

Medieval Cookbook

Recipes by: Daniel Myers

Sourced from: <http://medievalcookery.com/recipes/country.html?england>

:The Medieval Cook Book

Contents

Savoury

Fyllettes in Galyntyne.....	Page 3
Compost.....	Page 4
Powder Douce.....	Page 5
mixed pickles.....	Page 6
Stewed cabbage.....	Page 7
Sausedge.....	Page 8
Cold Sage.....	Page 9
Blancmanger.....	Page 10
Stewed Capon.....	Page 11
Mussels and Leeks in almond milk..	Page 12
Oyster Stew.....	Page 13

Sweet

A Dishe of Artechokes.....	Page 14
Gynerbrede.....	Page 15
Potage of ris.....	Page 16
Apple Muse.....	Page 17
Tartys in Applis.....	Page 18
Short Paest for Tarts.....	Page 19
Flaune of Almayne.....	Page 20
Strawberries in snow.....	Page 21

Drinks

Buttered Beere.....	Page 22
Hypocras (Spiced Wine).....	Page 23

Hypocras

Spiced wines have been popular for centuries, and the spices used haven't changed much since the 14th century. Instructions for making hypocras can be found in medieval cook-books from several countries, making it one of the most common recipes.

Ingredients

- 2 cups red wine
- 1 tsp. powder douce (See page 5)
- 2 - 3 Tbsp. sugar, according to taste

Method

Put ingredients together into a pitcher or other vessel with a pour spout, and stir until sugar dissolves. Serve warm or cold.

For a non-alcoholic version, use grape juice instead of wine and add one or two teaspoons of red wine vinegar for a bit of tartness. Depending on the sweetness of the grape juice, the amount of sugar may be reduced or eliminated entirely.



Recipe by *Daniel Myers*

Recipe form [medievalcookery.com](http://medievalcookery.com/recipes/hypocras.html). Available at: <http://medievalcookery.com/recipes/hypocras.html>

Buttered Beere

This is an odd recipe that could have evolved from the medieval drink called "caudel". It's flavour is something of a cross between beer and pumpkin pie. Note that this doesn't get cooked long enough to boil off the alcohol, so if you desire it to be non-alcoholic then you should use a non-alcoholic beer.

Ingredients

- 12 oz. beer
- 1 egg yolk
- 1/4 cup sugar
- 1/16 tsp. nutmeg
- 1/16 tsp. cloves
- 1/16 tsp. ginger
- 2 Tbsp. butter



Method

Put the egg yolk into a saucepan and slowly whisk in beer. Add sugar and spices and heat over medium-high heat until mixture just starts to come to a boil. Remove from heat, add butter, and whisk until mixed. Serve hot.

Recipe by *Daniel Myers*

Recipe form [medievalcookery.com](http://medievalcookery.com/recipes/butterbeer.html). Available at: <http://medievalcookery.com/recipes/butterbeer.html>

Fyllettes in Galyntyne

The use of cinnamon, ginger, and cloves as spicing for meat dishes was very common in medieval England, making this dish a perfect introduction to medieval European cuisine.

Ingredients

- 1 lb. Pork (Tenderloin)
- 2 cups beef broth
- 1/4 tsp. pepper
- 1/8 tsp. cinnamon
- 1/8 tsp. ground cloves
- 1/8 tsp. mace
- 1/8 tsp. ginger
- 1 onion, chopped

Sauce

- 1 cup broth
- 3 slices of bread
- 1/8 cup red wine vinegar
- 1/4 tsp. sandalwood
- pinch saffron, ground
- 1/8 tsp. salt



Method

Marinate meat in wine overnight. Put Broth, spices and 2 cups wine into a pot with meat. Boil until cooked (about an hour). Place beef in a roasting pan in oven at 325°F for about 15-20 minutes (or until excess juices have drained from meat, and meat is slightly browned).

Recipe form [medievalcookery.com](http://medievalcookery.com/greneboke/recipes/fylletesingalyntyne.html). Available at: <http://medievalcookery.com/greneboke/recipes/fylletesingalyntyne.html>

Compost

While the name is less than encouraging, this recipe is basically cooked root vegetables in a sweet vinaigrette. If one or two of the different vegetables is unavailable then you can leave them out and add a little more of another instead.

Ingredients

- 3 parsley roots
- 3 parsnips
- 3 carrots
- 10 radishes
- 2 turnips
- 1 small cabbage
- 1 pear
- 1/2 tsp. salt
- 1 cup vinegar
- 1/4 tsp. pepper
- 1 pinch saffron, ground
- 1 cup Greek wine (sweet Marsala)
- 1/2 cup honey
- 1 Tbsp. mustard
- 1/2 cup currants (raisins)
- 1 tsp. cinnamon
- 1 tsp. powder douce (see recipe on next page)
- 1 tsp. anise seed
- 1 tsp. fennel seed

Method

Peel vegetables and chop them into bite-sized pieces. Parboil them until just tender, adding pears about halfway through cooking time. Remove from water, place on towel, sprinkle with salt, and allow to cool. Then put vegetables in large bowl and add pepper, saffron, and vinegar. Refrigerate for several hours. Then put wine and honey into a saucepan, bring to a boil, and then simmer for several minutes, removing any scum that forms on the surface. Let cool and add currants and remaining spices. Mix well and pour over vegetables. Serve cold.

Recipe by *Daniel Myers*

Strawberries in Snow

The proportions for this recipe were posted to the SCA-Cooks list by Dame Aoife Finn of Ynos Mon, OL (Canton of Riverouge, Barony of the Endless Hills, Aethelmearc). It was described as being very popular, and got lots of oohs and ahhs when I made it.

Ingredients

- 8 egg whites
- 1 pint whipping cream
- 1/2 cup sugar
- 1-2 Tbsp. rose water
- 2 pints strawberries
- 1 cup red wine
- 1/4 cup sugar
- 1/2 tsp. cinnamon
- 1/4 tsp. ginger



Method

Whip cream and set aside. Then beat egg whites until they form soft peaks. Add egg whites to whipped cream and whisk together. Add rose water and sugar - adding a little sugar at a time. This stuff will have a consistency something like Cool-Whip, but will taste **lots** better.

Clean strawberries and place into bowl. Mix red wine, sugar, cinnamon, and ginger. Pour mixture over strawberries and allow to marinate for an hour or so.

Serve "snow" with strawberries on top and with a couple shortbread cookies on the side.

Flaune of Almayne

This recipe is a bit of an oddity. It seems to be a cross between a fruit tart and a custard. The result is a sort of fine, apple-flavoured, bread pudding in a pie crust. The apple flavour seems to be stronger when it is served cold, and is really brought out by adding the cinnamon-sugar at the end.

Ingredients

- 1/4 cup currants
- 4 apples
- 1/2 cup cream
- 6 eggs
- 1/4 cup sugar
- 2 slices bread, ground
- 2 Tbsp. butter, melted
- 1/4 tsp. cinnamon
- 1/4 tsp. ginger
- 1/4 tsp. salt
- pinch saffron



Short Paest for Tarts (see page 13)

Method

Peel, core, and quarter apples. Grind with currants in a mortar (or in a food processor). Beat eggs well and add remaining ingredients. Pour into pie shell and bake at 350°F until it rises at the centre - about one hour. Allow to cool, sprinkle with cinnamon-sugar, and serve.

Recipe by *Daniel Myers*

Recipe form [medievalcookery.com](http://medievalcookery.com/recipes/appletart.html). Available at: <http://medievalcookery.com/recipes/appletart.html>

Powder Douce

Many medieval recipes call for spice mixtures without detailing the exact spices. While it is tempting to assume that each particular spice mixture had a consistent recipe, there is evidence of substantial variation for different times, regions, budgets, and cooks.

The recipe below is for one of the more commonly called for spice mixtures. It is encourage that you alter it to suite your own tastes.

Ingredients

- 3 Tbsp. ginger
- 2 Tbsp. sugar
- 1 1/2
- Tbsp. cinnamon



Recipe by *Daniel Myers*

Recipe form [medievalcookery.com](http://medievalcookery.com/recipes/douce.html). Available at: <http://medievalcookery.com/recipes/douce.html>

Mixed Pickles

The Goodman had recipes for pickling walnuts and various vegetables and fruits grown on his farm separately, but he soaked the whole lot in honey.

Ingredients

- 900g mixed parsley roots, carrots, radishes and turnips
- 450g white cabbage
- 450g hard eating pears
- 6 tsp. salt
- 1 tsp. ground ginger
- 1/2 tsp. dried saffron strands
- 425ml cups white wine vinegar
- 50g currants
- 575ml cups fruity white wine
- 6 tsp. clear honey
- 1 tsp. French mustard
- 1/8 tsp. each ground cinnamon and black pepper
- 1/4 tsp. each anise and fennel seed
- 50g white sugar

Method

Prepare root vegetables and slice them thinly. Core and shred the cabbage. Put these vegetables into a large pan or water and bring slowly to the boil. Peel, Core and cut up the pears and add them to the pan. Cook until they start to soften. Drain contents of the pan and spread in a 5cm/2inch layer in a non-metallic dish.

Sprinkle with the salt, ginger, saffron and 4 tsp. of vinegar. Leave, covered, for 12 hours. Rinse well, then add the currants. Pack into jars, with a 2.5cm headspace.

Put the wine and honey in a pan and bring to a simmer point and skim. Add the rest of the vinegar and all remaining spices and sugar. Reduce heat and stir until sugar dissolves. Bring back to boil. Pour over vegetables, covering them with 1cm liquid. Cover with vinegar-proof seals and store.

Short Paest for Tarts

Most of the pie crust recipes from 15th century are tacked on to the end of the recipe for some kind of pie filling. They're usually very simple mixtures of flour and water, and often don't call for any fat. This 16th century recipe is one of the earliest that is strictly for making short crust pastry. The addition of eggs and saffron give it a wonderful flavour.

Ingredients

- 1 1/2 cups flour
- 4 Tbsp. butter
- 2 egg yolks
- 1/2 tsp. salt
- pinch saffron
- about 3/8 cup water

Method

Mix flour, salt, and saffron together in a large bowl. Cut or rub the butter and eggs into the flour mixture until it forms fine crumbs. Add water a little at a time until it just sticks together - too much water will make the dough too soft and sticky. Cover with a towel and allow to rest for 30 minutes. Roll out on a well floured surface.

Recipe by *Daniel Myers*

Recipe from [medievalcookery.com](http://www.medievalcookery.com/recipes/shortpaest.html). Available at: <http://www.medievalcookery.com/recipes/shortpaest.html>

Tartys in Applis

It seems a bit unusual to grate apples, and it does make this recipe a bit messier to make than the typical fruit tart. Still, it's a quick and easy apple pie, and it tastes delicious.

Ingredients

- 4 - 5 apples
- 6 figs, chopped
- 1/4 cup raisins
- 1 1/2 tsp. powder douce (see page 5)
- 1/4 tsp. salt
- pinch saffron

Short Paest for Tarts (see page 13)

Method

Peel, core, and grate apples. Add figs, raisins, and spices. Mix well and put into tart crust. Bake at 350° until done - about 40 minutes. Serve warm or cold.



Recipe by *Daniel Myers*

Recipe form [medievalcookery.com](http://medievalcookery.com/recipes/appletart.html). Available at: <http://medievalcookery.com/recipes/appletart.html>

Stewed Cabbage

(Cabbage Soup) After following these directions exactly, we concluded that the menagier is right in saying it is better to cut up cabbages before cooking them than to cook them in such large pieces.

Ingredients

- Head cabbage, sliced or shredded
- 2 onions, thinly sliced or minced
- 2-3 leeks, washed and chopped
- 1/2 tsp. salt (or to taste)
- 2-4 cups beef broth or stock
- 1/8 tsp. each ground cardamom and coriander

Optional: 1tsp. Sugar; pinch ground saffron

Method

Bring all ingredients to a boil and simmer 5-20 minutes, depending on how finely the cabbage is shredded.



Credit: Feasty Geeks

Recipe from The Medieval Cook Book.

Sausedge

These little beef sausages are simple and tasty and are perfect for grilling out or as a quick snack. Serve with mustard.

Ingredients

- 1 pound beef
- 1/3 pound lard/suet
- 1 egg yolk
- 1/2 Tbsp salt
- 1 tsp pepper
- 1/2 tsp liquid smoke*
- water
- sausage casing

Method

Grind beef and suet and mix together until uniform. Add the remaining ingredients and enough water to make the meat easy to stuff into your sausage casing. Cook in whatever manner you wish.

*Liquid smoke is added to supplement the smoke flavour lost due to not being able to easily/readily smoke sausage.

Recipe by *Daniel Myers*

Recipe form [medievalcookery.com](http://medievalcookery.com/greeneboke/recipes/sausedge.html). Available at: <http://medievalcookery.com/greeneboke/recipes/sausedge.html> 8

Apple Muse

This recipe is a strange one. The result was sort of a thin pudding with a slightly "oatmeal" texture. I'd probably call this a "mock cherry pudding" because of the colour and more than a hint of cherry flavour.

Ingredients

- 2 apples
- 1 cup almond milk
- 4 Tbsp. honey
- 1 cup (2 slices) bread crumbs
- 1 tsp. sandalwood
- pinch saffron

Method

Peel, core, and slice apples. Boil them until soft and then press them through a sieve. Add almond milk, honey, bread crumbs, saffron, sandalwood, and salt and simmer. Serves 4.



Recipe by *Daniel Myers*

Recipe form [medievalcookery.com](http://medievalcookery.com/recipes/applemuse.html). Available at: <http://medievalcookery.com/recipes/applemuse.html>

Potage of ris

This recipe makes a rice pudding similar to the Indian dessert payasam. *It does not directly correspond to any of the source recipes given but is a sort of average version, combining their more common aspects.*

Ingredients

- 1 pound beef
- 1/3 pound lard/suet
- 1 egg yolk
- 1/2 Tbsp salt
- 1 tsp pepper
- 1/2 tsp liquid smoke*
- water

Method

Grind beef and suet and mix together until uniform. Add the remaining ingredients and enough water to make the meat easy to stuff into your sausage casing. Cook in whatever manner you wish.



Recipe by *Daniel Myers*

Recipe form [medievalcookery.com](http://medievalcookery.com/recipes/ryspot.html). Available at: <http://medievalcookery.com/recipes/ryspot.html>

Cold Sage

The resulting sauce is excellent and is a reasonable example of what a period cook might have made.

Ingredients

- 1 bunch parsley
- 1 bunch sage
- 1 1/4 cups chicken or vegetable broth
- 1/4 tsp. cinnamon
- 1/4 tsp. ginger
- 1/4 tsp. grains of paradise
- 1/4 tsp. cloves
- 2 slices bread, ground
- 1 egg, hard boiled

Method

Take the leaves from the parsley and sage (discard the stems) and grind finely with a little of the broth. Add the rest of the broth and remaining ingredients and mix well. Serve cold.

Recipe by *Daniel Myers*

Recipe form [medievalcookery.com](http://medievalcookery.com/recipes/sage.html). Available at: <http://medievalcookery.com/recipes/sage.html>

Blancmanger

The dish called Blancmanger in the middle ages was not much like the modern dessert of the same name. This dish, a slightly sweet casserole of chicken and rice, was served all across Europe and appears in just about every medieval cookbook. While often described as being suitable for the infirm, it still found its place on the menus of coronation banquets and wedding feasts.

Ingredients

- 1 pound chicken
- 4 cups cooked white rice (about 1 1/2 cup uncooked)
- 1/2 cup almond milk
- 1 cup water
- 2 tsp. sugar
- 1/2 tsp. salt
- 1/4 tsp. ginger
- 1/8 tsp. white pepper

Method

Boil chicken until very tender and allow to cool. Tease meat apart with forks until well shredded. Put meat into a large pot with remaining ingredients and cook over medium heat until thick. Serve hot.



Recipe by *Daniel Myers*

Gyngerbrede

You may like to increase the amount of the spices, and possibly add ginger as well.

Ingredients

- 2 cups honey
- 1 tsp. cinnamon
- 1/2 tsp. white pepper
- pinch saffron
- 18 cups bread crumbs (about 2 loaves)
- cinnamon and red sandalwood to coat

Method

Bring the honey to a boil, reduce heat, and allow to simmer for 5 or 10 minutes, skimming off any scum that forms on the surface. Remove from heat and add saffron, pepper, cinnamon, and bread crumbs (adding bread crumbs a cup at a time). Mix well and scoop out into half inch sized portions. Form into small balls and coat with a mix of 2 parts sandalwood to 1 part cinnamon.



Recipe by *Daniel Myers*

A Dish of Artechokes

One of the many vegetable dishes served in medieval England, this is simple to prepare but still delicious and elegant.

Ingredients

- 10 - 12 artichoke bottoms, cooked
- 1/2 tsp. pepper
- 1/2 tsp. cinnamon
- 1/2 tsp. ginger
- 2 Tbsp. water
- 1 Tbsp. large crystal sugar
- 4 Tbsp. butter
- dash vinegar

Method

Mix pepper, cinnamon, and ginger with water. Bring to a boil and remove from heat. Add artichoke bottoms and allow to marinate for 15 minutes. Place into baking dish and add butter and vinegar. Bake at 350° for 15 minutes. Sprinkle with sugar and serve.



Recipe by *Daniel Myers*

Recipe form [medievalcookery.com](http://medievalcookery.com/recipes/artechokes.html). Available at: <http://medievalcookery.com/recipes/artechokes.html>

Stewed Capon

This is a very easy stew that is a surprising mix of sweet and savoury. Add some fresh baked bread and it's perfect for a light supper, summer or winter.

Ingredients

- 1 lb. chicken
- 8 cups broth
- 1/3 cup raisins
- 1/3 cup dates, chopped
- 1/2 cup onion, sliced
- 4 slices bread
- 1/4 tsp. thyme
- 1/3 cup prunes, chopped
- 1/8 tsp. cloves
- 1/8 tsp. mace
- 1/4 tsp. pepper
- 1/4 tsp. lemon juice
- salt (to taste)

Method

Place chicken in a pot of boiling water and cook until done, about 20 minutes. Take the chicken out, allow it to cool, and cut into bite-sized pieces. Discard cooking water.

Add broth, raisins, dates, onion into a large pot and bring to a boil.

Tear up the bread into large pieces and place in a small bowl. Add water or some of the broth and allow to soak for a few minutes, stirring occasionally to break things up. Strain into the pot, discarding the solids.

Add remaining ingredients and chicken. Bring to a boil, and allow to simmer until done, about 15 minutes.

Recipe by *Daniel Myers*

Recipe form [medievalcookery.com](http://medievalcookery.com/recipes/caponstew.html). Available at: <http://medievalcookery.com/recipes/caponstew.html>

Mussels and Leeks in Almond Milk

Mussels have more flavour (and less sand) if they are washed first.

Ingredients

- At least 1/2 cup of ground Almonds
- 1/2 cup of water
- 3 lbs of mussels
- 2 medium onions, peeled and quartered
- 750ml dry white wine or half wine, half water
- 2 tbsp. white wine (or cider) vinegar
- 1 tsp. salt
- 1 bunch leeks, trimmed, washed, and thinly sliced
- 2 tbsp. olive oil
- 1/4 tsp. each ground ginger, cubeb or allspice, pepper

Method

First, draw up a thick almond milk from ground almonds and water. Soak mussels in cold water; scrub well and rinse in fresh water to remove all traces of grit, discarding any that open prematurely. Put them in a large pot with leeks, onions, wine, vinegar, salt and saffron. Bring to a boil, then turn down heat and simmer until shells open— about 5 minutes. Strain broth through cheesecloth and reserve; shell mussels and discard shells.

Chop onions and leeks sauté them gently in oil for a few minutes. Meanwhile, grind (blend) half the cooked mussels with a small amount of the broth. Chop the remaining mussels more coarsely with a knife. Combine all of these ingredients with the almond milk, adding broth if more liquid seems needed. Simmer gently to reheat, stirring constantly; do not overcook. Season to taste.

Oyster Stew

The oyster' 'own broth' will have to be supplemented with more liquid or there wont be much broth to thicken; most parallel recipes call for water or wine. They also tell us to fry the onions lightly before adding them.

Ingredients

- 2 pints shelled oysters, in their liquor
- 2 slices of white bread, crusts removed, roughly sliced
- 1 cup of white wine
- 1 tbsp. white wine vinegar
- 1 onion, finely chopped
- 1-2 tbsp. butter or oil
- 2-3 tbsp. chopped parsley
- Pinch each thyme, rosemary (preferably fresh)
- 2-3 cups of water
- 1/4 tsp. each ground ginger, pepper
- 1-2 pinches each ground cinnamon, cloves
- Salt to taste

Method

Put oysters in a saucepan with their own liquor and just enough water to cover; bring to a boil, then remove from heat at once and drain, reserving the broth. Put bread in blender or processor; add the broth, an equal quantity of white wine, and vinegar, and blend until smooth.

Sauté the onion until it is softened. Mix it with the blended soup base and the herbs in the saucepan, and cook, stirring. Add enough water to make the soup consistency of a light cream soup. Season with spices and salt to taste. At the last moment, stir in the oysters and leave just long enough to heat them through. If you prefer, you reserve the parsley to strew on the soup.