

Debarchery Cookery Competition

July 11, A.S. XXXIII

The following is from Harleian MS 4016, an English cookery book from about 1450. It is a simple but tasty dish of shrimp.

Original Recipe:

157 Shrympes. Take Shrympes, and seth hem in water and a litull salt, and lete hem boile ones or a litull more. And serue hem forthe colde; And no maner sauce but vinegre.

Translation:

157 Shrimps. Take Shrimps and seethe them in water and a little salt, and let them boil once or a little more. And serve them forth cold; And no manner sauce but vinegar.

Redaction:

1 lb shrimp peeled, cleaned and de-veined
1 gallon water
1 tsp salt
2 Tbsp Basalmlc Vinegar

Put water and salt into a large pot and bring to a boil. Add shrimp, cook until shrimp turns pink (3-5 minutes). Drain shrimp and let cool completely. Toss with vinegar and serve.

Note 1: If cooked shrimp is available for purchase you can just toss the cooked shrimp with the vinegar. I did this for today.

Note 2: Adjust the amount of vinegar to suit your own taste.

References:

Two Fifteenth Cookery Books, Thomas Austin, Oxford University Press, 1964.
Take A Thousand Eggs Or More, Cindy Renfow, 1990