, and mushrooms**

Grind garlic with salt and mix eggs into it. Remove the whites of the eggs (before) and take vinegar and a little water, so it does not turn too sour. Let it boil up in the condiment sauce and serve it.

### **31 How to prepare a filled eel**

Take a fresh eel and remove its skin, and cut off its head. Let it boil until it is done and remove the bones. Pound eggs and fine bread and chop the eel with sage. Then fill the skin and roast it, and reattach the head. Wrap/coat (*klaid*) it in a thin dough and make a sheet of eggs, roast in on that and serve it.

### **32 How to prepare a good special (*seindre*) sauce**

Take grapes and pound sour apples together, mix it with wine and press it out. This sauce is good with roast mutton, chickens, and fish, and it is called *Agrest*.

### **33 A good sauce of shallots (chives? *aslauch*) in another way**

Take shallots, peel them, and grind them with sage. Mix it with wine or with vinegar and press it out. This sauce is good with roast beef.

### **34 A sauce of sour grapes**

Take sour grapes and add sage and two heads of garlic. Pound it together and press it out, and serve this for a good sauce.

### **35 A sauce of crabapples (*holtzäpfelen*)**

Take crabapples and parsley and pound that together and press it out when the parsley comes apart a little (*ain wenig zuo far*). This is also called *Agrest*.

### **36 How you can fill a pike**

Take a fresh pike and loosen its skin entirely. Boil it until it is done and remove the bones. Take herbs (*kraut*) and pound that with the fish. Add two raw eggs and saffron, and fill the skin of the pike. Roast it a little and serve it.

### **37 How you can prepare a cheese of almond milk**

Take almond kernels and make them fine (blanch them) in boiling water. Pick out the largest and pound the best in a mortar. As they begin to oil (*feisten*), sprinkle on cold water and mingle them with cold water to an even thickness and press (*thwing*) them through a cloth. Return the kernels to the mortar, pound them, and press (*ring*) them out again. Pour all of it into a pan and hold it over the fire. Add to it an eggshell full of wine and stir it well so it boils up. Then take a sackcloth, lay it on clean straw, and pour the milk onto it until (before?) it boils over. Make cheese of what remains on the cloth. If you wish to make butter from it, let a little saffron boil with it, and serve that.

### **38 How you can boil beef with shallots (or chives? *Aslauch*)**

Take beef as it first comes (into the kitchen) and boil it well with shallots and wine. Add herbs and let it boil well in a fat broth, and prepare (*reis?*) it as you please, and serve it.

### **39 How to prepare a goose in a pot and a good condiment sauce over it**

Take a goose that is not very old. Take out its innards (*krös*), cut off its wings and thighs (*diech*) and thrust it into a pot that is narrow. Pour off the water or strain it off. Set up the pot so the steam cannot escape. Boil the innards separately. Salt the goose and boil it in the broth until it is quite dry and well-boiled. Then take sweet milk and six egg yolks and two heads of garlic. Peel them nicely and pound them a little with salt. Mix that with the milk and the yolks and add saffron. Pour this condiment sauce over the goose, let it boil up, and serve it.

### **40 How you can prepare good fritters (*kraphen*)**

If you wish to prepare an intelligent dish (*kluoge speise*) of eggs and fine flour, make that thick, take fine bread and apples, peel them and slice them coarser than bacon for chickens, and mix it. Take a spoon, fill the batter, separate it and fry it. Use fat or butter, depending on whether it is a meat days, and serve it.

#### **41 How you prepare fritters (*krapfen*) with cheese and bacon**

Grate cheese, mix it with the eggs and slice boiled bacon into it. Prepare a coarse dough and fill that into it. Make small fritters (*krepfflein*) and fry them in butter or in fat, depending on the time and serve it.

#### **42 How you can roast peas on a spit**

Take boiled peas and pass them through a sieve, and break as much egg into it as there is of peas. Boil this in butter, but not too fat (do not use too much). Let it cool and slice it, and stick it on a spit. Roast it well and brush (*beslach*) it well with eggs and with herbs (*kraut*) and serve it.

#### **43 How you can roast milk on a spit**

Take fresh almond kernels, soak and blanch them as (described) before. Take millet, boiled eggs, and a little fine bread and herbs (*gekreut*) and grind this together as thick as you can. Pour it into a pan and let it boil until it turns thick. Colour it yellow with saffron and make it fat with butter. Then let it cool. Cut it into pieces (*morsellen*), that is into bites (*bissen*), stick it on a skewer and let it roast. Brush (*beslach*) it with eggs and with good herbs (*gekreut*) and serve it.

#### **44 A Condiment Sauce over Pear Parsley Compost**

Grind caraway and anise with vinegar and with honey and colour it yellow with saffron and pepper, and add mustard to the condiment sauce.

#### **45 How to prepare *Snalenberger* sauce**

Take wine and thick honey and let it boil. Add ground ginger, more than pepper, and pound garlic, but not too much. Make it strong (season it strongly) and stir it with a piece of wood (*ainer schinnen*). Let it boil until it begins to burn. You shall eat this in cold winter.

#### **46 How you can prepare toasted bread to go over a chicken**

You should roast a chicken. And toast a slice of semel bread, and fry the bread in fat. Cut pieces as though for a bread porridge (*prot muos*). Cut the chicken up (zuo leg) small and roast six pears and make a condiment sauce of wine and honey, and take anise with it. Prepare a pancake (*platt*) of five eggs: Break them into the pan, lay in each (piece of chicken and pear?) separately and fold over the pancake. Invert a bowl over it and then flip over the pan. Cut a hole in the top and pour in the condiment sauce, and do not pour it on the pancake. These are called chickens of the Rheingau (*Hünner von Ringkau*).

#### **47 How to prepare a condiment sauce to go over chickens, poor knights (fried egg bread) and apples cooked in a pan**

You should roast a chicken filled with bacon, and fry the 'poor knights' in fat, not too dry. Peel sour apples and cut them into broad slices so the seeds drop out. Fry them a little in fat. Then prepare a large pancake (*plat*) of eggs that covers the entire pan and add spices. Put the first shield (*schilt*) in very little condiment (probably misreading *schilt* for *schiht*) and prepare a condiment sauce of honey and wine, and do not spice it too much (*zuo heis*). Fold the pancake together above, invert a bowl over it and flip over the pan. Cut an opening (*venster*) above and pour in condiment sauce over it and serve it. These are called chickens of cake (*Hünner von Kuochen*) (they are 'Greek' in the Buoch von Guoter Spise)

#### **48 How to prepare a *Reußchkuochen***

Chop equal amounts of parsley and sage and fry it in butter. Cook eggs soft and mix this together, and grate cheese and bread into it. Prepare a pancake (*plat*) of eggs and pour butter underneath. Set it over the fire and let it fry. These are *Reuschkuochen*.

#### **49 How to prepare a spoon dish (*muos*) of roast fish**

You shall take a roast fish that is softened in vinegar and remove its bones. Throw it into milk that was made from almonds and mix in a little white flour and pour in a little fat. This is good. Do not oversalt it.

#### **50 How to make a flat cake (*fladen*) of fish**

You shall take a burned (?*geprenten*) or a bass or whichever kind of fish you like and throw them in almond milk mixed with flour and a cut apple and a little fat added to it. Put a little spice on a sheet of dough. Slide it in the oven and let it bake.

#### **51 A flat cake (*fladen*) of fried fish (*vischen gepachen*)**

Take fish and fry them in fat, and pour good almond milk over them that is thick. Mix it with rice flour and add a little fat, and mix it well with spices. Lay a sheet of dough on it (lay it on a sheet of dough?) and let it bake and do not oversalt it.

#### **52 A good flat cake (*fladen*) or fritter (*krapfen*) of fish with almond milk**

Take good almond milk and when the fish is boiled ... and cut them into it and mix it with a little rice flour. This is good for filled fritters (*gefulten krapfen*).

#### **53 To prepare good fritters (*krapfen*) when you fast**

Take nuts and pound them in a mortar, and take as many apples and cut them into cubes. Mix them well with spices, whichever kind they be, and fill them into the fritters (*krapfen*). Lay them into the pan and let them fry.

#### **54 Fritters (*krapphen*) of nuts**

Take entire kernels of nuts and cut as many apples into that in cubes, Fry (*röst*) them well with a little honey and mix it with spices. Place it on the (dough) sheets (*pleter*) that are prepared for the fritters and let them fry, and do not oversalt it.

#### **55 Fritters (*Krapfen*) with Italian raisins (*wehlischen weinpern*)**

Take Italian raisins and take as many apples with them and pound them small. Add spices and fill it into the fritters and let them fry, and do not oversalt them.

#### **56 To prepare a good Lenten spoon dish (*vasten muos*)**

Take basses and thicken almond milk and put sugar on it. This is to be called “of Jerusalem” and it is eaten cold or hot.

#### **57 To prepare infidel peas (*Haydenisch arbeis*)**

Take almond kernels and pound them very small, and mix them with a third as much honey and with good spices, the best that can be had. This dish (*kost*) is served cold or hot.

#### **58 A spoon dish (*muoß*) of white leeks**

Take white leeks and chop them small. Mix them well with good almond milk and rice flour, and boiled very well.

### **59 To prepare a spoon dish (*muos*) of roast pears**

Prepare thin pancakes (*fladen*) of eggs. Take the sheets and cut them small, and throw them into sweet milk. Take *semeln* bread and cut it into that in cubes, and mix it with egg yolks. Boil it well and put fat on it, and do not oversalt it.

### **60 To prepare a spoon dish (*muos*) of eggs**

Take eggs and beat them thin with *semel* flour and fry thin pancakes (*kuochen*), thrown into milk and heated well until it boils. Mix it again with egg yolks and add a little fat, and serve it.

### **61 To prepare a spoon dish (*muoß*) of (pan?)cakes (*kuochen*)**

Take (pan?)cakes (*kuochen*) prepared from eggs and cut them into cubes, and put them into milk. Take apples and cut them into it in cubes. Stir it well with egg yolks and boil it well and serve it.

### **62 To prepare a spoon dish (*muoß*) of apples**

Take apples and peel them and cut them into cold water. Boil them in a pot and mix them with wine and with salt. And break eggs and add them, and do not oversalt it.

### **63 To prepare a spoon dish (*muos*) of quinces**

Take quinces, as many as you wish, and boil them very well. Then take a mortar and pound them in that, and pass them through a cloth. Add egg yolks to it and boil it with that, add ginger, and do not oversalt it.



#### **64 To prepare an almond spoon dish (*mandelmuos*) well**

Take almond milk and *semlein* bread and cut it into cubes, put it into the almond milk and boil it up. And take an apple and cut it into cubes and fry it in fat, and put that on the almond milk and serve it.

#### **65 A cheese (*ziger oder schotten*) of almond milk**

Take almond kernels and pound them in a mortar. And boil up the almond milk and pour it on a nice cloth, and place a container (*schaf*) underneath it and let it cool. Invert (*slach*) it on a serving bowl and stick almond kernels into it, strew sugar on it, and serve it.

#### **66 A cheese (*kes*) of almonds**

Take almond kernels and pound them. And take the milk and boil it up and pour it out on a cloth and let it cool, and lay that into a cheese strainer (*kes nappff*) and prepare a cheese. Lay it on a plate and strew it with sugar. This is called an almond cheese.

#### **67 How to prepare a *wel* (*weck?* - breadroll) of almonds**

Take almond kernels pounded into a milk and boil it and pour it onto a cloth and let it cool. Make what remains into a breadroll (*wechen*) and put it on as serving bowl, and pour almond milk underneath it. Strew sugar on it and serve it.

#### **68 To prepare a cake (*kuochen*) of almond milk**

Take almond milk and boil it well and season it (*rür die ab*) with sugar. Pour it out on a cloth and lay it on a container (*schaff*). Prepare a dough of fine wheat flour (*semel melb*) and spread it out with a rolling pin. Place the boiled almond milk on it. Cut the cake around (*besneid den den kuochen*) and fry it in fat in a pan.

### **69 To prepare rice well boiled**

Take rice and pick it over well, wash it nicely, and lay it in a pot. Do not salt it too much, and boil it so that it becomes dry. Mix it with almond milk and stir it a little until it boils again and turns thick, and serve it with sugar.

### **70 To prepare a good spoon dish (*muos*) of rice**

Take good almond milk and mix it with rice flour and boil that well. And take an apple, cut it into cubes, and fry it in fat. Strew that on the *muos* and serve it.

### **71 A spoon dish (*muos*) of almond milk, rice, and chicken breasts**

Take almond milk (that is) thick and chicken breasts that are pulled apart (*gezeiset*) and put them into the almond milk. Stir it with rice flour and enough fat and add enough sugar to it. This is a *Pulverisei*.

### **72 A spoon dish (*muos*) of curdled milk (*zemmilch*), chicken breasts, and rice**

Take thick curdled milk and torn-up (*gezeist*) chicken breasts and throw them into the milk and boil them. Stir them with rice flour and egg yolks and add enough fat and strew on enough sugar. This is called *Pulverisei*.

### **73 How to prepare a spoon dish (*muos*) of violets**

You shall take thick almond milk mixed with rice flour and enough fat. Colour it well with violet flowers. That is a good dish (*quot koch*).

#### **74 How to prepare a spoon dish (*muos*) of morels**

Take morels and boil them, wash them out in cold water and chop them small. Put them into almond milk and let the morels boil up in it. Add enough spices and colour it with violet flowers and serve it.

#### **75 How to prepare a spoon dish (*muos*) of nuts**

Take nut kernels and pound them small, and pass them through a cloth with sweet curdled milk (*zam milch*) and with the crumb of *semel* bread. Well boiled in a pot and give it enough fat and stirred with egg yolks and well stirred with saffron.

#### **76 A good spoon dish (*muos*) of pears**

Take pears and cut them nicely and boil them well in a pot with wine and with fat, passed through a cloth, and then boil them up with egg yolks so that it bubbles (*siede*).

#### **77 A spoon dish (*muos*) of cherries**

Take cherries and break off the stalks and boil them with a little wine. Pass them through a cloth with *semel* bread crumb, well boiled in a pot, and add enough fat and then stir it with egg yolks and strew spices on it when you wish to serve it.

#### **78 A compost (*cumpost*) of tart cherries (*weichseln*)**

Take sour tart cherries and break off their stalks and boil them in a pot in their own broth. When they are boiled, pour them out and let them cool. Pass them through a cloth and pour them into a glazed (*gepicht*) pot. Pour in the cherries and mix them with honey and add galینگale root into it, strewn on right before you wish to eat it.

### **79 A fladen of meat, cheese, and eggs**

Take meat of lamb or belly meat and take quinces, and see that it is all boiled well. Chop it small and grate into it as much cheese, and mix it with eggs so it becomes thick. Season it well with pepper and spread (*slach*) it onto a sheet made of dough and put it into the oven. Let it bake and serve it.

### **80 A fladen of meat, cheese, and eggs in a different way**

Take well-boiled meat from the loins and chop it small and grate a fourth part (i.e. a quarter as much) of cheese into it and mix it well with egg yolks. Stir in seasoning and put it onto a sheet (of dough) and break entire eggs on it, and thus serve it.

### **81 A roasted dish of calf liver**

Take calf liver and chop it small, and raw bacon with it, (shape a hollow roast and make it?) half roasted well and cut two fingers long and wide, filled with a good filling and fried well.

### **82 A fladen of meat, cheese, and eggs**

Take well-boiled meat from the belly and chop it small. Take a fourth part (i.e. a quarter as much) of cheese with it and break eggs into it. Also add chicken livers and cloves, and slice a pear lengthwise and strew it among this. Place it on a sheet (of dough) and let it bake, and serve it.

### **83 A fladen of meat, cheese, and eggs**

Take meat from the loins (*lumbflaisch*) and boil it well, chop it small, and grate enough cheese into it. Also break enough eggs into it and season it well, set it on a sheet of dough and bake it well.

#### **84 A *fladen* of meat, cheese, and eggs**

Take meat from the belly and boil it [and chop it] small, and add quartered walnuts and enough spices. Also add bacon and eggs, lay it on a sheet (of dough) and let it bake.

#### **85 A spoon dish (*muos*) of tart cherries**

You shall take tart cherries and prepare good milk from almonds, and boil the cherries well with wine and pass them through a cloth with their own cooking liquid. Then poured into almond milk and boiled in a pot, and well stirred with rice flour and fat added to it as well as enough spices. Strew sugar on it and do not oversalt it.

#### **86 Milk with crawfish, or a spoon dish (*gemüß*)**

If you wish to prepare a good spoon dish (*gemüß*), take milk in a clean pot and set the milk by a fire. Take the crawfish and cut away their eyes, but leave the rest of the crawfish whole and wash them quite clean. When you have washed them, throw them into a mortar and pound them very small. When they are half pounded, press them out with a clean cloth so that their juice passes through it. Then pound them again very thoroughly. Then take pure milk that is raw and pour it into the mortar. And (take) the juice that you pressed out before and pour it in with the first, stir it together, and strain it cleanly through a sieve. Pour it into boiling milk altogether and it will congeal. When it has congealed well, pour it out on a clean cloth. From this same, you can prepare more than one dish. Take it and throw it into pure butter in a pan and fry (*röst*) it, thus you have a pure food. If you wish to have it sweet, take honey and add it, thus it will be sweet. If you have sugar, you do not need honey. You must not put the sugar into the pot. When you have prepared the food in the (serving) bowl, strew it with the sugar. This is how your food is prepared.

#### **87 A cheese of crawfish and milk**

If you wish to prepare a good cheese of that which is on the cloth in the other (recipe), take the cloth twofold (i.e. two layers) and tie it shut and lay it on a table. Lay stones on top of it and weigh it

down well. Untie it, and it is like a cheese. If you want to serve it whole or if you want to slice it and serve sauce over it, take bread and toast it, and (take) parsley together with vinegar and wine, or prepare another sauce with eggs, as you please.

### **88 A spoon dish (*gemüß*) with elderflowers**

If you wish to prepare a good spoon dish of elder, set good milk by the fire. Break off the flowers and throw them into the milk. Let them boil in it quite well, then the milk smells of the flowers. Then strain the milk through a cloth and boil a *semel* bread porridge (*semel gris*) and also salt it. If you like, you can colour it yellow with saffron. Add enough fat to it, then you have a good spoon dish (*muos*).

### **89 Elderflower spoon dish (*muos*)**

If you wish to prepare the dish in a different way, take good *semel* flour in a bowl, break enough eggs into it, and prepare a good batter from it. If you do not have enough eggs, pour milk from the pot into it and mix it together, then you have a good spoon dish (*muos*).

### **90 Elderflower spoon dish (*muos*)**

But if you want to do it differently for the third time, take *semel* bread and grate it small on an iron grater. Put that into the milk, thus you have a good spoon dish (*muos*). Leave it white.

### **91 To prepare spoon dishes (*gemüß*) well**

If you wish to prepare different spoon dishes without elderflowers, also prepare them with such ingredients (*materi*), thus they are good. Whatever kind of spoon dish you prepare with milk, the more eggs you add, the better they will be.

## 92 Filled apples

If you wish to prepare filled apples, take good tart apples and peel them cleanly. Cut them in slices (I think this means halves) and cut out the core. But then take other apples, peel them cleanly, cut out the cores, and chop these apples very small on a chopping board. Take a pan and put in enough honey, also put in the chopped apples and stir it with a spoon over the fire. It boils and turns brown. That is the filling for the filled apples. Then take the sliced apples and the filling and spread the filling on one side. Cover it with the other slice that was cut from the (same) apple and press them together. Now you have a filled apple. Prepare as many of these as you please. Take flour in a bowl, pour wine into it and prepare a batter that is not too thin, but also do not make it too thick. Salt it very little, colour it yellow with saffron, and then take fat, butter, or oil. Take the filled apples, turn them around in the batter, and throw them into the pan. See that there is oil or fat in it and fry them well and cleanly, then you have good filled apples.

## 93 Filled wafers

If you wish to prepare a different dish from the same filling, take wafers and cut them square, as (large as) you please. Take of the same filling and spread it on one side. Cover it with another wafer and press it together cleanly. Now take it and dip it into the batter with its sides all around, thus it will hold together and be white in the middle. Throw them into the pan and let them fry in whatever you please (i.e. in oil, butter, or fat), thus they will turn out good. But do not leave them in the pan for too long so they do not turn black.

## 94 Filled apples on a spit

But if you wish to prepare another dish with that filling, that is the third, take apples and peel them cleanly. Cut them in slices and then cut them small, as small as a penny or wider. Now take the same filling that you had the first time and make small cakes (*küchel*) from it. Cut small skewers like straws, a span long, and first stick on a slice of apples and then a ball (of the filling) between, always one after the other. And take of the same batter you had before for the second recipe, and wine must be in it. Take fat or butter and do as in the first recipe. When you have fried it, take the

skewers out, slice them (the fritters) lengthwise with a sharp knife, and set them on a bowl. Thus you have the three dishes. Each is different from the others, and they are made with one filling.

### **95 Roasted eggs on a spit**

If you wish to prepare roasted eggs on a spit without shells, take eggs and lay them in boiling water in a pan. When you see them boiling up, take them off quickly. Break them open on both ends, but not wide, and pour out their yolks into a clean pan. Add a little bit of butter and do not forget the salt, and stir it well on the fire. Do not make it too thick. Fill it back into the shells and return them to hot water, and boil them until you think that they are hard. Then take them out, put them in cold water, and shell them cleanly. Carve a spit of wood that is thin enough and stick the eggs on it lengthwise. Lay it by the fire and roast them as long as you wish. Roast them so they turn brown and baste them with fat. Cut the spit apart when you wish to serve them (i.e. serve them sliced open lengthwise).

### **96 Spoon dish (*gemüß*) without milk**

But if you wish to prepare a good spoon dish without milk, take good *semel* flour and break enough eggs into it and pour wine in with it that is good. Make it thin enough and do not forget the salt. Spice (*stup*) it well and then take a little butter in a pan. Set it on good embers by the fire. Stir it well, then the eggs rise up and it turns out good. Let it stand on the fire until it is thick enough. This is called a burned (*geprent*) wine spoon dish (*muoß*) and it is made faster than other spoon dishes.

### **97 Spoon dish (*gemüß*) without milk**

If you wish to prepare the spoon dish differently, take very little *semel* flour and take egg yolks and break them into it, but none of the white. Pour in a little milk that is raw and a little good wine. Take butter in a pan, heat it, season it well, set it on the embers and stir it well, and let it become thick enough. This is called a spoon dish of yolks (*tutter gemüß*). If you want to have it good, spread it with butter and sugar.



## 98 Almond cheese

If you wish to have an almond cheese, you must have isinglass and you must have 1 ½ *libra* of almonds to a dish. With the almonds, you do this: Grind them finely and pass them through a white cloth, and you shall boil one lot of isinglass in water, and you should pass the isinglass through with the almonds and the boiled water, but the (almond) milk should not boil. Make it sweet with a *vierdung* of sugar and form (*schik*) it into a cheese. Take a glazed bowl (*verglast reinlen*) and put the milk into this. Thus it turns hard. And let it stand for a while, thus it becomes a cheese. And add sweet almond milk to it. You can well cut it into quarters, that way the milk gets inbetween, and stick it with almond kernels and serve it.

## 99 A black *geißlitzl*

Take ½ *libra* of raisins and grind them finely so they become small. You shall take small ships (? *schifflein*) of gingerbread (*lebzelten*). If you cannot have them, take a different kind of gingerbread (*lebzelten*) and toast it black. Let them cool and pound them fine and searce them through a pepper sieve (*pfeffer sib*). You shall add as much of this as is enough and you shall have ½ *libra* of honey and add it, and also add good spices. You shall temper them with the *geißlitz* and pass through the raisins, and let it boil well. Add white ginger to it and stir it well, and you must also have sugar for it. If it is about to become too thick, add Romania wine (*romaneyer*), and serve it cold.

## 100 A grey *geißlitz*

Take *geißlitz* and pass it through a cloth and let it boil well so it becomes properly thin. Pour it onto a serving bowl and let it cool, take off the skin, and serve it with wine or with cold milk, as you please, and serve it.

## 101 A spoon dish (*gemüß*) of fresh venison

Take a piece of venison that is boiled and chop it small. Then you must have clean blood. If you do not have that, take blood of chickens and let that run into hot wine, as much as (is needed) for one

dish. Put that into a pot and let it boil in it. That (meat) which you chopped, you put into fat and let it cook in that. Season it so it does not become too strong (*nit stark werde*). Put on a good powder (*streu*) of ginger and cinnamon and sugar. You shall strew it with that and serve it.

### **102 A spoon dish (*gemüß*) of fish**

Take fish, whichever kind you wish, that are boiled and put them into almond milk and boil that cleanly so it becomes thick. Plate it, do not oversalt it, and serve it.

### **103 A different spoon dish (*gemüß*) of fish**

Take the blood of pike or river sturgeon (*hausen*) or asp and pass it through as cloth, thus it turns brown. If you cannot get enough of the blood, take gingerbread (*lebzelten*) and toast it. Then let it get cold and pound it and put it in, thus it turns brown. And season it with good spices, (and see) that the salt is not too much. Put spice powder (*gewürtz ströu*) on it and serve it.

### **104 Oat grains**

Take them and wash them, pick them over well and boil them in water. Then put them into sweet cow's milk and let them boil in this, but no so it all boils away. Take twelve egg yolks to a dish, beat them well. Take a little *semel* flour. When you wish to serve it, strew it into that and do not let it boil again. Serve it.

### **105 A spoon dish of tart cherries (*weigselgemüß*)**

Take tart cherries, break them off at the stalks and boil them with a little wine. Pass them through a cloth with *semel* bread crumbs. (Have them) well boiled in a pot and add enough fat. Stir it with egg yolks and strew spices on it when it is served.

### **106 A violet flower spoon dish (*gemüß*)**

Take thick almond milk well stirred with semolina (*grießmel*) and add enough fat. Colour it with violet flowers. That is a violet flower dish (*violmuoß*). Do not oversalt it.

### **107 Which venison should be seasoned and which should not**

Note to which kind of venison you should add spices to the pot, or not. You shall add spices to the pot with all kinds of venison except roast deer and roe deer. With those, you serve it separately in its own bowl. But with hares, squirrels, and birds, with all these you add spices to the pot. Now note: You shall also not add pepper (sauce), spices, or salt to the pot if the venison has been salted before.

### **108 Of good fish in galantine (*Sultzfischen*)**

Take good live pike and scale them cleanly, and take the scales and boil them in wine and vinegar. Take the fish and cut them open and see that gall does not run out (*vergels nit*). Take good wine and wash out the fish, and cut them in pieces as you please. When the scales are boiled, pass them through with the wine and set the liquid to cook in a nice cauldron. When the liquid is about to boil, put in the largest pieces (of fish) first. As the fish go in, you shall not skim them much or boil them strongly. They are to cook gently (*gemelich sieden*). Now do them justice with spices and vinegar. When they are boiled, take them, pour off the broth, and lay the fish in a vat or a wooden trough, whatever you have. Take them to a cool place and strain the broth over them through a sieve. If you have good spices, add them. This is suitable for lords. You need no more medicine (*artzney* - gelling aids?) except when it is very hot. Do not oversalt it, let it gel, and do not use water with it.

### **109 Of other fish in galantine (*Sultzfischen*)**

Take wine and water equally and boil the fish in it, and season them well. Colour it and set them cold (in a cool place).

### **110 To boil fish and crawfish**

You shall boil burbot, gudgeons, and crawfish in cold water. You shall also not boil gudgeons and crawfish longer than having them boil up once (*mit ain guoten wall*), then they have had enough.

### **111 To prepare and boil pike**

Boil pike and grind the scales with parsley and the fish broth and pass them through a sieve. If the fish scales are oversalted, pour in a little water and season it and let it boil up a little, then put it on the pike and eat it with that. All pike should be boiled in vinegar and wine, and not in water.

### **112 A pike that is boiled in the middle and roasted at either end**

Take a white cloth that is one hand wide or wider and moisten it with wine. Take out the stomach and the liver so the stomach stays whole. Take a piece of another pike and fill the stomach with it. Add fat and let the liver and the stomach boil until they are done, (but) so that the liver stays whole. Fill the pike again so the liver and the stomach stay together in the middle of the pike. Take the cloth and moisten it, and it must be long enough to go around twice. Wrap it around the pike. When you have wrapped it around, wrap it around again (with a second cloth). Salt it and wrap the cloth over the salt, and season the pike all over the back and all around. It should be salted on both ends all around (and) between the two cloths. How take a thread and wind it around and around. The cloth must be fourfold. Take and scale (the fish) at both ends. When you wish to roast it, take a spit and thrust it through the cloth, thus it stays more whole (*gantzer*). Salt it like a roast fish and take two bricks, lay them at the corners (of the fireplace) and lay the spit on them and roast it like any other fish. Put good fire under the cloth, but a small fire under the other parts. And you shall take broth. Where you wish to boil the pike, you shall pour that over the cloth so it does not burn. That way the fish boils under the cloth (*in der pinten*). And you shall take small pebbles that are hot and stick them under the cloth and pour hot broth over the cloth. Thus it runs over the stones and the pike boils nicely. Just roast it properly.

### **113 To prepare two sauces and a soup for the pike**

With the tail, prepare a green sauce. Pass it through with vinegar, thus it becomes sharp, and add spices to it. For the head, take a *fierdung* of raisins and half a *fierdung* of almonds, and skin those nicely. Pound the almonds and raisins together.

If you wish to have a good sauce, pass the herbs and the bread through a cloth with *rainfal* (Ribolla gialla wine) or *rumenier* (Romania wine). Add good spices and sugar to it, thus you have a good sauce.

### **114 A good pastry of pike**

Scale the pike and chop it into pieces. Chop parsley, sage, pepper, ginger, caraway, saffron and salt. Fill a cup (*kopf*) with vinegar and wine. Take dough and put the fish with the condiments in it. Close it across the top with dough, bake it in an oven as long as rye bread, and serve it. This is how you can also prepare trout, salmon, eels, and other fish

### **115 A spoon dish (*gemüß*) of the blood and lung of roe deer**

Take the blood and lungs of the roe deer and boil it until it is soft (*mar*), and cut it into cubes. Strain the cooking liquid (*suppen*) through a cloth so no hair stays in it. Put all of it into a pot add fat and wine, and let it boil strongly. When you serve it, add ground pepper to it, and see that it is evenly thick.

### **116 Of many fried foods**

For the fritter, you must have seven colours. You produce those one after another through the year. You find the first in summer: you must have many blue flowers. You shall dry them in an oven, and see it is not too hot. When they are dried, pound them fine. Keep this colour and make a puree of sloes, and add the colour. That way it turns blue. Add honey so it is sweet, season it with good spices, and serve it.

### **117 A courtly light for a prank (*schimpff*)**

Take the herb that is called *centanicca* and take ants and hop flowers. Add oil to all of it and put it into a lamp (*in ainen liehtstain oder in ain lampelen*). That way, all who see it will seem as though their neck is long enough to reach the stars and the head touches the firmament. And if the light stands so that you can see the light of the stars, it will seem to people that the stars are running against each other, quarreling and fighting.

### **118 Again another light**

Take a green lizard and take the fat out of it. Prepare a wick from it and light this at night. Be sure there is no light in the room except this one. Whoever looks at the light will think the walls are silver.

### **119 (no title)**

Take the innards (*in über*) of a pike and its flesh and the blood as well. Add grated bread and salt and spices as you wish, but no saffron. Pound it well, boil it in pea broth, and let it stand three times as long as any other pike. Take rye bread again and prepare a *pfeffer* sauce of the pea broth and prepare a fried dish (*gebeck*) of apples with it.

### **120 A particular art for galantine (*zuo den sültzen*)**

Take the seeds of broadleaf plantain (*wegrach* - *Plantago maior*), boil it with the scales, and strain it together. That is a good condiment sauce.

### **121 A boar's head with hellish flames**

If you want to prepare the head of a wild boar so that hellish flames emerge from it, first boil it until it is done, and when it is boiled, put it on a griddle and roast it until it is brown. Cut it in squares

(würfflacht), but so that it stays whole (i.e. cut squares into the skin) and strew ginger all over it on the outside. Take a sauce bowl full of distilled liquor (*geprantes weines*) with ginger in it. Pour half of it down its throat (*in den hals*) and drizzle the rest over it on the outside. Take dry bread the size of a (wal-)nut and make a hole in the middle of it. Put a glowing pebble the size of a bean into it. Do this as you are about to serve it, and thrust that into its throat. Hold its mouth open (*sperre im das maul auf*) with a red apple and let it be brought in quickly. When people touch it because they want to eat it, it catches fire from the liquor and from the pebble so that hellish fire emerges from it, green and blue. It smells of violets and does no harm.

### **122 Chicken broth of almonds**

If you want to prepare a good chicken broth of almonds, take almonds and pound them unblanched, and wash them. Take  $\frac{1}{2}$  *libra* of them and three soft egg yolks and fine bread (*semelbrot*) as (i.e. the weight of) two eggs and two *pfennig* worth of cream (*milch rawm*). And take the broth of four old hens or eight young hens that are well boiled and pass it through with that. Take two *lot* of cinnamon with it and  $\frac{1}{2}$  *lot* of cloves and salt it in proper measure. And lay the four old hens into it or the eight young ones and let them boil in the broth so they are warm. See the broth is not too thin, and it should have neither a different colour nor appearance than is described above. Then serve it.

### **123 A gelled broth of calves' feet and udder (marginalia: *Galentein*)**

If you want to prepare a good gelled broth for one dish or two of calves' feet or udder, take ten calves' feet and an entire cow udder. Boil the udder and cut it into fine slices that are neither too large nor too small. Roast it on a griddle and drizzle it with vinegar and with honey. When these are roasted, distribute them in two serving bowls. When the calves' feet are boiled, pound them well and pass them through with vinegar and half a courtly serving dish (*hof schissel*) full of the broth, a *viertail* (quarter) of vinegar and half a *fierttal kanel* (quarter of a *kanne*) of honey. Pass it through with that and throw in a lot of whole cloves and very finely pounded ginger and as much ground pepper as you can hold with three fingers, a little saffron, and a very small amount of salt. Raise it over the fire and let it boil up like an egg sauce, and pour it over the udder. This is called *kalendin* and *Galentin*.

### **124 To make red wine**

If you wish to make red wine in any season, take blueberries (*haidper*) and place them in a wooden trough, and when you draw the bread out of the oven, slide the trough with the berries into the oven and let it stand in there for two days. Take them out again and then take small cloths. Into each cloth, wrap berries to the size of an egg, and then put them into wine. This way you can have good red wine when you have berries. It is as good as the red wine that you put red grapes into.

### **125 To prepare crawfish tails (*Kreuschen zegel*)**

Of crawfish tails. You shall take crawfish tails. When they are boiled, peel the tails and lay them in a small pot (*reinly*), and pour vinegar and spices to them.

### **126 To prepare good galantine (*Sultz*)**

If you wish to prepare good galantine (*sultz*), take fresh pike, bream, or other good fish that you wish to put into the galantine (*galred*). Scale them and cut them into pieces, lay them in a small vessel (*scheffel*) and pour on wine and vinegar in measure. Salt them properly. When they are boiled, throw in pounded ginger, cinnamon, galingale, cloves, anise, pepper, and saffron. Temper it according to taste so it comes out good. Let it boil up with the fish, lay the fish into bowls, and let them cool so that they gel.

### **127 How to prepare a *Galdrein* (galantine?)**

Take the meat and stomach of a pig and cut it into large cubes (*großwürfflacht*). Then take parsley, sage, mint, pennyroyal, hard eggs, bread, and caraway more than pepper. Grind this with vinegar and with good broth. Pour this on the *galdrain*. Add fat and let it boil up so it turns thick. If you do not have green herbs (*grün ding*), use different seasoning (*condiment*). Thus you prepare *galran*.



### **128 To fill sows' stomachs**

How to fill a pig's stomach. Take pork, chopped eggs, white bread, sliced fat meat, pepper, caraway, saffron and salt. Then mix (*tempier*) it all together and fill a pig's stomach with it, but not too full, and boil it when it is raw (*seud in grün*). When it is cooked, loosen the filling from the stomach entirely, cut it in slices, and chop it well with eggs.

### **129 To prepare liver well**

Of beef liver. Take a fresh beef liver that is not stony. Then cut it into five pieces. Then roast it on a griddle. When it has cleaned itself, wash it in broth or water for three times (*dreystund*). Then finish roasting it. Let it cool and cut it nicely. Pound one of the pieces in a mortar and add pepper, ginger, and anise. Grind it together quite small with vinegar. Boil it well so that it thickens. Let it cool, lay in the liver, and serve it as a deer liver. Also prepare the liver of wild boar with good broth.

### **130 Dumplings of tripe (*kutteln*)**

Item dumplings of tripe. Take boiled sheeps' tripe, hard-boiled eggs, a little white bread, sage, and salt. Chop this small and mix cut bacon, raw eggs, and saffron into it. And shape balls like eggs and cook (*bach*) them in the soup (cooking liquid) in a vessel (*kar*), and as they harden, coat (read *walg* for *erwell*) them in egg dough. Stick them on a spit and roast them.

### **131 To fry lamb heads and other heads**

Take the head of a lamb and boil it until it is done. Take all the meat off so only the bones remain, add raw eggs, cut bacon, pepper and caraway. Fill this seasoned stuffing (*kondiment*) into the skull and put it back in place so that it becomes whole again. Dredge the head through an egg batter and fry it in fat. Also prepare the heads of roe deer and suckling pigs this way.

### **132 To prepare a foreign roast of pears**

A foreign mode (*frombder sin*) of roast: Take roast pears and raw sour apples and boiled pig and ox meat, pepper, anise, and saffron. Cook (*pach*) all of that and make it soft, and add raw eggs so it sticks together. Then prepare a sheet of eggs and distribute the seasoned filling (*condiment*) equally on it. Tie the sheet together and coat it in an egg batter (*zeuch einen aier taig dar über*). Fry it in fat until it is firm. Roast it on a spit. Baste it and serve it. Item, you can lard it like a roe deer roast or warm it by the fire. This is called a pear roast.

### **133 To prepare *Larus* from chicken livers and stomachs**

Of chicken livers and stomachs: Slice them thin (*?tüm*) and fry them in fat, and add eggs, pepper, salt, and caraway. Stir it together like scrambled (*getüfftelnt*) soft eggs. Slide (*streich*) them into boiling hot fat in a cooking vessel (*schaff*) so they stay in one piece. This is called *Laurus*. Item also prepare the meat of young chickens or lamb this way.

### **134 Sauce (*Condiment*) for roe deer roast**

If you want to prepare a sauce (*condiment*) for a roe deer roast that you make out of it and want to keep, you shall not lard it and baste it with fat continually as it roasts. When it is roasted, let it cool. Take the crust of bread, pepper, ginger, caraway, and vinegar and grind this together and boil it up so it becomes evenly thick. Lay it (the meat) into the sauce. Also serve roast and roasted hare to lords in the same sauce.

### **135 Back roast of a roe deer, or a hare roasted entire**

Of back roast. Take the back roast of a roe deer, lard it well with small pieces of bacon, sprinkle it well with salt, and throw ginger, caraway and pepper on it. Wrap it in dough like *krapfen*. Let it bake in an oven. Note by the light (colour?) that it is fully roasted. Prepare hares roasted entire the same way.

### **136 To prepare roe deer venison in a spicy sauce (*condiment*)**

Of roe deer. Take roe deer meat and salt it lightly. Let it boil and add parsley. Chop sage and bacon once it has boiled, (and add) *semel* bread (and/or?) crust of rye bread, ginger, pepper, and vinegar. Prepare a spicy sauce from this, let it (the meat) boil up in it, and serve it.

### **137 Of roe deer blood and lungs**

Of roe deer blood and lungs. Take the blood and the lungs of a roe deer, boil it soft (*mar*) and cut it into cubes. Strain the broth through a cloth so that no hair is in it. Put all of this at the bottom of a pot, and add fat and wine. Let it boil. When you serve it, sprinkle ground pepper on it. It is meant to stay evenly thick.

### **138 To prepare a dry material (*materi*) that you keep to make it into spicy sauces (*condiment*)**

A spicy sauce. Dry white bread and rub it through a sieve. Keep this in a leather bag so that it does not get wet. When you wish to eat, put this in wine and stir in fat, eggs, pepper, or whatever you have enough of.

### **139 To prepare a sauce naturally (*natürlich*)**

If you wish to prepare a natural sauce, take three heads of garlic and more pepper than ginger. Temper this together and let it become brown. That is called a natural sauce. You shall eat it in cold weather.

### **140 A dry sauce**

A different sauce. Take sage, mint, pennyroyal, parsley, young and old sorrel (seeds?) that are small. Wash the herbs nicely and dry them in the sun. Take with that pepper, galingale, ginger, cinnamon (*cmoney*), anise, cardamom, cubebs, cloves, ground nutmeg, grains of paradise, and a little cheese.

This makes the sauce pretty. And dried white bread. Make a powder of all of this. When you wish to eat it, temper it with wine or with vinegar. You can keep this as long as you wish, and it is called dry sauce.

#### **141 Doberiz sauce**

A sauce (*condiment*). Take sour apples after St. Martin's day. Peel them and cut them thinly. Lay them in honey drink and let them boil until they become brown and black. You can keep this for a year. This sauce is called *Doberis*. You can also make *krapfen* with it.

#### **142 To prepare a *kuochen* with *doberis***

If you wish to prepare a good *kuochen*, prepare a sheet of two eggs. Take *doberis* and dilute it with boiling water so much that it will stick. Spread it on the sheet on four corners and all across, and tie it together. Dredge it through egg batter and work it with a rolling pin so that it becomes as thin as a reed (*halm*), and prepare it like a *kuochen*.

#### **143 Krapfen fried with a filling (*sältz*)**

A filling (*saltz*) for *krapfen*. Prepare a filling (*füll saltzen*) with grated cheese and with eggs and also with chopped bacon, and spread (*kleib*) it on the (dough) sheet and (stick) the other part on top of it. Shape flat fritters (*fladen*) and fry them in fat. You can also fill the same fritters with eggs and with apples.

#### **144 Infidel cakes or isinglass (*hausen platter*)**

Roll out a dough of eggs with a rolling pin (*waltzen*) as thin as a wafer (*oblat*) and cut it three fingers wide and longer than a hand, and fry it in fat. Pour peppered honey drink (*honig getranck*) or spiced honey sauce (*hönig würtz*) over it and serve it. This is called infidel cakes (*haidnisch kuochen*) or isinglass (*hausen plater*).

### **145 Krapfen of boiled apples**

Again of *krapfen*. Note: peel sour apples, slice them thin, boil them in water, strain off the water, take eggs, flour, and spices (*gekreut*) with the apples, prepare a batter of that and fry (read *back* for *hack*) fritters from that.

### **146 To prepare Kugel pip**

Item peel sour apples, slice them thin, and cook them in fat until they are soft. Pour off the fat and break apart the apples thoroughly. Mix in ginger, eggs, and spices (*kraut*) and fry it in fat. Prepare a sheet of eggs, pour the apples out on the sheet fold it over the apples. Let it fry in a small amount of fat (*in klainem smaltz*) until it is red at the bottom. Brush it with (fat and serve it in?) a bowl and serve it. This is called a *kugelpipp*. You can also fill *krapfen* with the same apples.

### **147 Filled eggs roasted on a spit**

Of filled eggs. Note: Take eggs and break them open at both ends. Blow into one end so the yolk goes out. Chop sage small and mix it with the yolk, and fill them back. Throw them (the filled eggs) into hot water and peel them and roast them. Brush them with eggs and spices and saffron, and serve them.

### **148 Eggs roasted on a spit**

Grate fine bread and fry it strongly in butter. Mix eggs with it, dried sage, and pepper. Fill the eggshells with this, roast them on a spit, and serve them.

### **149 Filled eggs**

Of filled eggs. Chop sage small, fry it in butter, mix in eggs, spices, saffron, and salt, and prepare a thick mass (*habich mouß*) of it. Put it back in the eggshells and lay them in boiling water.

### **150 Condiment sauce for filled eggs**

Item, again of filled eggs. Take milk, eggs, fine bread, saffron, and salt. Grind this. Grind it thick. Lay the eggs in it, let it boil up and serve them.

### **151 Pieced-together (*Gestückte*) eggs**

If you want to prepare pieced-together eggs on a dough sheet (*plat*), boil the eggs hard, cut them lengthwise, and take out the yolks. Mix them with raw eggs, add the yolks (to the filling) to the bowl (*schaffen*) and fry them until they are red. Prepare a thin sheet (*plat*) of dough, lay the eggs on it, and let the two sheets (top and bottom) and the eggs fry together, cut them each from the other, and serve them.

### **152 Millet or porridge (*greus*) roasted on a spit**

How you roast millet or porridge on a spit. Take millet or porridge and break eggs into it so it becomes thick. Cut it (in pieces) and stick it on a spit, roast it, and baste it with eggs. Serve it with salt or other condiments (*condimenten*).

### **153 Filled eggs with nut kernels**

Item filled eggs. Chop eggs and nut kernels together, and add soft eggs. Chop it small, fill it into the eggshells, roast them, and serve them.

### **154 A *fladen* or roast dish (*praitig*)**

Mix soft cheese, butter, and pepper together. Prepare a crust (*hafen*) of dough and fill it with the cheese more than half full. Let it bake in an oven.

### **155 Fried beans or nuns' farts in drink (*nunnenfürtz in gesüff*)**

Item of a side dish (*gemüß*). Roll out an egg dough with a rolling pin so it is the thickness of half a finger. Cut it in cubes like (i.e. the size of) beans and throw the dough into hot fat. It fries quickly. Pour off the fat and leave them to dry. Put them in a sauce or other condiment and let the wine sauce boil up before you put in the beans. Guard it from moisture (read *nassen* for *naschen*) and you can keep them for a long time.

### **156 Condiment for beans**

Boil green beans until they are soft, with fine bread and three times as much pepper and caraway, saffron, salt, vinegar, and beer. Grind this together, drain the beans, pour out (the cooking water?) and pour on (read *auf* for *aus*) the boiled ground sauce. Also prepare green peas that way. Prepare hard beans this way: Place them in boiling lye until the shells come off, then pour them into a sieve, rub the shells off, and boil them in the above described condiment sauce.

### **157 A side dish of porridge (*greus*), wheat, or millet**

Soften porridge groats, or those of wheat or millet. Boil them to a thin consistency with milk and add saffron, butter, and salt. Boil it up and serve it.

### **158 Sour (*Geseurt*) hard peas in a condiment sauce**

Item prepare boiled peas this way: Add vinegar, take a suitable pot with milk, and break 12 eggs into it. Add salt and saffron. Beat this a lot with a whisk (*twirle*). Set the milk into a cauldron of boiling water and let it boil in this as long as you boil beef. When it is cooked completely, serve it in whole pieces and put herbs (*kreuter*) on it.

### **159 Roasted peas**

If you want to roast them, put them into a bag while they are whole and weigh it down with a stone from morning till night. Slice them thin and stick them on a spit. Sprinkle them with salt and pepper. Grind mustard, caraway, anise, pepper, honey, saffron, and vinegar. In this condiment sauce, you can pickle (*sultzen*) parsley, pears, *holwangen*, and compost.

### **160 To prepare oat grains**

If you want to prepare oat grains or oat flour, take a *metzen* of oats and sift it well. Then boil it until you can see the white kernel. Then let it dry very well and pound it until the kernels become clean (*lauter*).

### **161 For worms in greens (*kraut*)**

Take *biessen kraut* (chard?) and boil it very well. Then let it cool again and sprinkle the seeds of the plants with it. When the seeds have dried, sow them. Thus the worms will not eat these seeds.

### **162 To make rough (*zehen*) wine fresh**

Item for rough wine. For a cask of wine, take a household loaf of bread (*hauß leib*), and do not bake it but let it become sour on its own like sourdough (*urhab*). Shape balls of this the size of eggs and throw them into the cask. Then close it up for three days and open it on the fourth. Add a fourth part of water from a proper well, that way you will have fresh wine.

### **163 A preparation (*gemecht*) that you can keep long for galantines (*sultzen*)**

When you eat fish in a week, you shall keep all the scales in a pot and pour water on them. Let them boil for half an hour, then place them, in a mortar and pound them. Pass them through with the liquid they were boiled in, place that in a pan and set it in a cool place so it gels. You shall them lift



it over a fire so it detaches from the pan (*sich entlauß*). When it has detached itself, place it on a nice board and cut away the thick part that has settled on the bottom. That way, you can keep it as long as you want. Lay it in the broth for a galantine (*sultz prü*) and let it warm up until it melts. And you shall also add the scales of the fish you want to put in the galantine to it if you want to make a large quantity.

#### **164 To prepare rice well**

Of rice. Wash it nicely with warm water. Place it in a pot and pour on warm water so that it stands one thumb's depth above the rice. Set it over the fire hot or cold. When it begins to produce scum (*faim auf werffen*), pour off the broth. Set it aside and let it cool. But if you wish to prepare it, pour on almond milk and set it on the coals, and stir it so that it stays whole, When it begins to thicken, whiten it with the milk. If you wish to know whether it is fully cooked, take three grains between the fingers. If they disintegrate like cheese curds (*als die ziger*) so that nothing hard remains, it is done. Serve it with sugar.

#### **165 A rare dish**

Take good broth and saffron and vinegar in measure, set it by the fire and let it boil up. Temper eggs and fine bread together and add cut bacon. Lay it in boiling water and let it boil up, and serve it.

#### **166 Chicken in a condiment sauce (*condiment*)**

Prepare a good condiment of chickens and of honey, and add spices. Cut apart roast chickens and serve them.

### **167 A spoon dish of damson plums (*kriechen muoß*)**

Take white damson plums and boil them very well. Pass them through a sieve, but not to a cheeselike consistency (*nicht zuo ziger*) so that no parts of the stones and the skin get in. Also add good honey and good white bread and spices. Boil it up, and thus serve it.

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