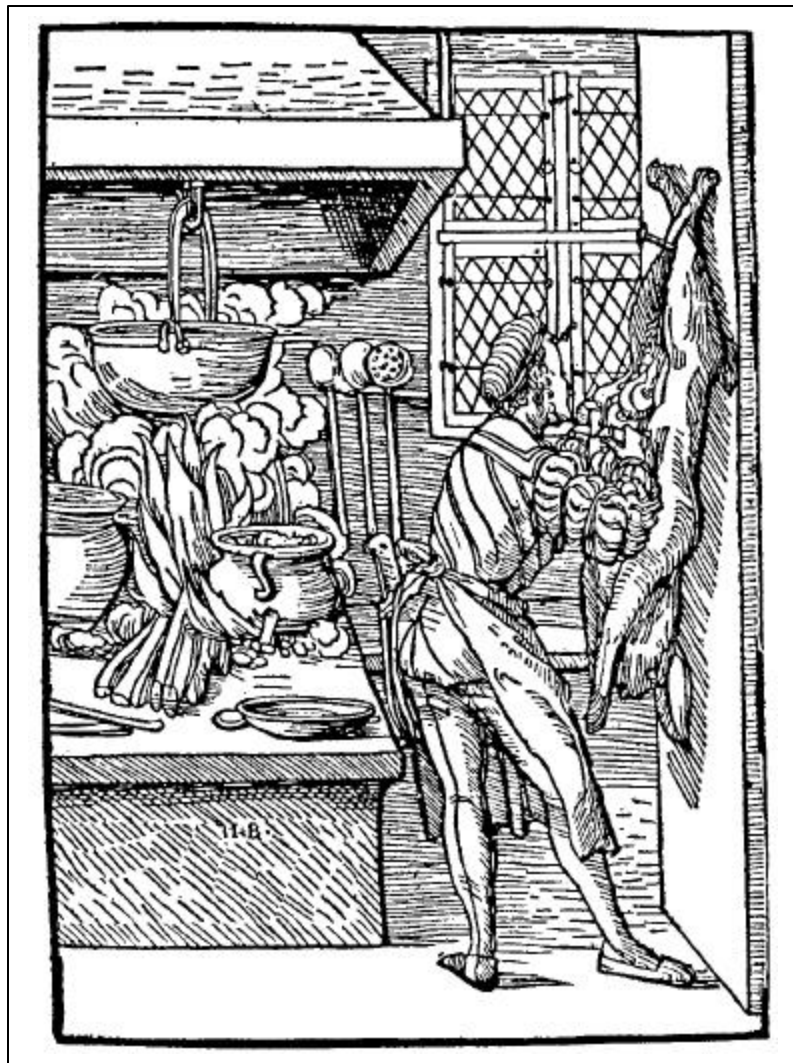


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A 16th Century



On the occasion of
Spring Faire VIII and
Royal University of
the Midrealm held this
27th day of April
Anno Sociotatis 37 in
the
Incipient Shire of
Fearann na Crìche, The
Kingdom of the Middle

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<http://www.pbm.com/~lindahl/food-art/>

Front Cover,

Ein new Kochbuch, by Marx Rumpolt, German,
1604

Back Cover.

Gutting a Hare by Hans Burgkmair, German,
early 16th century

It is with great pleasure that I bring to you a 16th Century German feast. While the recipes used in this feast span four different cookbooks, all but one of them are from the latter half of the 16th Century. As you look through the feast booklet, you will find each of the recipes in all four course separated into three parts: the original recipe I used, my translation of that recipe, and my modern interpretation of that recipe.

The recipes for each course begin with a transcription of the original recipe. While I had the 16th Century German available for three of the sources, I decided that it would be more helpful and consistent for the reader to have the recipe in modern German. For each of the cookbooks, transcriptions exist either in full or are being completed. Whenever possible, I worked off the 16th Century German, using the modern German transcriptions only for corroboration.

After each transcription of the original recipe, you will find my translation of the German. The translations are as direct as possible, while still retaining some semblance of English grammar.

The Third part to each recipe is my modern interpretation of the original. Most interpretations, like modern cookbooks, start with a list of ingredients, closely followed by step-by-step instructions on how to prepare the recipe. It is rare (though

there are cases even within the recipes chosen for this feast) for a period recipe to give the exact amount of ingredients to use, as would a modern recipe. Therefore, I have tried to make my interpretations in a more period manner.

It is critical to remember that in period a cook (as do almost all good modern chefs) would have cooked by taste. To better recreate the manner in which a medieval cook would have worked, I have given interpretations that will best serve the cook who is "tasting as they go." For this feast, I coupled this method of working with my knowledge of serving large crowds. I used a general rule of 6 ounces of beef per person and 1-2 ounces of poultry or fish per person, taking into consideration as well how different dishes worked synergistically with each other and as part of the feast as a whole to judge amounts and measures.

This takes some practice, even for the intermediate cook. To assist you, I have given notes on texture, smell and taste, as well as basic instructions that are implied, but not explicitly stated in the original text. As each cook tailored dishes to the tastes of their *Herrn*, so should we tailor what we cook to our own taste. I am sure that this will confuse some people, as I haven't listed, for example, exactly how much of any spice to add. If you taste the dish as you add the spices, however, I believe you greatly increase the probability that you will enjoy the end result far more.

I have had a great amount of fun working on this feast, both in the research and in the preparation of the food. I only hope that you will receive as much enjoyment in the tasting of my ephemeral art.

Cu respectivo,

Domn Bogdan de la Brasov, C.W.

A note about the sources:

This feast is based on four works:

- Max Rumpolt's *Ein Neu Kockbuch*,
- Sabina Welserin's *Das Kockbuch der Sabina Welserin*,
- Balthaser Staindl von Dilingen's *Ain Künstlichs und nusslichs Kochbüch*, and
- *Ein Buch von guter Speise*.

Each of the books are slightly different, in both lay-out and in scope.

Ein Neu Kochbuch (1581) is an astounding and comprehensive work. Dishes are organized into sections based on their main ingredient. For example, one section consists solely of the 83 different dishes you can make from an ox. Most of the transcriptional work on this book is being done by Thomas Glöning and Gwen Cat, although Dr. Glöning was kind enough to allow me to transcribe the section on vegetable dishes so I could use them for this feast.

Das Kochbuch der Sabina Welserin (1553) is a wonderful source, containing 205 recipes covering a variety of different dishes. Many of the dishes are simple and easy to make. The modern German transcription was completed by Hugo Stopp, with the original Medieval German and it's modern German translation on facing pages. This book is available from used book sellers (ISBN: 3-555-02905-0 Lw.)

Ain Künstlichs und nusslichs Kochbüch (1564) is an impressive source. While I only have a facsimile copy of the original, and to the best of my knowledge no transcription exists, it is a stunning book that has a few recipes that I have found nowhere else (c.f. the "hedgehogs made of figs" recipe used in this feast).

Ein Buch von guter Speise (1345-1354) is another excellent source that, like Welserin's book, contains a large number of recipes. This is the one source that is not from the 16th Century; however, many of the recipes contained in it continue to appear in later German cookbooks. This source was transcribed in 1844 by the *Bibliothek des Literarischen vereins in Stuttgart*, and was made available by Alia Atlas, who typed in the German transcription as well as her own English translation that can be found online at:

<http://cs-people.bu.edu/akatlas/Buch/buch.html>

The translation is very good, although you should always translate your own recipes whenever possible, as it makes the meaning and intent of the original recipe much more clear.

THE MENU

First Course:

Rinderbraten – Marinated roast beef
Epfelmus – Apple sauce
Genovese Tarts – Chard and cheese tarts
A Fence made of Butter around Smoked Salmon
Brot- Bread

Second Course

Lahs – Salmon or Chicken in a baked crust
Grün Salat – Lettuce salad with beets
Harte Eyer- Seasoned hard-boiled eggs
Roten Igel – An Illusion of Hedgehogs made of figs

Third Course

Preseindal von Ochsen – Beef medallions cooked in broth
Ein Wissel Mus – Tart Cherry dish to refresh the pallet
Hauptkraut- Red and white cabbage salad

Fourth Course

Gefu:ellte ro:est – A stuffed roast
Ravioli – Cheese and spinach ravioli
Endiv Salat – Endive Salad
Marzipan soletie – An illusion food made of sugar and almonds
(contains nuts)
Pear Tart
Cinnamon tart – A tart of cinnamon and almonds (contains nuts)

The First Course:

Rinderbraten: (Rumpolt)

47 Nimm ein Rinderbraten/ und bei in uber Nacht/ thu halb Wasser/ unnd halb Essig/ auch gestossen Knobloch/ in die Brüh/ unnd ein wenig Salz/ lass den Braten uber Nacht darinnen ligen/ und de Morgens früh thu in ausz der Brh/ und salz in ein/ steck in an/ und lasz in braten. Nimm die Brüh / da der Brat innen gelegen/ seig sie ab/ so bleibet das Dick auff dem Boden/ thu es in ein kleinen Fischkessel/ mit ein wenig gestossen Pfeffer/ und frischer unzerlassener Butter / unnd la sieden/ sez es in einer oberzinten Bratpfann unter den Braten/ und begeu den Braten darmit/ so ist es ein gut Essen für die Ungerischen und Polnischen Herrn.

47. Take a beef roast/ and marinate it overnight/ put half water and half vinegar/ also crushed garlic/ in the broth (brine)/ and a little salt/ let the roast lie therein overnight/ and in the morning early take it from the brine/ and salt it/ put it on the fire/ and let it roast. Take the brine/ in which the roast was laid/ pour it off/ so the thick (particles) remain on the bottom (of the marinating bowl)/ put it into a small Fish pot/ with a little crushed pepper/ and fresh un-melted butter/ and let it simmer/ set a tinned frying pan under the roast and pour this over the roast/ so it is a good meal for Hungarian and Polish gentlemen.

Interpretation: Fill a bowl half with equal parts water and vinegar. Add to this a few crushed, peeled cloves of garlic and a little salt. This brine mixture should have a slight tang to it, but shouldn't be excessively strong. Add a beef roast so it is covered in the brine and let it sit over night. Remove the roast from the marinade and let it drip dry. Then salt it, reserving the marinade. Cook the roast until it reaches the desired temperature. Meanwhile, decant the marinade into a small pot, leaving behind any sediment. Add a small amount of butter. Bring to a boil and let simmer. Add crushed pepper to taste and baste the roast with this mixture while it cooks. After it is done cooking, let it rest on a board for 5-10 minutes to allow the meat to become firmer.

Apfelmus (Guter Speise)

Wilt du machen ein apfelmus. so nim schöne epfele und schele sie. und snide sie in ein kalt wasser. und süde sie in einem hafent. und menge sie mit wine und mit smaltze und ze slahe eyer mit wiz und mit al. und tu daz dor zu. und daz ist gar ein gut fülle. und versaltz niht.

If you would make an apple puree. Take good apples and peel them. And cut them in cold water. And boil them in a pot. And mix them with wine and with chicken fat and beaten eggs with the whites and all should be put thereto. And that is a good filling. And do not over-salt.

Interpretation: Put a small amount (about an inch or two) of cold water into a pot. Peel apples, and cut into pieces into the pot, removing the pome (papery core). . The smaller the pieces into which you cut the apples, the more quickly they will cook. Add enough cold water so that when you push the apples to the bottom of the pot, the water level just reaches the top of the apples. It's

okay if you use too much water, it'll just take longer to get a good consistency. Bring the pot to a boil and cook until the apples break down, stirring occasionally. Let the pot simmer until the applesauce is a little thicker than you want to serve. Add a cup or two of wine (if you want to preserve the color of the dish, you may want to use a white wine. I would tend to use a Rhine wine, as that is the region from which the recipe came), and a tablespoon or two of chicken fat. (Or lacking that, use butter. Other German recipes from this time frame suggest that butter can be used in the absence of chicken fat.) Beat in a couple of eggs and continue to cook until you have a homogenous consistency.

Genovese Tart (Welserin)

30. Genueser Torte machen

Nehmt sechsunddreissig Lot Mangold oder Spinat, sech Lot gereibenen Kaese, fünf Lot Oliven Öl und den Weisskaese von zwölf Lot geronnener Milch. Und die Kraeuter überbrühen, auch kleinhacken und alles untereinanderrühren und eine gedeckte Torte daraus machen.

30. To make a Genovese Tart

Take 18 ounces of Mangold (aka: Chard) or spinach, 3 ounces of grated cheese, 2.5 ounces of olive oil and then white cheese from 6 ounces curdled milk. And braise the vegetables also chop them small and mix it all together and put it in a covered torte.

Interpretation: Take 13.5 ounces of either Mangold (aka: Chard) or spinach and blanch them briefly in boiling water. After you drain them, chop them into small pieces. Grate 2.25 ounces of white cheese. (Choose one that is not terribly oily, like farmer's cheese. If they had used an oily cheese they probably wouldn't

have used as much olive oil) Add a little less than 2 ounces of olive oil and mix it all together. Put it in a covered tart and bake it until the cover is golden brown.

A Fence made of Butter (Welserin)

53. Einen Zaun aus Butter machen
Nehmt Butter oder Maibutter und Zucker,
knetet ihn ein, so dass es süs wird, und
nimm dann die Spritze und mache ringsherum
einen Zaun. Die Zaunstecken, die
hineingehören, mache über hohe zimtstangen.
Auch muss innerhalb des zauns gebratener
Fisch sein order was du Gutes hast.

Take butter or May butter and sugar. Knead them together so that they become sweet and then take an icing bag (Lit. injector) and make rings around a fence. The fence-posts, that go into it, make from cinnamon sticks. Also, put a roasted fish, or whatever you have that is good inside (the fence).

Interpretation: Mix butter and granulated sugar until you have a sweet, and fairly stiff, mixture. Granulated sugar is used here because, typically, when ground (powdered) sugar is called for, the grinding is part of the instructions. Put it in an icing bag. Then, using cinnamon sticks for fence-posts, make a fence around the outside of your serving dish. You may want to use a small dollop of the sweet butter to “glue” the fence-post to the serving dish so that it will stand by itself. If you want the fence to “hang” in the air, be sure to put the cinnamon sticks close together as the added support will keep the butter from drooping and breaking. As well, you will want to keep this as cool as possible, as even moderate heat will tend to start the butter melting.

Brot

Bread recipes from period are very few and far between. It is likely that the recipes themselves were carefully protected, as they were in England. I know of less than 10 period recipes for all the searching I have done. The bread consists simply of yeast, sifted white flour, salt, and water.

The Second Course:

Lahs (Guter Speise)

19. Diz ist ein gut spise von eime lahs
Nim einen lahs. schabe im abe die schupen.
spalde in und snit in an stücke. hacke
peterlin selbey. Nim gestozzen yngeber
pfeffer enys saltz zu mazzen. mache eynen
derben teyk noch der grözze der stucke. und
wirf daz krut uf die stücke. und bewirke sie
mit dem teyge. kanst du sie gestemphen in
ein forme daz tu. so mahtu machen hechde.
förheln brasmen und backe eigliches besunder
in eine teyge. ist ez aber eins
fleischtages. so mahtu machen hünenre,
rephünenre, tuben und vasande mahtu machen.
ab du hast die formen. und backe sie in
smaltze oder siut sie in den formen. nim von
den brüsten der hünenre oder ander gut
fleisch. so wirt die kunst dests bezzer und
fersaltzez.

19. This is a good food from a salmon.
Take a salmon. Scrape off the scales. Split
it and cut it into pieces. Cut parsley (and)
sage. Take ground ginger, pepper, anise.
Salt to mass. Make a rough (coarse) dough
also the size of the piece (of salmon). And throw the

herbs on the piece. And surround it with the dough. Stamp it in a form if you can. Thus you make pike, trout, and bream. And bake individually in a dough. Is it, however, a meat day, then you make hens, partridge, pigeon and pheasant. If you have the forms, and bake them in fat or boil in the forms. Take from the breasts of the hens or other good meat. So will the art be the better and do not over-salt (the dish).

Interpretation: Take Salmon. If the skin is still on it, then scrape off the scales. Split it (so you can remove any bones) and then cut it into pieces. Think about the importance of this dish to the overall meal. If this is the main course, make a larger piece. If it is a side, or one of many dishes, make smaller pieces. Cut some fresh parsley and sage and set it aside. As sage is a stronger herb, you may want to use less of it.

In a mortar, grind together ginger, pepper, and anise. Use more ginger and a little less pepper and then the least amount anise. This mixture will taste sharp and maybe a little bitter, but you don't use a lot, so don't worry too much about it. Add a little salt, more if you are doing chicken than fish, as the chicken will tend to "soak up" more of the salt.

Make a dough of flour and water (no salt) and roll it out thinly. It is important that the dough is thin, as it will get tough if it is thick. I tend to make it as thin as I can without having it break. Set the fish in the center of the piece and moisten the top with some water. Put enough of the ginger mixture on to color the top of the fish. Spread it out over the top. Sprinkle on your parsley and sage. Close the dough around the fish and seal the edges with water. If you have formed pans, you can use them. I don't, so I just cook it from this point in the recipe.

You can pan fry the *lahs* in oil, but the flavor (and the crust) really are better if you fry them in lard (olive oil was used for the feast).

Grün Salat. (Rumpolt)

7. Grün Salat/ der klein vnnnd jung ist/ rote Ruben klein geschnitten/ vnd darüber geworffen/ wenn der Salat angemacht ist/ vnnnd die rote Ruben gesotten vnd kalt seyn.

7. Green Salad/ That is small and young/ Red beets cut small and strewn over/ when the salad is made/ and the red beets have been cooked and become cold.

Interpretation: Boil beets in water. When they are easy to pierce with a fork, take them out and let them cool. After they are cool, chop them into little pieces. Take young greens and wash them. Toss them in a bowl with the beet pieces. Serve.

Harten Eier. (Rumpolt)

23. Nimb harte Eyer/ gib sie besonder neben dem Salat/ bestraew sie mit grün Pettersilgen vnd Saltz/ vnd geuß Essig darüber.

23. Take hard (boiled) eggs/ Give them especially next to salad/ strew them with green parsley and salt/ and sprinkle vinegar over them.

Interpretation: Hard boil eggs. Peel them. I like to slice them before serving them, but it doesn't mention this in the original. Take a handful of parsley and chop it roughly. Sprinkle the parsley over the eggs and then sprinkle a dash of salt and a little vinegar. Serve with salad.

Roten Eigel. (Kunstlich Kochbuch)

Ein rotten Igel.

xxvj. So nym ein pfund feygen/ waesch das meel darvon/ das es trucken werd/ vnd hacks klein/ stoss sie in eim gwürtz naegeln/ thu safran darein/ so wird es bald/ thu eerlich zucker wan es klein gestossen ist/ darein/ so schlags zusammen mach ein Igel darauss/ den besteckt mit naegelin/ für die pörster/ ein feygen ins maul.

A Red Hedgehog

26. So take a pound of figs/ wash the dirt from it/ let it become dry/ and cut it small/ grind it in mortar/ add saffron therein/ so it becomes thick/ add sugar when it is ground small/ mix it together/ make a hedgehog out of it/ then decorate it with "spice nails" for the spines and put a fig in its mouth.

Interpretation: Take 12 ounces of figs, wash them and let them dry (though you can also just start with dried figs, using slightly less than 12 ounces of figs). Chop them finely as possible and then start to grind them in a mortar. (If you don't chop them finely first it will take forever and most likely make you rather miserable... I did this once) Add a few threads of saffron. Add ground sugar (there is a big difference between ground sugar and powdered sugar, about 3% cornstarch, which really can be tasted and which also alters the texture) until the growing mass is no longer too sticky with which to work. At this point, shape it into a hedgehog. Use cloves for the spines and put a whole fig in its mouth as a finishing touch. (Note: the mixing can be done in a food processor, but you will still want to grind the sugar by hand, as it is difficult to obtain a fine enough grind in a food processors.)

The Third Course:

Preseindal von Ochsen (Rumpolt)

49. Nimm Rindtfleisch/ schneidt es fein dünn/ zween Finger breit/ vnnd eines Fingers lang/ zerklopff es mit einem Messerrück/ beiß es mit Weinessig ein/ vnd laß ein stundt/ oder ein halbe/ ligen/ so wirt es fein mürb/ mach Butter heiß/ vnd thu das Fleisch auß dem Essig darein/ rüßt es/ vnd geuß die Butter wider herab/ geuß Essig daran/ vnd ein wenig Rindtfleischbrüh/ auch Pfeffer vnd Jngwer/ laß damit kurtz einsieden/ vnnd hack grüne wolschmeckende Kräuter darein/ vnd laß sie mit sieden. Vnd man nennets Preseindel vom Ochsen.

49. Take beef cut it into finger-breadths and a finger's length. Beat it with the back of a knife. soak it with wine vinegar and let it lie for an hour or a half so that it becomes mellow. Make butter hot and take the meat out of the vinegar. Roast it in the butter and add vinegar and a little broth and pepper and ginger. Let it boil for a short time and cut in good-tasting cabbage. Let it boil together. And one calls this *Preseindel* of oxen.

Interpretation: Take a roast of beef and cut it into finger-sized pieces. Pound it with the side of a large knife (I prefer to use my cleaver for this) to thin the pieces. Cover the meat with wine vinegar and let it sit for half an hour. The color should somewhat change and some of the blood will soak out into the vinegar. Heat

butter in a skillet and cook the meat in the butter. When it is cooked, add about a half a cup of wine vinegar, and an equal amount of beef broth. Add a dash of pepper and sprinkle on a little ginger. This is to give the meat a little bite. Make sure that you like the flavor at this point. Add a handful of cabbage, cover, and let it boil for about 5 minutes to blanch the cabbage.

Ein Wissel Mus (Guter Speise)

82. Ein wissel mus

Der denne wölle machen ein kirsenmus. der breche die stile abe. und siede sie mit ein wenic wins. und slahe sie denne durch ein tuch mit einer semel brösemen. wol derwelet in eime hafen. und tu smaltzes genü dran. und rüerez denne mit eyer totern. und strauwe würtze doruf. so manz anrihten wil.

82. A cherry puree

Who wants to make a cherry puree, breaks off the stems. And boils them (the cherries) with a little wine. And pounds them then through a bag with *semmel* crumbs. Cook it well in a pot. And add therein enough chicken fat. And (thicken?) it then with egg yolks. And strews spices thereon. So one prepares it.

Interpretation: Take a bowl of cherries, having first removed the stems. Cover them with wine and boil them until the cherries are soft. Force them through a strainer and mix them with breadcrumbs (*Semmel* is a type of bread). Put it back into a pot and heat it again. Add a spoon of chicken fat (or other fat) and a couple of egg yolks. Add whatever spices you wish (though note that sugar was not specifically mentioned. I tend to add some cinnamon, but no sugar). This makes a nice, albeit tart, puree. It is a nice way to refresh the palate between dishes, but if you don't

add sugar it do not expect it to be sweet. As sugar is a spice, you could reasonably add it to sweeten the puree, however that is not the interpretation I chose to make.

Hauptkraut (Rumpolt)

These are two separate dishes that I chose to serve together for visual effect. I will present each of the recipes separately, as well as their interpretations.

33. Nimb ein rot Haeupkraut/ schneidts fein klein/ vnd quells ein wenig in warmen Wasser/ küls darnach geschwindt auß/ machs mit Essig vnd Öl ab/ vnd wenn es ein weil im Essig ligt/ so wirt es schön rot.

33. Take a red head-cabbage/ cut it small/ and soak it in a little warm water/ cool it quickly/ mix it with vinegar and oil/ and when it has laid in the vinegar, it will become a beautiful red.

Interpretation: Take a red cabbage and remove the core. Then chop it into little pieces. Blanch it and then rinse it in cold water. Mix the cabbage with oil and vinegar and let it sit for an hour or so before serving. The vinegar will bring out the red of the leaves.

4. Weiß Kopffel Salat im Wasser gequellt/ vnd widerumb außgekület/ mit Essig/ Öl vnnd Saltz angemacht/ weissen Zucker/ der gestossen ist/ darüber gegossen/ ist auch gut.

4. White head salad blanched (lit. poured) in water/ and then allowed to cool/ with vinegar/ made with oil and salt/ white

sugar/ that is ground/ sprinkled over/ is also good.

Interpretation: Take a white cabbage. Remove the core and tear the leaves into pieces. Blanch and then rinse with cold water to cool. Mix in a bowl with oil and vinegar and sprinkle with salt. Grind some sugar (c.f. *Roten Igel*) and sprinkle it on top.

Fourth Course

Gefu:ellte ro:est (Rumpolt)

21. Nimm von einer Brust das halbe theil/
vnterschneidts oder vntergreiffs/ schneidt
Rindtfleisch/ das nicht feißt ist/ klein/
auch gesaltzen Speck/ der nicht garstig ist/
ein wenig Zwibel/ gestossen Pfeffer/ drey
oder vier Eyer/
auch wolschmeckende Kra:euter/ vnd ein wenig
Saltz/ hack das alles fein klein
durcheinander/ vnd fu:ell es in die Brust/
vnterspeil es wol mit einem ho:eltzlein/
oder nehe es mit einem Faden zu/ setz es mit
Wasser auff/ vnd laß wol sieden/ thu es auff
ein Bret/ vnd laß kalt werden/ so ists ein
gut Essen.

21. Take a half section of a breast/
undercut the breast/ cut beef that isn't fat
into small pieces/ also salted bacon that
isn't nasty/ a few onions/ Add pepper/ 3 or
4 eggs/ also good-tasting cabbage and a
little salt./ Cut it all into small pieces/
and mix it together/ Stuff the breast/ Close
it well with toothpicks (Lit. woodflax.) /or

sew it with a thread./ Put it in water /and
let it boil well/ Put it on a board/ and let
it get cold/ This is a good food.

Interpretation: Take a small beef brisket and slice it in half lengthwise. Chop lean beef into small pieces, as well as salted, uncured bacon, and a small onion. Add pepper and 3 or 4 eggs. To this mixture add about a cup of diced cabbage for color. Cook a little of this filling in a pan and check the flavor. Then salt the uncooked filling to taste. Stuff the brisket with the filling and sew it shut (I prefer this to hoping that the toothpicks will hold it closed). Boil it in water for an hour and a half. Set it on a board and let it cool before serving. The texture will return to a "normal" meat texture if you let it cool. Also, the resulting broth works well for both the *Preseindal* of Oxen and the ravioli.

Ravioli (Welserin):

31. Ravioli machen
Nehmt Spinat und überbrüht ihn, als ob ihr Spinatgemüse machen wolltet, und hackt ihn klein. Nehmt ungefaehr eine Handvoll, wen er gehackt ist, und Kaese oder Braet von einer Henne oder einem Kapaun, das gekocht oder gebraten sein kann. Dann nehmt vom Kaese zweimal soviel wie vom Kraut und vom braet genausoviel und schlägt zwei oder drei Eier hinein und macht einen schönen Teig, tut salz und Pfeffer hinein und macht einen Teig mit Weizenmehl, als ob ihr eine Torte machen wolltet, und wenn ihr den Fladen gemacht habt, dann tut einen kleinen Batzen füllung an den Rand des Fladens und formt ihn zu einem krapfen. Und drückt ihn an den Raendern gut zusammen und legt ihn in Fleischbrühe und lasst ihn ungefaehr so lange wie weiche

Eier kochen. Das braet soll kleingehackt sein un der Kaese kleingerieben.

31 To make ravioli

Take spinach and blanch it as if you were making cooked spinach, and chop it small. Take around a handful, when it is chopped, cheese or meat from a chicken or capon that was boiled or roasted. Then take twice as much cheese as spinach, or of chicken the same amount, and beat two or three eggs into it and make a good dough, put salt and pepper into it and make a dough with white flour, as if you would make a tart, and when you have made flats (of dough) then put a small ball of filling on the edge of the flat (dough) and form it into a dumpling. And press it together well along the edges and drop it in beef broth and let it cook about as long as a soft-boiled egg. The meat should be finely chopped and the cheese finely grated.

Spinach and cheese interpretation: Take a couple of bunches of spinach. Wash them and blanch them. Chop them finely. Add twice as much grated cheese. Use a fresh cheese, but be careful, as some fresh cheeses are very salty. Taste the spinach and cheese mixture to make sure that it isn't too salty. Beat in an egg or two, making sure that the filling has a good consistency (you will need to use this as a filling). Make a dough with flour, water, salt and pepper. (If your cheese is salty, you might omit the salt. You will also be cooking this in broth, which also tends to be salty) Roll the dough out thinly and cut out rounds. Place a small ball of filling in the center of each round. Wet the edges of the dough and press the dumpling closed. Drop the ravioli into boiling broth for about 4 minutes.

Endiv Salat (Rumpolt):

I. Endiuien Salat mit Öl vnnd Essig angemacht/ vnnd mit Saltz.

1. Endive salad made with oil and vinegar and with salt.

Interpretation: Wash and shred endive leaves. Mix with oil and vinegar. Salt to taste.

Pear Tart (Welserin):

73. Eine Birnentorte

Nimm Birnen und schaele sie und schneide dünne streifchen, nimm ochsenmark, zimt, zucker und weinbeeren und lass es backen. Wenn du klein Mark hast, dann nimm butter oder ein anderes Fett.

73. A Pear Tart (Welserin):

Take Pears and peel and cut them thinly. Take beef fat, cinnamon, sugar, and grapes and let it bake. When you have no beef fat, than take butter or another fat.

Interpretation: Take 3-4 pears and peel them. Cut them into thin strips, removing the pome (the paper core with the seeds). In a pie shell, layer the pears and cut in some butter. Add a cup or two of grapes, and sprinkle with cinnamon and sugar. Bake at 350F until golden brown.

Cinnamon tart (Welserin):

132. Eine Zimttorte

Nimm ein halbes Pfund zerstossene Mandeln, mehr oder weniger, je nachdem wie gross man die Torte machen will. Nimm Butterschmalz und das Weisse von sieben Eiern. Alles

durcheinandergemischt, danach ein Lot zimt darunter, den grösseren Teil aber daraufgestreut, und die Torte mit Rosenwasser besprengt. Man soll dazu auch ungefaehr ein halbes pfund Zucker nehmen und darantun. Namentlich is auch gekochtes und kleingehacktes weisses fett vom kalbsschlegel gut.

132 A cinnamon tart

Take a half-pound of ground almonds, more or less, depending on how large one wants the tart. Take butterfat and the whites from seven eggs. Mix everything together, afterwards add a half-ounce of cinnamon, the larger part, however, sprinkled on top, and sprinkle the tart with rose water. Also take about a half-pound of sugar and put it in. The white fat from a leg of veal, cooked and finely chopped, is also especially good.

Interpretation: Take about 6 ounces of ground almonds and mix that with some butter and seven egg whites. When you mix this all together, it should be wet, but not runny. Add about a quarter of an ounce of cinnamon into the mixture, along with six ounces of sugar. Put this mixture into a pie shell. Sprinkle half an ounce of cinnamon on top of the tart, along with a little rosewater. Bake at 350F until the crust is golden brown.

Marzipan soletie (Welserin)

We know that marzipan was used in Germany throughout the fifteenth Century, mainly in two forms. The first, as an “icing” for wafers, provides a large number of recipes on how to make marzipan. The second, the making of various shapes out of the marzipan, tends to refer to the “icing” recipes for the actual making of the marzipan. The following is no exception. I have

chosen not to shape the marzipan into Chanterelles, mainly because I lack a proper mold. On the other hand, the almond Chanterelle recipe stands as documentation for shaping marzipan into various shapes. I will then list one of the “icing” marzipan recipes, to provide documentation for the proportions of ground sugar and almonds.

51. Mandelpfifferlinge

Zerstosse die Mandeln, als wolltest du Marzipan machen, tu Zucker daran, aber nicht allzuviel, nimm danach den pfifferlingmodel, mache ihn sauber und nimm ein Bürstchen, tauche es in Mandelöl und bürste den Model damit, ebenso mit einem Bürstchen Rosenwasser. Und tu die mandelmasse in den pfifferlingmodel und blasé durch das Rohr, so dass die Mandelpfifferlinge auf einen Bogen papier fallen, und lass sie in einer Tortenpfanne backen und streü starkemehl darauf, dann wedern sie weiss.

Pound almonds, as you would to make marzipan, put sugar thereon, but not too much, take then the chanterelle model, make it clean and take a little brush, dip it (the brush) in almond oil and brush the mold with it, and in the same manner, with a little brush of rose water. And put the almond paste into the chanterelle model and blow through the pipe so that the almond chanterelle falls onto a sheet of paper, and bake it in a tart pan and strew it with starch, then they will become white.

22. Wollt ihr gutes Marzipan machen

Zuerst nehmt ein halbes Pfund Mandeln und weicht sie über Nacht in kaltes brunnenwasser ein, zieht sie am Morgen ab. Danach lasst sie gut zerstoßen, bis sie ölig werden, giesst etwas Rosenwasser daran und lasst sie weiter zerstoßen. Werden sie wieder ölig, dan giesst wieder etwas Rosenwasser daran. Das tut so lange, bis die Mandeln niche mehr ölig werden. Und lasst die Mandeln so klein wie möglich zerstoßen. Danach nehmt ein halbes Pfund Zucker, zerstoßt ihn nicht völlig mit, lasst ein wenig übrig..

22. If you would make good marzipan First, take a half pound almonds and soak them over night in cold springwater, take them out in the morning. After that, grind them well, until they become oily, add some rosewater and then once again grind them. When they become oily again, add again some rosewater. Do that until the almonds no longer become oily. And grind the almonds as small as you want. After that take a half pound of sugar, don't grind it completely, leave a little over.

Interpretation: For the above recipe to work well, you'll need fresh almonds. If you have pre-blached almonds, you don't need to soak the almonds in water. Take an amount of almonds and grind them. As they start to get oily, sprinkle them with a little bit of rosewater. You will probably want to use a slightly dilluted rosewater, unless you are very fond of the flavor. Add more rosewater as the almonds become oily again. Grind them as small as you possibly can. Then add an equal amount of sugar, a little bit at a time until you have a dough that isn't sticky. Ideally, you

should first grind the sugar (or use powdered, but you CAN taste the 3% cornstarch), before adding it to the almonds. This will keep the marzipan from having a "gritty" texture. When you have a nice dough, shape it into different objects. They can be baked, or left out to dry.

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