

Plain Fare

A Period Camp Cookbook

A Collection of Simple,
Documented Recipes
For Cooking in Camp
From the
Kingdom of Drachenswald

by Giano Balestriere
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Dedicated with gratitude to my apprentice Robyn of Rye, who is just too damn talented for her own good, and to the Shire of the Two Seas' kitchen team, weapons of mass nutrition.



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Introduction

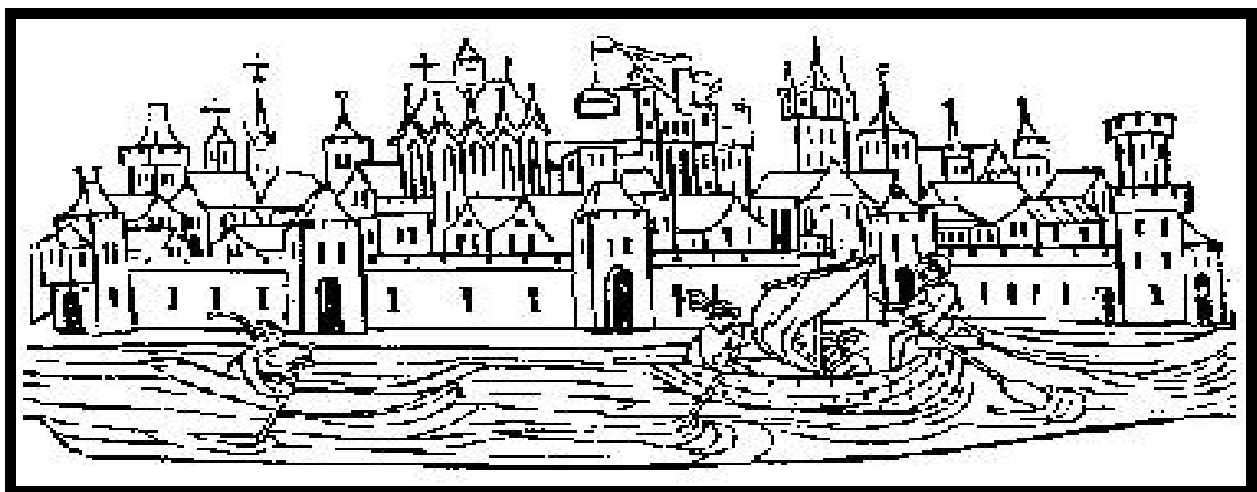
This booklet was inspired by questions that have come up at several camping events. In a nutshell, the crux is that everyone knows a lot of complicated historical recipes, but not necessarily simple ones. That is very easily explained: everyone eats feast, so even if you've never cracked open a period cookbook, you'd be familiar with the fare served on such occasions. Feast, of course, is an opportunity for cooks to shine. They usually have modern kitchen equipment and days for strategic preparations to work towards a few hours of opulence, which means they're likely to serve complex, showy foods. But even if you do research into period cookbooks, you're not going to find too many simple recipes. It seems the writers of recipe collections generally assumed that simple recipes didn't need writing down. Everyone knew how to make porridge, vegetable soup or collops. To top it off, many writers of modern redactions, too, tend to favour complex recipes.

None of this is a real problem until you find yourself sitting in a camp kitchen. Faced with the limited tools at hand, recipes that tell you to grind nuts, grate suet, sew up and parboil stuffed chickens, mould almond paste, boil sugar syrup, or beat egg whites begin to look pretty daunting. Of course most people know that people in period also cooked with limited equipment – most of them had to make do with less than we have in our average encampment – but coming up with a documentable recipe that works under these circumstances is often hard. Many people fall back on what they know: barbecued pork chops, sausages, grilled vegetables, spaghetti with tomato sauce, baked potatoes, sandwiches or corn on the cob. That is not bad, of course, particularly since many camp cooks can make spectacularly good barbecue, but it still leaves many of us feeling less than satisfied. It's just too visibly modern.

That is the point to this collection. It aims to give competent camp cooks a stock of recipes that can be made with limited equipment, will feed a bunch of hungry fighters or dancers, and are, above all, documentable. That is why the primary focus is on documentation. Many of the recipes are so simple that a real redaction is not necessary, and while my redactions have been tested and do work, they should not be considered the last word on any of them. However, each of them comes with a source reference from before 1600 for the readers to look up, follow up, interpret, and above all, show any doubters.

This book is NOT

- a course in camp cookery. It assumes that you have already mastered the basics, and it makes no pretense at teaching more demanding techniques. You will not find any instructions on how to roast fowl spinning on a string, bake pies under an upturned bowl, or improvise a clay oven.
- a comprehensive camp cookbook. The recipes chosen are deliberately simple, excluding both many variations and all the wonderfully complex things master camp cooks can create.
- a cookbook for any given period or area. Though many of the recipes come from the German tradition, that is simply because I am relatively more familiar with this and have already translated and redacted many of them. All entries are documented, so you can place them easily and put together your menu depending on whether being period is enough, or whether you intend to portray a specific time and place in your cooking.
- a primer on food preservation or period travel food. Its recipes are suited to cooking in camp and some would have been suitable for travellers beyond easy reach of markets, but many still require ingredients that have to be bought fresh or kept refrigerated. This is usually possible in modern camps, and fresh ingredients could usually also be bought by travellers in the Middle Ages.



The Camp Kitchen

As this is not to be an introduction to camp cookery, it will not give extensive instructions either how to set up a camp kitchen or how to make it particularly authentic; the latter would require a book of its own, and you are already assumed to know the former. There are, however, a few practical pointers that can be useful if you are just beginning to turn from modern to historical camp cookery. This is not about appearances. The type of cooking equipment you use is an entirely different question, and the decision how accurate to be in your camp is one that you have to make yourself. But making historical recipes is different in some technical respects from making a lot of modern ones, and since you can't rely on ready-made ingredients to the same extent, you will be facing some novel challenges.

First of all, you will need plenty of bowls. If you are used to modern camp cookery with many things coming pre-prepared from tins or bags, this is going to be a new experience. Even relatively simple dishes now require you to mix a variety of ingredients, often in different stages, and once you make a sauce or two, a dessert and a main course, you can exhaust the supply of mixing bowls of a fairly well equipped kitchen. Even if you are used to doing this at home, keep in mind that camp kitchens have no conveniently located sink. Quickly washing a used bowl is a lot harder when all your water needs to be brought in or the dishes carried over to the scullery. Bringing a few extra bowls so the washing-up can wait till after dinner – or whenever there is time and labour to spare – is a good idea. The same goes for spoons, cutting boards and knives.

Secondly, you will probably want to get yourself a decent-sized mortar. Medieval cuisine uses grinding and mashing a lot, and while you can usually improvise a solution, in the absence of an electric blender, a mortar can be invaluable. Metal and stone mortars were in use historically, and we can at least assume that wooden ones were also familiar, but for a quick and easy fix, earthenware mortars available from Asian shops combine affordability and portability. An unauthentic, but effective alternative solution to the problem is to pack a foodmill or strong metal sieve through which to pass foods. The lower weight and bulk are a boon to those traveling with limited cargo capacity. Even if you have a large mortar, though, you will still also want a potato masher to use in a cookpot and a set of good knives to chop things finely. Grinding up ingredients in a mortar is a lot of work, and often, a good chopping or a few rounds with the masher will do the trick.

A third thing you will want is plenty of pots and pans. That is not only because what goes for bowls – that cleaning them is more hassle than it is in a modern kitchen – goes doubly for them, but also because a well-run period-style camp kitchen can use leftover broth and fat as ingredients in many recipes, and you'll need somewhere to keep it. Of course, you can also go the modern route, bring stock cubes or instant powder and make your broth every time you need it. But if you are, for example, going to boil meat, why not keep the broth and use it for pasta that evening or soup the next day? It actually tastes better. If you have the opportunity to let it cool down completely, you can also usually skim the congealed fat off the surface. That can be used on vegetable dishes or to fry savoury foods. Of course, all this depends on the weather playing along (in humid summer heat, cold meat broth can go bad in a matter of hours) and nobody having allergy problems (porridge cooked in the broth that saw a pudding with sage or almonds the previous day can still trigger anaphylactic shock). If you keep these things in mind, though, proper broth and grease management is not just a touch of authenticity, but can become both a challenge for your creativity and a point of pride, not to mention improve the flavour of your daily fare. If it doesn't, you're probably not doing it right – it shouldn't become an unpleasant duty to eat up the leftovers.

Finally, a meat thermometer, while terribly obtrusively modern, can be a godsend if you are not experienced in open-fire cooking. It is not as easy to return a chicken or roast to the heat as it is with an electric oven, and a meat pudding cannot well be wrapped up again, so a quick way of checking for doneness will come in handy.

The Recipes

And here we finally come to the core of the book. The following recipes are taken from a variety of sources, all of them pre-1600, and each is quoted in the original and sourced. Most are also commented and redacted, though many are simple enough not to need any commentary, and all redactions are interpretations with no claim to finality or exclusivity. In some cases, shortcuts have been taken and modern methods used. For your own interpretation, you should always start with the original text.

Quantities

All quantities given here are guesstimates. That is not to say they haven't been tried, but merely that they are about right. The recipes work just fine as long as they are approximately right, and most people do not take more than basic measuring equipment with them to camp, anyway. That is also why in many cases, no exact quantities are given. When it says, e.g., to cover ingredients in water or add flour till a stiff paste results, the amounts needed depend on too many variables – the size of eggs, the shape of your cookpot, and the stickiness of your flour – to arrive at more than a very general idea. Readers who find this a problem may want to try out the techniques at home first, and make their own notes. In my experience, though, the recipes collected here are quite forgiving. As long as you do not change the fundamental proportions, they will yield palatable results. The quantities are preferentially given in volume measures rather than weights because measuring cups are more likely to be brought to camp than scales. Except for cups, teaspoons and tablespoons, they are given in metric, with the rounded imperial equivalent following. This is owed to no particular logic, but simply because cup and spoon measures are most easily improvised and universally understood. And yes, the conversions are not exact- they are approximations. They work, though.

As to the quantities given in the recipes themselves, they are calculated to generously feed six regular people or four hungry ones. That is to say, if you combine two or three of them into a meal, everyone should leave satisfied. Of course, that is also an approximation to cover a much more complex reality. Especially in camp, people are hungrier in cold weather than in hot, and when there are strenuous activities like fighting, dancing or setting up tents, appetites can grow tremendously. Any advice given for planning here can only be sketchy. In general, if you are able to

feed everyone about half a litre (a pint) of stew with one or two slices bread, or a main meal of 150 g (5oz) of meat or fish, 200g (7oz) of vegetables and the same amount of starches, plus some sauces and/or salad, you have provided an adequate quantity of food. Of course, if you do so on a cold and wet day after a long tourney, you will have people leaving the table hungry. Judging appropriate portions is a skill you will need to develop yourself.



Stews and Soups

Soups and stews are the first option for main dishes, and they work well even in simple camp kitchens. A rich stew served together with a few slices of bread makes a meal in itself. Especially when you need something that is easy to keep warm and can be served when it is needed, a soup is a good choice. You can keep it hot over or near the fire and ladle out a bowlful whenever someone is hungry. In period, soups and stewed foods probably made up the bulk of what people ate in army camps and generally formed a mainstay of the diet. We will, unfortunately, never know what exactly went into the stewpots of the majority, but there are some recipes that document at least the soups enjoyed by the wealthier classes.

Mushroom and Onion Soup

This is an example from Marx Rumpoldt's 1581 cookbook:

Nimm duerre Schwammen / wasch sie sauber auß etlichen Wassern / setz sie
zu mit Erbsenbrueh und klein geschweißten Zwiebeln / mach es ab mit Essig /
Pfeffer / mit Saffran und Saltz / laß miteinander ein stundt oder zwo sieden
/ so wirt es gut und wolgeschmack

Take dried mushrooms, wash then several times until they are clean and place them on the fire with pease broth and small fried onions. Season it with vinegar, pepper, saffron and salt and boil it together an hour or two. Thus it will be good and tasty.

50g (2 oz.) dried mushrooms

2-3 onions

1 litre (2 pints) pease or vegetable broth (ideally left over from an earlier cooking session)

butter

white wine vinegar

saffron

salt and pepper

Chop the onions. Melt butter in your pot and fry them, then add the broth and stir in the dried mushrooms. Modern commercially purchased ones are usually quite clean, but it is sometimes advisable to briefly float them in a bowl of water to make any sand or dirt adhering to them drop to the bottom. Add vinegar, salt, pepper and saffron to taste and simmer 60-90 minutes. You may need to add broth if the mushrooms soak up too much.

This light soup is delicious with dried button mushrooms, but the delicate flavours of more expensive types are easily lost in its onion-vinegar aroma. Soaked up with fresh bread, it makes a rewarding meal all by itself (in which case you should use more liquid) or a solid entry to a more substantial main course. You can replace the dried mushrooms with fresh ones, but bringing strings of home-dried ones to an event is easy, and too decorative not to try at least once.

Caraway Pease Soup

This another late period example of a richer, more substantial soup, though it is a bit more work.
From Frantz de Rontzier's 1598 cookbookⁱⁱⁱ:

*Item / man schlegt gesotten Erbissen durch ein Haartuch / machet sie ab mit
Roeme / Saffran / Pfeffer / Salwey und butter / alsdan gibt mans uber die
Suppen / etc.*

Pass boiled peas through a cloth and season them with cumin, saffron, pepper, sage and butter and pour that over the soup etc.

1 cup dried shelled peas

2-3 cups broth

3-5 fresh sage leaves

1 tbsp butter

caraway

saffron

pepper

salt

Boil the peas with the sage leaves in plenty of water till they are dissolved to mush. If you have the time, mash them in the pot or pass them through a sieve to remove any remaining hard kernels. If the resulting soup is too thick, add more water. Add saffron, pepper, salt and caraway to taste and return to the heat. Feel free to also add a generous dab of butter, especially when it's cold outside. The soup should be served hot, since it solidifies quickly and tastes mealy when cold. It is delicious in wet and chilly weather, and easily and cheaply cooked in quantity. Meat can safely be added if you feel it is needed.

Cabbage Soup

This is another one of Rumpoldt's recipesⁱⁱⁱ, describing what must have been a common food, though with the addition of spices. Its Breughelian peasant credentials are impeccable.

*Setz Kraut zu mit einer Krautsuppen / es sey geschnitten oder gehackt / nimm
ganzen Pfeffer und ganze Muscharenblüt darunter / laß darmit sieden / und
wenn du es wilt anrichten / so nimm darzu gebeht Schnitten von einem weck
oder Ruckenbrot / schmälts mit heisser Butter / und besträw es mit Ingwer.*

Set potherbs to boil with a potherb soup, whether they are cut or chopped, and add whole pepper and mace to it, let it boil with that and when you want to serve it, take toasted slices of white bread or rye bread, enrich it with hot butter and strew ginger on it.

1 small head of cabbage (or other potherbs such as chard, spinach, or orach)

10-12 slices of dark rye bread (or 4-6 breadrolls)

vegetable broth

whole peppercorns

whole mace

salt

butter

ginger

Kraut was a very general term for almost any kind of greens that went into the stewpot, though cabbage was by far the most common kind. This soup works with almost any kind of potherb, but I prefer it with white cabbage. Chop or thinly slice it, and set it to boil in a large pot with enough broth to cover, salt, and a generous amount of whole peppercorns and mace. Cook it till the pieces are fall-apart tender. Toast the bread till it is lightly browned, then butter it and sprinkle it lightly with ginger. Serve the bread either in the bowls, with the soup poured over the top, or along with the soup, as preferred. While this recipe is meatless, it is probable that many stews of this kind included meat, and bacon pieces work well with cabbage.

Lemon Beef Stew

This recipe is from Rumpoldt, a rich, meaty stew with a sophisticated Renaissance seasoning. The process of making the thickened sauce is a little complex for a camp kitchen, but possible. It also works without the thickening.

Hauw Rindfleisch von Riben / da es am dünsten ist / zu stücken / setz es mit Wasser zu / und verfaum es sauber / ist es fett / so schöpff es ab / und schmelz ein Kraut darmit / unnd wenn es halb gesotten ist / so thu es auß der Brüß in ein Wasser / und säuber es auß / thu es in ein sauberes Geschirr / und seig die Brüß durch ein Härin Tuch darauff / thu eingebrennt Mehl darein / und ein wenig Essig / nimm gestossen Ingwer / ganzen Pfeffer / ungeschmälzte frische Butter / unnd gesaltzte Limonien darunter / Steck die Limonien an ein Spieß / und thu sie in den Kessel / unnd wenn du schier wilt anrichten / so hack grüne wolschmeckende Kräuter darein / laß ein wenig mit frischer Butter aufsieden / leg die Limonien darauff / und würff klein geschnittene Pettersilge darüber / so ist es weiss und zierlich.

Chop up beef from the ribs where it is thinnest, cook it in water, remove the scum, and if it is fat, take that away and lard cabbage with it. When it is half cooked, take it out of its broth into water and clean it, then place it in a clean pot. Strain the broth onto it through a haircloth and add browned flour and a little vinegar. Mix in ground ginger, whole peppercorns, unlarded fresh butter and salted lemons. Stick the lemons on a spit, place them in a kettle, and when you are just about to serve, chop green aromatic herbs into it and boil it with a little fresh butter, place the lemons on top and scatter chopped parsley over it. That way it will be white and pretty.

Lemon Beef Stew

750g (1.5 lb) cubed lean stewing beef
3-4 lemons (salt-pickled if you can get them)
1 bunch parsley
1 bunch mixed herbs
2 tbsp butter
whole peppercorns
ginger
salt
flour

Heat 3-4 cups of salted water in a pot. When it starts boiling, add the beef and stir, skimming off any fat or scum that rises to the surface (with good-quality beef that should not be a problem). After about half an hour of simmering, check whether the meat is cooked through and beginning to become tender. If that is the case, thicken the stew with flour and add ginger, whole peppercorns, the chopped herbs and pickled lemons. If you cannot get pickled lemons, use fresh ones, sliced and rubbed with salt. Continue cooking for another 10-20 minutes, stirring regularly. Chop the parsley and sprinkle over the stew just before serving. It should be served with either some starchy side dish or plenty of good bread.



Itriya — Rice-Noodle Stew

This is a recipe from the Middle Eastern tradition, taken from the thirteenth-century recipe collection of al-Baghdadi^{iv}. The original Arabic version is not available here, the translation is Charles Perry's:

The way to make it is to cut up fat meat medium, melt tail fat, remove its cracklings, throw the meat in the fat and stew it in it. Then throw on a little salt and a stick of cinnamon, then throw on enough warm water to cover it. Cut up two onions and throw them (in), before throwing the water (on), with peeled chickpeas, stalks of chard and two handfuls of cleaned washed rice. Then, when the meat is done, throw in finely pounded dry coriander, pepper and mastic. When it comes to a full boil, add a handful and a half of itriya noodles to the pot. Then, when the pot is done, sprinkle finely ground cumin and cinnamon on its surface, and wipe its sides with a clean cloth, and leave it to grow quiet on the fire, and take it up.

300-400g (12-14 oz) red meat (well-marbled beef or mutton are preferable)

100g (4 oz) suet (it is better to replace this with oil than with lard or bacon)

2 large onions

1 handful of chard

1 cup chickpeas

1 cup rice

200g (7 oz) soup noodles

cinnamon

pepper

coriander

cumin

salt

Soak the chickpeas overnight before cooking. Cut the meat into bite-sized pieces. Chop the onions and chard. Melt the suet in a deep pot and brown the meat in it. Once it is browned, add salt and cinnamon and throw in the onions. Then fill up the pot with water and leave it to stew with the chard, chickpeas, and rice. When the chickpeas are done, season the stew with coriander and pepper (if you like mastic, feel free to add it, too). Quickly stir in the noodles and leave them to soften and soak up excess water, away from the fire (they burn easily!). Sprinkle with cinnamon and cumin and serve.



Meats

Meat is the traditional centrepiece of a Western meal, both historical and modern, and medieval cooks have left us a wide variety of recipes that go far beyond the 'spit one animal; roast' stereotype. Some of them are both tasty and easy to create.

The first thing most people think of when the topic of camp cookery comes up is barbecue, and it should come as no particular surprise that the method is documented. Most sources are quiet on the details, assuming that any cook knew how to spit-roast meat. But even if some of us do, that is not always an option. A more modern approach to grilling meats that can be replicated on modern barbecue sets and griddles is laid out in some detail by Frantz de Rontzier in his 1598 cookbook.

Barbecued Carbonadoes

Karbonart von Rinder unnd Hamelfleisch / Schwein / Hirsch unnd Rehe
Wildbrat Wenn mans thun will / mag man uber die Karbonart / wenn sie gar
sein / Wein oder Bieressig geben. Man sol sie allezeit / ehe sie gebraten
werden / mit einem Messerruecken schlagen daß sie moerbe werden. Man bradet
die Moerbraten oder Magerfleisch auff einer Rost / besprengets mit Saltze gibts
zum tische / etc. Man legt ein Nacht in Essig / darnach besprengvet mans
auff einer Rost mit Salz / und lests haftig abbraten etc
Item man vermischet Salz und Pfeffer / bestrewet sie damit unnd bradet sie
darnach auff einer Rost / wenn sie gar sein gibt mans also warm zum tische.
Item man bestrewet sie mit Saltze und Ingber / und bradet sie auff einer
Rost / und gibts zu tische.
Item / man bestrewet sie mit Muscatenblumen unnd Salz / unnd bradet sie
auff einer Rost / etc.
Item / man bestrewet sie mit Saltze und Negelein / bradet sie dann ab / etc.
Item / man bestrewet sie mit Gartenkoebm und Salz / bradet sie damit ab / etc.
Item / man bestrewet sie mit Gartenkoellen / gruen oder duer / und Salz /
darnach bradet man sie ab / begeust sie mit Butter oder Bratenfeiste / etc
Item / man bestrewet sie mit zerstossen Wacholderbirn unnd Salz / wenn sie
auff die helfte gebraten sein / etc.

Carbonadoes of Beef and Mutton, Pork, and Venison of Hart and Roe Deer

If you want you can pour vinegar or alegar over the carbonadoes once they are grilled. You must always beat them with the back of a knife before they are grilled so that they become tender.

You roast tender roast or lean meat on a griddle, sprinkle it with salt and serve it etc.

You place it in vinegar overnight, sprinkle it with salt on the griddle and roast it over very hot coals, etc.

You sprinkle them with ground dried juniper berries and salt when they are half done etc.

You mix salt and pepper, sprinkle them with it, then roast them on a griddle and serve them when they are done.

You sprinkle them with salt and ginger, fry them on a griddle, and serve them.

You sprinkle them with salt and ginger, fry them on a griddle, and serve them.

You sprinkle them with salt and mace and fry them on a griddle etc.

You sprinkle them with salt and cloves, fry them, etc.

You sprinkle them with salt and caraway and then roast them etc.

You sprinkle them with caraway, green or dried, and salt and fry them, then pour butter or dripping over them etc.

These instructions are really self-explanatory as well as delicious. I prefer to use beef or veal, though pork is usually cheap and ubiquitous. Calculate ample meat portions – 200g (7 oz) or more per person. When barbecued meat is on the table, most people discover their inner carnivore. Then beat each slice of meat with a metal implement (the back of a heavy knife or cleaver is suitable, but most modern kitchen knives are too thin for this to work) and rub them with whichever spice mixture you prefer. Marinading overnight in vinegar is a good way of tenderising tougher cuts. Barbecue them on a griddle over a bed of coals, or in a large pan. Piled high on a large platter served with a variety of sauces and bread, they make an attractive and decorative centrepiece for any camp meal.

Pork in a Lemon Sauce

This recipe for boiled pork made with a sour sauce is from Marx Rumpoldt's book^{vi}. It offers a fairly unique and refreshing Renaissance flavour:

Gelb eyngemacht mit Limonien. Überreck das Fleisch / un saeubers auß /
nimme Wasser und Essig / setz es darmit zu (denn du findest nicht uberal
Wein / und danck du Gott / daß du Essig hast) mach es ab mit Saffran und
Pfeffer / laß mit den Limonien sieden / und brenn das Mehl darein / oder
streich ein Deck durch mit einer Bruch / in welcher das Fleisch gesotten hat /
so wirt es dick und wolgeschmack

Pickled, yellow, with lemons. Skin (?) the meat and clean it well, then take water and vinegar and place it on the fire with that (for you do not always have wine at hand. Thus thank God that you have vinegar). Season it with saffron and pepper. Boil it with the lemons and thicken it with flour, or with a bread roll passed through a sieve with the broth the meat was boiled in. Thus it will be thick and tasty.

1 kg (2lbs) pork roast

2 lemons (untreated)

1 cup white wine vinegar

2-3 slices white bread, crumbed finely (or ½ cup breadcrumbs)

saffron

pepper

Bring 1 cup of vinegar and 2-3 cups of water to the boil. Quarter the lemons and add them to the boiling water with saffron and pepper to taste. Place the pork in the pot and cook gently for 1 hour or so, till done. Remove the pork and lemon rind pieces and pips, then thicken the liquid. If using bread slices, soak them in a separate bowl first, then stir them into the pot and boil till they fall to pieces. If using breadcrumbs, sprinkle them into the pot bit by bit and stir them in vigorously to prevent lumps from forming. Return the pork roast into this sauce to heat through and serve hot.

The dish can be kept hot by placing the pot next to, but not too near, the fire, but you must take care not to let it burn.

Boiled Beef with Horseradish Sauce

It is likely that plain boiled meats were a common food in much of the Middle Ages. The Viandier, a famous French recipe collection, mentions boiling in salted water first in its list of preparation methods^{vii}. However, specific instructions for seasoning are rare, and we are lucky that a recipe for a particularly spicy version survives in a sixteenth-century Low German print from Lübeck:

Van Ossenflesche.

Nym Ossenflesch dat veth ys / boele ydt vaken aff / unde lath ydt gar seden /
nym Marredick unde ryue en / gueth van dem flesche de Juechen unde dat
veth / lath den Marredick gar seden / unde gueth en darauer her.

Of oxmeat

Take fat oxmeat, sautee/flame (?) it strongly and boil it till done. Take horseradish and grate it, pour off the broth and fat from the meat, let the horseradish cook till done, and pour it over the meat.

1kg (2 lbs) beef

100g (4oz) horseradish

salt

Heat salted water in a pot and put in the beef. If the piece of meat does not hold together well, you can tie it into a parcel with string to prevent it from falling apart. Simmer in the pot until done, about 1 hour, skimming off the fat and any scum that may have risen. Remove the beef and slice it. Grate the horseradish finely and boil it in the cooking liquid. After a few minutes, place the sliced beef back in the sauce and heat it through, then serve. The meat can be kept hot in the sauce for a long time if placed beside the fire. The *buoch von guoter spise* records a broadly similar recipe cooking the beef with shallots^{viii}.

Lamb with Leeks

The (probably) fifth-century recipe collection of Vinidarius^{ix} provides a few interesting recipes, including this simple one for lambchops:

*agnum simplicem: de agno decoriato facies copadiola, lavabis diligenter, mittes in
caccabo. Adicies oleum, liquamen, vinum, porrum, coriandrum cultro concisum.
Cum bullire coeperit, saepius agitabis et inferes.*

Simple lamb: make chops of skinned lamb, wash them thoroughly and place them in the pot. Add oil, fish sauce, wine, leeks and coriander cut with a knife. When it begins boiling, stir it frequently and serve it.

1 kg (2 lbs) lambchops

3-4 leeks

¼ cup olive oil

½ cup dry white wine (or mild vinegar)

cilantro

fish sauce (or salt, if preferred)

Cut the leeks into rounds. Place the lambchops in a wide pot, cover with wine and oil, then add the leeks and season with fish sauce and chopped cilantro. Modern Southeast Asian fish sauces such as *nuoc mam* or *nam pla* are a viable substitute for Roman *garum*, but in the case of many dishes, the sauce seems to have been used mainly for its saltiness. If you prefer, salt can be used instead. Once the pot starts bubbling, it needs to be stirred regularly. Allow the juices to cook down a little before serving.

Roast Meat with Onion Relish

The fourteenth-century *Omnia Cibaria* (II.11) provides a kind of one-size-fits-all recipe for roast rabbit, hare, kid or lamb which can fairly easily be replicated in camp and is actually quite tasty, though the spices are a bit over the top:

De cuniculis atque leporibus parandis, talis modus est atque capriolis et agnellis: primo, pelliculis integris existentibus, sed non caprioli uel agnelli; deinde, remotis intestinis atque capitibus, aqua frigida peroptime lauentur et in ipsa aliquantulum iaceant. Post, aliquantulum perbulliant ut caro infletur ac magis dealbetur. Post, in ueru locentur et undique bene lardentur et igni apponantur et, ut moris est, assentur. Et post decoctionem frustratim incidantur. Postea, bulliant hoc modo: incidantur cepule per rotulas tenues et frigrantur in sagimine; post, imponitur condimentum specierum, et sunt species ad diuites et magnates: piper triplex, cynamomum, nux muscata, macis, gariofilis, cubebe, galanga, cardamomum, grana paradisi, de quibus ad placitum sit puluis, et in condimentum apponitur et aceto distemperatur. Hoc appetitum comedendi prouocat, stomachum confortat et cibum magis reddit delectabilem et saporosum. Ad homines simplices et mediocres sufficiat: piper uncias. 3. cum canella et mica panis.

This is the way to prepare rabbits and hares as well as kids and lambs. First, they are taken out of their entire skins, but not kids or lambs. Then, after the intestines and heads have been removed, they are washed very well in warm water and they throw them into the same for a little while. Then, they parboil them a little so that the flesh puffs up and it whitens more. Afterwards, they are placed on a spit and larded well on all sides and placed by the fire and, as is the custom, roasted. And after the cooking they are cut up in pieces. Thereafter, they cook it this way: Small onions are cut into thin rings and fried in lard. Afterwards, a condiment of spices is put in, and the spices for the wealthy and magnates are: Three kinds of pepper, cinnamon, nutmeg, mace, cloves, cubebs, galingale, cardamom, grains of paradise, of

which there shall be powder to taste, and they are put into the condiment and distempered with vinegar. This provokes the appetite to eat, comforts the stomach and renders the food more flavourful and delectable. For simple and middling folk, this is enough: three ounces of pepper with cinnamon (canella) and breadcrumbs.

1 whole rabbit or a good 1 kg (2lb) chunk of lamb or kid

6-8 onions

150g (5 oz) fat bacon for larding (or oil for basting)

oil for frying

¼ cup white wine vinegar

spices according to your station

The preparation looks complicated, but it really is quite easy to do and allows you to play around with timing the various stages.

First, cut the meat into portion-sized pieces and parboil it briefly in your camp cauldron (it is no problem to do this while cooking a savoury pudding, vegetables or other meat at the same time). Afterwards, you can go to the trouble of larding the pieces, but it is probably easier to grill them while basting them regularly with a little oil to stop them from drying out.

If you have the time and skill, you can also roast the entire rabbit or chunk of lamb, but precutting portions is easier and quicker. Shortly before you plan to serve the meat, cut the onions into rings and fry them in a deep pan till they soften. Season them as suggested here, or with whatever of the proposed selection you have on hand. If you are of common station, pepper and a bit of cinnamon will do fine. Add the vinegar and put in the meat to heat through right before it goes on the table.

Recipe II.13 in the same text suggests a broadly related dish of pork: The meat is marinated in wine, then roasted over a pan of onions to catch the juices. The resulting onion mash is then fried and the meat added to it. The Viandier, giving similar instructions, recommends adding garlic and verjuice to the pan^{xi}. Cooking a pork roast on a bed of onions in a Dutch oven can approximate this effect without too much effort.

A Dish of Cardinals

This is a lovely, but very labour-intensive meat dish from the fifteenth-century anonymous Neapolitan Collection^{xiii} (#20). The translation is Terence Scully's:

Piglia carne magra de vitella cotta alessa he battila quanto piu minuta potrai; poi falla bullire in brodo grasso, zogendoli una molica de pane gratata he uno poco piperò e zaffrano, he lassa bullire per uno terzo hora; dapoí lassa un poco refredare; poi piglia tre ova sbatuta he caso gratato he petrosillo, maiorana poca he menta, he bene bene sbatute ogni cosa insieme; mette in la pignata menando cum lo cugbiaro, azongendo un pochetto de bono agresto.

Take lean boiled veal and pound it as thin as you can, then boil it in fat broth, adding grated bread crumbs and a little pepper and saffron; let it boil a third of an hour and let it cool a little; then get three beaten eggs, grated cheese, parsley, a little marjoram and mint, and beat everything thoroughly together; put it into the pot, stirring with a spoon and adding very little good verjuice.

1 kg (2 lbs) lean light meat (veal is fine, lean pork works)

500ml (1pint) rich broth

1/3 cup breadcrumbs

75g (3 oz) parmesan cheese

18

2-3 eggs

pepper

saffron

salt

parley

marjoram

mint

verjuice

Make or get rich broth, ideally left over from earlier cooking, salt it to taste and boil the meat in it until done. The process is faster if you cut it into smaller pieces, but leaving it in one chunk seems to make it tastier. Take out the cooked meat and chop or grind it up into smaller than bite-sized pieces. Meanwhile, colour the broth with saffron, return it to a rolling boil and stir in the breadcrumbs bit by bit, beating thoroughly to prevent lumps from forming. Return the meat to the pot and cook everything until the breadcrumbs have dissolved, then remove it from the fire to cool. Beat the eggs with the grated cheese, pepper to taste, and herbs, and stir into the cooled liquid, then return the pot to the heat again and stir continually until it thickens. A dash of verjuice is added before serving.

Shirazyya

This meat-and-dairy dish comes from the thirteenth-century cookbook of al-Baghdadi^{xiii}. Rather untypically for this, it manages entirely without vegetables, making it the perfect stereotypical 'fighter food'. The translation is Charles Perry's, and the Arabic original is omitted:

The way to make it is to cut meat small and stew it in melted tail fat in the usual way, then cover it with water and boil it until it is done. When it is done, sprinkle it with cumin, coriander, cinnamon and salt. When its liquid has dried up and it casts off its fat, throw the necessary amount of shiraz on it, stir it lightly and leave it to grow quiet on the fire. Sprinkle cumin and finely ground coriander on it, and take it up.

750g (1 ¾ lbs) red meat (beef or lamb work well)

2 cups yoghurt (preferably thick and flavourful)

suet or oil for frying

cinnamon

coriander

cumin

salt

Slice the meat into thin strips suitable for pan-frying. Heat the oil or suet in a deep pan or pot, quickly brown the meat, season it with salt, cinnamon, coriander and cumin and add water to just barely cover it. Leave the meat to boil until all the water has evaporated, then add the yoghurt and stir, letting a little of the liquid boil away before serving. The creamy, meaty stew that results can be served well with flat bread, or with rice and a salad.

Chicken Boiled with Herbs

While most chicken recipes tend to involve either pastries or complex cooking methods, the early fourteenth-century *Omnia Cibaria*^{xiv} (II.5) preserves instructions for a simple mode of preparation:

Pullus in aqua deguoguendus hoc modo preparatur: accipitur pullus integer, et in potto deguoguitur cum salina, yssopo, aut petrosillo non inciso, per horam. Post, imponitur de uino albo uel agresta, et sic administratur.

Chicken to be cooked in water is prepared thus: You take a whole chicken and cook it in a pot with sage, hyssop or parsley, not cut up, for an hour. Afterwards, put in white wine or verjuice and thus serve it.

1 chicken

1 bunch parsley

sage

hyssop

salt

white wine or verjuice

Bring lightly salted water to a boil in a large pot and put in the chicken together with the herbs. Gently cook till done. It is better to overcook than undercook, and if you are worried about the bird falling apart, you can tie it up with string before throwing it in. This will also make removing it easier. A dash of vinegar or wine added before serving lends it a bit of zest. If you wish, you can also quickly brown the cooked chicken over the fire before it goes on the table. Parboiling birds before roasting was a common thing to do.

The following recipe (II.6) in the same text gives instructions for making a sauce from the herbs cooked with the chicken. They are ground up in a mortar with the liver and lungs of the chicken and thinned with broth that is coloured with saffron and bound with egg yolk. It's complex, but quite tasty, and I certainly don't discourage you from trying it if you have a mortar or foodmill on hand.

Hoener in Commune

Another recipe from the Low German corpus^{xv} describes a simpler way of preparing chicken with sauce for a large number of eaters. You will need some way of mashing or pureeing food to make it.

Item me schal snyden eyen hon in stücken unde sedet an water myt der leveren. Unde make peper, synamoniūm, saffran, witbrot, gherostet, unde leveren des hunes myt deme sode. Unde do dartho smalt, etick unde salt tomache. Dyt sint honer in commune.

Cut a chicken in pieces and boil it in water with its liver. Add pepper, cinnamon, saffron, toasted white bread, and the chicken liver to the broth and add lard, vinegar and enough salt. Those are chickens *in commune*.

1 roasting chicken or chicken parts

2-3 slices white bread (or 1/2 cup of breadcrumbs)

vinegar

salt

pepper

cinnamon

saffron

Cut up the chicken and clean it thoroughly. If using bread slices, moisten and mash them. Boil the chickens in lightly salted water, adding the chicken liver if you can get it, and season to taste. When done (this should take not much more than 30 minutes, but be sure to check), take the chicken and liver out of the broth. Mash the liver and return it to the pot with the bread, stirring vigorously until the whole thickens. Add a dash of vinegar, then replace the chicken parts. This sauce cannot be kept hot too long because the bread dries out and burns, but it holds heat well.



Duck with Prunes

The late sixteenth century Low German Koekerye^{xvi} gives instructions for cooking ducks. A simplified version of this recipe works very well in a Dutch oven or metal *grapen*:

Ein Antuagel.

Nym einen Antuagel / sueth en heel sbar / do darup plumen / moere koken / Peper /
Puder / ein weinich Wyns / Brundoeck / lath ydt sbar seden / legge den Vagel yn
ein Vath / gyff de Juechen darauer her.

A duck

Take a duck and boil it till it is completely done. Add to it plums, soft cakes (white bread), pepper, spice powder, a little wine, and burdock, let it boil till it is done, place the bird in a wooden bowl, and pour the sauce over it.

1 small duck

200g (7 oz) prunes

½ cup red wine

2-3 slices white bread

1 parsley root (or burdock root, if you can get it)

pepper

spices (cinnamon, ginger, cloves)

You can do it in the piecemeal fashion described above, but I find it better if the duck is cooked in a little water together with the prunes, sliced parsley root and the bread soaked in wine from the start. When it is done, take out the bird, mash the contents of the pot together, and serve it with this as its sauce.



Meatballs

The fifteenth-century recipe compiler Maister Hannsen^{xvii} (#16) provides a recipe for boiled meatballs that can easily be made and has the added advantage of producing broth that can then be used to make pasta, rice, or porridge as a side dish.

Knodel mach also. Item nym ain Kalbfleisch vnd hack speck darunder vnd gewürz wol vnd reib, thue ayer vnd weiss brot darunder) vnd mach Kugelein daraus vnd sehd es mit heissem wasser vnd schneid sy vnd gib es hin zue essen.

To make meatballs: Take veal and chop bacon into it and season it well, grind it, add eggs and white bread and make balls of it. Cook them in hot water, cut them and serve them to eat.

500g (1 lb) ground meat (veal or lean pork work well)

100g (4 oz) finely chopped bacon

200g (7 oz) white bread

2 eggs

spices to taste

Unless you make your own, ground meat has to be bought fresh and used immediately, so this recipe is well suited for camps near supermarkets.

The preparation is simple: cut up and moisten the bread, then mash it with the meat, bacon, and eggs. Salt and season the mixture to taste, shape it into small meatballs and boil them salted water. The meatballs can be kept warm in a covered dish beside the fire while the broth is used for further cooking, allowed to cool and reheated in a pan with a little oil, or served cold as finger food. They go very well with honey mustard or green sauce.

Boiled Meat Pudding

Puddings are great if you cook for large numbers and need your hands free. A big enough pot will allow you to boil several dishes at once, and since they are neither terribly sensitive to overcooking nor liable to burn, all you need to do is make sure that the fire doesn't go out. This is an example from Maister Hannsen (#65), a South German, manuscript dated to 1460^{xviii}.

fülle den magen also

Item nym gebacks swēnein flaisch ayr, weiss brot geschnitten, vaist fleisch, pfeffer, kummich, saffran saltz. Und temper das alles durch einander und fülle damit den magen nicht ze vol seud in grün. So er gar gesoten se, so löss die füll gar aus dem magen. Sneid in zue vier stücken und hack in mit ayren.

Fill the stomach thus

Take chopped pork meat, eggs, cut white bread, fat meat, pepper, caraway, saffron, salt.

Temper it all together and fill the stomach with it and boil it raw. Once it is cooked, remove the filling from the stomach, cut it in four pieces and chop it with eggs (chop eggs over it?).

The original calls for using a stomach, but a pudding cloth will both be easier to obtain and more acceptable to modern diners. No quantities are given, so a free interpretation is in order. My simplified take on this is:

500g (1 lb) ground meat (pork if you can get it)

250g white bread

2-3 eggs

100g (4 oz) chopped bacon

salt

pepper

caraway

saffron

butter

flour

1 clean (!) dishtowel

string

As with the meatballs, ground meat needs to be bought very fresh and cannot be safely kept

unrefrigerated for any length of time, so unless you make your own, this needs to be made immediately after shopping. Spread butter on the dishtowel and sprinkle it with flour.

Cut up the bread and, unless it is fresh and very soft, soak it in a little water. Thoroughly mash it with the ground meat, eggs and bacon in a bowl. Season to taste. Shape the meat into a ball, place it in the centre of the floured and buttered towel and tie it up into a bundle. If you are using a stomach, you may need to sew it up instead. Immerse in boiling water and keep hot for 60-75 minutes (it need not boil the entire time). The pudding can be kept hot until serving by leaving it submerged in the cooking pot or suspending it over the surface of the hot water. It is very good with sweet mustard sauce. There is a roughly parallel recipe to this in the *Liber de Coquina* (VI, 56) that omits the caraway and bread and instead uses fresh herbs and green cheese, which is also quite satisfactory.



Sausage with Apples and Onions

Sausages are undoubtedly period and very practical, but few of us willingly go to the length of making our own. Thus, periodness is not easily achieved. Whether you want to banish sausages from your camp kitchen because of that is up to you, but if you do not, the Innsbruck MS_{xix} (#138) gives instructions how to prepare them period-style:

*Wiltu ein gemacht wurst machen, so henk di wurst in ein rauch und brat si
dann und mach dann ein ziseindel dar uber mit zwifeln oder mit opfeln etc.*

If you wish to make a made sausage, hang it in the smoke and then roast it and add a sauce of apples or onions etc.

Again, our instructions are more than tentative, though such apple or onion sauces are fairly typical in late medieval German cuisine. A possible realisation would be:

4-6 bratwurst sausages

2-3 apples

2-3 onions

butter or oil for frying

salt

pepper

If you like smoky flavour, you can suspend the sausages over the fire for a while before you prepare them. Peel, core and dice the apples, peel and dice the onions. Fry the sausages in a pan. Once they are browned, add the apples and onions and cook the whole till they soften and the sausages are done. Season to taste – salt and pepper only are fine.



Fish

Fish is not the easiest ingredient to handle in camp. It is often sensitive to high cooking temperatures and tends to go bad very quickly if it is not refrigerated. Still, there are some lovely fish recipes that work well even with limited equipment, and even if we do not feel obligated to follow period practice of keeping Lent, making fish in camp is a good idea.

Fried Sardines

Though not to everyone's liking, whole sardines are much better than their reputation. These instructions are from the anonymous Neapolitan collection^{xx} (#187), the translation is Terence Scully's:

Al suo natural he de frigere; he quando sono fritte, ponelli de sopra suco de marangoli he un poco de quello olio fritto he sale; he calde se vogliano comer.

In their natural state, they should be fried; when done, garnish them with orange juice and a little of the frying oil and salt; they are eaten hot.

500g (1 lb) sardines

6 tbsp bitter orange juice (or 4 tbsp orange juice and 2 tbsp lemon juice)

olive oil

salt

optionally, flour for dredging

Sardines are usually sold whole and gutted, and can be cooked that way. If your diners feel squeamish, cut off the heads beforehand. They can be used to make fish stock if you want, otherwise dispose of them as far away from camp as you can manage. The orange juice mentioned would have been that of bitter oranges, which is hard to get today, but can be approximated by mixing orange and lemon juice. To cook, heat olive oil in a pan and quickly fry the sardines, turning over occasionally to prevent them from sticking. If you like, you can dredge them in flour to make them crunchier. Serve hot, sprinkled with salt and drizzled with orange-lemon-juice. Fried sardines are excellent with white bread or pasta. They are eaten either with cutlery, or in traditional style by picking them up by the tail and biting off bits. A skilful eater can suck the meat off the bone and return the leftovers to a bowl, though the bones of fried sardines are soft enough to simply eat. It's all messy, barbaric fun if you're inclined that way.

Salmon in Herb Vinegar

The fourteenth-century *Omnia Cibaria*^{xxi} (III.2) offers a simple recipe for cooked salmon that is meant as a preservative, but works nicely as a sauce, too:

Rumbi uel salmones in longum inciduntur et in aqua dulci salita ad sufficientiam dequoquuntur. Quibus decoctis et infrigidatis in galatina reseruari possunt. Vel tali modo: accipitur salvia et petrosillum et minutim inciditur; et in aceto bene salso ponitur uel in mortario bene teritur et cum aceto distemperatur, in quo iam pisces predicti preseruantur.

Rumbi or salmons are cut lengthwise and cooked sufficiently in salted sweet water. When they are cooked and cooled, they can be preserved in galantine.

Or this way: Sage and parsley are taken and cut up small and put in well-salted vinegar or ground in a mortar and distempered with vinegar in which the abovementioned fish are preserved.

4-6 salmon steaks

1 cup white wine vinegar

26

½ bunch parsley

sage

salt

The really wonderful thing about this recipe is that it fits the way we find this fish sold today. Take the salmon steaks and gently simmer them in hot water till just done, drain them and arrange them in a bowl. Chop the sage and parsley finely, stir them into the vinegar, salt to taste and pour the sauce over the salmon. You can keep this dish warm by the side of the fire (do not let it overheat) or serve it cold.

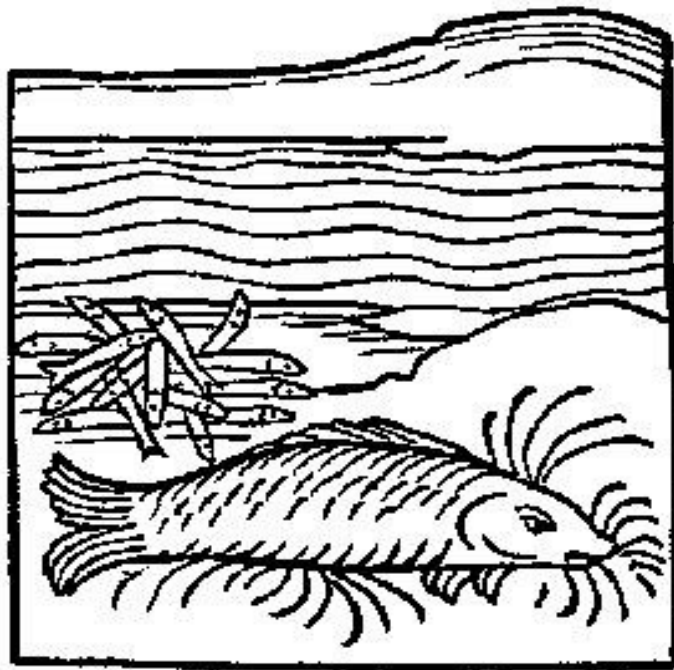
Grilled Trout or Salmon with Verjuice

The fourteenth-century *Opusculum de Saporibus*^{xxiii} describes briefly how to serve grilled trout or salmon:

assatorum autem sapor conveniens est agresta vel succus citrangularum cum pulvere specierum dulcium...

But for roasted ones (trout or salmon), the appropriate flavouring is verjuice or the juice of bitter oranges with sweet spice powder

This does not really need a redaction. The juice of bitter oranges, which is very difficult to get, can be approximated by mixing one part lemon and two parts orange juice. 'Sweet' spices included cloves, ginger and cinnamon. Trout are a very forgiving fish to cook, and usually available from supermarkets. Simply drizzle the cooked fish with verjuice or juice and serve.



Samak Maglu

This fish dish comes from the Middle Eastern tradition, taken from the thirteenth-century al-Baghdadi recipe collection^{xxiii}. The translation is Charles Perry's:

Take fresh fish, split it, wash it well, then cut it into medium pieces. Pound garlic, thyme and the known spices and stuff them with it, then fold the piece around that stuffing. Colour it with saffron and fry it in fresh sesame oil. After it is done, take it out of the frying pan and put it in aged soy sauce.

6-8 fillets of white fish (cod, shad, or some other variety without much flavour of its own)

27

1 bulb of garlic

½ cup soy sauce

thyme

coriander

cumin

cold-pressed sesame oil for frying

toothpicks

Peel and crush the garlic and mix it with the thyme, coriander and cumin. Spread the paste thinly on the fish fillets and roll them up, securing them with toothpicks. Heat sesame oil in a pan and gently fry the fish rolls, then place them on a serving platter and drizzle generously with soy sauce. The same source also mentions fish pieces fried and seasoned either with dried coriander and vinegar, or with mixed spices and a vinegar-soy sauce blend. These recipes are especially useful because they use filleted chunks of fish, the way they are sold in most shops today. They are also good entry-level dishes for people who generally prefer not to eat fish.



Sauces

Sauces play a central role in any medieval meal, and in camp they are especially useful to complement basic roasted or boiled meat or fish. Many recipes presented here can be made in advance and brought into camp in jars, lightening the workload of the cook.

Cherry Sauce

This kind of sauce seems to have been a perennial favourite of German cuisine, with recipes documented from a number of sources. Ours is from the fifteenth-century recipe compilation of Meister Eberhard^{xxiv}:

Zum ein salsenn von weichseln zu machen. Item wiltu machen ein gute salsenn von weichseln, so thue die weichsell in einen hafen vnd setz die auff ein glut vnd laß sie siedenn vnd laß dann wider erkalten vnd streich sie durch ein tuch vnd thue sie dann wider in den hafenn vnd setz sie auff ein glut vnd laß sie wol sieden vnd rurr sie, piß sie dick wirt, vnd thue dann honig dar an vnd geribens prot vnd negellein vnd gut gestu:ep vnd thue sie in ein fesslein. Sie pleibt dir gut dress oder vier iar.

To make a sauce of tart cherries.

If you wish to make a good sauce of tart cherries, put the cherries into a pot and place it on the embers and let them boil. Then cool down again and pass them through a cloth, put it back into the pot, place it on the embers and let it boil well until it thickens. Then add honey and grated bread and cloves and good spice powder and put it into a small cask. It will stay good three or four years.

250 g (8 oz) tart cherries from a jar or 350 g (12 oz) of fresh tart cherries

50 g (2 oz) of honey

1 slice of wheat bread, finely crumbed (or ¼ cup breadcrumbs)

cloves

cinnamon

ginger

Clean and stone the fresh cherries or strain the jarred ones (in that case, keep the juice). Place them in a pot with some water (as little as you can get away with) and boil until soft, then mash them (in a mortar, food processing mill or through a coarse cloth). Return the mash to the boil, adding liquid if necessary - you want a fluid consistency at this point. Then add honey to taste, more with fresh cherries, less with jarred ones which are usually sweetened already, and spice. Sprinkle in the breadcrumbs bit by bit to prevent lumps from forming, stir and remove from the fire once it

thickens. Pour it into a storage container or serving dish and let it cool. The sauce will set into a semi-jelly. Since the seasoning was left unspecified, this sauce can be varied freely. Cassia buds and galingale worked for me, but grains of paradise or even plain pepper will harmonise, too. The sauce keeps well if it is jarred hot, like jam, and can easily be made in advance and brought to camp.

Honey Mustard

Sweet mustard seems to have been a very popular flavour throughout Medieval Europe. This particular description is from the fourteenth-century *liber de coquina*.^{xv}:

Mustardam conficere poteris de granis tantum sinapi, aut de eruca. Et condire poteris ex appositione mellis vel sape. Alletur vero cum vitellis ovorum decoctis ac zuctara. Que si ad pisces fuerit, distempera cum aceto; ad carnes de agrest. Et est melior.

Mustard can be made from mustardseed alone, or from rocket. And it can be seasoned with honey or with *sapa* (reduced grape must). It is bound either with cooked egg yolk or with sugar. If it is to go with fish, distemper it with vinegar, if with meat, use verjuice. This is better

4 tbsp mustardseed flour
1/3 cup honey
1 cooked egg yolk or 1 tbsp sugar
vinegar or verjuice to taste
cinnamon or cassia buds (optional)

This is not so much a recipe as a set of general guidelines. Since mustard has good keeping qualities, you can easily make a batch of whatever combination appeals to you and bring it to the event, though this sauce is also easily put together on the spot. The basic principle is to mix mustardseed flour with honey (or reduced grape must, if you can get it) and thicken this sauce base with cooked egg yolk or sugar. Once you need the sauce, you add vinegar or verjuice to taste. A recipe in Maister Hannsen (#12) suggests adding cassia buds, which is delicious. The exact proportions can be varied to taste, and in a pinch, a reasonable approximation – comparatively mild and child-safe – can be produced by mixing storebought mustard and honey with a touch of cinnamon.

Green Sauce

This sauce requires a mortar and some effort (unless you bring it in pre-made), but it's well worth it. 'Green sauce' is a Mediterranean favorite that may go back to Roman culinary traditions and probably began its career in European cuisines with the dietetic writings of Salerno. The poem *Regimen Sanitatis* preserves our earliest version, and it continues to be copied and varied into the 16th century. This version from the *Liber de Coquina* (VII, 71) is rather simple compared to others^{Sxxvi}. Depending on the interpretation of the mysterious '*fusticelli*', it may also be the direct ancestor of modern *pesto alla Genovese*.

De salsa viridi: ad salsam viridem accipe petrosillum cum menta, fusticellas, cardamomum, nucem muscatam, piper, gariofilum, zinziber. Tere omnia in mortario fortiter et cum eis tere parum de mica panis. Et si vis, potes ponere allia. Distempera cum bono aceto.

Green sauce. For green sauce take parsley with mint, '*fusticelli*' (possibly a variety of pepper, or pine nuts), cardamom, nutmeg, pepper, cloves and ginger. Grind it all in a mortar, and a small piece of bread along with it. If you want, add garlic. And mix it with good vinegar.

1 bunch parsley
a few leaves of mint
1 slice dry white bread
pepper
cardamom
nutmeg
cloves
ginger
white wine vinegar

Soak the bread in vinegar. Grind the parsley and mint into a paste, then add the bread, piece by piece, to the mortar or processor to give the sauce some body. Grind the whole into a homogenous puree, then season to taste and add vinegar to reach a viscous liquid consistency. Several other versions of this recipe survive specifying different herbs and spices, so variation is certainly encouraged here. If you prefer to pre-make this sauce, it is advisable to sterilise it in the jars. Sealed and heated, it keeps well, but when left open and unrefrigerated it can get mouldy rather quickly.

Sauces for Carbonadoes

Franz de Rontzier^{xxvii} not only provides useful instructions for seasoning barbecue meats, but also a collection of sauces to serve them with. Here are a few of them:

*Item / man vermischet braunbutter / Senff und Essig / lerts fuer den sud kochen /
gibts uber die gebraten Karbanarten und bestreuet sie mit Saltz.*

You mix brown butter, vinegar and mustard, let it come to the boil, pour it over the roast carbonadoes and sprinkle them with salt.

A real redaction isn't necessary here. Brown butter in a pan, stir in mustard and a dash of vinegar and serve it hot.



*Item / man kocht gerieben Muscaten / Pfeffer und gerieben Brot in Wein /
gibts uber die gebraten Karbanarten / bestreuet sie mit Muscaten und Saltz /
decke sie fest zu und lert sie auff Kohlen biß man sie will zum tische geben / etc.*

You cook ground nutmeg, pepper, and ground bread in wine, pour it over the roast carbonadoes, sprinkle them with nutmeg and salt, cover it tightly and leave it over the coals until you want to serve it etc.

This needs constant stirring to keep it from burning. I am not that fond of the consistency, but the nutmeg flavour is nice.

Item / man kochet biß auff die helffte ungeschmolzen Buttern / Essig unnd Pfeffer /
thut gehackte Petersilgen drein / unnd gibts uber die gebraten Karbanarten / deckts zu /
lests dann ein wenig durchkochen / wenn mans will zum tische geben / bestreuet mans
mit Pfeffer und Saltz / etc.

You boil down to half its volume unmelted butter, vinegar and pepper, add parsley and pour it over the fried carbonadoes, cover it, let it cook together a little, and when you want to serve it, sprinkle it with pepper and salt etc.

The first sentence probably means that you melt butter in vinegar and then cook the mixture till most of the water evaporates out of it. I find this procedure a little dangerous and prefer to keep the whole thing more liquid, sort of like a hot version of Italian dressing. This sauce must be served hot, it congeals rather unappetisingly (though the residue goes well with brown bread).



Item / man bradet Zwybeln in bradfeist / wens ein wenig gebraten / thut man Essig /
Pfeffer und Saltz darein / gibts uber die gebraten Karbanarten / etc.

You fry onions in dripping and when they are fried a little you add vinegar, pepper and salt and pour it over the fried carbonadoes etc.

This onion relish is very nice with hot meat. The more finely the onions are cut, the better it gets.



*Item / man gibt Pomerantzensaft / Saltz und Pfeffer uber die gebraten Karbanarten
und gibt's zu tische.*

You pour bitter orange juice, salt and pepper over the carbonadoes and serve them.

As explained above, if you can't get bitter orange juice, you can approximate it by mixing two parts orange juice with one part lemon juice.



*Item / man seud Caneil und Zucker in Wein / lests sie auffkochen / wenn man sie
will zum tische geben bestreuet man sie mit Caneil und Zucker / etc.*

You boil cinnamon and sugar in wine, bring it to the boil, [add: pour it over the carbonadoes] and if you want to serve them sprinkle them with cinnamon and sugar etc.

The idea of serving meat with sugary cinnamon syrup is strange to modern palates, but it works surprisingly well with light meats. Still, I would advise you to make sure your diners know what they are letting themselves in for before serving this one.



*Item / man treufft Zitrunensaft uber die gebraten Karbanarten / und besprenget sie mit
Saltz und Muscatenblumen / etc.*

You drip lemon juice over the roasted carbonadoes and sprinkle them with salt and mace etc.



Item / man kocht Zitronen in scheiben zerschnitten / Ingber und Zucker in Wein /
gibt's über die gebraten Karbanarten / etc.

You boil lemon slices, ginger and sugar in wine and pour it over the roasted carbonadoes etc.

Naturally, the lemons must be peeled first. The sauce is surprisingly good both hot and cold, especially with pork.



Item / man bradet Äpfel in würffeln geschnitten in Buttern / macht sie ab mit
Pfeffer und Essig / und gibt sie über die gebraten Karbanarten / etc.

You fry diced apples in butter, season them with pepper and vinegar and pour them over the roasted carbonadoes etc.

This is very nice. The apples should be peeled and diced finely, and the vinegar kept to a small amount.



Item / man schneidet Augurken in scheiben / gibt sie sampt Baumöl und Weinessig
über die gebraten Karbanarten / bestreuet sie mit Salz und Pfeffer / etc.

You slice cucumbers and pour them over the fried carbonadoes with olive oil and vinegar, sprinkle them with pepper and salt and etc.

You can think of this as cucumber salad. It goes very well to contrast with piping hot, spicy meat.



Item / man bradet Knoblauch in Butter / gibtz uber die gebraten Karbanarten / und besprengetz mit Saltz / etc.

You fry garlic in butter, pour it over the fried carbonadoes and sprinkle them with salt etc.

This is absolutely delicious: finely chop or crush plenty of garlic, pour the butter over the meat piping hot and have plenty of bread handy to mop it up. It is not a good idea to serve this before a dance, though.



Garlic-Olive Relish

The reconstruction is extremely tentative, but it makes an excellent sauce based on a single sentence in the Cerruti manuscript of the *Tacuinum Sanitatis*^{xxviii}. The entry for garlic says (in the translation by Judith Spencer):

Pounded in a mortar with black olives, as the Greeks do, garlic is useful for dropsy sufferers.

This is very likely a food rather than a medical composition, and it can be turned into a lovely relish to serve with bread or savoury porridge.

150g (5 oz) black olives

1 large bulb garlic (preferably fresh)

optionally salt and olive oil

Pit the olives, peel the garlic and grind (or process) both together until a smooth paste results. If the garlic is dry, you may need to add a little liquid, preferably olive brine or oil. Salt to taste if desired. This sauce can be made ahead of time and keeps for a few days when kept in a jar covered with olive oil to keep out the air, or for several weeks in the refrigerator

Side Dishes

Bread

Bread is, of course, the mainstay of the period diet and should not be missing from any table, but a collection of **easy** camp cooking instructions has no room for any recipes. Baking bread in a camp kitchen is hard, and short of using modern equipment there is no way of making it easy. That said, I do strongly encourage you to try your hand at baking flatbread in a pan, loaves in a Dutch oven, under an upturned pottery bowl in the embers or slapped on a hot stone. But if you haven't done it before and need to be sure the bread will be on the table that day, buy some from the baker. It is safer – been there, done that.

Note that bread often features as an ingredient in medieval cuisine. Keeping some plain wheat or mixed bread handy to slice, dice or grate as required is thus good practice. Ready-made breadcrumbs, too, can come in handy and can even be kept in a decoratively authentic fashion in a leather bag, as Maister Hannsen recommends.

Pasta with Safron and Mace

Pasta is lovely – easy to carry and store, easy to make, the very definition of user-friendly. And we have instructions in period cookbooks as to how it should be made. Rumpoldt recommends:

*Nudel gekocht mit Erbsenbrüß und Muscatenblüt / mit Butter / und ein wenig gelb gemacht
/ so ist es gut und wolgeschmack.*

Noodles cooked with pease broth and mace, with butter, and made yellow a bit, these will be good and tasty.

250g (8 oz) pasta

2 tbsp butter

mace

saffron

vegetable broth

Heat the vegetable broth in a pot. When it boils, throw in a generous pinch of saffron and a few blades of mace, then the pasta. Cook al dente, drain, add the butter to the hot noodles and stir. Serve hot. This is even better with freshly made pasta, which can be prepared in camp, though that certainly no longer qualifies as 'easy'.

Bread Dumplings

Admittedly, this recipe from the Mondseer Kochbuch^{xxix} (#165) is rather cryptic, but I think it describes making a variety of dumpling.

*Nim guot prü, saffran und essich zuo massen, setz es zuo dem feur und lauß es erwallen.
So temper zuo sammen air und schön prot dar zuo gesnitten speck. Legg in siedendetz
wasser und lauß erwallen und gibs hin.*

Take good broth, saffron and a little vinegar, place it by the fire and let it boil. Then temper (it with) eggs and fine bread and with it cut-up bacon. Put it in boiling water and serve it.

300g (10 oz) dry white bread

1 egg

50g (2 oz) bacon, diced

1-2 cups broth

saffron

vinegar

salt

Break or slice the bread into small pieces and place it in a bowl. Finely dice the bacon and add it to the bread. Take a generous cupful of hot broth (ideally, you should have some available from other cooking projects) and stir in a pinch of saffron and a dash of vinegar. Pour the hot broth over the bread and cover to let it soften. Once the bread has soaked up the broth and break the egg into the bowl. Work everything into a thick paste and shape it into dumplings with wet hands. Cook them in salt water for 15-25 minutes, depending on size (check one for doneness). Adding a little flour to the dough helps the flavour and consistency, but it works without.

Bread Pudding

Puddings have the advantage of needing no pot of their own. They can be cooked together with meat or vegetables and served separately. Before the early modern period, pudding cloths were mostly unknown, and Maister Hannsen^{xxx} (#190) only leaves instructions for cooking bread pudding in the stomach of an animal.

Vnd nympt h(er) er einen speck vnd ein semlein prot das schneid er als würfflat Nym
ayer als vil du wilt vnd den speck vnd das prot darunder, vnd füll den kragen vnd das
wärmelein vnd lass das sieden schon vnd seud das Besunder.

And he takes bacon and white bread which he cuts into cubes. Take as many eggs as you like and the bacon and the bread with it, and and fill the gullet and small stomach and boil it nicely, and cook it separately.

6 eggs

500g (1 lb) white bread

100g (4 oz) bacon

1 clean dishtowel

butter

flour

string

Dice the bacon, cube the bread and mash it with the eggs. Unless you can get and wish to use a calf's stomach, spread butter on a dishtowel, flour it and line a bowl with the cloth. Ladle the bread mixture into the bowl, then take up the corners of the cloth and tie it up with a string. Boil the bread pudding in water for 60-90 minutes. It can be kept warm for a long time left in or suspended above the hot water. Before serving, unwrap and slice it. This kind of pudding can be made alongside boiled meats or poultry in a big cauldron, leaving plenty of time for other work to be done before serving.

Barley Porridge

Porridges were commonplace foods, filling and satisfying. This recipe once more comes from Rumpoldt^{xxx}:

Gersten / die gesotten ist mit Rindfleischbrüh / nicht gar zu dick / daß dünn und
wolgeschmack ist. Nimm ein Hammelschlegel / der braun gebraten / und fein mürr ist /
und wenn du ihn anrichtest in eine Schüssel / so geuß die Gersten darüber / thu gestoßen
Pfeffer darunter / so wird die Gersten sampt dem Hammelschlegel fein braun. Du magst
die Gersten saur machen oder nicht / so ist es gut und wolgeschmack / Kost nicht viel / hat
aber grosse müh.

Barley, well boiled in beef broth and not too thick but thin and tasty. Take a leg of mutton that is roasted brown and tender and when you serve it on a bowl, pour the barley porridge over it and add ground pepper, then the barley and leg of mutton will both turn nicely brown. You may make the barley sour or not, it will be good and tasty (either way). This is not costly, but hard work.

250g (8 oz) barley meal

4-6 cups broth

pepper

salt

Bring 4 cups of broth to the boil and slowly stir in the barley meal. Boil till the whole becomes a thick porridge, adding more broth as necessary. Stir constantly to prevent from burning. When done, add pepper generously and salt to taste. Serve hot, as per the recipe with mutton or lamb. A simple dish by itself, this spicy barley porridge nicely accompanies meat. If you cook it to a thicker consistency, it can also be moulded, sliced and fried up like polenta.

kishk

Porridge dishes are manifold, and this is an interesting instant version from a Middle Eastern source that can be made at home and brought to an event. The original Arabic is not provided here, and the translation is Charles Perry's^{xxxii}:

Kishk is of several kinds. One of them is what peasants make in the villages. It is made from crushed wheat and yoghurt dried in the sun. There is the kind that Turcomans make, which is made from yoghurt alone congealed in the sun, made into small loaves and dried. As for the cooking: the first kind is that you boil the meat and flavourings, whether eggplant in its season or carrots, and onions are put with them. Then adjust its salt and throw on spices as needed and bunches of mint, and it settles on the fire awhile.

1 1/2-2 cups coarse wheat meal or semolina

1/2-1 cup fine wheat flour

1 cup yoghurt

Place coarse wheat meal in a bowl, add some fine flour and the yoghurt. Gently mix with your fingers in circular motions, adding fine flour as required, until the whole acquires a crumbly texture. You may want to use pie crust blender. Spread the crumbs out on a baking sheet and dry in a 75°C (180°F) oven for 3-5 hours, until hard (if you are lucky enough to live in latitudes where the weather allows for it, drying your *kishk* spread out on a board in the sun will save you electricity). It makes a wonderfully thick, creamy stew with the richness of bulgur and a touch of dairy. To cook it, as the author suggests, fry some meat in a pot, add the *kishk* and water or broth together with what vegetables are in season, and cook, stirring regularly, till soft and porridgelike.



Milli Fanti In menestra

Another instant porridge for preparing at home, this is an interesting recipe, a kind of European variant of couscous from the anonymous fifteenth-century Neapolitan recipe collection^{xxxiii}. It comes out lighter and finer-grained than frumenty and goes wonderfully with meat of all kinds. The translation is Terence Scully's:

Figlia tre paní he levali la crosta he gratali molto bene he mettelí supra una tavola, he mettelí atorno una libra he meza de bona farina; he mette cum lo dito pane quatro ho cinque ova he batile bene cum lo cultello rísguardando sempre lo pane cum la dita farina; he quando te paríra che sia mínuto como anesi confetti, pone ogni cosa in uno sedazo he caccia fora la farina; poi falli secare alo sole ho alo focho; et quando li vorai cocere, coceli in brodo de carno, he fallo ghialdo cum zaffrano; he falle bulire adasio per spacio de meza hora; et mette de sopra le menestre caso he specie.

A Dish of 'A Thousand Pageboys'

Take the crust off three loaves of bread, grate them, set this on a table and lay out a pound and a half of good flour around it; and put four or five eggs in with the ground bread and beat that well with a knife, always being careful [to coat] the bread with the flour; and when you have lumps that look to you to be as small as candied aniseed, put everything into a sieve and discard the [excess] flour; then dry them in the sun or by the fire. When you want to cook them, use meat broth made yellow with saffron; boil them gently for half an hour; serve them up garnished with cheese and spices.

300g (10 oz) grated white bread

500g (1 lb) wheat flour

4-6 eggs

Place the breadcrumbs in the middle of a large bowl, then scatter the flour around them. Break the eggs into the middle of the breadcrumbs, then mix them, working from the outside in. After a while, a pie crust blender works well to get the crumbly consistency you want. When the whole has separated into crumbs 2-3mm (under 1/8 in) across, dry it in the oven or in the sun until the crumbs are hard, then sieve it to remove the excess flour. To cook it, use 2-3 cups of water or broth to every cup of *milli fanti*. Bring to the boil, add some salt and a pinch of saffron, and stir in the *milli fanti*. Immediately take off the fire and leave to settle by the fireside for 20-30 minutes. Serve with parmesan cheese.

Shaggy Porridge

This recipe from the fifteenth-century Dorotheenkloster MS^{xxxiv} (#150) is labour-intensive, but interesting and tasty. I especially recommend it if you have lots of willing helpers who expect something 'exotic':

Nim schon semeln mel, zeuch ein taig ab mit weissen von eyern und hab ein siedunde milch in einer phann. Nym den taig und zeuch in klain dar in, dy weil sy seudet dy milch. Sol varhin gesultzen sein. Ein smaltz tue auch daran. Schaw das es gewürmlet beleib. Versaltz es nit. Gib es hin.

Take good white flour and make a dough with egg white. Have boiling milk ready in a pan and pull the dough into little pieces, throwing them in as the milk boils. It is to be salted beforehand. Also add fat. See that it stays worm-shaped. Do not oversalt it. Serve it.

4 egg whites (or two whole eggs)

1 litre (1 quart) milk

2-3 cups wheat flour

salt

butter

Separate the eggs and work the whites into a stiff dough with flour, adding more bit by bit until it is stiff, but not crumbly. Depending on the size of your eggs and the absorbency of your flour, the quantity required can vary. Shape the dough into a lump and leave it to rest for a while in a covered bowl (it can be prepared many hours or even a day beforehand).

To prepare the porridge, salt the milk to taste and bring it to the boil. Tear little worm-shaped pieces from the dough and toss them into the milk, stirring continuously. This can be done well with a few helpers, chatting and tearing. About five minutes after the last bit goes in, the porridge should be done. It can be kept warm beside the fire, but is prone to burning if heated too much. Butter it before serving if you wish. If you feel like cheating, a bag of ready-made *spaetzle* noodles cooked in milk can approximate the look and feel.

Pagan Cake (Bread Cube Omelet)

This is again from Maister Hannsen^{xxxv}, probably as much a way of using dry bread as anything, but tasty. It can be served as a side dish, as a breakfast food or a daytime snack.

Haydennischn Buochen mach also Nym ayer als vil adu jr wild vnd zerhlopff die vnd semlein
prot das schneid würfflat, vnd sâe das jn die ayr, vnd nym ain wenig ayer jn die pfannen vnd
geuss das darein, vnd hebs veber das feür vnd rür es ainainmand schon vnd nym ain anndere
pfannen vnd thu ain wenig schmaltz darein, vnd lass nit zue hayss werden vnd schütt die ayer
darein vnd setz die pfannen vber die gluot, Vnd lass es pachen, vnd luog dar zue das es nit
vberprynne jn ain vnnder richt oder jn ainem pfeffer oder wie du das haben wild vnd würcz
es vor.

Make pagan cakes thus: Take as many eggs as you wish and beat them. Cut white bread into cubes and sprinkle these into the eggs. Take a little egg into the pan and pour it in, and raise it over the fire and stir it together nicely. Take another pan and put in a little fat and don't let it get too hot. Pour the eggs in there and put it over the embers, let it bake and see that it does not burn. You can serve it as an entremet or in a pepper sauce. Season it beforehand.

6-8 eggs

4 slices of white bread

butter

spices to taste

Cut the bread into small cubes, beat the eggs, mix them into the bread cubes and ready a frying pan. The complicated process of first making scrambled eggs in a separate pan is not really necessary. It can be approximated by pouring off a little of the egg into the pan, scrambling it, and then adding the rest with the bread cubes to fry gently. This dish needs to be prepared quickly and served immediately because it burns easily and dries out if kept warm too long. Few instructions for seasoning are given, but almost anything works, from honey and cinnamon to onion sauce. Similar dishes in later recipe collections also feature bacon and onions added to the batter. They work well especially for breakfast or, if you have a large enough pan, as the main meal.

Cabbage

Cabbage is probably the most quotidian of vegetables, and we don't often find recipes for it in period, but this is one from the cookbook of Marx Rumpoldt that actually turns out quite good and can be made in small pots beside the fire, simmering along through the day.^{xxxvi}

*Köl. Deissen Köl mit jungen Hühnern und guter Rindfleischbrüh angemacht / thu
Ingwer / Muscatenblüt / frische Butter / und ein wenig eyngebrennt Mehl daren / laß
damit auffkochen / so wirt es gut und auch wolgeschmack.*

Cabbage. White cabbage made with young chicken and beef broth, add ginger, mace, fresh butter and a little browned flour to it and bring it to the boil. That way it will be good and tasty, too.

1 small head white cabbage
1-2 litres (1-2 quarts) broth
2-3 tbsp butter
flour
ginger
salt
1 boiling chicken (strictly optional)

Clean and quarter the cabbage, then slice the quarters into thin strips, discarding all hard and woody parts. Heat the broth and place the cabbage strips in it, simmering till soft.

Adding a chicken reflects the rich, meaty cuisine of the Renaissance upper class, and can certainly be dispensed with.

Season to taste with salt and ginger, thicken the stock with flour and stir in the butter. Serve hot. Cabbage tends to be boring, but this one is really not bad at all. Ginger works well with the flavour, for one thing.

Lentils

Another food traditionally seen as boring, lentils have a good deal of potential for camp cookery.

Rumpoldt^{xxxvii} prescribes:

*Nimm Linsen / wasch sie fein sauber auß / und klau sie. Nimm auch ein gute
Rindfleischbrüh / laß sieden / schneid Zwiebeln und ein wenig Knobloch darunter / daß fein
dick wirt / und wenns gekocht ist / so thu grüne wolschmeckende Kräuter / die klein
gehacket seyn / darunter / unn gesotten Speck / laß damit sieden / so wirt es gut und
wolgeschmack. Du kanst auch Linsen kochen one Zwiebeln / wie es einer gern isset / so
kann man es zurichten.*

Take lentils, wash them clean and pick out the dirt. Then take good beef broth, boil it, and cut onions and a little garlic into it so it thickens. When it is cooked, add aromatic green herbs that are chopped finely and boiled bacon, boil it with that and it will be good and tasty. You can also cook lentils without onions. They can be cooked according to one's taste.

250g (8 oz) lentils

1 litre (1 quart) beef broth

2-3 onions

garlic

parsley

cubed bacon

Chop the onions and crush garlic to taste (2-3 cloves are a nice amount, I find). Cook them with the lentils in the broth till all is soft and mushy. Add chopped parsley (or other herbs – chives should work) and, if you want, bacon. It's a simple dish, but lovely as an accompaniment to spicy meats.

Another lentil dish

The sixth-century physician Anthimus^{xxxviii} (#67), on the other hand, instruct us:

lenticula uero et ipsa bona lauata et bene elixa in aqua pura, ita ut illa prima calda fundatur, et alia calda missa cum ratione, non satis, et sic coquatur lente in carbonibus, ita ut cum cocta fuerit, acetum modicum mittatur pro sapore, et addatur ibi species illa, quae dicitur rus Syriacus, puluere facto quantum colear plenum, et spargatur super lenticulam dum in foco est, et commisceatur bene; tollatur de foco et manducetur. Tamen oportet pro sapore oleum gremiale, dum coquitur in secunda aqua, mitti colear bonum plenum, et coriandrum unum aut duo cum radicibus suis, non minutatim sed integrum, et modicum de sale pro sapore faciendo.

Lentils are good when they are washed and well cooked in clean water, and if they have the first water poured away and more hot water added in measure, not too much, and thus cooked gently in the embers. When they are cooked, a little vinegar is added for flavour, and the spice that is called Syrian sumach is powdered and a good spoonful scattered over the lentils and stirred in well while the pot is on the fire. It is then taken off and eaten. It may be good to add a spoonful of oil of unripe olives for flavour while they are cooking in the second water, and also one or two bunches of coriander with the roots, not chopped up but entire, and a measure of salt.

250g (8 oz) lentils

vinegar

olive oil

sumach

cilantro

salt

This recipe is particularly well suited for pottery cooking vessels or pots placed beside the fire to simmer while other foods cook above it. Place the lentils in a pot, cover them with water and heat them over or near the fire. After about an hour, pour off the water and replace it, just barely covering the lentils. Add salt to taste and a glop of olive oil, and a few spoonfuls of chopped cilantro if you wish (I prefer not to). Occasionally stir and make sure the dish does not burn. It can be kept hot almost indefinitely if water is added every now and then to replace what evaporates. Before serving, stir in a dash of vinegar and a teaspoon of sumach.

Green Peas in Egg Sauce

The fourteenth-century *Omnia Cibaria* (V.6) gives these rather complicated, but interesting instructions to cook fresh peas or beans:

Fabe noue uel pise uel grana noui tritici hoc modo parari poterunt. Et, cum dixi, primo in aqua, postea ad sufficientiam dequoquuntur. Postea, tere in mortario piper, zinziberum, crocum, cuminum et cinamomum. Que distempera cum lacte amigdalorum uel ouium et uitellis ouorum duris uel mollibus; et fac bullire cum aliquantulis fabis nouis decoctis, semper mouendo cum cocleari. Post, ab igne remoue et alias fabas nouas impone et administra.

New beans or pease or grains of wheat can be prepared this way. And, as I said, they are cooked first in (one) water and afterwards to sufficiency. Afterwards, grind pepper, ginger, saffron, cumin and cinnamon in a mortar. Distemper that with almond milk or sheep milk and hard or soft egg yolks. And make it boil with a few cooked new beans, always stirring with a spoon. Afterwards, remove it from the fire and put in the remaining new beans and serve.

500g (1 lb) fresh peas or broad beans (or 300g (10 oz) wheat grains, if you like)

2 egg yolks (or 1 whole egg)

1 cup milk

pepper

ginger

saffron

cumin

cinnamon

salt

Boil the peas or beans in lightly salted water till done, then remove them from the fire. Beat the yolks into the milk in a small pot or pan and season to taste (I am not sure the entire range of spices is necessary – I've had good success with just pepper and ginger). Add a few spoonfuls of the cooking water to the mix and heat while stirring till it thickens. Drain the water from the peas and pour the milk-egg-sauce over them. They can be kept warm beside the fire for a bit this way, but not too long.

Savoury Pear-Onion Dish

This tasty combination survives in a few fifteenth and sixteenth-century cookbooks, including this one from a print from Hamburg^{xxxix}. The flavour is slightly counterintuitive, but excellent.

Ein beerenmoes

*Enydt se in ein widen vnd nicht depen pott / Do darin Syppollen / wyn / Solt vnd
botter / Sette ydt vorderket in de gloch / ydt vorsmoret vnd moset sich sueluest / Richte ydt
an / stroeuwe puder darup.*

A pear puree

Cut them into a pot that is broad and not deep and add onions, wine, salt and butter. Place it into the embers covered. It cooks and mashes itself. Serve it and sprinkle (spice) powder over it.

4-6 tart pears

4-6 onions

butter

white wine or vinegar

salt

pepper, ginger, cinnamon or other spices to taste

Peel, core and chop the pears. Dice the onions. If using a Dutch oven or pottery cooking pot, simply place them by the fire with a dash of wine and a dab of butter and let them simmer. If using a conventional pot, first melt a little butter in the bottom, and stir the whole occasionally to prevent the pears from sticking and burning. This is perfectly suited to slow-cooking in the embers, medieval-style. Once the onions are tender enough to mash easily, stir it all together and season to taste. We do not know what spice mixture would have been used, so your guess is as good as mine. Black pepper works well.

Leeks in Milk

This recipe, too, shows up in a number of sources, this version coming from a fifteenth-century recipe collection held at Munich^{xi}.

Niem louch, kruit und köll vnd schneid aines gelides lang. Vnd röst sy in ain schmaltz vnd guss ain wasser daran vnd laus es erwallen vnd leg es in ain sib, so rindt das wasser dauon. So leg es In ain haffen und guss milch daran, die mit wissem brot durch ain tuch gezogen sy, vnd tu schmaltz daran.

Take leeks, herbs and cabbages and cut them the length of a finger joint. Fry them in fat and pour on water and let it boil, then put it in a sieve so the water runs off. Then put it in a pot with milk that has been passed through a cloth with white bread and add fat.

4-6 leeks (or cabbage, chard or other greens)

2 cups milk

1 slice white bread

salt

oil or butter

Soak the bread in the milk and mash it very thoroughly. If you want, you can pass it through a sieve or cloth to remove all the lumps. Cut up the leeks and fry them in a little butter or oil, then fill up the pot with water and boil till soft. Pour off the water and add the milk, boil briefly, stirring constantly, and salt to taste. Serve hot. A parallel recipe in the Rheinfränkisches Kochbuch of 1445^{xli} notes that boiled pork is served together with this vegetable dish.



Salads

Salads were very likely eaten from an early date, though our evidence does not become good until the Renaissance. Hildegardis Bingensis' *Physica*^{xlii} (1.90), a twelfth-century medical text, advises the reader that lettuce is to be eaten with dill or vinegar, not alone. Vinegar and dill used together – not strictly what is advised here, but surely intuitive as a reaction – actually make a rather attractive dressing for plain lettuce leaves.

The sixteenth-century writer Marx Rumpoldt^{xliii} provides a large number of salad recipes, generally little more than quick thumbnail sketches. To be served with oil, vinegar and salt he lists:

*Grün Salat / der klein unnd jung ist / rote Ruben klein geschnitten / und darüber
geworffen / wenn der Salat angemacht ist / unnd die rote Ruben gesotten und kalt seyn*

Green lettuce that is young and small, with red beets cut up small and strewn over it when the salad is dressed and the red beets boiled and cooled.

Some people may find this unappetising to look at, but chopped beets (you can usually get them pre-cooked in larger supermarkets) do go well with lettuce.

Rumpoldt also suggests strewing pomegranate seeds over lettuce – surely a luxury.



*Gesotten Zwiebelsalat / oder gebraten / macht man süß mit weissem Zucker / oder mit
kleinen schwarzen Rosin*

Boiled onion salad, or fried, is sweetened with white sugar or small black raisins

Making salad from cooked onions may seem counterintuitive, but this, too, is quite good. Choose mild, large onions and sweeten them very gently. It is usually easiest to fry them in oil or butter and sweeten them in the pan to distribute the sugar evenly. If using raisins instead, be generous with the quantity.



*Spargel Salat / der auch gequellt ist / unnd klein geschnitten / oder ganz angemacht /
ist auff beyde manier gut. Du kanst in machen in Erbsenbrüh / mit ein wenig Butter /
Pfeffer unnd Essig / warm auff ein Tisch gegeben.*

Asparagus salad that is also boiled and cut up small or dressed whole is good both ways. You can prepare it in pease broth with a little butter, pepper and vinegar, brought to the table warm.

Asparagus in season is wonderful and this is a good way of serving it in camp (it saves you the trouble of making Hollandaise sauce, too). The asparagus is boiled either whole or in pieces (which are often sold cheaper in the market), then buttered, peppered and sprinkled with vinegar.

Out of season, asparagus from the can can substitute, though that is hardly worth it.

*

*Schel die Murrken (sic!) / und schneidt sie breit unnd dünn / mach sie an mit Oel /
Pfeffer und Saltz. Seind sie aber eyngesaltzen / so seind sie auch nit böß / seind besser
als roh / denn man kans eynsaltzen mit fenchel und mit Kümel / daß man sie uber ein Jar
kan behalten. Unnd am Rheinstrom nennet man es Cucummern.*

Peel the cucumbers and slice them broad and thin, and dress them with oil, pepper and salt. But if they are salted, they are also not bad, they are better than raw, because you can salt them with fennel and caraway so that you can keep them for a whole year. And on the Rhine they are called *Cucummern*.

The basic recipe for cucumber salad is straightforward, and without the vinegar, quite mild. If you feel like trying your hand at salted cucumber with fennelseed and caraway, that will make a great experiment, but hardly easy.

*

Salat von Margeranten Epffel Kern / besträw auch mit weissem Zucker.

Salad of pomegranate seeds also strew with white sugar.

This hardly needs explaining. It's a simple and refreshing basic fruit salad, and the height of luxury in sixteenth-century Germany, where pomegranates would only grow in carefully tended gardens.



*Nimm ein rot Håuptkraut / schneides fein klein / und quells ein wenig in warmem Wasser
/ küls darnach geschwindt auß / machs mit Essig um Del ab / und wenn es ein weil im
Essig ligt / so wirt es schön rot.*

Take a red cabbage head, cut it very finely and cook it a little in warm water, then chill it quickly and dress it with vinegar and oil. When it lies in the vinegar for a while, it turns nicely red.

Again, a fairly straightforward recipe, though a laborious one. Pre-cooked red cabbage from the supermarket dressed with vinegar and oil will also do in a pinch.



Frantz de Rontzier's cookbook^{xliv}, also from the late sixteenth century, provides, among similar suggestions, a recipe for carrot salad:

*Man seudet sie / legt sie in ein silber einem stirn gleich / wenn sie kalt worden sein /
macht sie ab mit Baumöhl / Weinessig / Saltz und Zucker.*

You boil them, arrange them in a silver dish like a star when they are cold, and dress them with olive oil, wine vinegar, salt and sugar.

Again, this recipe needs no real comment. It also works with baby carrots from a tin, if you need to cheat.

Snacks

Cooking in camp is not limited to big dinners, of course. Often, some freshly prepared hot food for breakfast, after a tourney, or after setting up tents is very welcome. These recipes fill this role well, though it needs to be said that historically, they were not considered 'snack food' and could as well be served in the context of larger meals.

Eggs

Scrambled Eggs

Yes, even the eternal breakfast favourite is documentable, as the fourteenth-century *Omnia Cibaria*^{xlv} (V.21) shows:

Oua concussa in sagimine uel butiro.

Eggs beaten in lard or butter.

Very little needs to be added here, I believe. Except maybe salt.

*

Hard-Boiled Eggs

Perpetual picnic favourites, hard-boiled eggs are just too practical as a snack to ignore. And indeed, the *Liber de Coquina*^{xlvi} (VII, 13) informs us:

De ovis hratīs. Hrata ova sunt quando integra coquuntur in aqua. et possunt comedi cum agresta.

Of boiled eggs. Boiled eggs are those that are boiled whole in water. They may be eaten with agresta.

This is more in the way of dietetic advice than a recipe, but verjuice does go well with eggs. Pour a little into a small bowl and dip them.



Eggs in Mustard Sauce

If you have hard-boiled eggs on hand, you can also quickly make this spicy, hot dish from Rumpoldt^{xlvi} that goes well with bread:

*Nimm Eyer / die hart gesotten / unnd sauber geschelt seyn / schneidt sie viertel
weiss / oder rundt unnd dünn. Nimm Butter in ein Pfannen / mach sie heiß /
und wirff die harten Eyer darein / röst sie wol in der Butter / und versaltz sie
nicht / thu sauren Senff / der mit Essig angemacht ist darein / wirffs zwey
oder dreymal mit dem Senff umb in der Pfannen / gib warm auff ein
Tisch / so ist es gut und wolgeschmack*

Take eggs that are boiled hard and shelled cleanly, quarter them or slice them thin. Heat butter in a pan, place the eggs in it and fry them. Do not oversalt. Add sour mustard that is made with vinegar, stir it around two or three times in the pan and serve it hot. That is good and tasty.

5 hard-boiled eggs

1 tbsp butter

3-4 tbsp mild mustard

Shell and quarter or slice the eggs. Heat the butter in a pan and fry the eggs briefly, adding the mustard once they are warmed through. Stir them vigorously until coated fairly evenly, then serve immediately, piping hot.



Cheese Fritters

Fritters make very nice camp snacks and are easy to prepare in a pan over a small fire. This is a nice recipe from Maister Hannsen, a South German manuscript dated to 1460^{xlvi}.

Ein gepachens mach also das ist frömbde

Item Nym ein geriben kaeß und mel und yeglichs gleichs als vil und schlahe ayr doran und gewürz es und knit es durcheinander und walgs aus uf ainem pret, und mach dar aus lannng strüczel gar dünne, und pach es in vil schmaltz dornach schneid es in ain schüssel.

Thus make a fritter that is foreign

Take grated cheese and flour, in equal parts, and beat egg into this. Season it and knead it together, then roll it out on a board and make long thin strips of it. Fry those in much fat and then cut it in(to) a bowl.

1 egg

3 tblsp grated hard cheese

6 tblsp wheat flour

salt

kitchen herbs or spices to taste

clarified butter, lard or vegetable oil for frying

Beat the egg in a small bowl, add the salt, herbs, and grated cheese and mix. Add the flour until the dough becomes dry and stiff, but not crumbly. Knead, adding flour, until it no longer sticks to the hands. Roll out to the thinness of a thick knife blade, slice into thin strips (any other shape will work, and you can get creative with cookie cutters or pastry wheels here). Heat plenty of fat in a pan and place the dough strips in it. Fry on one side until the top becomes bubbly, then turn over. Remove from the hot fat once they begin browning. Drain on a paper towel. Serve warm or cold, with dips. (like cheese crackers, these should be served fresh. They are still good the next day, but lose their crispness)



Spice Butter

Served with bread for breakfast or as a snack, this spicy blend from a fifteenth-century Low German recipe collection^{xlix} is a nice change from plain butter, and unlike herbed or honey butter, is documented well.

*Men schal nemen garophesneghele unde musschaten, cardemomen, peper, ingever,
alle licks wol ghesewghen, unde make daraff botteren edder lese.*

You shall take cloves, nutmeg, cardamom, pepper and ginger, in equal weight, and make butter or cheese with it.

The instructions are pretty clear. A teaspoon of this spice mixture to a stick of salted butter always tasted right to me. If using unsalted butter, it is probably best to add a little salt – butter in Hanseatic North Germany was usually preserved by salting. This butter can be made in advance and brought along to events except in midsummer, and goes best with a good brown bread.



Roasted Cheese

This, suggested in the *Omnia Cibariorum* (IV.12), is more of a parlour trick or campfire game than a recipe, but it's fun:

*Qualiter assatur caseus: ponas ipsum integrum bene pinguem existentem in aliquo baculo in
.4. partes diuiso fingendo et assa ad ignem, semper uertendo baculum. Et quando assatum
fuerit, abraide cutello super lucellam panis assatam, reuerando assationem.*

How cheese is roasted: Place the same entire cheese, exuding fat well, on a spit shaped into four parts and roast it by the fire, always turning the spit. And when it is roasted, scrape off the roasted part with a knife onto a bite of bread, and continue the roasting.

You will need a rich, firm cheese (Gouda does nicely) and some experience in spit-roasting.

Remove any waxy or plastic covering from the rind and affix the cheese firmly to a small spit. Place it relatively close to the fire and scrape off the top layer from the side facing the heat as it melts and browns. Eaten with bread, this is lovely, but very time-consuming and labour-intensive. The best way to do it is seated around the fire in the evening, chatting, munching and drinking.

Sweet Foods

Today, we tend to distinguish between savoury foods for proper meals and sweet foods for dessert. This cookbook follows that tradition largely for the sake of the reader's convenience. It should be said, though, that this distinction was not made in the Middle Ages. In historical sources, many dishes we would think of as 'desserts' show up among 'regular' foods. If you wish to be authentic, feel free to mix and match.

Baked Apples

This must be an old idea, and Maister Hannsenⁱⁱ (#263) preserves a particularly attractive version of the dish that works well in a Dutch oven or covered pan in the embers.

Item Nym veign zucker weinper vnd hönigk vnd hack das unndereinander mit gewürtz vnd mit guoten dīngn vnd thue das in die äppfel die aus gelöchert sind, vnd hefftis mit ainem zweck vber ain annder, vnd pach es in ainem taiglein mit schmalcz vnd mit wein gemacht du machst es wol pachen in einer kuchen.

Take figs, sugar, raisins and honey and chop that together with spices and good things, and put it into the apples that are hollowed out. Pin them together with a skewer and bake them in a batter made with fat and wine. You may also bake it in a cake.

6 apples

½ cup dried figs

½ cup raisins

sugar and honey

spices (cinnamon, ginger, cloves, pepper)

Core the apples, making sure not to cut all the way through. Chop the figs and raisins and add sugar, honey and spices to taste. Stuff the mixture into the hollows of the apples. If you want, you can dip them in batter and deep-fry them, or spit-roast them and drizzle batter on them in the process, but baking them in a pan or Dutch oven is the easiest option. Make sure not to overcook them or they will fall apart.

Strawberry Puree

Maister Hannsen^{lii} (#271) preserves instructions for cooking strawberries into a puree – not necessarily something you may want to do in season, when they are just too good fresh, but maybe an option for deep-frozen ones. Modern strawberries are a lot more watery than period ones, so you should limit the liquid ingredients.

Item Schlah Eper durch mit weissem brot vnd mit hönigk, vnd thue essich vnd wein daran vnd guot gewürtz. Das haist ein Eper muoß.

Pass strawberries through a sieve with white bread and honey, and add vinegar and wine and good spices. That is called strawberry puree.

500g (1 lb) strawberries

1-2 slices white bread

honey

white wine vinegar

dry wine

spices (ginger,pepper, cloves)

Even if you do not have a sieve, strawberries mash easily. Boil them with a dash of vinegar and/or wine and add the white bread, torn into small pieces, to thicken the dish. Stir constantly to prevent it from burning until the bread has completely dissolved. You can pass the puree through a sieve or foodmill if you want it to be particularly smooth. Remove it from the fire and add honey and spices to taste. It can be served hot or cold.

Pear Puree

Maister Hannsen^{liii} also has a recipe for a simple pear puree (#272).

*Item Nym vnd seud piern vnd schlaß durch mit dem selben wasser, vnd pren ain mel vnd
lönge. vnd gewürz darein das ist guot.*

Take and boil pears and pass them through a sieve with their cooking water, and make a flour thickener with honey and spices, that is good.

500g (1 lb) pears

flour

honey

spices (ginger, cinnamon, mace)

Peel and core the pears and cook them in water till they are soft. Pass them through a sieve or foodmill, or just mash them. In a small pan, heat honey, add spices to taste, then dust in flour until a thick, gummy mixture develops. Stir that into the pear puree.

Apple Puree

This recipe for a sweetened version of apple puree comes from Marx Rumpoldt^{tiiv}. The serving instructions are especially interesting.

*Epffelmuß mit Zimmet und Klein Rosein in Butter gekocht / und wenn du es anrichtest /
so schneid ein Deck fein länglicht / rösts auß der Butter / daß er resch ist / steckts in das
Epffelmuß / und bestraw es mit Zucker / gibts warm auff ein Tisch / so ist es gut und
volgeschmack*

Apple puree with cinnamon and small raisins cooked in butter. When you wish to serve it, cut a hand loaf into thin slices, fry them in butter until they are crisp, stick them into the apple puree, sprinkle it with sugar and serve it hot. That is good and tasty.

500g (1 lb) apple puree (homemade is best, but store-bought will do)

2 slices white bread

1/2 cup raisins

butter

sugar

cinnamon

If you wish to make your own apple puree, peel and core apples and gently stew them in a pot with very little water. Mash them, or pass them through a sieve. A richer, but much more laborious version can be made by putting whole apples in a pot, standing it next to the fire till they bake and burst, then passing them through a sieve. Of course, ready-made apple puree can also be bought in supermarkets. To serve, cut the bread slices into finger-sized lengths. Heat butter in a pan and fry the bread fingers till crisp. Remove them from the pan, clear it of remaining crumbs, add a bit more butter and ladle half the apple puree into it. Stir till it is heated through, then add cinnamon to taste, remove from the pan and repeat the process with the second half. Before serving, stick the bread fingers upright into the bowl of hot buttered apple puree and sprinkle with white sugar.

Honeyed Curds

Anthimus^{iv} (#78) states:

oxygala uero graece, quod latine uocant melca, id est lac quod acetauerit, auctores dicunt sanis hominibus esse aptum, quia non coagulatur in uentre. Tamen si ipsud aut melle admixto aut, quando fuerit, oleo gremiali.

***Oxygala* in Greek, which is called *melca* in Latin, is milk which has been soured. The authorities say that it is good for healthy people as it does not coagulate in the stomach. It can be mixed with honey or, as some do, with the oil of unripe olives.**

It is not quite certain what is meant by *melca*, but some kind of curds or sour milk is likely. I've found that curds, quark, yoghurt, kefir and cottage cheese all go well with honey and are popular when served alongside fruit.

Raisin Fritters

Fritters are a wonderful thing in camp – hot, rich, and crunchy, they can be made easily without the need for an oven or complicated equipment. A pan and a spatula is all it takes. Rumpoldt^{lvi} provides a long list of recipes, including this very simple kind:

Mach ein Teig an mit Milch / Eyern / und schoenem weissen Mehl / thu ein wenig
Bierhefen darein / un mach einen guten Teig / der nicht gar steiff ist / unnd versaltz jn
nicht / setz jn zu der waerm / daß er fein auffgehet / stuerzt jn auff ein saubers Bret / un
thu kleine schwarzze Rosein darunter / mach Struetzel daraus / wirff sie in heisse Butter /
und backe / so wirt es fein aufflauffen / gibts kalt oder warm auff ein Tisch / bestraew es
mit Zucker / so ist es ein gut Gebäckens.

Make dough with milk, eggs, and good white flour, and add a little brewing yeast. Do not make it too stiff and do not oversalt it. Leave it to rise in a warm place, then turn it out onto a clean board and knead small raisins into it. Make strips of it and fry them in hot butter so they rise well. Serve it warm or cold, sprinkled with sugar. This is a good baked food.

2 eggs

1 cup milk

2-3 cups flour

1 sachet dry yeast

1/2 cup raisins

oil or butter

sugar

Place the flour into a bowl and combine with the dry yeast. If using live yeast, dissolve it in the milk. Add eggs and milk at room temperature and stir until a thick, sticky dough results (add flour or milk as required). Mix in the raisins, cover, and leave to rise for 1-2 hours. Pull the risen dough into strings with moistened fingers and fry in plenty of fat from all sides until golden brown (make sure that they do not burn - if they are too brown, the similarity in appearance to human excrement is such that even the best-mannered diner will find it hard not to comment). Serve warm, dusted with sugar.

Fummelcakes

Rumpoldt^{vii} describes a tasty kind of fritter that has an additional benefit: Its preparation is showy and entertaining.

Mach ein Teig mit guter Milch / schlag drei oder vier Eyer darein / und ruer yn wol glatt
an / mach Loecher durch ein Hafen / der nicht groß ist / geuß den Teig darein / und halt
ein Teller unten auff den Boden / daß der Teig nicht heraus rinnet / daß du es kanst
kreutzweiß in heisse Butter eynziehen / zeuch nicht zu dick eyn / daß es kann außbacken /
bestraew es mit Zucker / unnd gibts kalt oder warm auff ein Tisch / so ist es ein gut
Srauben Gebäckens.

Make a batter of good milk, break three or four eggs into it and stir it until it is nice and smooth. Make holes into a pot that is not too large, pour the batter into it and hold a plate against the bottom so it does not run out. You can pour it crosswise into hot butter. Do not pour it on too thick so that it can bake. Sprinkle it with sugar and serve it warm or cold. These are good fritters.

1 1/2 cups milk

3 eggs

1-2 cups flour

salt

Beat the eggs with the milk and a pinch of salt until combined. Stir in flour by the tablespoonful until a thick but still runny batter results. Heat plenty of oil or fat in a pan and pour the batter into it in a thin stream. You can make circles or figures if you like. Once the fritters begin to brown and harden, carefully turn them over with two spatulas or spoons. Drain on paper towels and serve warm, dusted with sugar.

Tostees Dorees

Basically French Toast, an old idea that turns up in numerous cookery texts. This is how the Viandier^{lviii} (#198) describes them. The translation is Scully's:

Pour faire Tostees dorees, prenez du pain blanc dur et le trenchiez par tostees quarees et les rostir ung pou sur le grail; et avoir moyeuix d'oeufz batuz et les envelopez tres bien dedans iceuix moyeuix; et avoir de bon sain chault et les dorer dedans sur le feu tant qu'elles soient belles et puis les oster dedans la paille et mettez es platz, et du sucre dessus.

To make glazed toast, slice hard white bread into squares for toast, and roast them lightly on the grill, and coat them completely with beaten egg yolks; get good hot grease and glaze them in it on the fire until they are properly glazed; then take them out of the pan and put them on plates, with sugar over top.

6 slices dry white bread

6 egg yolks (or 2 whole eggs)

oil or butter

sugar

Remove the crust from the bread slices and, if they are not sufficiently dry, lightly toast them before the fire. Beat the egg yolks. Heat a little oil or butter in a pan, soak the toast slices in the egg and fry them golden brown on both sides. Serve warm, with sugar sprinkled over the top. This can also be served with savoury soups, leaving out the sugar.

Bread Pancake

This is a nice breakfast dish courtesy of the fifteenth-century recipe collection of Meister Eberhard^{lix}:

*Wiltu machen gut kuchen von eyern. So nym eyer, wie vil du wilt, vnd zu
slach die wol vnd schneid semel funf lot dar vnter vnd thue dar ein weingerr vnd
schmalcz in ein pfannen, des genug seij, vnd geuß die eyer dar ein vnd laß es
packen ynnenn vnd aussenn. Do mit slach es auff ein panck vnd hack dar
vnter gut wurtz vnd schneid es zu scheubern vnd richt es an.*

If you want to make a good cake out of eggs. Take eggs, as many as you want, beat them well and cut into it five *lot* of fine white bread. Put raisins into the batter. Heat lard in a pan, so that it is enough, and pour the egg into that and let it bake inside and out. With that lay it on a board and chop some spices onto it, cut it into slices and serve it.

3-4 eggs

4-6 slices fresh white bread

a scant handful raisins or currants

butter for frying

sugar, cinnamon or other spices to taste

Beat the eggs. Cut the bread into small cubes and stir them into the egg batter. Add the raisins. Pour the batter into a hot buttered pan and fry at a low heat until done (do not stir). Turn the thick pancake out onto a plate or board and sprinkle it with sugar and spices to taste while hot. Serve sliced.

Krapfen

Fritters are generally very nice in camp, and *krapfen* with a sweet filling are perfect to serve either as a dessert or as fingerfood. Our recipes unfortunately need to be pieced together from a variety of sources:

The most complete recipe for a Krapfen dough is given in the 1490 print version of the *Kuchenmaistrey*^{ix}. It reads:

Zu machen ein krapffen teig. Item seud honig in wein alß vil du wilt und nym auch ein weitte schussel und zwir den wein mit weissem melße als ein muslein. Schlach ein ayer tottern der rot sey in ein ander schussel und auch ein wenig saffran das treib gar wol mit dem gemachten honig wein und tu es in den gezwerten teig temperir es auch wol. Und wurff ye ein steublein melßs dar zu in die schusseln als lang biß du ein litigen teig gemachst. Den so bereit ein sauber tuch auf und zeug den teig darauf mit einem welgerholtz zu massen duen. Un schneid den form groß od klein allß du die krapffen haben wilt nach yeder ful da richt dich nach. Od was teig man mit befel od bier od hopf wasser macht dy muß man lassen auf gen und darnach aber ein knetten mit loem wasser od mit einem gesotten honig wein da wiß dich nach zu richten.

To make dough for Krapfen. Boil honey in wine, as much as you need, take a wide bowl and stir the wine with white flour until it is the consistency of porridge. Break an egg yolk that is red with saffron into another bowl and stir it with the honey wine. Add that to the other bowl and mix it well.

Add flour, little by little, until you get a stiff (?) dough. Turn that out on a clean cloth and roll it out to the proper thickness. Cut out the shapes you want the Krapfen in, large or small, depending on the filling you want to use. But the doughs that are made with yeast or beer or hop water need to rise first and then be kneaded with lukewarm water or honey wine. Heed this advice.

Now, this is not very clear, but it shows the major components of one dough while pointing at a number of other possibilities. A reading of this could be:

1/2 cup white wine

3-4 tblsp honey

2 eggs

2-3 cups flour

saffron

Heat the wine and dissolve the honey in in. Beat the eggs with a pinch of saffron. In a large mixing bowl, combine honey-wine, egg, and flour until a stiff dough results. Cool and rest, then roll out to use. This dough does not have any leavening agents except the eggs (unless unboiled wine is added, which might introduce a minimal quantity of yeast), but it deep-fries rather well and the honey flavour harmonises well with sweet fillings.



A pointer at a different krapfen dough is found in Marx

Rumpoldts Kochbuch^{lxi}, about 100 years later:

*Mach ein Teig an mit Milch / Eyern / und schoenem weissen Mehl / thu ein wenig
Bierhefen darein / un mach einen guten Teig / der nicht gar steiff ist / unnd versaltz yn
nicht / setz yn zu der waerm / daß er fein auffgehet / ...*

Make a dough of milk, eggs and good white flour, add some brewer's yeast to it and make a good dough, not too stiff. Do not oversalt it. Leave it in a warm place to rise... (there follows a raisin fritter recipe)

*Nimm ein solchen Teig / und treib yn auß / schlag Weichselsalsen darein / schneidts mit
dem Redtlein ab / wirffs in Butter / und backe / gibs warm auff ein Tisch / und bestraue
es mitweissem Zucker / so seind es gute Krapffen von Weichselsalsen. Du magst solche*

Krapffen machen von allerley Salsen.

Take such a dough and roll it out, wrap cherry sauce in it, cut it up with a pastry wheel, deep fry it in butter and serve it warm, sprinkled with sugar. These are good Krapfen of cherry sauce. You can make them with all kinds of sauces.

This rich, neutral yeast dough works beautifully for all kinds of sweet Krapfen and will probably also go with savory ones. I read this as:

3 cups flour

2 eggs

1-2 cups milk

1 sachet dry yeast

Stir the dry yeast into the flour. If using live yeast, dissolve it in the milk. Add the eggs and milk at room temperature and mix until a thick dough results. Knead, continually adding flour, until it has the consistency of soft pizza dough. Leave to rise till doubled, then punch down and roll out for use. For the fillings, aside from the cherry sauce which is listed in the chapter on sauces, we find a few options in our sources.



A rich filling for sweet krapfen can be found in the cookbook of Maister

Hannsen^{lxiii}:

von Krapffen fuell. Item stoß nuss Keren und veiglen) unnder einander in einem mörser und gewuerz das wol und färb es und leg es in ain pfannen, und geuss oell daran und erwelle es, und thue es in die Krapfen. Aus weissem urhab mach ain taig pachs in oell und gib es hin zue essen Kalt.

Filling for Krapfen. Pound nuts and figs in a mortar, season it well and colour it. Fry it in oil in a pan, then put it into Krapfen. Make dough from white sourdough, fry that in oil and serve it cold.

1 cup walnuts
1 cup dried figs
sugar
cinnamon
ginger
cloves
pepper
saffron
oil for frying

I read this as a simple mixture of nuts and dried figs, pounded and seasoned to taste with saffron (eminently expendable), cinnamon, ginger, cloves or pepper. If you do not have a mortar, the ingredients can also just be chopped finely in a board. I have put it into krapfen both uncooked and fried and had no complaints either way.



Rumpoldt^{ixiii} gives us yet another filling for a different kind of Krapfen:.

*Nimm geriebene Mandeln / mach sie ab mit Zucker / Rosenwasser / un mit klein
schwarzen Rosein / mach ein Teig dartzu an mit warmem Wasser / und ein wenig Butter
/ treig jn mit einem Walzer auß / schlag die Mandeln darein / und schneides mit einem
Raedlein ab / backe auß in heisser Butter / die nicht gar zu heiss ist / gibß warm auff ein
Tisch / und bestraew es mit Zucker.*

Take ground almonds and mix them with sugar, rosewater, and small black raisins. Make for this a dough with warm water and a little butter, roll it out, wrap the almond mixture in it, cut it up with a pastry wheel and deep-fry it in butter, not too hot. Serve it warm, sprinkled with sugar.

1 cup ground almonds

½ cup sugar

2-4 tsp rosewater

1/2 cup raisins

Mix the almonds and sugar, moisten with the rosewater and work into a crumbly paste. Work in the raisins. This makes a good, if very rich and sweet, filling for Krapfen.



The fifteenth-century Mondseer Kochbuch^{lxiv} (# 55) lists yet another filling:

*Nim welisch weinber und nim vil oppfel dar under und stoß sy klain und tuo würtz dar zuo
und füll sy in die krapfen und lauß es pachen versaltz es nicht.*

Take Italian raisins and mix many apples with them and grind it up, add spices and fill it into the *krapfen*. Fry it, and do not oversalt it.

1-2 apples

1 cup raisins

cinnamon, ginger, cloves, pepper, and/or nutmeg to taste

Peel, core and dice the apples, mix the pieces with raisins and mash the mixture a little (it need not be a smooth paste). Add spices to taste (I prefer cinnamon and ginger, with a pinch of sugar if the apples are very tart) and fill into fritters.

To make krapfen in camp, you will need plenty of flour to keep the dough from sticking. The dough is rolled out thin, but not excessively so. 2-3 mm (1/8 in) will do fine. A trick for making large numbers of fritters is to roll out the dough, then place teaspoonfulls of the filling onto it at regular intervals until half the sheet is covered, moisten the space between the fillings with beaten egg and fold the other half of the dough over. Gently press the sheets together between the lumps of filling, then cut into circles or squares of one filling portion each along these lines. If you don't feel that

confident, you can also cut out individual circles or squares, place a dab of filling on each, then fold them shut and press the edges together thoroughly. The tines of a fork work well for closing them. The Krapfen are then fried in a pan over a gentle fire, ideally over coals, in plenty of hot oil, lard or butter at a moderate temperature, turning over regularly. Remove them when they are gently browned and heated all through, drain them on a paper towel and serve them. Note that the temperature should not drop too low or the dough will soak up fat and be unpalatable when it cools. The easiest way to regulate the heat, if you need to, is to heap more or fewer hot coals under the pan, though if you want a quick burst of heat, a bellows and a handful of dry twigs will help.

Bread Porridge

This is a milk-based, sweetened bread porridge from the earliest German cookbook, the *buoch von guoter spise*^{lxv}, but it probably reflects a very common practice. Cooking old bread into mush is quick, tasty and intuitive, after all.

Daz ist auch guot.

Nim mandelkern, mache daz in siedene wasser, stoz sie vnd rwinge sie durch ein tuoch oder mal sie, nim schoen herte brot, snit die obersten rinden abe schone vnd duenne, snit dar nach schiben, so du duennest muogest. daz beginne vnder der obersten rinden, ieglich schibe sol sin sinessel. Nuege der schiben viere zwo sammene vnd snit sie smal als einen riemen vnd snit sie den rwerhes ueber, so du kleinest machst, halt die mandelmilch ueber daz fuer, laz sie warm werden, wirf daz brot dar in, sie dicke werde, halt sie ueber daz viuer, laz sie sieden vnd gibez in die schuezzeln vnde strausse ein zucker dar uf. daz heizet caleus. vnd gibz hin. Conf. Also mache auch ander milich, ob du totern dor zwo tuon wilt.

That is also good

Take almonds, put them in boiling water, grind them and pass them through a cloth or grind them. Take fine, hard bread, cut off the top crust nicely and thinly and then cut slices as thin as you can, starting with the top crust, each slice is to be round. Take four each of the slices

and cut them as finely as a belt, then cut them across, as finely as you may. Put the almond milk over the fire, let it become warm, put in the bread so that it thickens, hold it over the fire, let it boil and serve it in bowls with sugar strewn on top. This is called caleus. Serve it forth. You can also make this with other milk, and add egg yolks.

4 slices of white bread

500 ml (1 pint) milk (you can make almond milk in camp, but it's not worth the effort)

sugar

Remove the crusts from the bread and cut it finely. Bring the milk to a boil, add the bread and stir till mashed. Immediately remove the porridge from the fire (this burns very quickly) and transfer it into a serving bowl. Strew sugar on top and serve. A later entry (#67) includes pieces of pancake and apple in a similar recipe, so the addition of fruit is certainly possible. Ground nuts, too, are treated similarly, with saffron added to the mix (#80).

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