

The Recipe Book of Philippine Welser



Portrait believed to be Philippine Welser held at Ambras castle
Unknown artist, 1557. Public domain courtesy of wikimedia commons

Philippine Welser (1527-1580), a member of the prominent and extremely wealthy Welser banking family of Augsburg, was a famous beauty of her day. Scandalously, she secretly married Archduke Ferdinand II of Habsburg in 1557 and followed him first to Bohemia, then to Tyrol. A number of manuscripts are associated with her, most famously a collection of medicinal recipes and one of mainly culinary ones. The recipe collection, addressed as her Kochbuch in German, was most likely produced around 1550 when she was a young woman in Augsburg. It may have been made at the request of her parents and was written by an experienced scribe. The recipes #1-5 and 246, however, are later additions and Hayer believes they may be in Philippine Welser's own hand.

The original manuscript is probably incomplete. Several pages remain empty, and the selection of recipes ordered in thematic groupings suggests that more such chapters, perhaps on venison and

sauces, were intended. There is no table of content or index, though the first pages had originally been left blank, perhaps for that purpose. I added consecutive numbering to the recipes for easier orientation, but this is not original.

We do not know exactly how Philippine Welser was related to Sabina Welser from whom a similar recipe collection survives (°4 Cod 137 at the Augsburg Staats- und Stadtbibliothek, published in Hugo Stopp (ed.) *Das Kochbuch der Sabina Welserin mit einer Übersetzung von Ulrike Gießmann*, C. Winter, Heidelberg 1980). A comparison of the two is interesting and suggests they clearly came from at least a very similar culinary environment, if not necessarily the same household.

The manuscript is currently held in the library of Ambras Castle near Innsbruck as PA 1473 and was edited by Gerold Hayer as *Das Kochbuch der Philippine Welser* (Pinguin-Verlag, Innsbruck 1983).

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1 Clarifying sugar

Take one pound of sugar and the white of an egg, beat this well with a spoon and put it into the sugar. Pour on one *Maß* of water and stir it together. Then place it in a brass pan and set it on a trivet. Place embers below and let it stand two hours. Do not stir it, but see that it does not boil over. When you see that the mass (*der kitt*) holds together (solidifies/coagulates) and it comes up and the sugar turns brown, take it off the fire and strain it carefully through a cloth. Then put it back on the trivet and let it stand for an hour, and when you see it is brown (*prun ist*), take the sugar off the fire and put it with the thing you wish to preserve, be it ginger or apples of paradise (*paredeyss epfoll*) or other things. Let it stand for a long time until it turns lukewarm (*lab*), that is proper.

2 An art for someone whose gums have swollen

Take one and a half *Lot* oregano (*wolgemut*), one *Lot* of mint (*Damentten*), a quentlein of ginger root, a *quentlein* of elecampagne (*allet*), one *Lot* of roses, be they fresh or dried, and three spoons full of rose vinegar, all together boiled in half an Augsburg *Maß* of wine. You must let it boil down by half and let it stand in the pot overnight, then strain it through a cloth. You must also add a *quentlein* of oak leaves into all of it.

Wash out your mouth with this warm water three times, once in the morning on an empty stomach, once at midday, and once at night when you are about to go to sleep.

3 A good gargling water

Take prunella water and plantain water, one as much as the other, and also take rose honey and elecampagne and mix it all together. Let it boil for as long as a pair of hard-boiled eggs (*ein herz bar air*), and you must gargle with this warm water often.

4 An art for toothache

Item, take burned (dried?) elecampagne as much as the size of a walnut and a little more chalk than that and let it boil in a *gewendle* (cooking vessel?) of fresh water and let it boil for as long as you hard-boil a pair of fresh eggs. But you must first pound the chalk, but not the elecampagne, and you must place it on the teeth very warm, as hot as you can bear it, as often as you wish.

5 If you want to prepare quince juice

First take the quinces and have them peeled. Cut them apart all the way to the core, heat them in a glazed cooking pot, and pour on clean water up to two fingers below the quinces. Then let it boil under a good glowing fire (place glowing embers around the pot?) and boil them until the quinces are soft and the cooking liquid quite thick. Then strain it through a linen cloth and press out the quinces very well. It does no harm if it (the juice) is opaque, that just makes it better. Then measure the juice and take a pound of sugar to an eighth (*achterlin*) of juice, but if you wish to have it sweeter, you can take more sugar. Then set it over a good fire and let it boil quickly. When you want to see whether it has boiled enough, take a silver spoon, dip it into the juice, and let it cool. If a skin (*heyttl*) is formed on the spoon, it has boiled enough. But though it is thick now, it is not yet good. You can then pour it into any vessel you like and it will throw up a foam. Take that off.

6 If you want to make a good almond tart

Take half a pound of almonds and grind them as small as possible. Take half a pound of sugar and six newly laid eggs with it, but only the whites of the eggs, and a little good rosewater. Mix it all together and (take) a thin tart base with a wreath (as the edge) and pour the abovementioned on it. Brush it with rosewater as lightly as you can (*auff wennigest*). Sprinkle it all over with sugar and blow it off again, then sprinkle on sugar again and blow it off again and then sprinkle sugar on it and blow it off again. Do this four times and then let it bake nicely slowly. It will be pretty and good.

7 Of tarts: If you want to make an almond tart

Firstly, put one pound of almonds on the table and pound them well or grind them, and when they are about to become oily, pour on rosewater. When they are ground, put them into a bowl and take the whites of five eggs and some cream and rosewater. Add this to the ground almonds until it turns thin so that it flows, but not too thin. Put this on a tart base and let it bake nicely in a tart pan. When it has set well (*wol erstarckt ist*), take the yolk of an egg and rosewater, beat it well, brush the tart all over, on top and on the sides, and let it bake completely.

8 If you want to make a quite good almond tart

Take a pound of almonds on the table and grind it with rosewater so that they are very small. Take it out into a bowl and take the whites of eight newly laid eggs. Beat it so it becomes like water and strain it, and add an eighth (*achtelin*) of cream and beat that into the egg whites. Then stir in the almonds and add enough sugar so that it is quite sweet, otherwise it is not good. When it is half baked, sprinkle it with rosewater and then let it bake fully. It must be baked quite gently and with few embers above, otherwise it will be brown.

9 If you want to make a tart of almonds

Take the almonds and grind them small. Take the yolks of eggs and a little grated bread, sugar, and rosewater, stir it together and pour it on a tart base. Bake it quickly so it does not burn and put in very little sugar beforehand. When the tart hardens (*erstarckt*), add a bit of powder(ed sugar) on it every now and then. When it has risen up, sprinkle it well with sugar and let it bake fully.

10 If you want to make a tart of almonds

Grind the almonds small with rosewater and add cinnamon. Take the whites of three eggs and rosewater and grind it well together. Spread it on a tart base and bake it nicely gently (*fein lieb*). When it is half baked, sprinkle it well with sugar and with rosewater. You can also make fritters (*krepfla*) with this filling and fry them in fat.

11 If you want to make a good almond tart

Take a good pot (*gaffenn*) full of almonds and grind them small. When it is ground small, add a few raisins and currants (*weynber unnd zy wybenn*) into it. Then spread it on a tart base, take the yolk of an egg and brush the tart with it. When it is half baked, sprinkle it well with sugar and with rosewater. Then let it bake enough. The filling (*fillin*) should be two fingers thick.

12 To make an almond cheese

Take almonds, as much as you want, and grind them small in a stone (mill) or pound them, and take isinglass and boil it in a pot. Then pass the almond through with the same water that the isinglass was boiled in. Then add a lot of sugar in it and boil it well together. When it has been boiled, put it on a platter. Then take ground almonds and pass them through with boiled water in which no isinglass has been boiled and put a lot of sugar into that and also soak *semel* loaf crumbs in it. Then pass it through and boil it, let it cool, and pour it over the cheese and put raisins on it.

13 If you want to make an egg tart

Take a *Maß* of milk and add ten eggs. Beat them well together and then put it into a pan. Brush the pan with fat beforehand so that it sticks less. Then let it boil together, and do not make it too hard. Afterwards, pour it out on a sieve or a colander and let it cool. Stir it well and add a little sugar and

cream until it flows. Then put it on a tart base and let it bake nicely in a tart pan. When it is half baked, strew it well with sugar and let it bake fully.

14 If you want to make an egg tart for one table

Take eighteen eggs and beat them well, and add a *seydlin* of milk and a little flour. Take fat, as much as the size of half an egg, and put it into a pan. Let it heat up and pour the beaten eggs into this and let them boil together. Do not let it burn, pour it out on a sieve or colander and let it cool. Stir in sugar, spread it on a tart base, and let it bake.

15 If you want to make a good egg tart

Take a quarter pound (*fyerdung*) of almonds and grind it small. Then take half the almonds and prepare a quarter (*qwerttlin*) of almond milk with fresh water. Then take fifteen egg yolks and beat the almond milk with them well. Then take the remaining pounded almond and half a spoonful of sugar and also stir it into the eggs. Then take fat and let it swirl around the pan and pour the abovementioned into it. Let it boil until it turns as thick as a child's porridge (*kynnds musz*). Then spread it on the tart base and let it warm well in a tart pan. Then pass a piece of fat back and forth over the tart, and when the fat has melted, sprinkle pounded sugar over it and let it bake fully.

16 If you want to make an egg tart

Take eight egg yolks and beat them well and add a quarter (*qwertlin*) of cream to it, and fine flour (*semel mel*) to the value of half a Heller (*halbs haler wert*). Put fat into a pan, as much as a small walnut, and afterwards put the eggs into it. Prepare it like scrambled eggs (*wie ain ein gerertz*), as soft as you can, and pour it out on a sieve or a colander. Stir in sugar and rosewater after that and spread it on a tart base. Let it bake nicely, roughly for an hour, and sprinkle sugar on it when you serve it.

17 How to cook good egg milk and make a tart of that

Take a good *Maß* of cream and eight eggs with that and a little butter (*botter schmaltzs*). Put the cream over the fire and let it boil. Beat the eggs well and the butter with them, then put them in(-to the cream) together with the butter and let them boil up together, but not too long so it does not become tough. Let the water run off it clear and put the rest into a bowl. Stir it well like a porridge (*muß*) and add sugar. If you like, you can put in almonds and raisins. Put it on a tart base and let it bake nicely.

18 If you want to make a tart of eggs for one table

Take only six eggs and beat them well, and add a *seydlin* of good milk. Let fat the size of an egg swirl around in the pan and not get hot. Let it boil together, but do not let it get hard or burn. Then pour it out on a sieve *anfering* (?). Add ground almonds and sugar. Let the tart base pre-bake (*farbachenn*), then you pour it on and bake it carefully.

19 If you want to make a tart of cinnamon bark (*zimet Rinda*)

Take half a pound of almonds and grind them very small with rosewater. Then take half a pound of sugar, ten spoonfuls of the best cream, 2 *Lot* of ground cinnamon, and a little rosewater, and stir all of this together. Prepare a tart base, as thin as possible, and put the abovementioned on it. Bake it as cool as you can and note that when it hardens on top, it has had enough.

20 If you want to make a milk tart

Make the base (*bodenn*) so the edge is neither too high nor too low, roughly as you make a *fladenn*. After that, you must put the filling (*daug*) into it as is described hereafter: First, take two eggs, break them into a bowl, and beat them well. Take fine flour and stir it into the eggs until it turns dry

(i.e. is no longer liquid). Add a little saffron, and after you have made this, break another six eggs into it and let it stand. Then take a *seydlin* of cream and a little butter that is fresh and not salted, place the fat and the cream into a pan and let it turn quite warm over a round fire. Stir it around and around so it does not burn, and when it is about to start boiling, take the dough with the eggs and slowly pour it into that so that it first hits the spoon and then gently runs into it. Continually stir it with a spoon so it does not burn, until it comes off (the fire). Afterwards, take it down and put it into a clean dish, sugar it well, and let it cool. Then pour it on the tart base and let it bake in a tart pan.

21 If you want (to make) a cream (and?) milk tart

Take as much cream as you need and break open six eggs. Take (reserve) the whites of two eggs and beat the rest together and pour it into the cream. Also beat that well and put a little fat into a pan and let it heat. Move it about in the pan, then take the abovementioned egg white, beat it well, and pour it into the hot fat. Move it about as well so it will for a fine tart base (*bedalin*). Then pour the cream and the eggs on the tart base, put embers above and below, and let it bake nicely.

22 If you want to prepare a lung tart

Take the lungs and chop them small. Grate bread into it and break eggs into it, and add a little cream, raisins, sugar, and all kinds of spices. Prepare a pastry base (*bedalin*) below and a cover above and put it into the tart pan. Let it bake and when it is just baked (*schyr bachen*), put in butter.

23 To make as root vegetable (*raubenn*) tart

Take roots (*ryeb*) and peel them. Then put them in water and let them boil. Then, you pound them very small in a mortar and add six egg yolks and freshly melted butter, sugar, cinnamon and ginger, grated *semel* bread and a little milk. Salt it well and let it bake a quarter hour, then sprinkle cinnamon and sugar on it.

24 If you want to make an apple tart

Take good apples. Cut about eight slices from each apples, depending on how large they are, and turn them in flour. Fry them, but not as thoroughly as other apple slices. Then lay them out on a tart base and put on another (layer) until the tart base is full. Then take raisins, cinnamon and sugar and strew that on it. Then lay on another layer of apples and strew it again as before. Then put on a thin cover (*deckalin*) and cut it as you wish. Close it and brush it with egg, and let it bake.

25 If you want to make an apple tart

Take good apples, peel them, and cut them into small slices. Fry (*schwems*, lit. float) them in fat until they turn brown. Then lay them out on a plate (struck out: on the tart base) and let them cool. Then lay them out on the tart base close together twice (two layers?). After that, take sugar, cinnamon, and a little ginger and sprinkle it all over. Also take raisins. Prepare a cut cover to go on top, brush it with egg, and bake it gently in a tart pan.

26 If you want to make a tart of pureed apples

Take good apples and steam (*depf*) them until you can pass them through a cloth. Then put them into a bowl and add cinnamon, ginger, and sugar, pour it out on a tart base and bake it nicely. When it firms up well and is about half baked, take rosewater and brush it all over. You can also do this with pears or quinces, or add quinces to this. Also adding a little grated bread is good. Let it bake slowly.

27 If you want to make a tart of chopped apples

Take good, aromatic (*wol geschmackt*) apples and peel them and chop them small. When they are chopped, take cool fat the size of an egg and melt it in a pan. Then take the chopped apples and add

a good handful of raisins and cinnamon and stir it well together. Then put it into the pan into the warm fat and stir it. Take it out into a clean container and sugar it well, and let it cool. Spread it on the tart base, make a cover over it and let it bake. When it is half baked, take it out and put marrow from the legbone (*?marckt Ausem bay*) on it, and if you have no marrow, take butter, and let it bake.

28 If you want to make a pear tart

Take 2 pounds of pears, *Regel birenn* (cooking pears similar to wardens) or others that are good roasting pears. Let them roast in the fire a little, but not much. Then put them in fresh water and clean them well. Then grate them small and fry them in a butter for a short time. Then put them in a bowl and add half a pound of sugar, an ounce of cloves, an ounce of cinnamon, all pounded, and rose water that smells nice. Further take eight eggs with it and add a little salt. Stir it all together, make a tart base as for other tarts, and bake it with little heat above and below.

29 If you want to make a pear tart

Take good pears and cut about 10 or 12 slices from them. Turn them over in flour and then fry them a little. Let them cool and lay them on the tart base, two layers, then strew sugar, cinnamon, and a little ginger on it. You can also not put a top crust on it if you wish. Let it bake nicely, and before you serve it, let it brown (*yber schlagenn*) and then strew sugar on it.

30 If you want to make a pear tart

Take pears and cut slices from them, fry (*schwem*) them in hot fat, take them out and let them cool. Lay them on a tart base close to each other, and if you think it is too thin, put another layer on top. Put raisins on it, sugar, cinnamon, and a little ginger, and make a cut top crust to go on top. Let it bake, and brush it with egg before.

31 If you want to make a pear tart

Take good pears and cut 4 slices from them, and take the slices and cut small notches (? *krmelin*) into them, not all the way through, but one cut next to the other. Fry (*schwem*) the pears in fat before so they turn nicely brown, then cut them and lay them on the tart base one beside the other. Strew them with sugar, cinnamon, and a little ginger, and let it bake gently.

32 If you want to make a tart of chopped pears

Take pears and chop them small. Take grated bread and fry it in fat, add sugar and spices to the pears such as cinnamon and a little ginger, and pour them into the fat and fry them. Stir them and put them into a bowl, then put them on a tart base and let it bake nicely.

33 If you want to make a tart of pureed pears and quinces

Take pears and a few quinces and steam them, and grind them to a puree in a mortar. Then add sugar, cinnamon, and a little ginger, and stir it well together. If the mass (*der dayg*) is too thin, add a little grated bread until it is right. Then pour it on the tart base and let it bake gently so it does not turn too hard, otherwise it is not good.

34 If you want to make a tart of quinces

Take 6 or 7 quinces, peel and clean them whole, and boil them in water before you peel them. Then peel them as thinly as you can, and take out the cores. Then pound them in a mortar and put it into a bowl. Take half a pound of well pounded sugar with it, rosewater on account of the scent, and eight newly laid eggs, but only the whites. Mix all of this together, and if you want, add spices to it. Prepare a tart base as usual and put the above on it, and let it bake slowly.

35 If you want to make a tart of figs (*fegalein*)

Take small figs, as many as you want, and prepare them as cleanly as you can. Prepare a tart base with high edges, and when the figs are nicely prepared, first parboil them in water and when they are parboiled, lay them on the base next to each other and sprinkle them with cinnamon, sugar, and a little pepper. Occasionally add fat of an ox or marrow, that is even better. If you do not have those, put on fat (*schmaltz*) on it. Prepare a fine and thin cover (*bedalin*) on top that is whole (i.e. not cut), and once it is half baked, make a hole in the top of the lid and pour in good wine, not much, and let it bake fully quite slowly.

36 If you want to make a sour cherry tart

Preare a bottom as for other tarts. When it is finished, take a *semel* loaf, grate it small, and fry it in fat. Then spread it on the bottom and spread it out evenly. Break off the sour cherries (off the stalk) and lay them on this close together. Take out the pits (beforehand), that way it cooks better. Sprinkle them with sugar and cinnamon and make a fine thin cover on top. Cut this as you like and brush it with egg, and let it bake until it is enough.

37 To make a plum tart

Take plums, take out their stones, cut them in two parts and put them in sweet wine. Let them boil well in it, and when they are boiled, put them in a bowl and let them cool. Then put them on the tart base and put in cinnamon, sugar, fresh butter, and a little raisins. Let it bake for a quarter hour and serve it warm.

38 If you want to make a raisin tart

Take a bottom like for another tart and strew it with raisins, on the bare crust and so that it is well covered in one place as much as in another. Then sprinkle it with cinnamon and sugar and make a

thin, cut cover to go on top. When it is half baked, pour in a *malfasyer* (Malvasier, malmsey wine) or a *ronfal* (Reinfal, Ribolla gialla wine) into it and brush it with egg, and let it bake fully.

39 If you want to make a strawberry tart

Lay the strawberries on the tart base and strew them with sugar, then lay on more strawberries and sugar again, until it is full to the brim (*yber let*). Then prepare a cut top crust to go on top and let it bake nicely. When it is half baked, put butter on top.

40 If you want to make a liver tart

Take a calf's liver, let it boil well and chop it small afterwards. Take 4 sage leaves, 3 marjoram (? *manser on steydlin*) and spikenard or roses so that it smells of it, and chop it with the liver. Then take half a pound of sugar, 2 spoonfuls of pepper, a handful of pounded almonds, a handful of grated *semel* bread, 9 eggs, and a piece of fat as large as for a water soup. Stir these things well together, salt it a little, and pour it on a tart bottom. Let it bake gently for about an hour. Take half of the abovementioned almonds, add sugar and rosewater, and when the tart is just baked enough, spread the moistened almonds on it as thinly as possible with your finger so it is covered as thinly as possible all over. Then let it bake another half of a quarter hour, thus it is proper.

41 If you want to make a tart of *semel* bread (*semla*)

Take 10 eggs on the table, beat them well, and put grated *semel* bread into it. Make a filling (*fyllin*) for this as though for a *fladen*. Take almonds, cut them small and stir them into it. Take fat and put it into the tart pan, and do not let the tart pan get too hot. Pour in the filling and do not let it bake for as long as the other tarts. Check often to see that it does not stick, and salt it.

42 If you want to make a date tart

Take the dates and remove the kernels, and boil them in good wine. When they are boiled well, place them on the tart base. Put on cinnamon, sugar, and ginger and let it bake nicely.

43 If you want to make pumpkin tart

Take pumpkin and let it boil long (*jber syedenn*) and chop it small. Take grated bread and cheese and put it in. Add saffron, pepper, cinnamon and mace to it and also break 6 eggs into it and add a little fat. Put it on the tart base and let it bake nicely.

44 If you want to make a pine nut tart

Take pine nuts, soak them and then clean them. Add sugar, cinnamon, and raisins and put it on the tart base. Prepare a crust (*blad*) on top and cut it, and when it is half baked, pour fat on it and let it bake fully.

45 If you want to make a quince tart

Take several quinces, grate them, and press out the juice. Take other quinces and cut slices from them, and steam them in the juice you pressed out. Afterwards, put them on the tart base and put ginger, cinnamon, much sugar, and raisins on it. You can also do this with pureed quinces (*er dryben*), Make a crust on top, or do as you please, and let it bake nicely. When you wish to serve it, sprinkle it well with sugar.

46 If you want to make a cheese tart

First take a good, sweet, fat cheese that is not old or crumbly (*resch*). Grate it small and put the grated cheese into a bowl, as much as you please. Add 2 times as much egg and 4 times as much butter so it can become like a thin batter (*diner tayg*), and add a very small amount of flour to it. Stir it well in the bowl, but do not make the batter too thin, so that you can keep it on the tart base (*boden*). Last, add some dissolved sugar (*der lasnen zucker*) to it. Then bake it nicely small, and when it is baked, sprinkle sugar on it while it is hot. Thus it is proper and good.

47 If you want to make a plum (*gwestenn*) tart

Take plums and wash them cleanly in much water. Put them in a pot that is glazed on the inside and pour in good wine. Let them boil for a long time so the stones are removed easily. Then take them out and remove the stones. Prepare a tart base (*bedalin*) with sugar and cinnamon, and then put the plums on it one next to the other until it is full. Then sprinkle it well with sugar, cinnamon, and a little ginger and make a cut top crust. Let it bake, and when it is half baked, pour in one or two spoonfuls of this broth (the cooking liquid?) and brush it with an egg, then let it bake fully.

48 If you want to make a herb tart

Take goods herbs as you please, as you take them for filled fritters (*krepfla*) and chop them small. Then break eggs into them and make it as thick as you do for other tarts. Add a good handful of cheese, stir it, and prepare a tart base with eggs. If you want to, use no flour for the tart base, only eggs. Pour it (the filling) on that and let it bake properly, and when it is almost baked, pour hot fat over it and sprinkle it everywhere with sugar. Then let it bake fully.

49 If you want to make an English tart

Prepare as tart base (*bedalin*) as for any other tart, and take a cheese filling (*kes tayg*) as for the cheese tart described before. To bake it, you must do as follows: Put it into the tart pan and bake it for a good while until you think it is half baked. Then take it out and pour hot fat over it. Then put it back in straight away and let it bake well. When you want to take it out, take it out again and brush it with dissolved sugar (*er lasnen zucker*) and put it back in for a while. That way, it will turn nicely brown from the sugar. It should also be sprinkled with rosewater, that way it is proper.

50 If you want to make a sage tart

Take 2 bunches of sage and two bunches of parsley greens and pound them together in a mortar. Press the juice out thoroughly. Then take a pound of sugar, well pounded, and put it into a bowl. Take ginger to the value of one *kraytzer* and pepper to the same value, and a little salt, all pounded small. Further take eight eggs and a quarter (*qwerttlich*) milk, or a little more. Then take the above juice, mix it all together, coat the pan with butter and make the base as thin as possible. Have a care with the embers, you must often lift the lid and make sure that it doesn't burn. It takes much effort. It is written that you should not use any base, but only flour strewn over the butter.

51 If you want to make a tart of greens (*krautt dortten*)

Take on your table sage leaves, eight marjoram sprigs, a handful of parsley, 5 leaves of lemon balm (*melisen*, *Melissa officinalis*), 12 leaves of bugloss, a little chervil (?), 10 endive leaves, 10 borage leaves, a little chervil (?), and about four times as much chard (*mangelt*) as there is of the other herbs. If they are clean, do not wash them and chop them small. Then put them into hot fat and fry (*reschs*) them in it. Then put them in a bowl and grate cheese of the best kind into it, a little ginger, pepper, sugar, and 10 eggs or more, until it is quite thin. Mix it well together and pour it out on a base that is very thin, and let it bake. When it is almost baked, put a little butter on it and sprinkle it with sugar. This is for two tarts, take half as much to make one and let it bake fully.

52 If you want to make a tart of greens (*krautt dortten*)

Take young chard (*piesen*) and all kinds of fragrant herbs, wash them, press them out well, and fry them in fat. Then put them into a bowl and grate good cheese into it as well as a wheaten bread. Put this in with the herbs and stir it together. Take eggs and a little cream, colour it yellow and season it with good spice powder. Stir it together well and make a base, put it into the tart pan and pour the filling on it. Cover it with another (dough) sheet and close it with a wreath (braided edge). Let it bake, but grease the pan with fat beforehand, then it will not burn. If you want it sweet, add sugar. When it has baked for a while, but a hole in the top and put in some sweet butter and put it in (repetition?). You can also bake this in an oven.

53 If you want to make a sour cherry tart from juice

Take sour cherries and put them into wine. Let them boil. The wine must be sweet. When you boil it, put in a *semel* loaf and sugar. Then pass the cherries through and put them into a pan, let them boil and let them cool again. Then take sugar and cinnamon and put it into the above, put it on a tart base, and let it bake for a quarter hour. When you take it out, take melted butter and put it on the tart, and add sugar and cinnamon, that must always go on at the end.

54 To make a different sour cherry tart

Take sour cherries and remove the kernels. Lay them on a (dough) sheet one next to the other and put sugar, butter, raisins and spices on them. Put a thin crust (*bedalin*) on top and let it bake carefully.

55 To make a peach tart

Take the peaches and peel them. Then take out the stones. Make two parts of a quince and let it boil. Then put that into (in among?) the peaches and take sugar, cinnamon, and fresh butter, put it in and let it bake for a quarter hour. Then take sweet wine and butter, put it in a small pan, and let it boil together. Take this liquid and pour it on the tart.

56 To make a wine tart of grapes (*wein draubenn*)

Take the berries of the grapes and a little flour, melted butter, sugar, and cinnamon. Press it through (a sieve) together and put it in a pan. Let it boil until it turns thick, put it into a tart and let it bake a quarter of an hour. When you think it has had enough and it is turning nicely brown, take it out and let it cool. Then sprinkle it with sugar and cinnamon and serve it.

57 If you want to make a crawfish tart

Take crawfish and boil them until they are done. Then remove the unclean parts, and then put them in a mortar and pound them small. Take half a *semel* loaf and sweet wine, the *semel* bread must be grated finely, mix it together and pass it through a cloth or a small sieve. Let it boil in a pan until it thickens and add butter, cinnamon, and sugar. Spread all of this on a tart base and let it bake for a quarter of an hour, then serve it cold.

58 How you should make pastry coffins (*bastetten hefen*)

Take half fine flour and half second flour (*nach mel*, flour of lesser quality), break 2 eggs into it and put in melted fat into it, about as much as the size of one egg, and hot water. Or boil the fat in the water and once the water has cooled a little, pour it into the flour. Work it well until it is dry and elastic, otherwise it cannot be raised (*auf setzenn*). Except for venison pastries, I only use fine flour alone, and when it has had enough, I pull it, thus it becomes good and elastic.

How to make the dough for tarts (*dortten*)

Take fine flour, an egg or two, a little water, and a spoonful of fat. Beat it well together and sprinkle on flour until until it turns as thick as *semel* dough. Then work it well under your hands until it turns dry and make a tart base that is quite thin with a wreath around it.

59 To make a capon pastry

Prepare the pastry crust (*denn hafenn* lit. the pot) as you know and clean the capon as you know, chop off its head, neck, and feet and carve it as though it was served at the table, but not all through, only loosened. Then lay it into a bowl or platter and take the mixed spices as is described after this: 8 *lot* of ginger, 4 *lott* of pepper, 4 *lot* of nutmeg, 4 *lott* of cloves, 3 *lot* of cinnamon, pound all of that together and add a third part (*dryttel*) of salt, that makes eight and a half *lott*, this is proper with all pastries that are served hot. Now put as much of that spice on the capon as it requires and sprinkle it well with this spice between the wings and elsewhere, wherever it needs it. Then put it into the pot and lay in 4 long slices of fresh bacon and another 4 slices lay on it (on the bottom and top?). If you have no bacon, use fat. Then put a top crust on it and put it into an oven or tart pan and stay with it until it rises (*auff gatt*). When it has risen, poke a hole in it or the heat will break it open. Then let it bake for another 2 hours, and when you want to put in liquid, take one egg and some verjuice, beat it well together, and pour it in at the small hole before it is fully baked. Then put it back into the oven and leave it in another good hour, that is proper. Brush the pastry with egg before you bake it.

60 If you want to make a capon pastry

Make the pastry crust as you know and take the capon and clean it well. Parboil it a little, but not long. Then take it and chop off its neck and its feet. If you want, carve it up, but not all the way through, and season it well with pepper, ginger, not much mace, and a little cloves and cinnamon. Put it into the pastry crust together with the neck and the feet, and add the yolks of hard-boiled eggs and raisins. Take capon fat or marrow and also put it in, and put the leftover spices on top. Add

sugar, and do not forget the salt. Close it and let it bake slowly, and brush it well with egg all around.

61 If you want to make a capon or chicken pastry with herbs

Take the capons or chickens, chop up their wings, put them in water and let them boil up. Chop up the fat of ox kidneys or their marrow and chop all kinds of good herbs with that. Spice it well with pepper, ginger, cinnamon, and raisins and sugar. Take the capons or chickens, put them into the pastry crust, place the abovementioned on top and the sides until it is full (*?bys hin nein kunptt*). Close it with a top crust and put it into the tart pan. When it is half baked, add verjuice to broth suitable for soup (*suben brye*) or use wine, make a hole in the lid, and pour in the broth. Brush it well with egg and let it bake fully.

62 To make pigeon or chicken pastry

You shall not carve them up (*?erlegen*) like the capons, but crush their backs, wings, and feet. Otherwise, you treat them as described above with regard to spices and larding (*steck*), but without the bacon if you wish, as is also described of those pastries. These pastries must not bake too long, only about three and a half hours. You can also add liquid with an egg and verjuice. Let it boil well in there. If you have no verjuice, use wine that is sour.

63 To make a hare pastry

You must not parboil it, only lard it very well and spice it. Put it into the pastry lengthwise and let it bake for an hour or two, it does take that long.

64 Further, how to make a venison pastry

Take the venison and parboil it in half vinegar and half wine. Then take pepper and salt and coat (lit. roll) long slices in it. Lard the venison so it is well larded. Then take pepper and salt and sprinkle it well everywhere. Then make a dough of second quality flour and take two eggs and a little melted fat and warm water. Make an elastic dough from that and roll it out in one large sheet or two, depending on how much venison there is. Fold one over the other when the venison is in it and make a wreath around it or otherwise close it neatly, as women know how to save (*wyes fraw retten kan*). Brush it with egg all over and put it into the tart pan and bake it slowly for three hours. Make a hole at the top and pour in half vinegar and half wine and pepper, and let bake for another hour.

65 To make a venison pastry

Take the venison and let it boil well in wine and vinegar so it is half boiled. Then take it out, lard it well, spice it well, and lay much bacon at the bottom. Let it bake for two hours.

66 Further to make a venison pastry; I think this is better than the above

Take the venison and boil it in water for an hour. Then let it cool. Cut long (strips of) bacon and take spices like pepper, ginger, and a little cloves, and salt; use much pepper, stir it all together, and coat (lit. roll) the bacon in it. Lard the venison well with this, and what bacon you have left over, lay (in the pastry crust) with the venison. Take the leftover spices and sprinkle it all over the venison. Make a kneaded (*uber schlagenn*) dough for it with only flour of second quality. Poke 5 holes in the top and let it bake for 4 hours.

67 If you want to make a goose pastry

Clean the goose completely and scald it well in water. Then take it out and press it down in the middle so it flattens and widens (*jn der mit wol yn die breyde*). Then take the spice that is described for capon pastry and sprinkle it very well, and then salt it very well. Then take lemons, apples, pears, bacon, and caraway and stir it well together. It must be chopped a little, not too much, just the pears and the bacon. Fill the goose with that and arrange around it what is left of the filling. Lard the goose well and lay broad slices of bacon under the feet and the wings. Make a dough as though for venison pastries and wrap the goose in it (so that it is) shaped like a goose. Put it into the tart pan and let it bake.

68 If you want to make a pastry of birds

First make a round pastry crust (*hafenn*). Then take as many birds as you like and clean them. Put them into a pan and let them have a good boiling-up in water. Then take them out and salt them a little. Spice them well with ginger and pepper and swirl them around in a bowl so the spices get everywhere on them. Then put them in the pastry. Lay bacon on the bottom before, the birds on that, and then put in several yolks of hard-boiled eggs, sprinkle on sugar and raisins, and also put in chopped bacon last and close it. Brush it with egg and a little saffron, and let it bake for 2 hours. Pour in a little *malfasyer* (malmsey wine). I would put in ox fat in place of bacon.

69 A pastry made of veal

Take veal, parboil it well and chop it. Take half as much kidney fat of an ox or more than half and also chop that with it. Salt it, and when it is chopped, put it into a bowl and add ginger, cinnamon, pepper, raisins, sugar, and a good sweet wine. Stir it well together so it becomes as thin as a muß. You can also add the yolks of hard-boiled eggs into it whole, as many as you like. Then put it into the pastry crust and let it bake for one and a half hours, thus it is proper. When it is almost baked, you can put in broth with verjuice, and also put in saffron.

70 Further, a pastry of veal

Take meat for dumplings (*knepfel flesch*) and boil it well and then take half as much or more kidney fat from an ox and chop it together with salt. When it is chopped, prepare a round pastry case. Take a lot of raisins and ginger and put that into the chopped (meat) and stir it together. Boil hard as many eggs as you want or according to how large the pastry is. Put the filling into the pastry case and lay in the eggs, just the yolks, into it whole. Also add a little saffron, or (do it) in the end when you put in the verjuice, that is better. Close it with a top crust and let it bake properly. When it is half baked, take verjuice and soup broth and a little saffron and stir it together. Make a hole at the top (of the crust) and put in the broth with a funnel. Let it bake fully, about 2 hours altogether.

71 If you want to make Spanish pastries

Take good flour and prepare a dough with clear warm water. Salt it a little and work it well, that way it can be made to stand (*last er sych auf setzenn*). Prepare a sheet as long as your work surface (*das bredt*) is and quite thin. Roll it out with a rolling pin and spread that same sheet with melted bacon, but only half. Let the fat congeal and roll out the same sheet on top of itself again (read *das selb blat yber ain ander* for *das selb baldt yber ain walger*) and make another eight of these sheets, each on top of itself (i.e. folded over). And (make) as many crusts (*hefelin*) as there are people at the table so that everynody has one. Fill them with what you have of gamebirds, chickens, or other chopped meats of veal or castrated ram. Bake them in the oven or the pan and serve them hot.

72 If you want to make a pastry of veal sausages

Make the sausages as you usually make them and roast them a little, but not fully. Prepare a round pastry case and lay the sausages in there. If you want, do not have a sausage skin (*letzlin*) around them and (in the case) do not roast them. After you have put them in, put in raisins and all kinds of spices and sugar. Close it with a top crust and let it bake slowly. When it is baked, pour in half an *achtlin* of *malfasyer* (malmsey wine) or *ranfel* (Rainfal, Ribolla gialla wine). Make a hole at the top

and pour it through a funnel until it is full (*bys hin neyn kumpt*) and do not use *malsayer* for this, just soup broth and verjuice.

73 If you want to prepare a good pastry of *hetalin* or *haters* (cutlets)

Cut broad slices from veal and beat them well with the back of a knife. Then take a little veal and fat from the kidneys or another kind of good fat and chop that together. Put it into a bowl when it is chopped and add a soup broth to stir it with so that you can spread it (to a spreadable, but not liquid consistency). Put in raisins and all kinds of spices, spread it on the meat slices, and roll them up tightly. Then prepare a round pastry case and lay them in neatly. Put sugar on top, cinnamon, ginger, cloves, and small raisins. Close it and let it bake. You can also put in the yolks of hard-boiled eggs. When it is almost baked, pour in half an *achtalin* of *malfasyer* (malmsey wine) or *ronfel* (Rainfal, Ribolla gialla wine) and let it bake fully.

74 If you want to make a pastry quince pastry (repetition probably accidental) from slices

Make a round pastry crust from the dough and cut the quinces into 4 or 6 slices and cut out the cores cleanly. Peel them and stick each one separately with cinnamon and cloves. Then strew sugar, cinnamon, and a little ginger on the bottom of the crust. Lay in the slices in one layer until it is full and always lay on sugar and cinnamon (between the layers). Do not stint the sugar. Then close it. But also always sprinkle some raisins on each layer. Let it bake properly, almost two hours. Serve it warm or cold.

75 Further a quince pastry with whole quinces

Make a round pastry crust, then take whole quinces, peel them, and cut out the cores, but do not dig all the way through. Then put sugar, raisins and cinnamon in the holes and fill them. Then take the crust, sprinkle sugar on the bottom, and put in the quinces close by each other. Then fill the gaps between them with small slices (of quince) so it is quite full. Cover it all over with sugar and do not

stint this, and also sprinkle on cinnamon and raisins. Put a goodly amount besides (with) them (the quinces) and close it up. Let it bake properly and brush the crust with egg beforehand. Let it bake nearly 3 hours and serve it warm or cold.

76 If you want to make pastries of pears or apples

Take good pears and peel and hollow them out so the cores are removed, but do not dig all the way through. Fill them with sugar, raisins, and cinnamon. Make a round pastry crust and set the pears or apples in it close by each other. Cut slices and fill the gaps between them so that they are close together (closely filled), otherwise it turns into apple puree (*epfel muß*). Strew sugar, cinnamon, and raisins all over them, but not as much as for the apples (error for quinces?). Close it and let it bake properly, the apples for almost an hour or one and a half, the pears 2 hours. Brush the crust with egg beforehand. You can also make these with (only) slices.

77 To make an eel pastry

Take an eel and remove its skin. Make nice pieces out of it and remove the innards carefully (*eders wol*). Lay it in as bowl and salt and spice it, and swirl it all together. Then put it into as prepared pastry crust and put a piece of sweet butter between them (the pieces). Then close it and brush it with egg, that is proper, and bake it.

78 To make an eel pastry

Take the eel and remove its skin and take out the innards (*eder jn schen*). Then cut it into pieces and stick it with cloves, cinnamon, rosemary, and sage. Roast (*uber brott*) it a little and then season the pieces nicely with all kinds of spices. Prepare a good sauce (*brielin*) with spices and butter, and you can also add green herbs and sugar, if you want to have it sweet, and sweet wine. Put this into a pastry crust, close it, and let it bake slowly.

79 If you want to make a fish pastry

Take a fish, be it a carp or another kind, scale it and next cut it through up and down on both sides (make cuts along the sides?). Open its belly and take out the gall. They take spices as are written in the first capon pastry, but with a fish, you must use more salt than with meat. You must look to that because fish are sweeter. Then take the fish and season it first under the fins. Then remove the innards and season it well inside. Also season the innards and return them into the fish. Then rub the fish with spices on both sides and see that it is well salted in the cuts you made. Then lay it on the dough which must be made as though for venison pastry. (Have) two parts and fold one over it. But beforehand, lay fat worth 4 *batzen* (a small coin) and close it. Shape it like a fish and stick in a small tube (*rerlin* – cinnamon stick?) on top so you can pour in a sauce and let it bake for 2 hours.

80 A pastry of cut-up fish

Take the fish and cut it. Then make it into pieces as though you wanted to boil it. Then make a round pastry crust from the dough and sprinkle spices on the bottom as described in the first (recipe), but stir in more salt or otherwise salt the fish more strongly. Lay the fish into the pastry and sprinkle on spices and salt and put two good pieces of fat on top. Close it and brush the pastry with egg, and let it bake properly. When it has baked for an hour, take the white of an egg and good wine, beat it well together, make a hole at the wreath (*ain krentzlin* – at the edge of the top crust?) and pour in this sauce (*brie*) with a small funnel. Then let it bake well. You shall treat all fish pastry this way, with the sauce.

81 To make stockfish pastry

Take the stockfish and parboil it in salt water that is well salted. Take it out and pick out the bones thoroughly, break it up and put it into a pastry crust. Season it well and add butter the size of half a semel loaf and a glass (*seydlin*) of wine, and bake it for half an hour.

82 To make a crawfish pastry

Take crawfish, boiil them, and remove the shells and stomachs. Only leave the claws with them. Add all manner of spices, butter, sugar, sweet wine, and mace, close it, and let it bake.

83 To prepare fish in a glazed pot (*scherbenn*)

You must have a *scherben* (pottery vessel) for this that is glazed on the inside and stands on feet and it must have a lid (*decken*). Open up the fish and scale it as is described above for one that is whole (recipe 79) and lay it into the *scherben*. Season it in proper measure as is described above for the kind cooked in pastry and lay in 3 or 4 lumps of good fat. Then take a little roux (*brentzs mel*, literally ‘burned flour’) and a little spices, also the yolk of an egg and a little verjuice or white wine, stir it together and pour it into the bottom of the *scherben*. Cover it again and set it in the oven. Let it bake for two hours, according to how large the fish is. Turn it over every quarter hour, season it and set it back in the oven, that way it will turn out proper.

84 If you want to make an egg pastry

Raise the pastry crust nicely and let it harden (*erstarcken*) before. Then take eggs and milk and beat them together well. Add sweet butter and spices, sugar it well, and pout it into the pastry crust. Let it bake, and when you want to serve it, put a lid (*deckalin*) on it.

85 Another egg pastry

Take creamy milk and set it over (the fire) and add a piece of sweet butter as large as a duck’s egg. Prepare a soft batter from eggs, and when the milk is boiling, pour in the batter and let it boil until it turns into a thick mass (*myeslin*). Then put it into a bowl, stir in sugar and cinnamon, and afterwards let it bake in a pastry crust.

85 To make yet another egg pastry

Take eight eggs and beat them well. Pour good creamy milk into that and add a handful of flour. Beat it well together and pass it through a cloth or tight sieve. Let the pastry crust become quite stiff (*wol stark werden*) in the oven and pour in a little of this (liquid) into it, three times, but not soon after each other. That way it rises nicely. Afterwards, put a lot of sugar on it, that way it is proper. Serve it first.

87 To make a milk pastry

Raise a pastry crust as for a proper pastry, set in the oven or pan and let it harden (*er starckenn*). Lay a piece of fat the size of a walnut in it. Then take 10 eggs on the table and (add) good milk and a little flour. Sugar and spice it and pour it into the pot. Let it bake. The oven must be hot.

88 To make tench or lamprey pastry

One is the same as the other. Take the lamprey and scald it well. Then lard it through and through with bacon, sage, and rosemary and season it with all kinds of spices. Make a thin sheet (*bladt*) that goes all around the roast and put sweet butter or another fat into it. Turn it around (fold it over?) like a carp and let it bake. Brush it well with egg white. You can put in goose necks and stomachs, feet and wings into it in measure, as with the fowl pastry.

89 To make an ox tongue pastry

Take the tongue and boil it so it becomes nicely tender (*fein marb*). Then cut it thinly and make pieces of it. Stick each piece with 2 cloves. Spices: ginger, cloves, and nutmeg. Cut them very small and take salt and mix them together. Put it into the pastry crust and make it tall. Always lay one

piece on another, and let there be spices inbetween. Take ox fat and chop it small and put it in. Let it bake for an hour. When it has baked for an hour, take half a semel loaf and toast it so it turns brown. Put this into red wine with sugar and ginger and nutmeg added. Let it boil up and try it to see if it is good. Pour it into this pastry and then let it bake fully.

90 Here follow the fritters

If you want to make fritters with a syringe (*spritzen baches*)

Take milk in a pan and put it over the fire. Add a little fat to it and let it boil. Stir in flour and make it dry like dough for *bryette kychla* (gebrühte Küchlein – choux pastry). Then mix it with eggs and leave it thick (*starck*). Then put it into the syringe and press it into hot fat. Shake the pan, and let it fry slowly.

91 If you want to make fritters with a syringe (*spritze baches*)

Stir up the dough with cold water. It should be a little thicker than common *streybla* (Strauben) batter. Put some fat into a pan and put the dough into it. When it becomes properly dry, put it into a bowl and put 6 or 8 eggs into warm water, depending on how much dough there is. Break one after the other into the dough until it turns the consistency that can be pressed through the syringe. Then you should lay the dough around the pan like a ring so that it turns into a triple ring and fry it properly.

92 If you want to fry fritters with a syringe (*sprytze kiechla*)

Put a little water into a pan and fat, and fry (*brenn*) the fat so the dough becomes dry (this section seems to be incomplete). Then put the dough into a mortar that is warm and pound in the eggs one after another until you think that the dough is right. Also lay the eggs in warm water before. Put it into the syringe and let it fry properly.

93 If you want to fry large slices

Take 6 eggs and 3 or 4 bowls full of milk and prepare a batter like a *streyblin* (Strauben) batter. Put a little fat into a tart pan and let it get hot in it. Pour in the batter and put embers below and above. Let it bake gently until it turns dry. Then cut slices 2 fingers wide, and one slice in (one cut through?) the middle and fry them slowly. Lay them in cool (at a low temperature) and shake the pan. Turn it over (?) and pour on hot fat with the ladle, that way they rise better.

94 If you want to make wafer fritters (*mandatten baches*)

Take almonds and grind or pound them small and see they do not turn oily. Moisten them with rosewater in a timely fashion. Then put in sugar so it turns nicely sweet and grind or pound it well together. Then take wafers and spread this on them, not too thick, otherwise it will not rise. Spread it in the middle (?*hergatt*) so it turns out smooth. Then cover one wafer with another and press it closed firmly at the edges with rosewater. Cut them as large as you wish, and do not make the almond filling (*dayg*) too thin. Then prepare a yellow batter with water, pour it on a plate, and dip the wafers into it along the edges, not too deep. Fry them nicely, not too hot so they stay white, and lay them out on a sieve, no other place, otherwise they drop down. Shake the pan when you put them in until they rise.

95 If you want to fry filled wafers

Take apples and cut thin slices from them. Dust them with flour and fry them well. Then put them into a mortar and pound them well, and take them out into a pan. Add a raisin/grape sauce (*wein draube seltz?*) and set it over the fire. Sugar and spice it as you please and stir it a while over the fire, that way it gains colour. Spread it on the wafers and fry them quickly.

96 If you want to make wafer fritters from an electuary (*aus latt wery*)

Take electuary, slice it and soften it in good wine. Take a little cherry sauce and add sugar, cinnamon, and ginger. Pound it or stir it together well. Make it nicely spicy (*res*), spread it on the wafers, dip them in a yellow batter along the edges and fry the quickly. This is healthy and good.

97 If you want to make a different almond fritter

Take half a pound of almonds and grind it with rosewater. When it is small (ground finely), add a good *firdung* (quarter pound) of sugar and a nutmeg that is pounded small and grind it together. Then cut wafers into four parts or as you please and spread the above on them, about as thick as the back of a knife. Do not cover it (with another wafer) and bake it in a tart pan so it becomes well baked (*wol bachen*). This is good to eat.

98 If you want to fry white *streybla* (Strauben)

Take the whites of eggs and take a ladleful of water or 2 and fine flour. Stir it well together and make it smooth. Add sugar to the batter so it is quite sweet, and make it thinner than you usually make a *streybla* batter. Stir it very well. Take a small pot and make eight or 9 holes in it about this wide (drawing in the manuscript) and set the pot into the fat. Take it out and put in the batter, and drop it into the fat in a nice long strip as long as the pan. It is not as thick as *streybla* usually are. Do not let them brown (but make them) as white as possible. Make a shovel (*schefalin*) that is three fingers wide, roughly, and that shovel must be curved slightly on the outside so you can bend the fritters over it. Turn them over with this shovel, take them out and bend them over it with your hand. Press them together so they hang together, and set them out on a board one next to the other. Serve them thus: Set each two against each other until the serving bowl is full, then sprinkle sugar over them and stack them high (*setz in die hech*).

99 If you want to fry Italian *streybla* (Strauben)

Lay eggs in warm water. Put water in a pan over the fire, salt it, and let it boil. Pour flour into it, stir it quickly, take it off and stir the eggs into it. Stir the batter and make it smooth. Take a funnel that your little finger fits through to half a digit, put the batter into it, and let it pass through it gently into hot fat. Thus it can be an ell or 2 long and does not stick. Take two shovels that are two fingers wide to turn them over and take them out.

100 If you want to fry chicken guts

Prepare a dough as for *bryettekiechla* (a choux pastry), but make it thinner, let it drop into the pan through a funnel and fry it.

101 If you want to fry antlers (*hirsch horn*)

Take 6 eggs and beat them and take 4 large spoons full of sugar and stir in good flour. Make it as a dough for hares' ears (*hasen nerla*) that is well rolled out, cut off a piece and roll it out lengthwise about as long as a spindle and make it (cut it) so that it resembles an antler with its points. Then let it fry nicely and properly in fat. When you want to serve it, you should always set two and two opposed to each other in the bowl and sprinkle them with sugar.

102 If you want to fry fritters over a mould (*yber die medel*)

Take eggs and beat them well, and beat in a little wine. Then stir in flour so it becomes a thin batter. Take your moulds and first dip them in hot fat. Then pour the batter over them or dip the moulds into the batter so that it does not go higher than they are. Dip it into the fat carefully and let it fry.

103 If you want to fry *mutzschele*

Take 8 eggs and 8 eggshells full of milk, beat this well and stir in flour. (Make it) as thin as a commonplace *streyblin* (Strauben) batter. Put a piece of fat the size of a walnut into a tart pan and then pour in the batter. Put a little embers below and above, and when it dries properly so it can be cut, cut out *mutzsellen* and fry them properly in fat.

104 If you want to fry nuns' farts (*nunen firtzlach*)

Begin the dough with only eggs and make it as strong (thick) as you can. Roll it out well and make long strips. Cut slits (*zwyfel*) into them about a finger in length at both ends. Fry them in fat, not too hot, but slowly so they spread open nicely. They are the same kind of food (served and eaten the same way as) egg pretzels. Add sugar to the dough.

105 If you want to fry mortar fritters (*mayrser kiechla*)

Take eggs and pour cold water over them. Then lay them in hot water and keep them warm. Put water over the fire and salt and fat and let it boil like a soup. Take good flour and sprinkle (*ses*) it in. Stir it with the handle of a cooking spoon. Take the pan off the fire and stir the lumps (*knollen*) to pieces. Then set it above the fire again and dry it well. Turn it over thoroughly, and when you have dried it, put it into another pan. Break the abovementioned eggs into it one after another and stir it until the dough is smooth. It is better to do this with your hand. When you want to break the eggs into it, dry them off beforehand so no water can drip off the eggs into the dough. Make this dough smooth and stiff like wax with your hand. Do not make it too thin. If you want to lay it in (the fat), tilt the pan. If the dough flows a little, it is proper. Take a piece of dough as big as a hen's egg with an iron spoon and lay it into hot fat, but not too hot. Let them fry slowly, and when they open up, turn them over with the opening downwards, and shake the pan.

106 Mortar fritters in a different way

Take a *querttlin* (about a cup) of water and boil it. Add a little fat and salt, and when it boils, stir in flour and dry it well over the fire. Put it into a mortar and pound it with eggs until it is like a dough for *byette kiechla* (choux pastry). Then lay it into hot fat with an iron spoon into fat that is not too hot and let them fry gently.

107 Another way to fry mortar fritters

Take milk worth a *pfennig* and as much water, let it boil and add a piece of fat the size of a walnut. When it is boiling, sprinkle in good spelt flour (*keren mel*) until it becomes very thick and dry. Let it dry slowly over the fire. Then put it into a mortar and pound the lumps to pieces. Then break in one egg after another until it becomes rather soft, but thicker than a *streybla* (Strauben) batter. Break the eggs into it when they are quite cool. If you handle them right, they will turn out well and be as large as a *semel* loaf.

108 If you want to fry *schaub hiettle* (hats)

Take 8 egg yolks on the table and a little more cream than there are yolks, and a good lump of fat, as much as to spread on a slice of bread (*wie an ain geschmaltztes brott*). Beat the eggs well together and salt them. Stir in fine flour and prepare the dough as though for hares' ears (*hasen nerla dayg*). Break off pieces as large as a walnut and roll them out in discs (*gescheyblat*). Lay them in a dish, and when you want to fry them, place them on an iron spoon beforehand and immerse the spoon in the fat with the dough sheet (*bledlin*). Thus it will be shaped like a hat. Turn them around quickly so they do not become brown.

109 If you want to make a wheel-cut fritter (*redel baches*)

Take good flour, put it on a board, pour on egg and warm milk, salt it, and make a dough. See it does not become too stiff. Roll it out well and roll it as thin as you can. Then lay it in two layers (fold it in half) and roll it out again. Cut the dough as you please with a pastry wheel and fry it quickly. Sprinkle with sugar when you wish to serve them.

110 If you want to make a pounded (*gestosenn*) fritter

Take 8 eggs, 8 spoons full of milk, 4 spoons full of water and make it like a *streybla* (Strauben) batter. Put it into a cloth, grease the cloth with fat (beforehand) and hang it in a pan with water. Let it boil until it turns nicely thick. Then turn it over (out of the cloth) and cut it into long slices two fingers wide. Lay them in fat and let them fry slowly, and keep the dough warm in warm water.

111 To make a burned (*brentz*) fritter

Take a pan and put a little water and fat into it. Let it boil up and put in good flour and fry (*resch*) it well so it becomes quite dry. Then put it into a mortar that is quite warm and break eggs into it until you think it is enough. Fry it cool, that way they rise. Then sprinkle sugar on them when you want to serve them.

112 If you want to fry bag fritters (*sack kiechla*)

Take as much water as there is eggs and make the batter thinner than *streybla* (Strauben) batter. Put it into a small bag and lay that into a pot so it boils. After it has boiled a good half and a quarter of an hour, open the bag and push your finger into the batter. If it is boiled to the point you can insert a finger, cut it apart in the middle like you cut a semel loaf. Lay it into cool fat and stir the pan well, that way it rises (*kleubs auf*). Fry it gently. Make the bag narrow at the bottom and wide at the top, that way you get it out in one piece and can cut it properly.

113 A Nuremberg fritter

Item for 8 portions (*barschon en*) take 10 eggs and break them into a bowl. They must be newly laid. Beat them well and take milk into it, a good two thumbs long (quantity?), (but) less than the eggs. When the eggs are beaten, add flour and make a good, viscous (*zechen*) batter that is as thick as a *streybla* (Strauben) batter. Afterwards, put the abovementioned batter into a square tin dish that can be covered well and that keeps out water (*das waser heb?*). Add three spoons full of sugar and not too much salt, and when you put the batter into the tin, put in fat before and melt it. That way it will not stick. Close the cover (*lidt*) well so that no water can get in.

Item take a large pan or cauldron with water, set it over the fire and let the container (*driehlin*) boil in it. Lay a stone on the container so the water covers it, and check often so it does not become too hard. When it is slightly firm, take the stone off the cover and take it out. Then put fat into a pan and let it heat up over the fire, Cut slices from the batter, they should be one finger long and one finger wide. Lay them into the fat and let them fry until the slices open up on top. When they have opened up, you must not shake the pan any more. The fat should not be too hot. If it becomes too hot, take it off the fire. Let it rise up (over the fritters) and then fry it nicely and slowly.

114 To make a pretty fringe (*gefresch*) around a tart

Prepare a dough as though for hares' ears (*hasen nerla*) and it must be well rolled out . Then roll it as thin as you possibly can and fold the rolled-out dough on itself 8 times. Cut it as small as you can and put a little (of it?) into a pan. Pour hot fat over it and and press it together well, and fry it hot. That way it is pretty and curly (*krauß*). Sprinkle sugar on it when you serve it.

115 If you want to fry hares' ears (*hasen nerlach*)

Take good flour and pour in eggs and warm milk. Salt it and prepare a dough that is not too stiff. Roll it out with a rolling pin until it is thin, then take a pastry wheel and cut it as you please, square or anything else you want, and fry it quickly.

116 If you want to fry other (*sunst*) fritters (*kiechla*)

Take cold water and begin the batter like a *streybla* (Strauben) batter. Then put good piece of fat into a pan over the fire and fry the batter in it until it turns thick. Afterwards, put it back into a bowl, break eggs into it until it turns out proper, then lay it in (-to the fat) like good *briete kiechla* and fry it.

117 If you want scalded (*bryettem*) fritters

Start the batter with cold water and lay the eggs into hot water. Make the batter as a batter for slices (*schnitten dayg*) and fry it in fat until it turn out dry. Then make it thin with eggs like a thin batter for slices (*schniten dayg*). Then put fine small fritters into hot fat with scissors (*mit der scher*). Let them fry carefully and salt them slightly before you serve them. Then sprinkle on sugar when you bring them to the table.

118 More scalded fritters (*bryette kiechla*) in a different manner

Take the eggs and pour hot water over them until they are warm. Then take boiling water, add salt and fat as though for a soup, put flour into a bowl and pour on the hot water. Stir it strongly around and around and make it smooth, and prepare it (*beres* for *bereyts*) quite thick. Then take the warm eggs and always add two at a time until the dough turns out right. Stir the dough well until it turns out as thick as a porridge for children (*kindts muß*). Then spoon the dough out on a plate and put nice fritters into the pan full of hot fat with scissors (*mit ainer scher*), and fry them slowly.

119 If you want to fry chicken fritters

Take meat of chickens or capons that has been boiled beforehand. Chop it small and add grated bread, and stir it with eggs. Take about half as much breadcrumbs as you have chicken meat. Salt it lightly and lay it in (-to the fat) with a spoon. Fry them nicely slow, and lay them in round, big or small, as you prefer them.

120 If you want to fry milk

Boil egg milk as you usually do, put it into a cloth and place a stone on it so it turns out dry. Then cut off slices, turn them over in flour, and fry them in fat.

121 To fry a goat liver

Chop the liver thoroughly (*?raych*) and add a good part of bacon to it, and sage, onion, and parsley. Chop it all together and take a little caraway, 3 eggs, and a little little (repeated) milk. Beat that well into the liver and grate a *semel* loaf into it. Then take the caul and wrap the chopped liver in it. Beforehand, make it spicy with pepper, ginger, and raisins. Lay it in a pan and have a good part of fat in there. Set it on the floor (of the fireplace) on a griddle and put a small amount of embers underneath. When it is brown underneath, turn it over carefully so it doesn't break and also let it fry in the other spot.

122 If you want to make herb fritters (*kreytter krepfla*)

Take one leaf of sage, 8 twigs (*steydlin*) of marjoram, a handful of parsley, 3 leaves of melissa, 12 leaves of bugloss, 10 endive leaves, a little chervil (*? kera krautt*), 10 borage leaves, and about four times as much of chard as of all other herbs. Chop it small, put it into (hot) fat and stir it around.

Then pour it into a bowl and break 4 eggs into it. Take a handful of grated cheese that is new and a little grated bread and stir it together thoroughly. Let it stand for a while so it becomes thick, then you can wrap it in dough. You prepare the dough like you do for tarts. You must roll it out thin and then wrap the herbs in it. Boil them in a little broth that is very good, or in meat broth, as much as you serve on one table.

123 If you want to fry krapfen of cheese

Take 2 eggs so you make 15 krapfen of this. Take a little milk and soak saffron in it, and then mix the milk and eggs together and make a dough of this. Roll it out thin for krapfen and do not salt it. Then take eight eggs and salt them slightly, and grate cheese and bread into it, about two parts cheese to one part bread, and stir that into the 8 eggs. Put it into the rolled-out dough and cut them apart with a sharp iron. Fry it in fat and always stir them around so they do not burn, and fry them slowly.

124 If you want to fry *krepfla*

Take boiled crawfish and chop them small. Break 3 eggs into it and (add) a little sugar and ginger and a spoonful of grated bread. Stir it all together, put it into (dough) sheets (*blettla*) and fry it. This is supposed to be good.

125 If you want to make fish *krepfla*

Take take (repeated in original) Beluga sturgeon or pike, let it boil and chop it small. Then take onions and green herbs and chop them small. Take pepper and ginger and a little juniper berries, stir it all together, and pour in hot fat. Take sugar water (sugar and water?), prepare a dough and wrap this filling in it. You can also fry these in cool fat or serve it in a cooking sauce and boil them, (and) serve good good (repetition in original) wine and sugar with the sauce.

126 If you want to fry almond *krepfla*

Take almonds and grind them small and then add sugar to them, as (much as) you do for a white fritter. Then prepare a dough with eggs and roll it out as thinly as possible. Then put the abovementioned filling (*dayg*) into it nice and small, cut it around with a pastry wheel (*redles*), and fry it nicely and slowly in fat. When you serve it, sprinkle sugar on it. That way you do it justice, it is pretty and good.

127 To bake pretty *stritzela* of almonds

Take a *vierdung* of almonds to make about 12 *stritzla*. Let them lie overnight in fresh water, then blanch (*shelsch*) them and grind them as for marzipan. Do not add quite as much sugar as there is almonds. Grind it with rosewater thickly as possible (*aufs dikest* for *aufs driknes*). Then make *schrytzala*, as long as you want them. Then prepare a dough; take good flour, the best kind, and add sugar and rosewater and a little freshly melted fat, and prepare the dough. Roll out sheets (*bledla*) as thinly as possible and wrap the abovementioned *stritzala* in it. Wet them a little with rosewater along the place where you cut the dough apart, and roll it out thin, that way it is right. Take an iron and cut (*zwick*) them out as nicely as possible, as you want them (any shape you want them?). Then take the sheet from the tart pan, and sprinkle it with sugar. Lay out the *strytzalin* on it and bake it quickly. Give it little heat from below and very much from above. You cannot take too much here. Let them bake for about a quarter of an hour, then check. If they are broken open at the top (*oben aufkloben send*), they are done properly. Cover them again.

128 If you want to fry other *schritzala*

Take good flour and pour in a spoonful of curdled (? *lopalatte*) milk. Also take the yolks of eggs and salt, and do not make the dough too hard. Cut off *stritzala* the length of a finger and press them flat (*walgless*) under your hand. Fry it slowly in fat and sprinkle sugar on it when you want to serve it.

129 If you want to fry pumpkin

Cut the pumpkin crosswise (*braydt*), parboil it, and then lay the slices out on a board until they are drained (*versechnet*). Then turn them over in flour and fry them. Sprinkle sugar on them and serve them warm.

130 If you want to fry crawfish

Take boiled crawfish and shell them and their claws. Prepare them as they are commonly eaten (*wie mas ist*) and sprinkle them with flour, or without flour, as you please. Fry them, they are good.

131 To prepare liver krapfen (*leberkrepfla*)

Take calf liver or chicken liver. Cut a calf's liver in half, cut it to pieces and draw out all the veins (*odern*). Then put the liver into a mortar and pound it, and when you have pounded it, grate (*rayb* for *drayb*) good gingerbread into it and pour hot fat on it. Take 3 eggs and good green herbs, and small raisins. Stir it all together and spice it as best you can. Colour it yellow, and (prepare) sheets with eggs and wrap it in them. Fry them or boil them. Sprinkle sugar on those that you fry, and pour hot fat over the others and also add sugar.

132 To make egg *krepfla*

Make proper egg milk (custard) of 6 eggs and take two spoonfuls of grated bread, pepper, cinnamon, small raisins, and sugar. Prepare a filling and break 2 eggs into it. Stir it together, thus it becomes a good filling. Enclose it in sheets and fry them properly, not too hot and not too cold. Thus they will be good.

133 To fry risen (*hoch*) apples and sage leaves

Take good flour and put in cold water, stir it around a lot and then beat it well. Then beat eggs into it until it becomes slightly thinner than a *streybla* batter. The apples should be large and sliced as thinly as possible crosswise (*jn die rundenn*). They must fry quickly and always have hot fat poured on them if they are to rise.

134 More about frying risen apples

Take water so hot that you can barely suffer it on your finger and start the batter with it as though it was a *schniten* batter. Lay the eggs into hot water and prepare the batter no thinner than a children's porridge is. Also heat wine and add it to this. Slice the apples as thinly as possible and fry them quickly, that way they will rise.

135 If you want to fry apple slices well

Take frying apples (*bach epfel*) that are good and large, peel them, and cut four parts from each apple. If they are excessively large, make more pieces. Prepare the batter with just wine and 2 to 3 eggs, and then lay the apples into it so they are covered everywhere. Make the batter thinner than *schnitten* batter. Lay them into hot fat and fry them slowly. See that the apples are coated as thinly as possible, that way they are done properly.

136 If you want to fry an apple cushion (*epfel bolster*)

Take 2 eggs and a little wine and make a batter like a thin *streybla* (*Strauben*) batter, and cover the apples well in it. Lay them into the pan one above the other slantwise and let them fry slowly. When you want to turn them over, pour out the fat cleanly and lay a plate on the pan. Turn it over and also fry it from the other side. Pour the above fat back on while it is hot.

137 If you want to make *kres ayr*

Take eggs, open them at the bottom end and pour out the yolk and the white. Prepare them like scrambled eggs and then beat in fresh eggs so they turn nicely soft. Add wine, ginger, saffron, and good herbs and then return the filling to the eggshells. Stick 4 or 5 eggs on a skewer and use sage leaves for the holes so nothing runs out. Lay them on a griddle and let them roast.

138 If you want to fry *kros ayr* a different way

Open the eggs at the tip and take out the yolk and white. Beat them well together, and chop parsley and sage into it. Spice it as you please and return it to the shells. Close the hole with dough and let them fry slowly. Stir them about occasionally so they do not burn.

139 If you wish to fry filled eggs

Boil the eggs hard and peel them cleanly. Cut them apart and take out the yolk, chop it and chop parsley and sage into it and add good spices. Put that back into the whites and always set two with each other. Prepare a *streybla* batter and turn them over in it (coat them on all sides), put them in hot fat and let them fry slowly. Then lay them into a yellow or black sauce.

140 If you wish to fry mortar cakes

Take (grated) good white bread and let it run through a sieve so that it is nicely small. Also take 6 eggs and as much cream as there is of eggs. Colour it yellow and spice it, add sugar and raisins, and stir it all together. Then put fat into a pan and let it get hot. Stand the mortar by the fire so it also becomes quite hot, then set it on the hot ashes and wet it with the hot fat. Then pour in the filling

(the batter) and cover it with a pot lid. Put hot coals on top and also around, but do not put them too close to the mortar, and let that fry.

141 To make morels (*merchenn*) from a calf's lung

Take a calf's lung and boil it and chop it with an egg and grated bread, good spices, and salt. Prepare a piece of wood that is pointed at both ends and as large as a morel. Spread the filling all around the piece of wood and make it the same thickness all around so that it is thickest in the middle. Fry it in fat with the wood, cut it apart around the middle and pull it off the wood. This way, you have two (faux morels). You can also prepare a filling of eggs and fill these morels with it.

142 If you want to cook a chicken or other meat in a white sauce

Take a chicken and cut it into 4 parts, put it into a pot, and add good meat broth. Also add 2 parsley roots, a little mace, also a little ginger powder, and an onion. Set it by the fire and skim it cleanly. When it has boiled down to about half, take the crumb of a semel loaf you have previously soaked in fresh water and add as much of it as you want to thicken the broth by. You can also add a little wine, that way the broth will be stronger and better. When you wish to serve it, add fresh butter to it and only let it stand for an hour, and serve it.

143 Hereafter follow the *muß* dishes. First, when you want to make an almond *muß*

Take a *seydlin* of cream and a pound of almonds. Grind the almonds small and cut some crumb of bread into it, and let it soften in cream (before), then pass it through a tight sieve and then stir in the almonds and sugar. Let it boil once, that way it is proper.

144 A different almond *muß*

Take eggs, beat a good amount of milk with them, put a little fat into a pan and pour the beaten eggs and milk into it. Prepare it as you do any other (egg-) milk, pour it out on a colander and let it drain well. Then take almonds, grind them small, and stir the egg milk and sugar into that. If it is too thick, add milk to it.

145 If you want to make a different almond *muß*

Take fresh eggs, boil them hard, and separate the yolk and the white. Grind the whites to a *muß*, and when it has been ground enough, add the yolks, a third part of almonds, and a fourth part of butter. Finally add with sugar and almond milk or cream.

146 If you want to make a different almond *muß*

Pound or grind the almonds almost until they become oily, and then pound them with rosewater so that it smells good. Grind it well so it becomes smooth. Prepare it with cream milk (fat milk) or almond milk so it becomes like any other *muß*, let it boil a little, and serve it.

147 If you want to make a cold *muß* of almonds

Take out thick almonds milk and boil it until it thickens. Soften the crumb of a *semel* loaf in a different almond milk and when it has softened, put it into a pan and add the boiled, thickened almond milk and sugar and rosewater. Stir it well together and set it over the fire. Keep stirring so it does not burn, and when it has boiled, keep stirring it until it cools, otherwise it will curdle (*gerint*). Then put it into a bowl and set it in the cellar.

148 If you want to make a cold *muß*

Take eggs and beat them well, pour in milk and boil it like egg milk (hard custard). Pour it out on a cloth or a sieve and let it drain well. Then pass it through a cloth with cream and add sugar and rosewater to it. Put it into a bowl and set it in the cellar until it is chilled well. When you want to serve it, take it out and sprinkle small (grains of) sugar on it.

149 If you want to make a white cold *muß*

Take the whites of 10 eggs, and they must be fresh. Beat it very well so it becomes like water and take 3 *qwerttlach* (quarters) of good sweet cream and 3 spoonfuls of sugar. Beat it well together and pour it into a glazed pot. Set it in the embers so that the coals touch it nowhere and let it boil as long as a porridge for children (*kinds muß*). Then pour it into a deep bowl and stir it well until it is cold. Serve it.

150 If you want to make a May Mus

Take 3 *fierdung* (quarters) of almonds and pound them well, and add a pound of May butter, a *fierdung* of sugar, and a little rosewater. Pound it all together and do not make it too thin. Then set the mortar in cold water so that it firms up well (*wol erstarck*). Squeeze it through a syringe (*byx*) that you press pike through onto a bowl or plate.

151 To make a different May Mus

Make an egg milk as usual and when it has firmed up well and goes quite dry, put it into a bowl. Stir half a pound of May butter and a little sugar into it and set it in a cellar. Then put it on a serving bowl and serve it when it has cooled well. Stick pretty flowers in it. If you wish, you can pipe it through a syringe. This is pretty and good.

152 If you want to bake a bowl Mus (*schisel muß*)

Take 12 eggs and a *seydlin* of milk and beat them well together. Put a piece of fat the size of an egg into a bowl and set it on a griddle. Place coals underneath, and when the fat has melted, pour in the beaten eggs with a little sugar. Set coals above and below and let it cook (*syedenn*, lit. boil) slowly until it turns brown.

153 If you want to make a firmed-up Mus (*stock muß*)

Take half a *mas* of milk and 5 eggs on the table. Beat the eggs well and then pour in the milk, and beat it all together well. Pour it into a pot that is glazed on the inside. Then put water into a cauldron and let it boil. When it boils, set the pot into it and let it boil for one and a half hours until it becomes firm (*?dobett*). Then take a long iron spoon and transfer it to a serving bowl one spoonful after another. Let it cool, and put sugar on top.

154 If you want to make a Mus for one table

Take the whites of 12 eggs and beat them well (so they become) like water. Then beat in cream and boil it together for twice as long as hard-boiled eggs take. Also boil a little sugar with it, and when it has boiled, pass it through a sieve so it becomes nicely smooth. Put it into a bowl and set it in a cellar on the ground until you want to eat it.

155 If you want to make sugar Mus

Take rice flour and milk and put that into a brass pan. Stir the flour and milk together. Take the meat of capons and also grind it into that, and sugar and rosewater. You can serve it cold or warm.

156 To make a sugar Mus

Prepare an egg milk (hard custard) and soak two slices of *semel* bread in creamy milk. When it has softened, pass it through a cloth together with the eggs and add half a pound of sugar. Make it with cream so it has its proper thickness and set it in the cellar. That is well done.

157 To make a yellow rice Mus

Take rice and boil it well in almond milk, then pass it through a cloth and put in sugar so it is nicely sweet. Colour it yellow, put it back into the pot and let it boil. Stir it often so it does not burn.

158 To make a wine Mus

Take a *semel* loaf and grind it small, and then fry it in fat. Afterwards, take 4 eggs, beat them well, and add good wine. Then pour in the fried bread and add sugar, saffron, and other good spices and let it boil.

159 If you want to make brain Mus

Take the brain of an ox or a calf and wash it clean. Put it into a bowl and mix it with eggs so it is thin. Heat fat in a pan and pour in the brain. Make it the same way as scrambled eggs (*ein geryette ayr*), and add cinnamon, nutmeg, and saffron.

160 If you wish to make a Mus of *kros ayr*

Take good milk that is cold and eggs, as much as you want, and let the milk come to a boil in a pan. Then pour in the beaten eggs and salt it. Put fat into another pan and let it get hot. Pour it in there and let it boil (struck through: fry) properly.

161 If you want to make a hen Mus

Take the meat of a hen and pound it with almond kernels and the crumb of *semel* bread. Pound it all together and then take it and put it into a grinding mill (*reyb stain*) and grind it so it becomes very fine. Then stir in chicken broth so it gets the proper thickness and boil it. Stir it strongly so it does not become lumpy (*dreyblet*). Add cinnamon and mace to it.

162 If you want to make a ragged Mus (*hader muß*)

Take an egg or 2 for 8 portions (*barschonen*). Prepare a fine dough like a (omission), roll it out make it into nicely thick sheets. Then sprinkle flour on it and coat it well. Fold it six or eight times, depending on how large it is, and cut off thin slices (lit. small feathers, *federla*). Fry the same crispy and when they are fried, put it into boiling milk at once. Stir it so it does not burn and add sugar. You can also scrape nutmeg into it.

163 If you want to make a raisin Mus

Take raisins, wash them clean, and pound them well. Add breadcrumbs, and when they are pounded small, take wine and pass it through a sieve. Then boil it and add sugar and cinnamon. Serve it cold or warm, but if it is for a sick person who is suffering from heat, take unsalted chicken broth that is as lean as possible in place of wine, that is good for him.

164 If you want to make a brown Mus

Take half gingerbread flour (ground gingerbread) and half ground *semel* and fry both in fat. Then add good wine and salt and spice it. Add sugar and let it boil well. Do not make it too black from the salt (*von der seltz?*). Sprinkle cinnamon on it when you serve it.

165 If you want to make a Bohemian pea Mus

Take shelled peas and good meat broth and put both into a pot. Close it well with a cloth so the steam stays in it and thus let it steam (*dampfen*) until they turn soft. Then grind them well in a grinding mill (*reybstain*) until they are neat and smooth. Then pass them through a colander or sieve. Take it and prepare it with good meat broth, but do not make it too thin because it becomes thinner as it boils. Boil it well, and then take fresh bacon and boil that. When it is boiled, cut it into small cubes, but do not cut it through (*schneyt in nit nach*) so it all stays together. Lay it in hot fat and turn it over rightaway, and take it out quickly. Then lay it in the middle of the bowl in which you serve the peas.

166 If you want to make a *sultz mus*

Take 10 eggs and set aside the whites. Beat the yolks well and add sugar to them. Then place milk over the fire, let it boil, and pour in the yolks of the eggs so that they contract (*zusammen far*). Lay a piece of cloth on a colander and set it in there, and weigh it down a little so the water comes out of it. Then cut four-cornered pieces from this mass (*dayg*) and put them in a pewter bowl. Then take the egg whites that you retained, beat them well, and add sugar to them. Take cream and let it boil, and when it boils, pour in in the egg whites and let it boil together about as long as you boil a pair of eggs. Then pour it over the slices and let it cool.

167 If you want to make a fish Mus

Take the flesh of a roasted fish and pound it very well, and pass it through a tight colander with good wine. Take a little fat and fry a little flour in it, and pour the fish you passed through into that. Add ginger, cinnamon, sugar, and saffron to that and let I boil together.

168 If you want to make a good crawfish Mus

Take crawfish and boil them in water as you usually do. Remove the unclean parts behind and before, put them into a mortar, and pound them very well. Then pass them through a tight colander or sieve with good wine. Take hot fat, fry flour in it, and pour the abovementioned (crawfish) into it. Add ginger, cinnamon, sugar, and saffron, and let it boil well.

169 If you want to make an apple Mus

Take the apples, peel them, and add wine when you set them to cook. When you have steamed them enough, pass them through a colander and break 3 or 4 eggs into it. Add sugar, ginger, and saffron to it and put it into a pot. Let it boil well together again and stir it often.

170 If you want to make an apple Mus

Boil the apples well and pass them through a cloth. Grate *semel* bread crumbs into it and take 10 eggs to each table (*disch*). Beat a little milk with the eggs and pour that into the mashed apples. Also add the grated *semel* breadcrumbs and saffron and sugar. Stir it well together. Put fat into a pot, let it get hot, and pour the apples into it. Set it over the coals and let it boil. Stir it so it becomes shaggy (*krauß*).

171 If you want to make an apple Mus in a bowl

Take apples and cut them into thin slices. Put them into a bowl and add sugar and cinnamon. Pour (*bren*) hot fat over them, pour on a little wine, and set it on a griddle. Wrap a wet cloth around the rim (*reffft*) and put coals underneath, and let it boil until it is enough. Serve it warm.

172 If you want to make a pear Mus

Take good pears and boil them in wine. Add salt and pass them through a cloth. Add sugar and spices, put it into a pot, and let it boil. Stir it often and serve it warm.

173 Hereafter follows (the chapter) of fish, and first if you want to serve a pike in a sauce

Take 2 parsley roots and 6 onions and boil them in a pot that holds 2 *Maß*. Add water and boil them for 2 hours. Then take the onions and parsley roots together with a toasted slice of bread and pass it through a strainer (*seycherlin*) with their cooking liquid. Add vinegar, saffron, sugar, and pepper. Then boil the pike in water. When it boiled fully, pour off its cooking liquid and add the abovementioned sauce. Let it boil up well once, thus it will be good and proper.

174 If you want to cook pike in a sauce with parsley

Take a handful of parsley roots and the herb, but if you have enough of the roots, you need not use the herb. Boil that in a pot with water or wine, about 3 *seytla*, depending on how large the pike is. Then take the pike and scale it well, cut it into pieces, wash them well, put them in a bowl and salt them. Let them lie in it (the salt) for half an hour, then take the broth with roots and all and pour it on the fish. Boil it well, and when it is half boiled, try it for salt. It must be salted lightly (*len gesaltzen*). Then take a good pierce of butter and cut it into (the cooking liquid), and add as much pepper as for a dish of crawfish, but do not make it too spicy (*resch*). Put it back over the fire and let it boil fully. See that there is not much broth in it. Then toast slices of semel bread and serve the fish on them. If you have too much broth, do not pour it all over the dish, only enough to moisten the bread slices.

175 If you want to make a Polish pike (*hecht* is repeated, probably accidentally)

Take the pike, scale it, and wash it cleanly. Then put it into a bowl and salt it, and let it lie in that (the salt) for half an hour. Meanwhile (lacuna: take?) onions cut in rounds, and take wine and one large apple, also cut into rounds, and laid into the wine and a spoonful of vinegar. This is boiled for a good long time. Then take the pike and lay it into the cooking liquid and let it boil. Season it with saffron, pepper, and a little ginger and sugar. Try it to see it is neither too sweet nor too sour. If you do it justice, it is good. I have tried it.

176 If you want to make a pike the Hungarian way

Take the pike, scale it, and make pieces of it. Wash it cleanly and put it into a bowl and (with?) salt, and let it lie about half an hour. Meanwhile, take an onion (struck through: and salt it) that is entire and peeled and take parsley roots and water. Put that in a pan and let it boil well together. Then take the salted pike and lay it into the cooking liquid. Let it boil and add a little pepper and a lot of butter. Try to see if it is salted enough. When you serve it, take away the whole onion and serve the fish warm in its cooking liquid. They are good in the end.

177 If you want to make a pike cooked in an onion sauce (*ein mach jn ain zwifel*)

Take 10 onions for a pike of 2 pounds and boil the onions in 3 *seytla* of water for 2 hours. Then pass them through a soup sieve (*suben seylenn*) with their cooking liquid and season it with ginger, pepper, and saffron so it is spicy (*resch*). Then scale the pike and make pieces of it. Boil it in water and salt it, and when it is boiled as it should be, pour off the broth and pour on the onion sauce and also let it boil with that so the sauce boils down properly. Serve it with the sauce.

178 A pike cooked with lemons

Boil the pike as usual, with wine and vinegar. Then take good wine, saffron, ginger, cinnamon, sugar, and cut lemons and boil that together. Pour off the cooking liquid from the fish and pour on the above broth, and let it boil up once with the fish, thus it is proper.

179 A pike cooked with lemons

Scale the pike and wash it cleanly. Make pieces of it and put them into a pan. Add cold water, as much as you think will give the fish enough broth to boil with, and add a *querttlin* of vinegar. When it has boiled together, add a little saffron, pepper, and sugar and cut lemon and let it boil together for a time. Also salt it.

180 To make a pike in a Polish sauce

Make it thus: Take onions, slice them in rounds and boil them in wine until they are soft. Then pass them through (a cloth). Scale the pike, was it cleanly, cut it in pieces and salt it. Let it lie in it (the salt) for a while. Then lay the pike into the broth and let it boil in this. Season it with saffron, pepper, ginger, and sugar. If you like, cut the onion into small cubes and do not pass it through.

181 A pike in a white sauce

Take a pike, scale it, cut it in pieces, was it cleanly and salt it. Boil it in water and add fresh butter and a little vinegar. Season it with pepper and mace, and let it boil up. When it is enough, serve it.

182 A pike in a clove sauce

Take a pike and fry it. Prepare a sauce over it with wine, vinegar, and bread, and season it with cloves, pepper, and cinnamon. Colour it yellow lightly and pass it through. Lay the pike in a pan and let the sauce boil up with it, and pour it over the fish.

183 To prepare a pike in bacon

When the pike is half boiled, take half a pound of bacon that is cut into small cubes. Fry it over the coals so that it turns nicely brown and pour it over the fish together with the lardons and the melted fat. Let it boil together well. Serve it in a flat bowl and put the lardons and a little of the liquid on top.

184 To prepare a steamed pike

Take them (the fish) and open them up as though you wanted to boil them bent (*krum syedenn* – boil them whole in a round pot?). Lay them in strongly salted water and let them boil up one. Then lift them out carefully and lay them in a pan. Heat fat, pour it over them and cover them again quickly. When you have poured on the hot fat, grip the fish to see if it is soft (*marb*). When it is soft enough, season it well with ginger and take a dipperful of (struck out: wine) fish fat and cloves and one dipperful of wine and let that boil together. Pour it over the steamed fish 2 or 3 times. If you have meat (?) it will be prettily brown and good.

185 A small pike roasted over coals (*kol hechtlin*)

Open up the pike in the back, spread it out and take out the innards except for the liver. Leave that lying on top. Salt and spice it well and lay it on a griddle (struck out: and drizzle) or into fat. If you lay it on a griddle, drizzle it with this sauce: Take hot fat and vinegar and spices, and lay a bundle of

rosemary or of sage into it. Brush the fish with this often, that way it will be good. When you serve the fish, pour the remaining sauce over it and serve it hot.

186 Pike or grayling in a yellow sauce

Take the fish and cut them in pieces. Wash them and throw them in boiling water that is strongly salted and let them boil up once, but no more. Then take the fish out again and lay it in a *seydlin* of wine. Spice it well and add sugar, but no salt because the fish already has taken on the salt. Colour it yellow. You can serve this warm or cold.

187 To make a pike galantine (*sultz*)

Take a pike and scale it, and cut nice pieces from it. Salt it and then put it into a clean cauldron. Add two apples and two onions, whole, and pour on good wine. Let this boil up and take good isinglass tied in a cloth, and also let that boil with the fish. Season it with pepper, saffron, sugar, and ginger, so that it is not very spicy (*res*) or very sour. Let it boil together, lay the pieces out in a bowl, pour the broth over it, and put almonds on top.

188 If you want to cook an eel in sauce

Take an eel and remove its skin. Rub your hands with salt so it comes off easier. Then make pieces of it and cleanly take out the vein (*ederlin* = digestive tract). Put it in fresh water and let it lie in that for a good while, and salt the water. Then take it out and wash it cleanly with fresh water. Then take good wine, put in the fish, and use a lot of wine because it must boil thoroughly. When it is half done, add saffron, ginger, cinnamon, sugar, and a little cloves and let it boil nicely again so it is fully cooked. Then serve it with its broth.

189 To make a filled eel (*gefilte al*)

Item take the eel, undress (skin) it, and wash it nicely in vinegar and water. Let it lie in there for a while, then wash one piece after another (*ain stuck nach dem andern her auser*) and let it dry on a clean board. Then take three walnuts and juniper berries, pound them together, and add pepper, a little bit of good herbs, ginger, and mace. Fill the eel with that where it is open and tie it shut with bast or a thread so the filling cannot fall out. Then stick the eel on a wooden skewer or roasting spit and roast it very quickly. When it is almost roasted, drizzle it with hot fat. When it is fully roasted, take bitter oranges and press out their juice. And when you want to take it off the spit, cut off the string, lay it in a bowl, and pour the orange juice over it.

190 An eel in a sauce

Take the eel and remove its skin. Then make pieces of it and wash them cleanly. Then you put it into a pot and pour on good wine and a little water. Spice it well and colour it yellow, or not. Add raw fat the size of an egg and put it over hot coals, and let it boil.

191 To cook *rugetten* (?) in water

Take parsley roots or the herb. Take a pot of 2 *masen* (Maß – about 2-3 litres), put in the parsley, pour on water, and let it boil. Then take 4 slices of a *semel* loaf and soften them in the parsley water. Pass them through a sieve with the parsley water and pour on four spoonfuls of vinegar. Then let the *rugetten* boil in the sauce. Add a spoonful of sugar and pepper. Let it boil with the fish, and when you want to serve it, put in a little cloves but do not let them boil with it for long. That way, you have a good broth and you can also boil other fish this way.

192 To make *rugeten* (?) in a sauce

Take *rugeten* and add good wine and let them boil. When they are almost half boiled, colour it yellow and spice it with pepper, ginger, sugar, and a little cloves just before you are about to serve it. Also add a little vinegar and salt. Try it to see that it is neither too sweet nor too sour.

193 To make *rugetten* (?) boiled simply

Take only water, that is better than vinegar or wine. They are best with just water and pepper and salt.

194 If you want to boil a salmon

Take a good piece and cut slices lengthwise, two fingers wide, but not all the way through. Cut the entire piece that way, but not all through. Boil it in water and salt the water well, and let it boil in that. When it is boiled, sprinkle parsley on it.

195 Carp in a yellow sauce

Take a carp, scale it, and make pieces of it. Boil them in good white wine, and when it is skimmed and properly salted, crumble in rye bread (the crumbs being) the size of rice. Colour it yellow, add sugar, ginger, and pepper until you think it is right, and let it boil well. When you serve it, sprinkle (or stick?) it with cinnamon and cloves.

196 Carp in a black sauce

Take the carp and scale it, and catch its blood (together) with good wine. Boil it in this (or?) take only wine. When it is half boiled, try to see if it is properly salted. Then add a sauce (? *seltz*) to it so

it turns black. Add sugar and spices such as ginger, cinnamon, and a little cloves. Let it boil well, and serve it.

197 A carp cooked with lemons

Take a carp, cut it open through the back and scale it so that it stays whole. Boil it entirely until it is done. Then take a little of its fish broth (read *seyner fisch brye* for *semerfisch brye*) and sweet butter, vinegar, and several lemons cut to pieces as well as mace and pepper together in a pan. Let it boil together and pour that over the carp in a bowl. Take it to the table warm.

198 How you should cook a beaver tail in sauce

Take the beaver tail and the claws, and scald it until the outer skin comes off. Remove the skin and lay it in water again. Boil it for about 3 hours until it turns white. When it loses the other skin, take that off and clean the tail. Put it into a pan, pour in good wine, and let it boil until it turns as soft as a mus. When it is boiled almost entirely, add saffron, pepper, ginger, cinnamon, a little cloves, and sugar. Let this boil well and (add) a drop of vinegar. Serve it with the broth and with fish.

199 To make grayling or trout pastries

Take the grayling or trout and cut them into pieces. If they are small, leave them in one piece. Cover them well in all manner of spices and prepare a good sauce with sweet wine and ground (*buder*) sugar, ginger, and all kinds of spices, and let it bake that way.

200 To make a salmon pastry

Take the salmon and soak it well in water. Cut it into small, thin slices and season it with all manner of spices. Make a good sauce for it with (spice) powder and sweet wine and raisins, close it, and bake it.

201 To make good broken-up (*zerschlagenn*) fish

Take a fish and salt it, and let lie in the salt for an hour. Then wash it cleanly in wine and lay it in a pan with a lump of fat, a little water and vinegar, and reduced wine or sugar. Take pounded ginger, pepper, and a little juniper berries, cover the pan, and set it on a griddle. Give it a good amount of coals from above and let it fry (*bregla*) this way until you hear it make a sound (*herst klinge*). Then open the pan and add saffron, cover it again and let it fry for a while longer. Then sprinkle pepper on it and serve it.

202 To boil breams

Take breams and boil them in wine and vinegar, but not sour. When it is boiled, lay it on a bowl or plate, cut parsley small and sprinkle it on the fish. If you wish, cut onion over it. Serve it warm or cold.

203 If you want to make onion fish (*fischla* – plural diminutive)

Take onions, cut them not too small, and fry them in fat so they become soft. Pour on good wine and a little vinegar, salt it, and try it to see it is properly salted. Colour it yellow and add ginger (repeated) and cinnamon, cloves, and sugar to it. Let it boil together for a good while so the onions become soft. Then put in the fish alive and let them boil until they are done.

204 If you wish to prepare a good roast fish

Take the fish, open it, and salt it. Then pour good vinegar on it and let it lie in it for half an hour. Then take marjoram, rosemary, sage, or what good herbs you have together and also take three walnuts and a little juniper berries. Pound all of this together in a mortar. Also take pepper and ginger powder and stir it all together, and fill the fish with it. Then stick it on a wooden spit and lay it on a griddle. Let it roast at a low temperature (*kiel bachen*). Meanwhile, put vinegar in a small pan, add oil or butter, a little juniper berries, pepper, and saffron, let it boil together, and brush the fish with this as often as you turn it over until it is roasted.

205 If you want to make a *ko rech* (?) from carp

Take the roe of about one good-sized carp and 2 or 3 onions that are not large. Cut them thinly lengthwise as though for a *gescherb* (vegetable or fruit sauce). Take a piece of fat the size of an egg and fry the onions well, but do not let them burn. Pour in some (struck out: milk) wine and let it boil up. Then lay in the roe and take saffron and sugar and spices, but no cloves. Let it boil well and serve it in the broth.

206 A pounded dish (*verstosen*) of fish

Take plain fish and roast them nicely. Then take white (pea) broth and the roasted fish. Pull off their skins and also the bones, and pound them in a mortar with toasted bread mixed in. Then pass it through with pea broth and wine and spices, and let it boil once more.

207 If you want to make dried flatfish (*bladeysla*)

Take dried flatfish and wash them quite clean in hot water several times. Then put them into a pot and add water, but I think meat broth would be better. Add good butter and let it boil. Season it with

ginger. If you want, colour it yellow and set it on a small fire. Let it slowly fry (*bregla*) and serve it with the broth.

208 To make dried flatfish (*bladeysla*) in a sauce

Take dried flatfish and wash them clean with a small brush. Boil them in water for a good while, then take them off the fire and pull off the upper skin. Cut 4 pieces from each, or just 2. Put a good amount of butter into the pan with them and let them slowly fry (*bregla*) together. Then pour in pea broth and let it boil well. When you serve it, pour hot butter over it and serve it on slices of white bread.

209 To make filled crawfish

Take crawfish and boil them until they are done. Then take the claws and the tails, shell them, and chop them. Add small raisins and spices. Mix it with an egg, and if you want it to be sweet, add sugar. Fill it (back) into the shells and fry them at a cool temperature or roast them on a griddle or a skewer.

210 To make crawfish in a sauce

Take crawfish and boil them plainly. Break off their claws and shell them. Leave front and hind part together and fry them in fat like small birds. Take the claws and pound them in a mortar with 2 toasted slices of a *semel* loaf. Then take a proper glass of wine and a little water and pass the pounded boiled (crawfish) through (a cloth). Then pour it on the fried crawfish, spice it well, sugar it, and let it boil as long as a bare (i.e. poached) egg.

211 To make crawfish in a sauce

Take the crawfish and boil them in wine, and do not salt them. Then make them pretty (i.e. shell and clean them) and take what there is of legs and claws. Put that into a mortar with a little parsley and toasted bread slices that were soaked in *malfasier* (malmsey wine) or other good wine. Pound it well together and pass it through a cloth together with good wine with a little water mixed in so it makes a fine, thick sauce. Then take the prepared crawfish and the strained sauce and put both into a small pot. Add a little vinegar, then add sugar, saffron, and a little pepper and ginger. Let it all boil together and salt it, and when you want to serve it, add a little cloves.

212 If you want to make a crawfish galantine (*kreps sultz*)

Boil the crawfish in water so they turn red and shell them cleanly. Then take the crawfish and wash them cleanly so the sand (read *sandig* for *handig*) is removed. For the broth, take good wine and isinglass, whole pepper and whole cinnamon, and let it boil up together over coals so the broth does not become cloudy. Throw in sugar and salt it a little, add a little vinegar, and take a *karnafel* (?) that is brown. Let it boil in that and pass the broth through a clean cloth. Let it please you and serve it over the readied crawfish, that will set and be nicely brown.

213 Hereafter follow of several galantines

If you want to make fish in galantine, for two dishes

one half pound of almonds

a *fierdung* of raisins

one half pound of sugar

one *lott* of saffron

2 *laydt* of cinnamon

one *laydt* of isinglass

If you want to have it good, do not add grains of paradise. First, scatter cinnamon, raisins, and mace over the bowl, (but) not too much. When you want to lay in the fish, you should lay in a finger's length of cinnamon (first). With the abovementioned ingredients, I had fish as follows:

5 pounds of carps

3 pounds of pike

3 *mas* of *rain fal* (Ribolla gialla wine)

If you do not have *rain fal*, you use another kind of strong and good wine

2 *mas* of Italian wine (*welschwein*)

1 *mas* of old wine

You boil the scales and the isinglass in this. Then you take the Italian and the *ronfal* (Ribolla gialla) wine and put it over the fire. When it boils, pour it over the fish and when the fish is scummed, add half the abovementioned saffron. When the fish is boiled, lay them on a cloth and strain the cooking liquid through a cloth. Spoon off the fat cleanly and press out the scales and isinglass that were boiled through a cloth into a separate dish. Also separated out the fat cleanly and put it into the remaining broth together with the saffron and other spices, except for the ginger. Add the ginger last so it does not become too spicy and the cinnamon dominates the taste (*fir schlagen*). If you want it to be brighter (*layder*), add elecampagne (*alet*). If it does not readily gel, add peas and let them boil with the fish. If you want to put an entire pike's head into the bowl, have it cut off entirely and two finger's (worth of fish) should stay attached to it. Before you pour the galantine, you should break the head off from the backbone and set it in the middle. Spread it out (i.e. the gills) with two skewers of wood so it does not fall over. Then take the stomach and roll it well on bran and beat it well (struck through: *auf den grind*) with a wooden bat before so it becomes thin and spreads out. Then wash it cleanly and turn it inside out, and take flesh of the pike and the greens of the parsley, chop it small and together, and when it is chopped small, stir in a little fine white flour (*semel mel*) and raisins. Spice it with pepper, then fill the stomach, but do not fill it very full because it becomes shorter and tighter when it boils, and if you fill it too full, it will burst open. When you want to boil the sausage, set it by the fire in water beforehand, and when it begins to boil, prick it with a needle, otherwise it will break open. Only when it is half boiled do you put in the pike, and when the fish is scummed, lay the sausage in with the pike and boil it well because it must boil long.

215 Another galantine (*sultz*) to make for one and a half dishes

Take one half pound of almonds, a *fierdung* of raisins, and a *fierdung* of sugar

1 *laydt* of saffron

1 *laidt* of ginger

1 *laidt* of cinnamon

1 *layt* of isinglass

Take 5 pounds of carp for this

and 3 pounds of pike

2 *mas* of *ron fal* (Ribolla gialla wine)

2 *mas* of Italian wine

1 *mas* of old wine

1 spoonful of saffron

ginger and cinnamon.

Also let this (the spices) boil with the fish.

216 To make a meat galantine (*flesch schultz*)

Set the meat to cook in wine and add a little water to it. When you have scummed it, colour it yellow so the meat turns nicely yellow. When the meat is boiled, wash it clean and let it boil again. Afterwards, spice and sugar the broth, but strain it through a cloth before you season it so it is nice and clear. Blow away (remove) the fat on it. Scatter raisins, cinnamon, and ginger in the bowl and put the meat on it. Pour on the broth or (and?) stick almonds into it. Set the bowl in horse dung so it gels in summer.

217 To make a pork galantine (*schweinen sultz*)

Take a suckling pig or veal or some other pork, but especially a (piece?) of a sow, that is best. Parboil it a little in water, then add wine and vinegar, but not too much so it does not become too sour, and let it boil in that. Season it with saffron, pepper, and whole cinnamon, and put in sugar (to make it) as sweet as you want to have it. Let it boil together. Cover (*bese*) the bowl (with raisins and spices) and lay the meat on that. Let the broth become clear and pour it over the meat. Stick almonds in it and let it gel.

218 Hereafter follow soups, and first, how to make cream soup

Take cream and boil it like a milk soup. Beat 3 or 4 egg yolks well, and when the soup is boiling and you are about to serve it, pour in the yolks. Let it boil no more, just stir it. Cut a *semel* loaf into cubes and fry it in fat. Serve the soup over that and salt it lightly.

219 If you want to make a *ronfal* (Ribolla gialla wine) soup

Take 2 egg yolks and beat them well. Then take half *ron fal* (Ribolla gialla wine) and a little water and beat it together. Add fat and let it boil, and beat it very well until it is boiled. Cut the bread into cubes and serve the soup over it. Also make wine soup this way. Colour it yellow and sugar it.

220 Chickens in a coarse soup

Take chickens and chop them into 4 pieces. Pound parsley and pass it through with eggs and the broth or the chickens. Put the same broth into a pan into a clean pan and stir it until it develops foam. Season it with pepper, cinnamon, and sugar so it is neither too sweet nor too sour. Add a little verjuice or vinegar and pour it over the chicken quarters.

221 Lamb meat in a soup

Let the meat boil. Take 3 spoonfuls of the broth and 1 spoonful of vinegar, put that broth into a pan and let it cool. Beat 20 eggs into it, season it with saffron, pepper, and ginger, pass it through a cloth, then set it over coals and stir it until it develops foam. Put the meat into a bowl and pour the soup over it.

222 To make birds or pigeons in a sauce

Clean them and gut them. Put them into a small pot and add fat, and let them fry so they turn nicely brown. When they are fried, add wine (struck through: *ber*, i.e. raisins) or vinegar to it and good spices like for chickens in a sauce. See that they have a small amount of broth and serve them.

223 Small birds in a soup

Wash the birds cleanly and when they are boiled (washed?), fry them in fat. Drain off the fat cleanly and then take broth of good meat. Add raisins (wine?), ginger, and mace to it and let it boil together so it has a small amount of broth. If you want it to be a little sour, add vinegar.

224 Birds in a black sauce

Take the birds and scald them with with boiled water first. Then put them into a clean pot and add fat. Take a good amount of pepper and some sweet wine, and the same quantity of meat broth. Add this to the birds. If you do not have sweet wine, take a different kind and add more sugar. If you do this right, the broth will be black.

225 To make a loin roast (*lem brotten*)

Take one and remove the veins (*eder jn wol*). Take a mallet (*schla kolben*) and beat it very well, then marinate it in wine and add juniper berries and caraway (*kunich*). When you want to roast it, pass it through (i.e. wash it in) fresh water and roast it slowly.

226 If you want to make a filled breast

Take the breast of a calf and grasp under it (i.e. make a hollow). Take veal and chop it, and with it fat of an ox and all manner of good herbs. When they are chopped, take 4 eggs and mace and a little saffron. Stir it together and put it into the breast. Lay it into good meat broth and let it boil in a tart pan or in an earthenware pan. You have them (tart pans) made with lids, they are better than earthenware ones. Therefore, this is a good dish.

227 To make cabbage sprouts (*kepfflettl kel*)

Parboil (*brys*) the cabbage in a pot or a pan. Add a little lye to the water, that way it turns nicely green. Pour it onto a colander and drain the water off it, but do not press it out or you will crush the little heads. Then you put the little heads into a pot and add good meat broth that is fat. Pour on good hot fat and add pepper. Set it on the coals and let it steam, and when you serve it, put fat on it.

228 To boil a good capon

Take the capon and boil it in water together with meat, so the broth will be all the better. Boil it as you usually do, and when the capon is halfway boiled, take it out and cut it to pieces. Take three toasted slices of bread and a good handful of parsley, and take the same broth (mentioned before) and put them in. Let it boil well together with the capon, and when it is well boiled, take the broth with the bread slices and the parsley and pass it through a cloth. Then add saffron and pour it over the boiled capon. Also add spices if you want to.

229 To make roast quinces

Take the quinces, peel them, and hollow them out. First take off the stems, then hollow them out, and put in sugar, raisins, and cinnamon sticks filled with sugar put in entire. Put the stems back in place into the holes that you cut out. Set them into a glazed earthen pan with a lid and sprinkle sugar over them. Cover the pan and put coals on top and underneath, and let them roast until they are soft. They should have a little liquid (*bryelin*), that way it is proper.

230 If you want to make a roast of eggs

Take eggs, as much as you wish, beat them well, spice them, and add parsley and sage. Take a small bag, the size that a roast is supposed to be, pour in the eggs, and suspend the bag in hot water until it becomes thick (firms up). Then turn it out, stick it on a small spit so it does not break up, and lard it with boiled egg whites (so it looks) like any other roast. Pour hot fat on it.

231 To make venison out of eggs

Take 4 eggs and a little milk, and make a batter as thick as a batter for small fritters (*kyechlin dayg*). Spice it well and make it yellow. Then pour it into a bag and lift it into boiling water. Let it boil until it hardens, then take it out and cut it into slices one finger long. Then lay them in hot fat and let them fry until they are done. Then prepare a black pepper sauce (to serve) over them, and chop the whites of eggs as lardons to go with it.

232 If you want to make venison of beef

Take beef and chop it small. Take wine, and catch the blood of a calf, and add it. Then set it over coals and stir it until it is about to boil. Then pour that on the meat so it takes on the colour of

venison. Chop it into that, and add grated bread, and spice it well. Shape balls the size of a fist and boil them in meat broth. Cut them as you do venison, prepare a pepper sauce to go over them, spice it well, and lay the venison into it. Do not oversalt it.

233 If you want to make white filled cabbage (*gefiltz kraut*)

Take the cabbage and hollow it out so it becomes entirely empty. Make a filling of veal, good fat from the kidneys, and all manner of good herbs. Break eggs into it and spice the filling with saffron, pepper, and mace. Fill the cabbage with that, and when it is filled, let it boil in water. Take it out and put it into good meat broth and let it boil in that. Add a little vinegar to it and serve it warm.

234 How to make good salted (*diges*) meat that turns red

Item whoever wants to make salted (*diges*) meat so it turns nicely red and tastes good, whether it is ox tongues or other meat, should take the meat or the tongue as it comes from the butchering (i.e. fresh). Salt it cleanly and thus leave it to stand in the salt for 3 days. Then take out the meat or tongues and wash off the blood with the salt water it has lain in. Lay the meat into a clean vessel. Then take the liquid, put it into a cauldron or pan, and put that over a fire to let it boil a little. When it begins to boil, scum it cleanly until it no longer develops foam. Then take it off the fire and let it cool. Then put the meat back into a clean container and pour the broth that has cooled again over it. It must not be warm, or the meat will spoil. Then let it lie 10 or 14 days in the brine. Take it out and hang it in the smoke as you know. That way it will turn nicely red and last long. Smoke it with juniper twigs (*wech hallter bortzen*).

235 If you want to make a good strong marzipan (*martza ban*)

Take shelled almonds, the best kind, 4 ounces, pine nuts that are fresh, wash them in hot rosewater and leave them lying until they are cold, 4 ounces, and the finest sugar, 1 half pound.

These three things must be pounded (*gestosenn*) each separately, and when they are pounded, grind (*mals*) them in a mortar. Rosewater should be added so the three abovementioned things are united with each other into a dough. Beforehand, you should put pounded cinnamon into the rosewater, as much or as little as anyone likes. But you must not add the rosewater to the abovementioned three materials at once, but a little at first and after it was all pounded with each other, you should pour in a little rosewater again and again and pound it more. You must continue doing this again and again until the abovementioned dough is ready for baking. Then you should take a proper tart pan and put in some of the abovementioned dough with wide wafers (*albotten*) underneath. Let one after the other bake properly until the dough is all used up (*verbachenn*). Afterwards, you can cut the same tarts into small square pieces or whatever shape your cutter (*foram*) has. Then they are right and good, not too small.

But if you only want to make half as much so that you can enjoy each one fresh when you do not use up a lot, for it is best and the healthiest food to enjoy them fresh, you must only use half the quantity of the abovementioned ingredients by weight, that is:

shelled almonds	4 ounces
pine nuts	2 ounces
the finest sugar	1 fierdung

236 To make small cakes that are good to eat for all people when they are weak

(no recipe follows)

237 To make a white mus or blancmanger (*Plamauschy*)

First, rice is taken and washed and picked over cleanly. When it is washed and picked, it is put into a vessel, or you may put it on a board as well, and then set by the fire so it becomes quite dry. When it is dry, it is put into a mortar and pounded well, and then sifted through a sieve or cloth so it becomes like flour.

Second, the breast of a chicken or capon is cut out. It is set in a cauldron or pot and let boil until it is boiled fully, but not too much. Then the breast is taken out and allowed to cool. Then it is beaten

(read *klopfen* for *topfen*) small (so it becomes soft) like silk. Then it is wrapped in a napkin so it does not become pointy (*spissig*) or hard.

Third, the flour of rice is taken, a handful, and put into a clean, tinned vessel. It doesn't matter if it is a deep pot (*Peckhen*) or a pan. Good cream is poured on, or the flour stirred into it beforehand, so it becomes thin. Then the same is set over glowing coals in the tinned vessel and stirred quite well so it does not burn or turn lumpy (*knollet*), It quickly turns nicely thick. Then, you must again pour in cream and stir it again and when it boils up, put in the plucked breast and pour in a little rosewater. When it turns nicely thick again, add nicely grated sugar so it turns properly sweet. You must also salt it lightly and add a piece of fresh butter the size of an egg. It is then taken off the fire and served.

When you put the sugar into the dish (*Mueß*), it must be quite thick beforehand because it becomes thin from that point onwards. It also must not boil after the sugar goes in, otherwise it will soon turn black.

238 To make it with fish

Take a pike and let it boil until it is done like you would otherwise do with a pike. Then take out the pike, pick out the bones, and chop it, and then do with it as is written of the chicken breast. Or take a piece of stockfish and boil it well and pick out the white (parts) and put those into the dish if it is made as it is described in the other (recipe).

239 How to bake gingerbread (*Lezelten*)

Item take wheat flour and honey that is quite hot and make a dough. Have the dough kneaded well so you can barely stick in your finger, and then make flat loaves (*fladen*) half a finger thick. Put them into an oven (read *ofen*, an oven, for *haffen*, a pot) and bake (*Prats*) them afterwards. When they are nicely brown, take them out of the oven (*Ofen*) again and let them cool so they turn hard. Then have the flat loaves pounded with a clean pestle into small pieces on a nicely clean tablecloth. Then put them into a mortar (*stampff*) so they are nicely broken up (*pfeitt*). Then take honey again and let it heat up well so it is quite hot. Pour that in (with the crumbs) and add anise and pepper

(each) half a *vierdung*, cinnamon bark one and a half *lott*, the same amount of cloves, nutmeg one *lott*, ginger three or four. But if you would have more of the dough, you must have more spices. You may try the dough and if it seems it is not spiced enough, you can easily remedy that. And do not let the dough be dusted with flour too much nor kneaded too strongly, and shape gingerbread cakes (*lezellten*) from it. Do not make them too thin. Then put them into the oven and bake (*prat*) them, and see the oven is not too hot. You must have proper diligence so they do not burn, and take them out when they turn brown.

240 How to make good tarts in several ways

To make white tarts

Firstly, you must take a *Seutel* (liquid measure and drinking vessel), as the *Seutln* are customary in this country, of the whites of eggs, one *Seutel* of sugar, half a *Libertzen* (pound) of good almonds that are most carefully and finely pounded, and also a *Seutel* of good milk. Pass the prepared ingredients through a sieve all together with the milk. Then make a dough of flour, sugar, and rosewater. Grease the pan with fat beforehand to prevent it burning. Make the dough as thin as paper, lay it over the pan, and place the tart or rather the abovementioned ingredients on it. Put an edge (*Reuffelin*) on it above all sprinkle rosewater on the tart. Beaten egg white is spread on it with a small feather, and finally sugar is sprinkled on, never stint the latter. Cover the pan and the tart diligently with a covering (*überleg*) and set coals above it as is needed. That way, the rosewater, egg white, and sugar will harden and draw together like a crust and the tart will be as good as marzipan.

241 To make another white tart

At the beginning, take a *Putschen* (pitcher) of good milk, the best that can be had, add rice according to the size and occasion of the tart, and cook the two together. But see the rice does not cook too dry. Then take a *seutel* (measure) of egg whites, one of sugar, and one pound of good almonds, and no more milk that is needed to pass the abovementioned ingredients through a sieve. If you make this kind of tart with a dough and edge made with rosewater, egg whites, and sugar

prepared and finished exactly as is described above and above all do not stint the sugar, it will be a good tart.

242 To make a black tart

You must take eight, ten, twelve, or up to fourteen good pears according to whether they are large or small and roast them well on the embers so they are darkened (*uberprennt*). And so you do not roast them too strongly this way and burn them, it is necessary to thrust them into the glowing embers so they turn nicely soft. Similarly you must take good quinces that are entirely like the pears in their appearance and roast them first over the embers and then in the embers to make them nicely soft. Quinces take much roasting because they are harder than pears. Once both quinces and pears are roasted so that they are fully soft, discard their outer skins and their cores and everything else that does not serve our purpose. Then take a *seutel* of milk, but it must not be full, barely half full, because the pears and quinces for this (recipe) are juicy in themselves. (Also take) nine eggs with their whites and yolks as they are, and also a *seutel* of sugar, rather more than less, you must never stint on this. Also diligently pound half a pound of almonds and have a good and proper care that no bad (*henndige*) one is among them. Pass all of this through a sieve with the milk, then add cinnamon, cloves, pepper, ginger, and equally nutmeg, added according to occasion and need. It is (further) made as described above with a dough so thin it looks like paper, and also a topping made of rosewater, egg whites, and sugar on top, this tart will be good.

243 To make a green tart

First, you need just sage, or also chard, parsley, and other herbs, according to everyone's pleasure and taste. Take them and pass their juice through a sieve with unstinting sugar, egg whites, and milk. Then make a dough (crust) and edge as described above, not sparing any expense, thus it will be a good tart. If the tart is made with sage alone, as is up to anyone's pleasure and fancy, the almonds are not needed. But if other herbs are used along with or other than sage, you may use a little bit of almonds with it.

244 To make a fish tart

In the beginning, you must take a piece of fish, be it trout, pike, or another kind, as you can get them, that is boiled and hot. Take out the bones everywhere and cut this boiled and hot piece of fish into small pieces and diligently pound it in a mortar as finely as possible. Then take half a pound of good almonds that were also diligently pounded separately and pass the fish and almonds through a sieve with one or two eggs, but no more, and as they are (with whites and yolk). Then take a *Seutel* full of sugar, add a little rosewater, set it over the coals and let it melt (until it becomes) like water. Take whatever parts of the fish and almonds could not pass through the sieve the first time and pass it through again with this melted sugar. Stir it all together with all diligence and add cinnamon, ginger, cloves, and pepper. There must be more of cinnamon (than of the other spices), and it is most necessary. You may use a little of the other spices according to the occasion and the size of the tart. Make it with its dough and cover of sugar, egg whites, and rosewater as is described for the first tart. This will become a good tart.

245 To make a tart of greens (*Kraut Turten*) of very young and fresh chard

Take young and very fresh chard and cut up the same with a knife raw, as small as possible. Salt them as needed and then squeeze/crush (*zertruckhen*) and grind this *kraut* well with very clean hands. Thus the water is pressed out with your hands. Discard this water, then take fresh cheese (*schotten*) and likewise mix it with the abovementioned *kraut*. This will also call for a good soft *Taig*, as fresh and gentle as can be found, that is used with it. In this manner, as described before, mix it, and you can also add sugar or other spices, or make such a tart without sugar or any spices, that is up to anyone's choice and pleasure. And you must place fat in the pan underneath the dough as is needed and thus let it bake. That will be a good tart. These tarts are most fittingly and conveniently made in March.

Note that with any and every tart, the dough and the edge/top crust (*renfflin*) must be made and set up as is sufficiently described for the first one, and neither sugar nor other spice (*species*) be stinted if the tart is supposed to be good.

246 To make a white mues or *bla manschy*

First take rice and wash it cleanly, and then pick it over. When it has been washed and picked clean, put it into a vessel or on a boards and lean it towards the fire. When it is quite dry, you must pound it well in a mortar and strain it through a sieve or a cloth so it becomes like (as fine as) flour.

Secondly, cut out the breast of a hen or of

To make a *Manschy Plamby* First take rice, have it washed and picked cleanly. When it is washed and picked, put it into a vessel or on a board and lean it towards the fire. When it is well dried, you must pound it well in a mortar and strain it through a sieve or cloth so it becomes like (as fine as) flour. Secondly take (struck out: the meat of the breast of a capon) the breast cut out of a capon and put it into a pot or cauldron. Set it by the fire and let it boil until it is cooked, but not too much. Then take out the breast and let it cool. Then pull it apart like silk and then wrap it in a napkin (*saruet*) so it does not become hard or pointy. Third, take a handful of the rice flour, put it into a clean tinned vessel, be that a tinned bowl (*peckh*) or pan, and pour on good cream. Stir the flour nicely so that it turns very thin and set it over a coal fire in a tinned cooking vessel. Always keep stirring it so it doesn't burn or turn lumpy. This way, it quickly becomes thick and you must add a little more cream and stir it again. And when it boils up again, you throw in the torn-up breast and pour on a little rosewater. When it is about to become thick again, take fine, pounded sugar and also add it so it becomes nicely sweet. It must also be salted and fresh butter added, as much as a hen's egg. Then take it off the fire and serve it. The *mues* must be quite thick when you put in the sugar because when the sugar is added, it immediately becomes thin. It must also not boil for long after the sugar is added because it will turn black after that point. But if you want to make it with fish, take a pike and let it boil like you usually boil one, except you must not add any vinegar. Then take out the pike and remove the bones from it or pick them out. Chop the pike and treat it as is described for the chicken breast. Or (you can) also pick a stockfish apart in this way and boil it, and when it is well boiled, take it out and pick it apart into the mues when it is made, as it is described with the other (ingredients). And when you serve it with fish, set neat piles all around them in the bowl with a spoon.