Recipes for Electuaries

This is a selection of recipes that either are for electuaries (or in some cases purport to be) or that use electuaries as ingredients. The list is not exhaustive - there are many more that I have not translated yet, especially in medical literature – but it is what I have on hand and gives a reasonable overview of what kind of latwergen and fruit preserves were made in culinary contexts.

Munich Cgm 384 (probably early 15th century)

10 Electuary

Take borage (burätz) electuary: Take 2 pounds of borage flowers and chop them small, take 1 pound of honey and ½ Maß (mausz) of wine and skim (schum) the honey very well beforehand. Add the flowers and boil it well until it becomes thick. Then let it macerate (czuich es durch), and then spice it as you please and spread it out on a board until it dries.

11 Nut Electuary

Nut electuary: Take tree nuts (boun nuß i.e. walnuts) while their shells have not yet begun to harden and pierce them through with an awl. Lay them in salted water for eight days so that it draws out the bitterness. Then wash and boil them very well with wine and with honey and stick them with spices, spice the cooking liquid, and store them in the cooking liquid in a glazed container so that the liquid covers the nuts and they do not become mouldy.

Rheinfränkisches Kochbuch (c. 1440)

63 Also make a sauce of ripe sloes (and) also make a sauce of mulberries thus: boil them with wine and with honey and vinegar and with bread. Pass it through a cloth so that it turns as thick as an electuary. Season it and pour it out on a board so that it dries, and slice it. And if you would serve it, dissolve it in warm wine.

Innsbruck MS (mid-15th century)

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

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

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

Cod Pal Germ 551 (second half of the 15th century)

Section I

9 A good sauce made of electuary (latwergen). Take electuary of tart cherries, or service tree berries (spyling), of sloes, plums, or grapes (weinper) electuaries of any kind you wish. Add half or a third as much sugar to it. That is the best and healthiest sauce that may be, with roast (gepraten / geprenten?) and kuler vast (?)

10 electuary of quinces, hard pears, or hard apples (regelpirn ad hardopfl)

Place quinces in a pot and set wooden pieces before it (in its opening) so none fall out. Reverse the pot and place it on one that is equal in width and full of boiling water so that the same steam softens the quinces. Then take them (while they are) warm, put them on a tight sieve and pass them through so that the skin and the seeds stay out. Then take that mass and work it, and to each pound of the mass you shall add half a seidel of honey or half a pound of sugar, if you will. Stir it all together and let it stand for five or six days to dissolve and soften. And when you wish to boil it, put it into a metal cauldron (kessel) on a trivet over coals and stir it with a broad wooden implement (scheyt) so that it does not burn. And when it has cooked thick enough, add half a lot of pepper to it. And thus (while it is still) warm in the cauldron, add to each lb (pound) of mass a quintin of nutmeg, a quintin of cloves, a quinty of cinnamon and a lot or a quintl of ginger, depending on whether you like it red (roth / rasch? spicy). Season it with that and make little patties (kuchen) of it. But if you do not add any spices to it, it is good for the sauce (bruh). And that which is made with sugar as is described above is always good for that (die … lacuna?). And (both) when there are no spices in it and when it is spiced, it is always good and healthy to take after food. Because it digests well, the kind made with sugar digests even better (when taken) after food, and (taken) before food, it constipates.

11 To make electuary of tart cherries

Take a quarter or a kolb (korb, a basket?) of tart cherries and let them abplaten (take off the stems?) in a wooden vat (schaff) and mash (most) and crush them in a bowl. Afterwards put that in a large colander (durchschlag) or a tight sieve and pass it through so that the stones and the coarse skins stay out. Then take that same liquid and boil it in a cauldron on a trivet. Stir it with a broad flat spoon (schaufel) and do not stop stirring so that it does not burn. And when it has boiled (thick) enough, add two or three maß of honey to it, depending on how the tart cherries are (i.e. how they taste), and boil it again. Then add one or two lot of pepper to it, depending on whether you like it spicy, and this stays good for two or three years. When it is all boiled and thick and you wish to eat of it, soften it in wine and stir it with a spoon. Put it in a small bowl and strew cinnamon or trysenet (spice mix) on it, it is good that way.

12 An electuary of grapes

Pluck the grapes off the stems, put them into a cauldron on a trivet and let them boil. Stir them so they do not burn. Take them out and pass them through a colander or a tight sieve so that the seeds and skins stay out. Put the same juice back into the cauldron and stir it continuously with a broad spoon (scheufelein) so that it does not burn. Boil it until it is thick enough for an electuary. But if you would make it hard enough for cakes, boil it for longer, that way it turns out thick and hard. It isgood for the stool and cools very much in summer. But if you wish to add spices as you do to cherry electuary, or if you would turn it into cakes as you do with the quince electuary, you should season it. But if no spices are in it when you serve it, strew cinnamon or trysenet (spice mix) on it and stir it with wine before you strew on the spices if it is too thick. Without spices it is good for the stool and banishes thirst.

13 To make all manner of electuaries

Take peaches, tart plums, that is maschen, sloes, damsons, service tree berries (spyling) or sweet maschen, whichever you want, to prepare each separately. You shall pass it through a sieve and boil it with honey or sugar. If you would have it thick for the stool, add to a pound of fruit mass half a seidel of honey or half a libra of sugar and no spices, and boil it until it is thick. Thus it is good for the stool and chills strongly. The kind with sugar is best, and especially with sour maschen. Sloe electuary is the very best, helps with the stool and with thirst. But if you would make it (to go) with roasts, so that it stays thin, you may add honey according to how sweet or sour the fruit are. You may also season this according to what you think is best. Boil it well, it stays good the longer for it. When you wish to serve it, stir it with wine and add red sugar (or rose sugar? Roszet) to it if you wish, and strew trysenet (spice mix) or cinnamon on it, depending on whether it has been seasoned previously or not. You shall act according to this.

14 A small puree of cooking pears (regelpirn) or hard apples (hardopffel)

First take the fruit and take off the peel, but then in quarters, and cut out the seeds and the cores. Pour honey in with it and boil it in a pot. Cover it closely so that the steam stays in it. And when they are well steamed, pass them through a sieve or a colander and again add more honey. Boil them well so that it turns brown, and at the end add some tart cherry electuary so that it turns

black. Stir it with cloves, nutmeg, cinnamon, pepper (and) ginger depending on whether you wish it to be spicy (rosch). This stays good a whole year in a pot if it is well boiled. You shall not add the spices until it is fully cooked. And when you wish to eat the puree, you shall stir it with a good wine such as a Raynfal or another, add grated rye bread, and heat it in a pan so that it boils up and boils together. Put it in a bowl and strew on it enough cinnamon and Trisenet (spice mix) and stick almond kernels onto or into it. Thus, it is a delicious puree on meat and fish days.

Section II

5 An electuary of hard pears (regell pirn)

Peel the pears nicely and cut them in quarters and take out the cores (kern). Then put the pears in a pot, set that on the embers and pour a fiertell (measure) of water into it. Close the pot so that the steam may not leave it. When they have cooked enough, pound them small and put them in a cauldron, set it on a trivet and put embers under it. Stir them by themselves and every little while, add a little water and honey. Season them with good spices etc.

6 An electuary of grapes

Break them off the vines (paum, lit: trees) and place them in a cauldron, set it on a trivet and put embers underneath. Do not pour in (i.e. add) anything to them, and when they boil let them cool and put them back into a cauldron and on a trivet and let them boil well. Season it well with good spices and pour it out on a board and let it cool (for) six days. Then you cut it as you wish etc.

13 (This recipe has no title and is not offset, the paragraph continues with what is clearly a new recipe)

Item, if you would make a galantine (gallrien) of fish of a pike very nicely, you shall boil the pike and remove the flesh (proten) of it, and then take honey and set it over the coals and let it boil. Take the pike's flesh (prot) and pepper and sugar enough and mix it together and make it neither too thick nor too thin so that it can be poured out onto a bowl like an electuary. Do not oversalt it etc.

<u>Kuchenmaistrey (1480)</u>

*4. xx. Item make tart cherry sauce thus. Pound them in a mortar with stones and all. Grate gingerbread into it. Pass it through a cloth with good wine. Pour it into a glazed pot and pound cloves and all manner of strong spices and also add a little salt. Boil it by the fire and then take it out (of the pot) into a wet bowl (*ein feucht beck*). Let it firm up (*gesten*) well and make small patties or an electuary.*

*4. xxiii. Item a good useful electuary for the stomach and all harmful fumes (*boß nebel*). Take the root or bearded iris (iris x germanica,* schwertelwurtz*) and cut it into thin slices. Leave them to steep in red wine eight or ten days in a well-covered glass. Take a* maß *(measure of capacity, probably 1.08 litres) of honey and melt it in a copper or brass pan over a coal fire. Add the root and the wine you have prepared before to it and let the third part boil away (i.e. reduce it by a third). Then take 4* lot *(measure of weight, probably about 16 grammes) of ginger roots that are not searced, one* lot *of cloves, one* lot *of nutmeg, two* lot *of cinnamon bark and half a* lot *of long pepper all well pounded and let them boil with it a good long while until it thickens into an electuary. And always stir it with a spatula so it does not burn, thus you will have a good electuary.*

*4. xxiiii. A good electuary for the chest. Take white radish, hyssop, elecampagne, dittany and ginger and pound them to a powder. Mix them with honey into an electuary as one customarily makes electuaries. If you would have it better, add cubebs, cinnamon and mace or other spices (*specerey*) that are good. You may also take gentian, Venetian ceodary, long pepper, sweet flag, and polypody (*steinwurtz*) or other good spices (*gewurtz*) according to what appears to serve to you and stir them together as is written above into an electuary.*

Mittelniederdeutsches Kochbuch (c. 1500)

12 Item if you would make an electuary of rosehips (wypen), pick them around (lit.: between) Our Lady's Day 'der lateren' (?) eight days before or eights days after, as you choose. Cut them in two and take out the stones (seeds). When the stones have been removed and (the rosehips) have been cleaned, boil them in wine or in mead and pound them in a mortar with the same cooking liquid. Pass them through a cloth. Take pounded rice as much as you need for this (quantity). And boil the same with honey and with its own cooking liquid and with good spices, with cloves, with ginger and with good pepper. Boil it (down) as thickly as you can. And put it into clean white cups. And put it forth (serve it?)

13 If you would make a good electuary of packun ghenberen (? Wiswe suggests a kind of pear, another interpreter brooklime (veronica beccabunga). I cannot add any clarity here), take as many of them as you need. And put them in an earthen pot. Let them bake in an oven with the bread. Cover the pot closely so that no air may go out. Take out the stalks and pound them in a mortar and pass them through a cloth or a colander. Then grind them small in a mustard mill. Then buy gingerbread (honnichkoken) as many as you require. Lay them on a griddle. Roast them well on a gentle (lit. thin) fire so they do not burn. Lay them on the ground so they become hard again. Then pound them small in a mortar and put them in among the beren (pears or berries) and boil that strongly. Then take as much honey as you need. And boil it as thickly as you can. Take good spices, cloves and ginger and good pepper. Thus it is a good electuary. Put it into white cups and serve it.

54 Item if you would make a good electuary of violets, chop them small and then pound them in a mortar. Then take good pure honey and add it. Take raisins, a quarter as much as this is, and pound it small and add it. Take anise, half as much as there is rosin. Pound that small and searce it through a sieve. Also add that to the electuary. Set it by the fire and let it boil with half an osel (measure of volume) of wine that is good. And add to it ginger, cloves etc. And let it boil so it becomes strong (thick) enough. And put it into a bowl.

Philippine Welser (c. 1550)

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 underneath?) 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.*

Sabina Welser (c. 1550)

To make mustard to go with stockfish

Take good mustardseed flour, stir good wine into it and pear electuary, and add sugar as much as you think good. Make it as thick as you like to eat it, thus it is a good mustard.

Walter Ryff, Confect Buch (c. 1550)

To prepare a fine, useful and good quince electuary

… In this first part, we will most carefully describe the most common electuaries that are made in many form from may different fruit, herbs, roots, seeds, spices and the like. Firstly, quince electuary which is used by well-equipped apothecaries and diligent householders for medicine and is thought a strengthening food.

This electuary is mainly prepared from quinces, whence it derives its name **Conditum Contoneorum**. *The fruit has a lovely and fresh scent, but is or rough taste which is why it is entirely unsuitable for eating raw. If too much is eaten raw, it is entirely impossible to digest, but cooked and prepared in many ways they strengthen the stomach, constipate the belly if they are eaten before other food, move urine, close the stomach, especially if they are very rough, and still the disgust and vomiting of the stomach. But if quinces are used after other foods, they loosen the belly. Quinces also have a lovely and sweet wine juice (***Weinsafft***) which is why they suppress all evil vapours that rise up from the stomach.*

Quince juice that is drunk or quinces chewed in the mouth defend against drunkenness. The ancients also assure us credibly that is a pregnant woman frequently enjoyed quinces, the child would be very nimble, of good wits and sharp reasoning.

*This fruit is of many kinds which the ancients referred to by name and distinguished by the manner of their planting. But in this country, we mainly only have two kinds of quinces: Common quinces are small, knot-shaped or full of uneven parts (***knorren***), rough, harsh, and have large cores (***sehr steinig***). The other kind are smoother, milder, more tender, also larger and of sweeter and lovelier scent and flavour. That is why they should mainly be chosen for all apothecaries' preparations. Of such quinces, a useful electuary is prepared in the following manner: Take as many quinces that are quite ripe as you wish and peel them thoroughly. Cut off the stems, cores, inner seeds and whatever else is hard (***steining***) away. But you must not throw away the seeds because they can usefully applied to many purposes. Place these quinces in a new earthen pot that is well glazed and cleanly singed (***ausgebrannt *– sterilised over flame)* and pour on good tart wine, but not too much, only so they are steamed in it and turn to mush. There are, though, many differences in the way of doing this. Some use only fresh well water, others the pressed juice of several quinces which is strongest, others again use no addition at all, but secure (***verpreissen***) the cut quince slices in a pot with small wooden skewers. They invert that pot over another in which there is wine or water and make a strong coal fire all around. Thus they let it cook in the steam and let them become very soft. You may do this as you please, only see that the quinces are quite soft and turn to mush so you can pass them neatly and entirely through a hair sieve, haircloth, or another commonly used linen cloth so that whatever is left of the skin, cores, or their like is separated and only the tender, pure pulp (***mark***) passes through.*

The ancients used one pound each of strong, potent vinegar of white wine and clarified and well-scummed honey to one pound of this pulp. These three ingredients are boiled well together so that they acquire the proper and suitable thickness. Afterwards, the following powder is added: Take six **Loth** *each of black pepper and white, cleanly scraped ginger, two* **Loth** *of parsley seed, which many translate into German as masterwort (***Meisternwürtzel***) seed and others as pimpernel seed, and mix that powder into it for an electuary.*

Further, such an electuary was also prepared among the ancients in another manner. Namely, you take the pressed-out juice of the finest quinces and well-scummed honey, one pound each, and half a pound of sharp wine vinegar. Let it boil as is described afterwards, namely so that it acquires the thickness of the honey. Then mix in the following powder: Take three **Loth** *of carefully chosen scraped white ginger and two* **Loth** *of white pepper, or in its stead of common black pepper, stir it all well together and let it boil to a suitable thickness. But when the ancients wished to give their quince electuary to people of hot complexion, and especially those who have much gall in their*

*stomachs, they did not add these spices, but only for those who had cold, phlegmy stomachs and were more phlegmatic and 'liquid' (*flüssiger*) by nature.*

*But in our time, quince electuary is prepared in a much more elegant and stronger manner by apothecaries and diligent householders. You take three pounds of the passed-through pulp of the quinces and four pounds of clear, well-scummed honey, and let it boil well together, steadily stirring with a wooden paddle (*spatel*) or a small shovel made for the purpose until it begins to thicken. Then let a little of it fall on cold iron, cold stone, or the bottom of a mortar so it cools. If it has boiled enough, it can then be easily detached (*abschelen *– lit. peel off) and does not stick to the fingers either but comes off easily and dry. Then lift it off the fire and and stir in the following spices (*Species*) or powder: Take three and a half* Loth *of select, sharp cinnamon, two* Loth *of white, cleanly scraped ginger, one* Loth *each of common black pepper and galingale root, three* quintlin *each of cloves and nutmeg, half a* Loth *each of the noble, alien spikenard, aloeswood or wood of paradise, of mace, and of cardamom, and a* quintlin *of select ceodary that has not been eaten by worms. Thus quince electuary is commonly prepared in well-appointed apothecaries' shops in our time. However, such electuary is also prepared by some in a manner that causes it to drive out stools or acts as a laxative (*treib oder laxire*), which is not usually found reported of electuaries. But in our times, quince electuary is not only prepared as medicine for the sick, but also as a food for the healthy to strengthen the stomach and close it after taking (other) food. But instead of with honey, you do this with fine white sugar thus: Take three pounds of the passed-through pulp of quinces and two pounds of pure white clarified sugar and let it boil gently over a slow coal fire until it detaches cleanly from the pan as described above. You can pour such an electuary into a new box or sugar container (*zuckerlädlin*) and use it for many purposes.*

But many prepare quince electuary more artfully still, only from the juice of quinces, and also pour it into such boxes. Do that thus: Take eight Loth *of fresh quince seeds and let them soak in fresh well water for one day. Press out the slime through a clean cloth and add to it four pounds of the pressed juice of quinces. Or you may soften the above seeds in such a juice or make them take effect in it, but not in a copper, iron or brass vessel so it does not receive any flavour from that. Let it boil well together, but not too much, so that you can still pass it through a cloth. Take 2 pounds of the finest sugar that is well purified and clarified to the finest. Boil it to the proper suitable thickness and pour it into small boxes as described above. You can also prepare this electuary that way using scummed honey instead of sugar.*

Further note here that when you wish to press the juice out of the quinces, you must grate them on an iron grater finely all the way to the cores and catch them in a haircloth or other linen cloth so you can easily press them with a suitable tool or press.

Quince electuary that is boiled to a proper and suitable thickness can stay good for a considerable time, but it must be kept in a temperate, airy place where it is not too hot in summer, not too cold in winter, and otherwise neither too wet nor too dry.

*A quince electuary, especially the kind that is prepared with sugar, is an elegant and pleasing confit (*Confect*) and gifted with valuable powers. For it recovers the lost desire and appetite to eat, strengthens and furthers digestion, and has the particular property of strengthening the stomach and the liver except in matters that are caused by heat.*

This electuary also keeps people in good colour and stills disgust, eructations, and unnatural vomiting of the stomach, stops the flowing and breach of the belly and the white and the bloody

flux or bloody stool. But in this case it must be eaten before food, because if it is taken after food, it gentles and softens the stomach, furthers digestion and closes the stomach so no evil vapour may rise up from it. Thus it is not improperly taken by rich people in the evening to strengthen a dull stomach incapable of digestion.

*This electuary, prepared with Malvasier or another strong wine and spices, is served cold as a sauce (*Salsen*) or common dipping sauce (*Eindunck*) with food, especially useful and strengthening to the stomach head, and digestive powers.*

Further note that sometimes, quince electuary, and especially the kind in which no spices are used, is mixed with a little musk and stirred well with wine, rosewater, or pressed-out quince juice.

Quince electuary that is prepared with wine as described above and with spices and other hot ingredients serves old people, women who have cooled, and every complaint of cold and moist complexion. But if we first boil the quinces with water of the pressed juice and then prepare the electuary with sugar, or only from quince juice and sugar, the heat is tempered (because quinces are moved to be cold in the first and dry in the second degree). That is why it is more useful and suitable to those who are of a hot nature or have much gall in their stomachs.

Künstlichs und Fürtrefflichs Kochbuch (1559)

16 Electuary of Pears (Regel piern Latwerge)

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

Marx Rumpolt: Ein New Kochbuch (1581)

Take quinces that have many pips, peel and cut them, heat them in water and let them boil, then put them into a bag and squeeze them to make a thick juice. Place that over the fire and boil it, and when the juice is boiled down enough, add a wooden spoon full of ground sugar and let it boil together quickly. When you want to take it off the fire, pour fresh sour lemon juice over it. You can pour this into a mould or into a box. If you want the juice to be nice and red, boil it gently, for the longer you boil it, the redder it gets.

Take quinces and grate them, put them into a bag and squeeze it into a clean pot. Place it over coals and let it boil. Then put quinces you have cut small and thin into the juice and boil it together. Take a clean wooden spoon and stir the quinces to pieces until the mixture is thick. When it has boiled down properly, add white sugar that has been clarified and boil it more until it thickens. Put it into a clean box. that is how you make the chunky electuary.

(p. CLXXXII r)

Anna Wecker Koestlich New Kochbuch(1598)

A pastry of chickens and quinces

Take quinces and hollow them out so that the seeds and cores are removed. Fill them with cinnamon, sugar, ginger and raisins after you have washed them clean. Also prepare chickens with that (filling?), half or whole, but they are most hearty whole. Also prepare the chickens with good spices on the inside such as sweet spices or ginger, pepper and cloves pounded together and broad quince slices pounded into it. Then stir a crust of bread into a pastry case, put in the chickens as is proper and thrust the quinces inbetween, a good quantity of raisins and the above spices so that they are black above from the spices, especially of cloves, (but) only the chickens, not the quinces. Add a good quantity of fat or sweet May butter. Do not oversalt it.

Close it well and bake it for an hour. You also may, if you like to have a proper liquid (brueh) with it, loosen the lid in one place and turn it aside so you can see what there is. If you think it is too little, take half wine and half meat broth, (add) sugar and spices and a crust of bread stirred small or perhaps a little quince electuary and what such things are. Stir it, let it boil together, stir it in, let it bake fully until it is very enjoyable and good. You can also roast the chickens half done and fry the quinces in fat and close them up.

Johannes Coler, Oeconomia ruralis et domestica (after 1596)

Pear juice is made thus

(marginalia: to make pear juice)

Take juicy pears such as **Speckbirn** ***(lit: bacon pears) or*** **Muscatellerpirn** ***(muscatel pears) and other pears that have much juice. You must not peel them but just stamp them in a vat or grate them on a grater quite small, put them in a sack and press it out. Boil the juice in a brass cauldron close to seven hours and always skim it, and put the foam into a separate container because it can be used. You must not stir the juice because juice does not burn. Let it boil until it is bronwish or yellowish and is drawn with the ladle like honey. Then it has enough. It must be given a gentle fire so that it always boils steadily because if you boil it too much, it does not turn out well. In the end, you pour it into new pots rinsed with boiling water (*** **außgebrühete** ***). It is a deliciously sweet thing that is used in food in place of sugar when you cook black dishes (i.e. dishes cooked with blood) of hares, fish, and birds.***

(p. 209)

*[…] In Silesia, there are many small plums almost like sloes except that they grow on properly tall trees and taste almost like plums. They are tapered (*keulicht*). They call them* Kriechel *or* Kriechen *(today that word refers to damsons) and there are two kinds of them, brown and white. They make a* muß *of them like you do of cherries and then they have smoothly planed boards with raised sides. They pour the* muß *on that and spread it out smooth on the top and broad with long wooden spoons. But they smear the board with bacon first so it does not stick. Thus they let them stand in the sun for eight days and dry out nicely. Then they cut long strips and turn them over, on the other side, and let them dry in the sun for eight days again. Then they roll them around each other and wrap nut leaves around them and thus lay them aside. That way, they can stay good for up to two years.*

They cook a lovely muß *of that in winter for the children and servants, and if you prepare it right, with sugar and other good spices, the parents also happily eat it. It is indeed so good a food that the coarse boors (*groben Dölpel*) often eat (*fressen*) it with two spoons. They bethink themselves that since God has given them two hands, the boorish louts (*groben Hempel*) must have a spoon in each, and eat their beer soup and plum mus. For they commonly eat a soup and two kinds of side dishes (*Zugemüse*) together, cabbage and root vegetables, buckwheat and milk porridge, millet and carrots etc. If they have meat twice a week, that is (like) easter or Sunday to them.*

*The women in Silesia often stir this plum dish (*gepfleume*) for three, four, five, or six days continually (*continue*), day and night in turns, then set it aside and use it through the winter and the summer until it grows anew. That improves their diet greatly. They also often give it to the sick and to poor people to enjoy (*zur Labsal*) and cook side dishes and black meat and fish dishes (i.e. those cooked with blood) with it as with the cherries.*

(p. 212-13)

[…] If you would make cherry juice or cherry muß*, treat them thus: Break off all their stalks or, which is better, only break off the cherries when you pluck them from the tree and leave the stalks on the tree. Lay the tart cherries into a cauldron, set them over the fire and let them boil and bubble together well. Stir them with a long wooden spoon, especially on the bottom so they do not burn. Then pour them into a big colander (*durchschlag*) and let the juice run off and keep it safe in pots. Then press them through the colander entirely, by force, so that they become a puree, and also store that in separate pots. You may also add all manner of spices and stir them in, that does not spoil such things. When the stones are away together with the skins and other coarse things, put them back into the cauldron and let them boil more, and always stir them around and around so they do not burn, until they become thick like a* muß*. If you want to stir in sugar or honey into it afterwards, they become so much better. Some also add honey at the end and keep stirring it continually.*

(p. 215)