

Pottages

Curial of Lothian

The purpose of this class is to explore some dishes that can be cooked in a single pot. This dish, served with a salad and some bread should make a filling meal.

The first two recipes are from fifteenth century English *Harleian* Manuscript. The third recipe is taken from the fifteenth century French publication the *Le Viandier* by Taillevent. The last recipe is taken from a collection of fourteenth century Italian recipes published as *Libro della cucina del secolo XIV*. Most of these recipes can be made on site, or ahead of time frozen and reheated.

The “þ” symbol is being used in place of the “thorn”, it is pronounced “th”. The “thorn” is a character used in Middle English that is no longer used today.

Adjust the quantity of the ingredients according to your own tastes.

The Recipes:

Chickens in Broth

Original:

Chykonys in bruette. Take an Sethe Chykonys, & smyte hem to gobettys; þan take Pepi, Gyngere, an Brede y-ground, & temper it vppe wyth þe self brothe, an with Ale; an coloure it with Saffroun, an sethe an serue forth.

Translation:

Chickens in broth. Take and Seethe Chickens, & smite them to gobbets; then take Pepper, Ginger, and Bread ground, & mix it up with the same broth, and with Ale; and color it with Saffron, and serve forth.

Interpretation:

1 chicken, cut-up

2-3 cups of water

1/4 – 1/2 tsp ground pepper

2-3 tsp powdered ginger

10-20 threads of Saffron

3-4 tbsp unseasoned breadcrumbs

1 can or bottle of ale

Place cut-up chicken into pot and cover with water. Bring to a boil, reduce heat and let simmer until the chicken is cooked, approximately 30-40 minutes. Remove the chicken. Bring broth to a boil and add remaining ingredients, stir regularly until sauce is thickened to desired consistency. Place chicken back into sauce for an additional five minutes then serve.

Hen in Broth

Original:

Gelyn in brothe. Take rawe hennes, chop hem, caste hem into a potte; cast to fressh broth Wyne, parcelly, oynons myced, powder of peper, clowes, Maces, saffroun, and salt; then stepe brede with

vinegre and þe same broth, and draw hit through a streynour, and cast it thereto, and lete boyle ynogh; And caste thereto powder ginger, and sesone hit vp, & serue forth.

Translation:

Hen in broth. Take raw hens, chop them, cast them into a pot; cast to fresh broth Wine, parsley, onions minced, powder of pepper, cloves, Maces, saffron, and salt; then steep bread with vinegar and the same broth, and draw it through a strainer, and cast it thereto, and let boil enough; And cast thereto powdered ginger, and season it up, & serve forth.

Interpretation:

1 chicken, cut-up	1/4 tsp ground mace
2-2.5 cups of water	10-20 threads of Saffron
1 cup white wine	1 tsp salt
3 tbs chopped fresh parsley	1/4 cup vinegar
1 small onion, minced	3-4 tbs unseasoned bread crumbs
1/4 – 1/2 tsp finely ground pepper	1 tsp powdered ginger
6 whole cloves	

Place all ingredients into a pot. Bring to a boil, reduce heat and let simmer until the chicken is cooked, approximately 30-40 minutes. Stir regularly until sauce is thickened to desired consistency, then serve.

Beef Stew

Original:

Beef y-Stywyd. Take fayre beef of þe rybbys of þe fore quarterys, an smyte in fayre pecys, an wasche ¶ þe beef in-to a fayre potte; þan take þe water þat þe beef was sopin yn, an strayne it þorw a straynowr, an sethe þe same water and beef in a potte, an let hem boyle to-gederys; þan take canel, clowes, maces, graynys of parise, quibibes, and oynons y-mynced, perceli, an sawge, an caste þer-to, an let hem boyle to-gederys; an þan draw it þorw a straynoure, and let it be styлле; an whan it is nere y-now, caste þe lycour þer-to, but nowt to moche, and þan let boyle onys, an caste safroun þer-to a quantyte; þan take salt an venegre, and cast þer-to, an loke þat it be poynaunt y-now, & serue forth.

Translation:

Beef Stewed. Take fair beef of the ribs of the fore-quarters, and smite in fair pieces, and wash the beef into a fair pot; then take the water that the beef was seethed in, and strain it through a strainer, and seethe the same water and beef in a pot, and let them boil together; then take cinnamon, clovers, maces, grains of paradise, cubebs, and onions minced, parsley, and sage, and cast thereto, and let them boil together; and then take a loaf of bread, and steep it with broth and vinegar, and then draw it through a strainer, and let it be still; and when it is near enough, cast the liquor thereto, but not too much, and then let boil once, and cast saffron thereto a quantity; then take salt and vinegar, and cast thereto, and look that it be poignant enough, and serve forth.

Interpretation:

3 lbs stew beef	1 large onion, minced
3-4 cups of water	3 tbs parsley
1/2 tsp cinnamon	1.5 tsp dried sage
8 whole cloves	4-6 tbs unseasoned bread crumbs
1/2 tsp mace	1/2 cup vinegar
10 grains of paradise	10-20 threads of saffron

10 cubebs

1 tsp salt

Place beef, water, parsley, onion and all spices into a pot. Bring to a boil, reduce heat and let simmer until the beef is cooked and tender, approximately 1 – 1/2 hours. Remove meat from broth. Add breadcrumbs to broth and stir regularly until sauce is thickened to desired consistency. Add vinegar and cooked meat into pot. Let cook for 5 minutes, then serve.

Veal Stew

Original:

Non lavé, non pourboui, demy cuit en la broche ou sur le gril, puis le despeciez par pieces et friolez en sain avec grant quantité d'oignons par avant cuis. Puis prenez pain roussi seulement, ou chappelleures de pain non brulé, pour ce qu'il seroit trop noir pour civé de veel (ja soit-ce que iceluy pain roussi seroit bon civé de lievre). Et soit iceluy pain trempé ou boullon de beuf et un petit de vin ou de puree de pois; et en le trempant, broyez gingembre, cannelle, giroffle, graine de paradis, et du saffran largement pour jaunir et pour lui donner douleur, et destrempez de vertjus, vin et vinaigre; puis broyez vostre pain et coulez par l'estamine. Et mettez vos espices, le pain coulé, ou chaudeau, et faites tout boullir ensemble. Et soit plus sur le jaune que sur le brun, agu de vinaigre, et attrempé d'espices. Et nota qu'il y convient largement saffran, et eschever a y mettre noix muguettes ne canelle, pour ce qu'ils roussissent..

Translation:

Roast on the spit or on the grill without cooking the meat too much, cut it in pieces and let it fry in fat in a casserole, and cut onion very finely and fry with it, then take toasted bread softened in wine and beef bouillon or purée of peas and bring to a boil with your meat; then prepare ginger, cinnamon, clove, grain of paradise and saffron to give it color, and dilute with verjuice and vinegar; and let it be will thickened, and plenty of onions, and the bread be browned, and all piquant with vinegar and highly spiced; and it should be yellow.

Interpretation:

3 lbs veal, cut up in bite size pieces
2 tbsp oil
4-5 tbsp unseasoned bread crumbs
1 cup white wine
2 cups beef broth
1 tsp powdered ginger
1/2 tsp ground cinnamon

1/4 tsp ground cloves
1/2 tsp ground grains of paradise
10-20 threads of saffron
1/2 cup verjuice
1/2 cup vinegar
20-30 threads of saffron

Place pot over medium heat, add oil. Brown veal in oil, add onion. When onions turn translucent and water and wine. Add remaining ingredients. Turn heat to low and stir regularly until sauce is thickened to desired consistency.

Civet of Venison

Per fare civero de salvaticina in prima coci la carne in aqua miscolaa con altrectanto aceto, et come è cotta cavala fori del brodo, azio che se sciucchi. Asciumta che serrà frigila in bono lardo; et volendo fare duo piatelli del dicto civero, toglì una libra de uva passa, et mezza libra de amandole senza mondarle, et pista bene queste chose. Dapoi toglì una libra de pane tagliato in fette, et siccato al foco, ma non troppo bruscolato, et ponilo a mollo in uno poco de vino roscio, et pisalo con le predictè chose, poi

distemperale col brodo de la dicta carne, et passale per la stamigna in una pignatta, et ponila su la brascia longi dal foco, facendola ben bollire per spazio de meza hora; dapoi vi metti zenzevvo, et cannela assai, che sia dolce o forte secundo el commune gusto, o del tuo Signore. Dapoi tolli una cipolla, et cocila in una pignatta et macinala molto bene, et ponila insieme col lardo, nel quel è cocta; et metti ogni cohsa in la ignatta ne la qual sono le chose predicte, lassandola bollire anchora un poco più; poi fa li piaelli de la prefata crne, et de sopra gli metti de questo civero, et mandali a tabula.

To make a game-meat civet, first cook the meat in water mixed with an equal amount of vinegar, and when it is cooked take it out of the broth so it can dry. When it is dry, fry it in good pork fat; and if you want to make two plates of his civet, take a libra of raisins and half a libra of almonds without skinning them and crush these things well. Then take a libra of bread cut into slices and dried at the fire, but not too burnt, put it to soak in a little red wine, and mash it with those things, then thin it with broth from the meat, and put it through a sieve into a pot, and put it over the embers, far from the fire, and let it boil well for a half hour; then add plenty of ginger and cinnamon so that it be mild or strong according to the collective taste, or to the taste of your master. Then take an onion and cook it in a pot and mash it well; mix it with the pork fat in which it was cooked and add it all to the pot containing the aforementioned things, letting it boil a little longer; then serve out that meat, and over it put some of this civet, and send it to table.

Interpretation:

1 ½ lbs. Venison	1 cup water
1 cup vinegar	3 Tbsp. Olive Oil
½ cup raisins	½ cup almonds
3 Tbsp. bread crumbs	¾ cup red wine
½ tsp. Ginger	½ tsp. Cinnamon
1 small onion	

Simmer meat in water and vinegar for 1½ - 2 hours. Remove meat from broth and let dry. Braise meat in Olive Oil. Grind raisins and almonds together and put in pot with meat, bread crumbs, wine and spices. Cook onion in pan in which meat was braised until translucent and add to pot. Let cook a few more minutes and then serve.

Sources:

Take A Thousand Eggs Or More, Cindy Renfrow, 1990.

Early French Cookery, D. Eleanor Scully & Terence Scully, The University of Michigan Press, 1995.

Great Cooks And Their Recipes From Taillevent to Escoffier, Anne Willan, McGraw-Hill, 1977.

The Medieval Kitchen, Recipes from France and Italy, Odile Redn, Françoise Sabban & Silvano Serventi, translated by Edward Schneider, The University of Chicago Press, 1991