

**RACCOLTA DI TESTI  
PER LA  
STORIA DELLA GASTRONOMIA**

**DIGITALIZZATI  
E  
RESTAURATI  
DA  
EDOARDO MORI  
2018**

**\*\***

**RUPERTO DA NOLA**

**LIBRO DE GUIDADOS, MANJARES  
Y POTAJES**

**IN APPEDICE  
TRADUZIONE IN INGLESE A CURA DI  
LADY BRIGHID IN CHAIRAIN OF  
THETHBA, BARONY OF SWANP**



# Libro d' guisados

manjares/ y potajes intitulado libro de  
cozina: enel qual esta el regimiẽto delas  
casas delos reyes y grandes señores: y  
los oficiales d' las casas dellos cada vno  
como an de seruir su officio. ¶ y enesta  
segunda impresson se ha añadido vn re-  
gimientto delas casas delos caualleros y  
gentiles hombres y religiosos de digni-  
dades y personas d' medianos estados/  
y otros que tienen familia z criados en  
sus casas: z algũos mãjares de doliẽtes  
y otras cosas enel añadidas: todo nue-  
uamente reuisto añadido y emendado  
por su mismo autor.

Con preuilegio  
Imperial.



Prólogo.

# Prólogo del presente

libro. Dirigido al serenissimo rey don Hernádo de Napoles. Compuesto por maestre Ruberto su cozinero mayor.



Alhas vezes serenissi-

mo rey z muy poderoso señor fue mandado por vuestra magestad a mi Ruberto vuestro muy leal sieruo/z criado/ y cozinero de vuestra casa real que hiziesse vn tratado desta arte de mi officio por: que quedasse de mi alguna memoria a mis criados para q̄ tuuiessen algun fundamento en la dicha arte de adreçar de comer: z guisar manjares z potages. O quiza vuestra magestad me lo mádo a fin q̄ muriêdo yo quedasse en vuestra casa real algũo de mis criados que sucediesse en mi lugar/ porq̄ no hiziesse falta mi seruicio. z dios me es testigo que la mayor lastima que deste mundo llevaria seria pensar q̄ faltando mi p̄sona en vuestra casa z seruicio: seria harto descócierto para el regimiento de vuestra orden/z vida: q̄ puesto que aya otros mayores oficiales en mi officio que yo: y de mas abilidad/ ningũo por esperiencia z viso z criança: sabra los apetitos z viandas z guisados: q̄ son mas agradables al gusto de vuestra voluntad como yo/q̄ lo se por la pratica de tãtos años/ así en tiêpo de la prospera salud de vuestra real persona/ como en el tiêpo de vuestras enfermedades: z por esto sentiria mas este dolor que la mesma muerte: por el mucho amor q̄ tengo al seruicio de vuestra magestad. Mas como quiera q̄ sea/ por obedecer como fiel subdito z criado el mádamieto de vuestra magestad puse por obra lo que por vuestra serenidad me fue mádado: en el qual libro/o tractado: se cõtiene alguna manera de doctrina acerca del serui-

cio: z de los seruidores/ z oficiales de las casas de los reyes  
 z grâdes señores: z caualleros: z otras personas de menos  
 estados: z la manera del guisar de las viandas z potages: z  
 salsas: assi del tiêpo del carnal como de la quaresima: z algu  
 nos guisados para enfermos de mucha sustancia: lo qual  
 todo remito: z pongo debaro de la enmienda de los q̄ mas q̄  
 yo alcâçã en esta arte. E un que esto que yo aqui escriuo sea  
 experimentado z bueno: el artifice discreto/teniêdo buê su y  
 zio puede inuêtar muchas maneras de manjares z guisa  
 dos de su fantasia y buena extimatiua: z pues yo hize lo a  
 mi possible segun lo que mis fuerças alcançan z flaco sa  
 ber: por obedecer el mandamiêto de vuestra magestad ala  
 qual muy humilmête suplico reciba en seruiçio mi desseo:  
 cuya muy alta z serenissima p̄sona: z real z alto estado: guar  
 de z prospere nuestro señor por muchos años a su santo ser  
 uicio. ¶ Fue sacado este tractado de lègua catalana en nue  
 stra lègua materna z vulgar castellano: en la ciudad de To  
 ledo estando en ella el Emperador don Carlos nro señor.  
 Dode le acabo a ocho dias del mes de Julio. Año de mil. z  
 quinientos: z veynte z cinco. y fue enmêdado en la ciudad  
 de Logroño por el mesino q̄ lo hizo imprimir en Toledo.  
 Año de. M. d. xxix.

¶ Introducion de la presente obra.



Como sea cosa muy necessaria a los moços de  
 tierna edad apzêder el camino de las virtudes:  
 mayormête a los que se deleytan en querer ser  
 uir a los señores z personas de estado: z cau  
 alleros: z otros de menor estado z cõdiçõ. para  
 tomar criãça z apzêder otras cosas de gẽtileza. q̄ cõuiene q̄  
 sepã los hijos de algo: para ser mas valerosos. z saber como  
 an de tratar a qualq̄er estado z condiçõ de gẽtes: y se mue  
 strẽ a sufrir trabajos. y pues he acordado d̄ hazer algũa mẽ  
 ciõ en este libro de la manera del seruir: tentare primero de

## De cortar.

### ¶ Corte del lechon.



**L**echon se quiere cortar de esta manera: comēcar por la oreja derecha: con la espalda juntamēte cortar el cuero hasta la cadera: y aquello cortar ala voluntad del señor o del que lo a de comer: si lo quiere menudo / o tajadas medianas / o grandes. y lo mesmo haras vla otra parte y zquierda: de manera que quede bien parado de todo el cuero: y seruir platos. Despues cortarle la cabeça con el pescueço todo junto despues quitarle las caderas hasta los riñones a manera de cabuto. y despues cortarlo ala volúdad del señor: si lo quiere menudo picado o a pedaços de buena manera: medianos / o grandes z hazer piezas de buen tamaño delas costillas y el pinazo. Despues partir la cabeçuela por medio: y sacar de ella los sesos tanto quāto pudieredes / y sembrar sobre ellos vn poco de sal pimienta.

### ¶ Corte de vaca.



**E**l vaca se quiere cortar menudo z muy delgado que parezca cepillado / o rallado: parando miētes al corte que no sea al reues z gordo: y magro mezclado: y toda carne q̄ esta mas cerca del buesso es mas tierna q̄ la otra saluo la carne del lechon q̄ es mejor el cuero que la carne: z sobre la vaca cortada y hechos platos de ella sembrar sal con vn cubillo y echar del mesmo caldo sobre la carne: si la carne es magra sea el caldo gordo: z si fuere la carne gorda echarle el caldo magro q̄ no tēga gordura: y si la carne dela vaca fuere gorda a se de cozer en su olla sin echar cosa ningūa cō ella ni tocino / ni otra carne algūa / ni espumar la olla. Lo q̄ se le puede echar es si quierēs algūas yeruas como son perexil / yerua buena / mayorana: y axedrea: z ysoyo: y especias.

**C**orte de liebre y de conejo. Es desta manera cortar las espaldillas dela vna parte y vla otra: y despues cortar

le la cabeça: y el resto hazer pedaços de dos en dos vedos: y partir la cabeça por medio.

**E**l corte de espalda de carnero es de esta manera: parar la los cueros toda enderredor: y seruir platos de estos cueros por su cabo: despues hazer vn corte por medio: y cortar aqlla carne bien menuda hasta que no aya carne q̄ cortar despues boluerla y darle otro corte mesmo sobre aq̄l corte: y assí mesmo sobre la espalda darle otro corte: y de la otra parte otro: y del que sea toda biē descarnada: haras del hueso dela espalda tres pedaços: y el buesso mediano dos y el braçuelo/sacar la aguja: y sepas que a todo animal de quatro pies: se quita la espalda toda primera.

**L**a pierna se coza de esta manera. No a de ser muy cozida porq̄ no se podria biē cortar ni seria tan sustácosa ni tá sabrosa la carne: puede se cortar menuda como la carne dela vaca: cortandole la carne del derredor del buesso del murejillo. Primeramente para poderla tomar con vn paño de mesa para poder se biē cortar y quitarle la verga si la trae. y puede se cortar tajadas anchas y largas: y tiene la pierna de tras vn buesso q̄ se dice dela yza y quitandole este buesso redira otro corte de carne: hazer dos pedaços o tres del buesso mayor: y el otro si quisieres: puedes cortar este carne muy menuda y mezclar con ella cebolla cortada muy menuda y echarle encima pimienta molida y echar sobre esta carne puesta en vn plato del caldo dela olla y tornar lo a echar dentro dela olla/ y tornar a echar el caldo/ y tornar lo a vaziar dentro en la olla tantas vezes hasta que conozcas q̄ la cebolla a perdido la viscosidad/ y desta manera es muy sabrosa la carne dela pierna del carnero con la cebolla/ y pimienta.

**E**l lomo o agujas de carnero se corta desta manera quitar las agujas/ y la espalda si fuere cubierta/ y despues de parte de dentro hazer tajadas anchas/ y muy largas: y despues las costillas/ y los buessos del espinaço descoyuna

### De cortar.

tar los: metiéndolo el cuchillo por la coyuntura/ y boluer la punta del cuchillo para dentro hacia el que corta/ y el cabo del cuchillo con la mano hacia fuera boluiendo el corte del cuchillo para dentro/ y para fuera.

**E**l cabrito se corta assi: q̄tar le la espalda derecha/ y cortar la carne picada menuda/ o cortar la a tajadas de buena manera/ y boluerlo de la otra parte/ y hazer otro tanto. Despues cortarle la cabeça cō el pescueço todo jūto/ y despues partirlo por los riñones/ y hazer pedaços dello de buena manera cortados/ o menudos si q̄sieres/ y las piernas lo mesmo: y despues los q̄rtos del áteros cō el lomo cortar los de dos en dos costillas/ y despues partir la cabeça por medio de manera q̄ se puedā comer los sesos echādoles su sal/ y miēta.

**E**l pecho del carnero se corta haziendo vn corte al traues por medio/ y de alli cortar as tanta carne como pudieres sacar despues hazer pedaços de las ternillas/ y huesos tiernos: y despues cortar las costillas de largo assi como estan/ y an se de partir vna a vna.

### Corte de las aues: y primeramēte del p̄dauo.



**P**el p̄dauo se corta de esta manera: q̄tarle el pescueço cō la cabeça/ y despues arrācar le la cola/ y q̄tar le los pies y despues el alon: y despues la pierna derecha/ y sea cortada menudo. Despues dar vn corte en la tetilla derecha/ y sacar tajadas anchas/ y delgadas: a vn que algūos cortan la pechuga menuda como la vaca mayor: mēte quādo la carne es algo dura: y despues boluerlo/ y hazer otro tanto de la otra parte/ y sobre el obispillo. ay otro corte que es hazer de las tajadas anchas/ y quitar antes las caderas: y despues quitaras los alones/ y hazer de manera que cortado el p̄dauo quede todo el corpanço sano/ y bien descarnado.

**E**l capon se corta de la manera del p̄dauo/ saluo que las piernas y las pechugas/ no se an de cortar menudo

fino sus tajadas anchuelas/ y delgadas: z lo mesmo se an de coztar assi las gallinas assadas saluo: el corpanço / y pe- cho q̄ se quiere partir: d̄spues de cortadas las pechugas cō tajadas anchas/ y d̄lgadas/ y desta mesma manera el anfa- rō/ y la anade q̄ sean assados: q̄ las cozidas se quierē coztar sacādo la tetilla entera/ y hazer della tres/ o qtro pedaços/ o tajadas al traues: y toda aue q̄ sea grāde/ y assada se quiere coztar assi como el pauon/ o capo. E yn que algunos hazen alguna differēcia enel corte del pauo al del capon/ y dela ga- llina / que cortā primero los alones/ z primero el derecho/ y despues la pierna partida por medio en dos partes/ z coz- tar la pechuga a tajadas anchas y delgadas: y despues sa- car el braōcico/ y hazer otro tāto del otro cabo: y despues sa- car los ombritos por la coyūtura/ y descoyuntar las cade- ras q̄ q̄den enteras/ z sacar el corpāço jūto al pescueço: me- tiendo la punta del cuchillo por entrel pescueço/ y el pecho/ y sacar el corpanço/ y quebrar por medio del lomo las cade- ras/ y sacar las por su cabo/ y el pescueço cō lo restante por otro cabo/ y las gallinas tābien desta mesma manera: algu- nos cortā las gallinas sobrel tenedor sin llegar la aue al pla- to enel ayre: quitādo primero el alon/ y despues dar vn gol- pe cō la punta del cuchillo sobre la coyūtura d̄ la pierna de- recha/ z sacar la media pierna: d̄spues sacar el muslezillo dā- do vn corte por arriba/ z otro por debaxo/ y meter el cuchi- llo por medio/ z botar fuera el muslezito/ y d̄spues la pechu- ga dādo le vn corte ala larga/ y sacar sus tajadas: y d̄spues descoyūtār el ombrito/ z sacarlo/ y el buesso d̄l pecho/ y otro tanto dela otra parte/ y el pescueço cō lo al por otro cabo/ y esto se entiende quāto a los capones/ y gallinas assadas.

**L**as perdizes se cortā desta manera: coztar los alones despues las piernas/ y no del todo sino abriirlas sola- mente para meterles sal conel cuchillo/ z començādo por la derecha. Despues la pechuga d̄recha/ z meter le su sal/ y ha



### De cortar.

zer otro tãto dela otra parte/ y el hueſſo encima del pecho abirlo enchandole ſal/ y abrir las caderas conel cuchillo/ y poner la perdiz entera en cada plato/ y echar ſobre las coyũturas çumo de naranja. y as de ſaber q̄ toda volateria aſſada aſſi como es capon/o gallina/o anſaron/o anade/ o otra manera de aues ſe an de començar ſiempre de cortar començando por la pierna z pechuga derecha.

**E**l corte de palomas torcaças a de ſer como el capon/o gallina cortando la pierna derecha/ z haciendo vn corte ala larga en la pechuga / z ſacar tajadas anchas / z otro tanto dela otra parte: y despues deſpedaçar lo/ y quebrantar le los hueſſos como ſi fueſſe gallina/ z tomar todo lo cortado/ y meter lo entre dos platos hõdos/ y echar encima vino blanco dulce/ y çumo de naranja/ y pimienta/ y ſal todo junto/ y mezclar lo entre los dos platos batiẽdo lo muy biẽ/ y deſque ſea biẽ batido ſeruir lo en la meſa a tu ſeñor / y eſto baſta quanto al cortar delas aues/ y dela carne.

**A**riba dire q̄ la doctrina del cortar ala meſa no ſe puede dar muy bien a entẽder por eſcriptura ſino por diſcrecion/ z prãtica. Es neceſſario ſaber las circũſtancias q̄ ſe requieren/ porq̄ el buen trinchãte cõuiene que ſepa algo del officio de cozinero/ y del deſpenſero: porq̄ quãdo el deſpenſero va a cõprar ſepa bien conocer las buenas pieças/ z las malas/ z quales tienen buẽ corte/ z quales no/ z quãdo eſta en la carneria ſaber hazer quebrar los hueſſos q̄ ſon menester q̄ ſe quiebren: y el cozinero que no cueza demaſiado la carne: porq̄ ſe corta mal quando es muy cozida. Tres officios ay en las caſas dlos ſeñores q̄ no pueden eſtar en paz/ z concordia. El trinchante/ y el deſpenſero/ y cozinero: porq̄ ſi el deſpenſero trae la carne ſin quebrãtar los hueſſos que ſe deuen quebrar: ni trae las pieças q̄ deue traer dixe el cozinero q̄ no ſabe cõprar/ ni es ſufficiente para deſpẽſero: pues no trae buena carne/ ni gorda/ ni ſabe eſcojer buẽas pieças/

z alas vezes vienen a reñir. Dize assi mesmo el trinchâte al  
 cozinero que no sabe guisar de comer/ni tiene habilidad pa-  
 ra cozinero/ni cōcierto/ni tiento en su officio: porq̄ cueze de-  
 masiadamēte la carne: z no se puede cortar/ z q̄ lo haze por  
 hazerle caer en verguença/z porque su señor riña conel/z lo  
 aborrezca. y esta es la razon porq̄ estos tres officios no pue-  
 den estar en paz: z porq̄ se escusen entre ellos estas diferen-  
 cias es menester que el despensero sea buen cozinero/z buē  
 trinchante/y el cozinero que sea buen cozinero/z buen trin-  
 chante/y el trinchante que sea buen despensero/y buen cozi-  
 nero: z desta manera estimandose/y preciciandose lo mejor q̄  
 pudiere cada vno de su officio/podran biuir en buena paz/  
 amistad z gran concordia: fauoreciendose el vno al otro: y  
 pues assi es hablaremos algo dl officio d̄la cozina/ que pue-  
 sto que no sea muy necessaria esta arte es muy prouechosa:  
 porque en alguna parte se puede el hombre hallar que le se-  
 ria muy bien de necesidad saber todas estas cosas: porque  
 algunas z infinitas vezes se onrran conello sabiendo lo or-  
 denar/z administrar. y el que deste officio a de vsar conuie-  
 ne que sepa el gusto / y apetito de su señor: porque sabiendo  
 esto siempre estara en su gracia / y el buen cozinero a de te-  
 ner quatro cosas sin las quales no puede ser buen cozine-  
 ro. La primera que sea muy limpio y que no tenga la con-  
 dicion del molinero que en quanto haze le duele la agua.  
 La segunda que tenga el gusto de su señor. La tercera que  
 tenga buenas manos rezias que no tenga temor del bue-  
 go. La quarta que assi en inuierno como en verano no le  
 enoje el fuego ni el humo sino sufrir lo con mucha pacien-  
 cia. y el buen cozinero que tiene estas quatro cosas / y es  
 buen official: es mucha razon que el señor le fauorezca/z le  
 trate muy bien / y le baga mercedes. E no de lugar que  
 ninguno de su casa le enoje ni le maltrate porque en ser este  
 officio de tanta confiança es razon que sea muy mirado y

**De aguzar los cuchillos: y de dar a beuer.**  
bien tractado. y primero tractaremos de algunas partes  
del seruicio las quales seran mejores y mas conuenibles al  
seruido: z lo primero diremos como se deuen aguzar los  
cuchillos para cortar la carne.

**Como se deuen aguzar los cuchillos.**



**L** buen trinchâte a de tener vna aguzadera de  
palode salze/o de alamo/o d tejo q̄ son maderas  
blandas y es mejor esta madera q̄ otra ninguna  
en ser mas amigable. y esta aguzadera a d estar  
siẽpre enclauada en parte q̄ no la puedã quitar.  
y esto se entiende si el seõor estuuiere en su casa de assiento.  
**E** si anduuiere camino a se de traer en las arcas dela plata  
a cargo del repostero cõ los cuchillos que corta el trinchante  
ala mesa/ y tener cõ la aguzadera vna bolsa de cuero cõ tier-  
ra dela que cae delas muelas delos barberos para aguzar  
z limpiar los cuchillos con ella y quãdo los aguzare sea de  
manera q̄ el filo del cuchillo quede ala parte de fuera porq̄  
corta muy mejor. y este primo: no se due tener en poco por  
que no lo alcançan todos. **E** an de tener temple de nauasa:  
aun que la nauasa tiene el hilo para dẽtro/ porque sirue pa-  
ra vna cosa: y el cuchillo para otra.

**Como se deue dar a beuer a los seõores.**



**A**s de tomar la copa/o taça muy biẽ lauada en-  
la mano derecha cõ el mejor ayze z gracia q̄ pu-  
dieres. y as de traer la mano mas alta q̄ las na-  
rizes: y esto porq̄ podrías esternudar/ y esternu-  
dando caer algo dẽtro dela taça/o copa. z lo mes-  
mo hablando: lo qual deue escusar el que da a beuer a su se-  
ñor: porq̄ no deue hablar ayn que le pregunten. y el jarro a  
de traer en la mano yzquierda. z becha la reuerẽcia cõ la mas  
gracia q̄ puedas dar la copa a tu seõor. y echar la agua so-  
bre ella mudando el jarro ala mano derecha. y despues de  
echada la agua/ tornar el jarro ala mano yzquierda: ayn q̄

algũos no mudan el jarro sino echan la agua en la copa cõla mano yzquierda. y desque aya tomado la copa a tu seõor baras otra reuerẽcia. ¶ Y esta manera de seruicio es ala comũ costũbre. z por no ser prolixo he hablado liuiamẽte en este seruir dela copa. y agora hablare õl seruicio ala real de los grãdes seõores cõ salua. y el seruicio delas copas a los grandes no se puede hazer bien sino lo siruen dos psonas el vno trae la copa z la taça dela salua. y el otro trae el jarro dela agua. y este descubre la copa y echa la agua sobre ella. z despues echar en la taça dela salua vn poco del vino aguada. y beuer dello/õspues q̃ a dado la copa a su seõor / antes que beua. y derramar lo q̃ queda en la salua. z passar la ala mano derecha poniendola debaxo õla copa / porq̃ el vino q̃ cayere della lo recoja en la salua: la qual despues que aya beuido tu seõor: tornar la salua ala mano yzquierda. z tomar la copa con vna gẽtil reuerẽcia z muy baxa: y torne a cubrir cõla sobrecopa el q̃ viene con el copero. y esto antes q̃ haga la reuerencia. Tambien puede traer el que sirue la copa / el jarro en la mano yzquierda dela agua. z la taça dela salua. y el otro quite la sobrecopa. z si es taça llana la que sirue: el copero puede traer entonces el jarro dela agua. z la taça dela salua en la mano yzquierda. y tomada q̃ aya el seõor la taça: passe el copero la salua ala mano derecha. y eche agua en la taça al seõor. z ponga debaxo la salua para coger lo q̃ se derramare dela taça. z beua del vino dela salua el copero antes que el seõor comience de beuer: el qual a de estar puesta la rodilla en tierra hasta q̃ acabe de beuer el seõor. y tomele la taça leuantãdose. z haziẽdole su muy graciosa reuerencia: z muy baxa. ¶ Y esta doctrina es tan comun a todos los criados de los grandes seõores que no puedo explicar / ni escriuir lo medio dello que se haze: segũ los primores y gentilezas que de cada dia se hazen y se hallan en el seruicio. ¶ Mas realmente z en verdad que los grãdes seõores

### Del seruir ala mesa.

no deuriã en ningũa manera beuer sino en vasos de vidro: Abayormente en vn vidro muy fino q̄ se dize de selicornios: porq̄ enite tal vidro no se puede dar en ningũa manera a beuer p̄cofia: por quãto no es posible q̄ la sufra el buẽ vidro sin q̄brarse. E por esta razõ los grãdes señores duriã beuer antes en vasos de vidro/q̄ no en los de oro ni plata.

¶ Del modo z manera que se ha de dar la agua para lauar las manos.



¶ Seruido: ha de dar agua manos a su señor d̄sta manera. Poner vn jarro lleno d̄ agua sobre vna fuente/ o vn plato grande de plata: z vnas touajas muy bien cogidas sobre el dicho jarro q̄ lleguen a los cantos/ o balda dela fuente: z vaya el maestre sala delante con vna touaja en el ombro. z llegado delãte la mesa de su señor. y hecha su reuerẽcia: tome el maestre sala la touaja que esta sobre las fuẽtes. z tiendala sobre la mesa delante del señor. z assiente sobre las touajas la fuente de encima. z cõla fuente debaxo en que viene la agua/ dee agua manos a su señor. z desque se aya lauado leuante luego las fuentes/ pomendo la vna sobre la otra. y el maestre sala tienda sobre las manos del señor la touaja que trae sobre el ombro. z quite las otras que tendio sobre la mesa para assentar las fuentes.

¶ Esto mesmo puede el copero dar la agua manos/ trayendo vna fuente/ o plato grãde de canto para arriba en la mano derecha. z la touaja sobre el canto dela fuente/ o del plato/ o sobre el ombro derecho. y el jarro dela agua en la mano yzquierda. y llegados ala mesa el maestre sala y el copero. y hecha su reuerencia hazer como arriba es dicho. esto se en tienda alas personas que no son de salua.

¶ El seruido ala real q̄ es cõsalua a se de hazer desta manera. Al se de poner de rodillas el copero q̄ trae las fuẽtes vna sobre otra. y enillas la agua q̄ abaltare para lauar se el señor

las manos: z descubrir las fuêtes besando primero la touaja: y tediêdola sobre la mesa ante el seîor: y echar yna poçra de agua en la ouilla dela fuente de arriba. z bagâ la salua el copo primero: y el maestre sala despues. z pôga la fuête delâ te de su seîor. z cõla fuête de baxo dõde viene la agua/ echar agua en medio dela fuête q̄ esta sobre la mesa. y despues q̄ su seîor se aya lauado/ leuâte las fuêtes el copero como dicho es: poniêdo la vna fuête sobre la otra: z haga su reuerêcia. Despues q̄ el maestre sala aya tediêdo la touaja sobre las manos del seîor: z tēga siēpre auiso el copero: z tâbiê el maestre sala/ de reconocer las fuêtes si tienen agua: z no se descuyde en esto/ porq̄ alas vezes van vazias: z llegâ ala mesa z q̄dâ burlados el maestre sala: y el copero: y el seîor: y cada vez q̄ el maestre sala diere la touaja a su seîor la deue besar antes q̄ se la tiêda sobre las manos. z lo mesmo beso la otra q̄ tiêde sobre la mesa al tiēpo q̄ la pone: puesto el de rodillas.

¶ De como se an de poner las viâdas en la mesa.



¶ Ala mesa lo primero q̄ se deue poner es el sale ro. y luego los paños de mesa. z los cuchillos: y esto acabâdo de lauarse el seîor: z q̄tada la touaja en q̄ se enxugo las manos cõ vna muy gētil reuerêcia de rodilla biê fecha/ en vn plato poner el pâ. y el paño de mesa. y vn cuchillo besando le si es seîor de titulo aq̄en se deue hazer salua. z si comē otros caualleros a su mesa/ poner a cada vno su paño de mesa: z pâ sin hazer reuerêcia a ningũo dellos sino solo al seîor: saluo si comiessê cõ el algũ hijo/ o hijos mayores z algũos grâdes: porq̄ a estos tales seles due hazer reuerêcia: y seruir los platos cubiertos. Al seîor se le a de mudar paño de mesa cada vez q̄ beue/ trayêdo el plato cubierto. y al tpo q̄ le da el paño: descubrir el plato. z besar el paño de mesa. z dargelo. Tâbiê se suele dar paño de mesa cõ cada potaje. z dar las viâdas de grado en grado: es a saber. ¶ Primeramente la fruta. z

### Delos officios de casa.

tras ella vn potage. z luego lo assado. Despues otro potage. z lo cozido tras el potage: saluo si es manjar blãco: que este potage se suele dar al principio tras la fruta. Algũos señores ay que comẽ al principio lo cozido: y despues lo assado: si ay fruta de sarten se a de dar ala postre segũ fuere: z luego la otra fruta: y esta es la forma z manera vl seruiçio segũ la costumbre dela corte del rey mi señor. ¶ Y porque ay tãtas nouedades cada dia enla manera del seruiçio vlla mesa por esto hago sin enlo q̄ toca a esto pues es tan comun a todos. Esto solo aprouechara para los moços de poca edad q̄ por ser nuevos enel mũdo z no tener esperiencia del / podrã tomar algo delo que aqui escriuo: si bien les pareciere/ que no les puede dañar saber muchas cosas.

### ¶ Delos officios.

**D**elos officios necessarios que comunmẽte ay en casa de los señores para el regimiento dela casa de los grãdes y caualleros. el principal vlos q̄les es el mayor domo: y despues camarero: y guarda ropa: maestre sala: copero: trinchante: cauallerizo: veedor: despensero: y cozinero. zc.

### ¶ Del officio de mayor domo.



Mayor domo quiere dezir mayor dela casa/ por quãto despues dela persona del señor a de ser acatado de todos los dela casa como el padre de sus hijos y el desacatamiento que se le haze a el se haze ala persona vl señor porq̄ es su lugar teniente: z tiene de ver sobre los officios dela casa: assicomo regir z poner regla enlos criados vlla: z darles a cada vno la ley en que an de biuir: z como an de seruir su officio: y el recaudo que pone cada vno enlo que tiene a cargo: y sobre todos los officios tiene cargo saluo sobre el secretario: porq̄ es officio de gran cõfiança/ y sabe los secretos del señor: y es apartado vlos otros officios dela casa: y es de harta onrra: z por ser de otra calidad q̄ los otros officios no tiene supior

sino solo el señor/ y el mayor domo ha de saber del veedor lo que gasta el despenfero en el gasto ordinario/ y informarse del precio de todas las cosas del veedor/ y a de tener en paz los criados de la casa que no aya entre ellos diferencias/ ni cuestiones etc.

¶ Del officio de maestro sala.



Este sala es un officio muy bueno/ y de gran deleyte que no tiene otro cargo sino tener la casa bien ordenada/ y en honestidad/ y en tanto concierto que lo que en ella estuviere: este de muy buena gracia/ y tan luzido que baga gozo a todos los que a ella vinieren/ y este todo aseado y limpio: a de tener cuidado de los pajes de doctrinar los en cosas de gentileza/ y de buena criança que no hagan cosa mal hecha/ y tengan inclinaciones virtuosas/ y aprendan a leer y escreuir y latin: y a caualgar de todas sillas: y jugar de todas armas: y todas las cosas que conuienen a hijos de algo: por que sepán dar razon de todo. Si la casa lo suffre/ a de ver sobre los reposteros de la plata/ y reposteros de estrado/ y de mesa: y por que la persona del maestro sala a de andar bien adereçada/ y luzida deue el señor hazer le merced entre año de ayudas de costa/ y paño/ y seda para que ande siempre luzido/ y ataviado/ y se precie de si y el partido crecido.

¶ Del officio de camarero.



Camarero es un officio que quasi es como secretario/ y este tal deue tener la camara de su señor bien ordenada/ y adereçada: y quando su señor quiere reposar/ o acostarse a descansar siempre con el sin hazer falta ninguna vez: sino fuesse embiando le su señor/ o entendiendo en cosas de su seruicio necessarias: a descansar siempre al acostar y leuantar del señor teniendole su ropa limpia: y las ropas que no le viste poner las a orear en bias que no baga sol/ y esto de quando a quando/ tener la cama muy bien hecha: y de ropa muy limpia/ y cada vez que se le



### Delos officios de casa.

mudan sauanas: z almoadas bazer las perfumar: z las camisas que se viste z los paños de narizes ruciando la ropa con agua almizcada: z perfumada cō pastillas de beniu y estoraq z ambar z almizque: porq̄ los señores biuen delicadamēte: z la ropa blāca ala de tener por su cabo: z las de seda por el suyo: z las ropas de paño por su parte: z los enforros a su parte: z los faezes: z cosas de la giqueta a otra parte: z las del adereço de la brida por el suyo: a de ser muy atauia do/ y de buena memoria: porq̄ se acuerde donde tiene cada cosa/ y siēpre tener vn libro adonde asiente todo lo q̄ tiene a su cargo: z cada cosa escreuir en q̄ arca esta por no andar trastornādo las arcas z la ropa/ a de ser honesto/ z secreto/ y tener mucho acatamiēto a su señor: a vn q̄ burle conel/ y le de mucha parte de si/ no se descu y de d acatarle entōces mas/ y de humillarse/ a de ser callado/ z no parlero/ z si su señor biziere algū desordē saberlo encubrir/ z nunca dezir mal del en publico/ ni en secreto/ ni sufrir q̄ se diga/ ni murmurar de cosa que haga su señor: a vn q̄ le parezca mal hecha/ z quādo la biziesse con mucho acatamiēto z palabras dulces dezir le su parecer: porq̄ desta manera el señor siempre lo tomara biē/ y se holgara que se lo diga/ z conocera que le tiene amor y le echara cargo para hazer le bien/ z a vn que el señor sea rezió de condicion/ z aspero siempre les parece bien quando sus criados les dizē lo que les cumple/ en fin el camarero es la llauē de los secretos/ y seguridad de la persona de su señor/ y esto baste quanto a este officio de camarero.

### Del officio de guarda ropa.



La guarda ropa es dicho guardian de las cosas del señor q̄ le fueren encomendadas en su apartamiento q̄ se dize en españa recamara/ no deue dexar entrar ningū hombre estrangero/ ni muchas vezes a los de casa sino bien pocas vezes/ y alas de tener a muy buen recaudo/ y tãbien guardadas/ y

**Delos officios de casa.**

**fo. r.**

puestas por memoria q̄ q̄ndo el señor pidiere algo q̄ ala me-  
ma ora lo halle luego/ z dar siempre buena razón de si mesmo  
de todo lo q̄ le fuere encomendado/ y dado a guardar y ten-  
galo todo muy limpio z ataviado. A de ser ombre muy ver-  
dadero porq̄ podria dezir algo que le redunderia en daño. z  
si fuesse ballado en alguna falta por poca que fuesse perde-  
ria del todo el credito: y por esta razón z otras muchas. el  
guarda ropa a de ser ombre de mucha verdad z concierto.

**Del officio de copero.**



**C**opero deue ser ombre muy limpio z de noble  
condición/ no liuano ni muy risueño/ sino muy re-  
posadoz discreto/ porq̄ en tal tiempo podria dar  
alguna risada o hablar/ q̄ caeria en verguença si la  
tuuiesse: assi como trayêdo la copa a su señor que  
en tal tiempo a de traer el rostro mesurado z onesto. y su per-  
sona muy limpia z luxida. **E** traer la copa con mucha gra-  
cia. z porque ya esta dicho en los capitulos passados barta  
parte deste officio/ esto bastara por agora.

**Del officio de trinchante.**



**T**rinchante como ya es dicho deue ser ombre  
muy limpio en todas las cosas: z tener sus cu-  
chillos bien aguzados z limpios para cortar la  
carne. z deue estar siêpre sobre el cortar: es a sa-  
ber q̄ corte presto/ y menudo dōde es menester/  
z limpio/ y desuiar el cuerpo todo lo q̄ pudiere del plato so-  
bre q̄ corta/ q̄ quãto mas lexos del estuiere muy mejor pa-  
recera: y cō tãta destreza deue cortar q̄ no se enfuzie ò la gor-  
dura o como dela carne. y esto basta pues arriba es dicho.

**Del officio de veedor.**



**V**eedor es officio de mucha cōsiança/ y de on-  
ra en casa de vn señor: y de mucha fidelidad.  
Su cargo es sobre el dispensero porq̄ a de ver  
lo que compra si vale al precio que el lo trae: z

### Delos officios de casa.

faber el precio de todas las cosas a como vale cada vna : y hazer buscar lo mejor y mas barato : z saber los lugares comarcanos donde valen barato los bassimentos : z cosas necessarias : z mádarlo traer de alla : y tener siempre bastecida la despēsa z botilleria : de todas las cosas / porq̄ quando cobidados se recrecieren no falte nada : z lo que sobzare repartir lo por las despensas de los señores prestado porq̄ de esta manera no se pierden las viandas : z tienen las quando las an menester : a de tomar cada dia cuenta al despēsero : z nunca anejar cuētas con el : porq̄ no ay a barajas nuevas z cada semana ver las cuentas dela despensa juntamēte con el mayordomo porque dee razón delo que se gasta cada dia : z cada semana : z cada mes : z cada vn año : escusar gastos de los denados z gastar honestamente lo necessario : z no mas : y esto basta quanto a este officio.

### Del officio de despensero.



**D**espensero se dize assi porq̄ despiende / o gasta la baziēda de su señor para las viandas necessarias : z mantenimientos para comer : assi para la mesa de su señor como para la de la gēte z compañía dela casa : z para tener bastecida la despensa de las mejores viandas q̄ se hallarē a de ser ombre rezio : z diligente : z discreto : z muy sabio en saber sufrir importunidades de algūos q̄ ay en casa de los señores terribles de cōdicion : y de mal cōtentamiēto : deue ser gracioso / no soberuio ombre sin vicios cuydadoso en lo q̄ a de hazer / so llicito / casto enemigo de juegos : no tirano sino fidelissimo : pro ueydo de buena cōciencia : cōtētar la gente con buenas obras : z palabras gratiosas : z darles algūos potajes de poca costa : z cozido ala mañana : z ala tarde porq̄ da mucho cōtentamiēto ala gēte las sopas z caldo ay q̄ les den menos carne lo suffren / teniēdo el vientre lleno de las sopas / darles de almorzar porque no hurten el pan en la mesa : z teniendo

hertura no hurtaran lo que no an menester : traer siempre escriuania: y papel para escreuir todo lo que cõpra: porque de otra manera oluidarse le a mucha parte de ello. El buen despensero merece ser onrrado: z mejorado en el partido: z q̃ se le hagan ayudas de costa: porque es razon que se ygualle el gualardon con el trabajo: z porque de esta manera tratado no terna occasiõ de hurtar ni de encargar la conciencia no deue dar lugar el señor ni el mayor domo: que ninguno se atreua a maltractar le ð palabra ni de obra: y castigar le bien z si no se emiêda despedirle si es ombre de poca fuerete porque el despensero tenga fauor.

¶ Del officio de cozinero.



El cozinero ya se dixo èlos capitulos passados que es officio de grandissima con fiança: y deue ser muy biẽ tratado: y bechas ayudas de costa y mercedes porque sirua cõ amor. z a de ser biẽ aposentado: y primero que ningun officio de la casa el z la despensa: a de ser muy limpio: z paciente: y esto basta con lo que del se dixo arriba.

¶ Del officio de cauallerizo.



El officio de cauallerizo es de barta onrra en casa ð los señores: z a de ser madrugador para dar enrẽplo ala gente q̃ tiene a cargo para que madruguen a sacar los cauallõs: z mu= las que son a su cargo: z las enfrenẽ: z almoacen haziendoles dar antes colacion de su ceuada/o saluado: y desque ayã comido sacarlas como dicho es a almoaçar: y estregar z limpiar en parte donde passe gẽte segũ en el tiẽpo que fuere: y despues de muy bien almoaçadas z limpias: tenerlas assibasta q̃ beuan: y despues tornarlas a su lugar donde suelen estar: apartãdoles antes el estiercol podrido porq̃ las bestias esten siempre limpias q̃ ningũa cosa les haze nacer z criar sarna en los pies tanto co=

### Regimiento de las casas.

mo estar sobre estiercol podrido/porq̄ les escalfenta las ma-  
nos y los pies: y les daña los calcos: z ala noche hazer les  
hazer sus camas de buē estiercol limpio: z delque ayan bien  
beuido/hazerles su piēso de ceuada z paja/muy limpio: z q̄  
tengā harto pa comer toda la noche: z si antes se almoaçaf-  
sen z entregassen biē: seria mejor: z no conſiēta el cauallerizo  
dar a cauallo ni mula pan a comer porq̄ engēdra muerino:  
ni que los q̄ tienen cargo de curarlas comā pan cerca de los  
peſebres por las migajas q̄ puedē caer del pan: z req̄rir las  
cōtino de agua y tener muy limpias las bestias z los peſe-  
bres/q̄ la limpieza las haze ēgo: dar mucho: z parāſe luzias  
z gētiles y sanas: deue tener el buē cauallerizo vna lampa-  
ra encēdida en la caualleriza d̄ noche porq̄ si los cauалlos/ o  
mulas se sueltā puedā luego ser socorridas: y en este officio  
no curare de hablar mas/ pues el libro de albeysteria habla  
ēſto enteramēte/dire la libertad q̄ el cauallerizo due tener  
en casa d̄ su ſeñor q̄ es esta: q̄ puede caualgar en la mejor be-  
ſtia q̄ vuiere en el establo y en todas las q̄ q̄ſiere: z a de ayu-  
dar a caualgar z apear a su ſeñor: z mādar enſillar la beſtia  
que el q̄ſiere: z adereçarla y atauiarla muy biē: z a se de pre-  
ciar de su officio y traer muy bien su pſona: z tener ombres  
que ſeā buenos pēſadores porq̄ se pueda d̄ſcuырdar cōellos:  
z muy fieles sobre todo: z andar sobre ellos ſiēpre: z por el  
preſente baſte lo q̄ eſta dicho de los officios q̄ ſon de casa de-  
los ſeñores porq̄ como dicho es el ſeruicio es de tal manera  
que no se puede moſtrar ſino por vſo: z muy buena pratica:  
y pues ſe ha dicho del regimiēto de las casas d̄ los principes  
z grādes ſeñores: dezir ſe ha d̄l regimiento d̄ las casas de los  
caualleros z pſonas de medianos estados: que tienē rētas z  
ſeruidores/ y biuen con onrra y estado ſegū ſu poſſibilidad  
cada vno.

Enſadido.

**D**octrina ſaludable para la gouernaciō de las casas de  
los caualleros/ y pſonas d̄ medianos estados: z como

de caualleros y hombres ricos. Fo. xij.

se han de tratar cō su familia segū dize sant Bernado. y aun q̄ estos negocios mortales por la mayor parte esten sujetos a accidentes de fortuna: no por esso los sabios varones dexaron de dar ley justa: y regla santa/para que los hombres cuerdos puedan biuir con buen concierto y razon: y esten proueydos con remedios prouechosos para se defender cōtra las beldichas que pueden acontecer.

¶ Consejos del mesmo santo doctor.

**E**L gasto de tu persona z casa: sea menor que tu renta y facultad que si son yguales: pueden acaescer casos sin pensar z infortunios por bōde te pierdas/ y biuas penado z abatido: la tēplança es muy necessaria: ca mas graue dolor sera a ti caer d̄ tu estado: q̄ antes de caydo recogerte con sabia prudencia. Lo que gastas cō el pobre te sera agradescido. lo que gastas en auctoridad d̄ tu estado es honrrroso. lo que gastas con vagamūdos/ es vituperable. lo que gastas con tus amigos es conueniente a razon. El gasto suntuoso de bodas y desposorios: mas es señal de liuandad que de honoz. eneste articulo tē por costumbre de conferir z cotejar la ansia del gastar con el trabajo del ganar.

**L**A comida de tus familias sea moderada/ antes comā manjares gruesos que delicados/ bonde nasce la gula desordēada/ q̄ es vn vicio incorrigible q̄ cō sola muerte se acaba. La gula en el ombre es vna lepra incurable q̄ se acrecienta con el biuir. En los dias festiuos y de pascuas: el comer sea algo habundante. z no desordenado: por manera q̄ satisfagas ala necessidad/ y no ala fantasia.

¶ Auiso singular.



**R**ocura quanto pudieres que aya pleito entre la bolsa y la gula/ z quando algo te pidiere la gula: dile que esta embaraçado a pedimiento dela bolsa/ y si por ventura fuesse compelido a sentenciar enesta causa: no seas iniquo juez:

### Regimiento delas casas

que sabida la verdad comúnmente la justicia es dela bolsa. los testigos d'la gula son pobres. baros de raez cōdiciō: y de ponē: no jurados ni llamados: saluo ingeridos/ o metidos por su ppria volūtad: los q̄les son golosina/epicurea voracidad/ o tragonia inhumana: sed artificiosa: a petito desordenado. Quãta auctoridad tengã estos testigos: es muy notorio: que son parientes propincos de brutos animales: los dela bolsa son de mas credito: la arca vazia: la troxe sin pã: la despensa sin prouision: los sieruos hambrientos: los moços desnudos. Estos deponē de vista/ z con mas aparēcia: Claro esta por quien deues sentenciar: sino eres apassionado juez. Esto se entienda con tal condicion que la codicia no aya sido el abogado dela bolsa/ que en tal caso la gula puede apelar dela sentencia: z tu deues admitir la apelacion: porque codicia es rayz de muchos males/ que haze al hombre homicida de si. Auaricia es vn temor de ser pobre: y este temor haze al auariento que siempre biua en pobreza como cuytado z mezquino. Para vna cosa sola es vtil el auaro: para adquirir con pena/ z guardar con solitud lo que otro ha de gastar en disolucion y desorden.

¶ Diligēcia enel señor es virtud muy estimada. Sey sollicito en saber: q̄ volūtad te tienē tus fuidores. z porq̄ manera te firuē. si es de amor/ o d' temor/ o de puro interesse: ca el desuydo enel gouernador es vn fuego cruel q̄ quema la casa por quatro partes. El estado del negligente es vn alcaçar viejo que en breue dara consigo en tierra. muy pocas vezes diligēcia z desdicha se assientan a vna mesa. Los infortunios y pereza sullen andar en cōpañia. Nunca oy mas vana esperança que la del negligente perezoso / espera q̄ dios bara sus negocios estando se el dormiēdo en ociosidad: z no mira lo que dize la escriptura. yo os mando q̄ esteis apercebidos cō vigilancia. Assi que se ciega y biue angastado: conreplando lo que puede dios/ z no lo que manda.

de canalleros y bóbres ricos. Fo. xiiij.

¶ Si tuuieres mucho pan en tus silos o troxes/ no desseaes carestia dello: que seras omicida dlos pobres: vèder lo has quãdo estuuere en tal precio q̄ el pobre lo pueda cõprar: de lo q̄ da por el te haze gracia: lo q̄ cõpra de ti su yo es/ lo qual se le deue por titulo de necesidad. ¶ El tus amigos ⁊ parietes dar lo as por menos precio: q̄ la amistad mejor se conserua con buenas obras/ que con dulces palabras: ⁊ conofce por muy cierto/ q̄ mas cierto amigo es el q̄ te locorre callãdo cõ parte de sus bienes: que el q̄ hablãdo te ofrece toda su hazãda: porq̄ las palabras generales de ofrecimiẽtos no obligan a nadie. ¶ No tãgas por amigo fiel al q̄ te alaba en presen- cia/ q̄ este es officio de secreto engañador. ⁊ quãdo tu amigo te pidriere cõsejo/ procura de le dezir lo q̄ cõuiene ala razon/ ⁊ no a su volũtad: ⁊ auisote q̄ no digas haz esto q̄ es dezir pe- ligroso/ mas dñ le: yo assi lo haria si en tal caso me viesse. por que del buen cõsejo te daran pocas gracias: y del malo lue- go seras reprehendido. ¶ Si tuuieres enemigo procura de andar acõpañado con personas conofcidas. ¶ E ayn que sea de baxa suerte: no lo tengas en poco ni te descuydes que el tener en poco al enemigo/ a salteado a muchos buẽos a tra- ycion: ni te asegures si fuere flaco ⁊ callare/ que su dissimula- cion: es mas de tregua que de paz.

¶ La mujer q̄ tienes: si es virtuosa: onrra la como discreto q̄ la tal es corona de su marido. ¶ E mpo si no es tal/ y supieres su traycion: este saber es herida incurable: mitigar se ha tu dolor: quãdo supieres q̄ ay otra peoz q̄ la tuya en fama/ vi- da ⁊ cõdicion. ⁊ si la tuya es cõsuelo para otros: mas te va- liera no ser nascido que casado. ¶ La pena justa dela peruer- sa mujer era que biua la enterrassen. Si la quisieres corre- gir/ digo que mejor se castiga con risa q̄ con palo/ que si esta endurecida/ el castigo piẽso la hara peoz.

¶ Las vestiduras ricas declarã la pobreza del sefo. la ropa muy p̄sciada/ es causa d̄ murmuraciõ y embidia: a los vezi-



### Regimiento de las casas

nos procura ser estimado por la bondad/ y no por el vestido: la virtud permanece: el vestido acaba se con vejez. Grande infamia tu ya es que se diga con verdad/ que vale mas lo q̄ traes a cuestras que el merecimiento de tu persona.

¶ Si la fortuna te hubiere en estado prospero/ sacude de ti la soberuia/ y sobre la humildad ala prosperidad: porq̄ no digã que las riquezas te dió merecimiento. piẽsa q̄ vales mas q̄ ellas: q̄ la humildad: en las personas destado/ es vna buena criança q̄ sin dineros cõpra voluntades ajenas/ y eres mas onrrado/ y no menos estimado: dello qual da testimonio verdadero el santo euãgelio/ diciendo. Que quiẽ se humillare sera enalçado/ y por el cõtrario zc. Si quieres ser amado õ todos en general/ sey paciente cõ los mayores/ z cõ los y guales: z cõ los menores: y si la yza vieres q̄ sobra ala paciẽcia: da le vna sofrenada/ dexa passar la alteracion y tomar en ti: porq̄ seria tomar vengança de tí mesmo/ aun que vengasses tu yza: y quedarias mas arrepentido que vengado.

¶ Si fueres visitado de trubanes: auisso te q̄ estos son intercellores y medianeros: pa casar te con vna señora q̄ se llama pobreza: cuyos hijos son necesidad/ y abatimiento: no des audiencia a sus palabras: q̄ te cegaran por tal manera: q̄ la medicina cõ q̄ has de sanar: es peor q̄ la dolẽcia: prudẽte serias si les pagasses el salario: en la moneda de su seruicio.

¶ El criado altiuo/ desuergõçado/ y parlador despide le de tu casa: q̄ del tal no se spera sino ser tu enemigo: y el sieruo q̄ procura de cõtẽtarte cõ lisonjas y de seguir tu apetito. apartale de tí q̄ no te quiere biẽ: ni te dira verdad. ¶ Dizeua lo en dia q̄ baga gran calor dy q̄ haze frio: y veras luego como se cõcertara cõ tu palabra. ¶ El sieruo q̄ tiene verguẽça: en el rostro humilde z diligẽte/ q̄ procura de te dezir verdad: ama le como a hijo: porq̄ el tal es fiel y cierto en tu seruicio. ¶ El sieruido: q̄ te viniere cõ parlerias mãda le castigar cõ dar le audiẽcia desdeñosa q̄ si le oyes cõ buena cara: dara ocasion de

turbar y alterar toda tu casa y el escudero q̄ en tu p̄sencia te alabare: guardate d̄l q̄ d̄ere cō palabras cōpzar tu haziēda. procura q̄ tus criados oyā missa/alomenos los dias d̄las fiestas/z cōfiesen z comulguē en los tiēpos ordenados por la yglia. y el q̄ esto no hiziere trabaja d̄ emēdar le/o le d̄spide: q̄ quiē a dios no teme no puede hazer cosa buena. Castiga en tus criados el pecado d̄la blasfemia/q̄ si esto no fazes: la vēgāça q̄ auias de hazer enillos d̄las offēsas d̄ dios: el la tomara d̄ ti/y cūplir se ha lo q̄ dize el psalmista en ti/q̄ el d̄bre q̄ mucho jura sera lleno d̄ iniq̄dad: y d̄ su casa nūca se leuētara plaga. ¶ Si quieres edificar/mira q̄ a este exercicio te fuerce necesidad z no codicia/que no sabe poner termino en su inclinacion: el desordenado d̄eseo de edificar acarrea en breue la venta de lo que has edificado: la torre acabada y la arca vazia: en este estudio se aprende prudencia a yn que tarde: y a mucho daño de los que estudian en el.

¶ Si viueres de vender/no vendas el patrimonio q̄ heredaste. mejor es sufrir la hābre/que vender lo de tus passados: vendiēdo lo infamas a ti z a ellos: a ti de pdigo y perdido/z a ellos de codicia desordenada: q̄ como se dize: nūca de hacienda mal ganada/gozo el tercero heredero. Quando ouieres de cōpzar/ no cōpzes en cōpañia de ombre poderoso que te porna en sujecion/o en discordia: q̄ son incōuenientes conocidos. y si en compañia de pobre tu uieres alguna possessiō o heredad: trata le biē: porq̄ no la vēda a otro mas poderoso q̄ tu. z pagues tu culpa en la manera q̄ offendiste.

¶ En el vso del vino deues tener tēplança/escusa la embriaguez q̄ impide el officio d̄ razō. El borracho sola vna cosa haze biē q̄ es caer en lodo: pena justa d̄ su pecado. Digo te q̄ la abstinēcia d̄l vino es prudēcia singular/y el q̄ entre muchos vinos z banq̄tes se muestra tēplado en el beuer/puede se dezir dios terrenal segū ficiō d̄ poetas. z si en algo ecediste/z te siētes algo alegre hu ye d̄la cōuersaciō z p̄pañia: porq̄ no sea

**Regimiêto delas casas belos caualleros.**

conocido tu desorden, procura el sueño antes que bables: que este vicio muy mal se enmienda con palabras: las melomas le condenã / y con razõ: fea cosa es ser juzgado de vino el hõbre moço / y muy peoz es enel gusto dela mujer.

¶ Quando estuuieres èfermo: no llames al fisico q̄ tiene mucha sciencia z poca esperiècia: q̄ eneste oficio õ curar: matãdo a vnos se aprède el sanar a otros: procura medico prudète: efperimêtado y atêtado: mas amigo desperar q̄ de cõcluyr. y si q̄siere hazer en ti nueuo esperimêto: no lo p̄sietas: ni cures mucho õl q̄ anda muy vestido con joyas y anillos. q̄ aq̄llas cosas no son pa sanar / sino pa mas ganar: y verguença sería para ti dar pequeño salario / a quien trae tantas riquezas.

¶ Visita algũas vezes tus cauallos z mulas: z no te cõfies de tus criados: que enojados con tigo: secutã enlas bestias su vengança: el descuydo delos señores haze descuydados los seruidores: bien es q̄ los hõbres hagan confiança delos buenos criados: mas no descuydar se dellos por no los hazer descuydados: porque como dizen el hõbre apercebido medio cõbatido / los cuerdos hã õ ser recelosos z no celosos.

¶ Los perrillos de balda dexalos alas reynas: y señoras de estado para q̄ cõellos tengã su passa tiêpo. los perros de caça / mas enojo trabẽ z dãno q̄ no dan prouecho ni plazer.

¶ Llegada la vejez / q̄ es cercana al morir / ordena tu vida / z cosas como persona q̄ andas de camino: acuerda te de dios porque no te desampare: aparta de ti el cuydado de bisos y mujer / que es muy peligroso para este viaje: y para tu salud: ordena tu testamêto: no esperes la enfermedad: q̄ muchas vezes priua el sentido: p̄mero mãda pagar lo q̄ debes: especialmête a tus criados: y de lo que q̄dare haras mãdas pias como catolico. y elige por albacea de tu aia / a q̄en supieres q̄ tiene cuydado õla suya: no cures de piêtes ni amigos: enste passo: saluo de aq̄llos q̄ firuẽ a dios: aq̄en te õues encomedar. z procura õ õyar tus hijos y herederos tã pacifcos: q̄

despues de tus dias: no se bagan enemigos: por el repartir de tu hacienda. Esto se me ofrecio q̄ dezir/ en respuesta de tu pregunta: lo q̄ fuere puechoso recibelo como de amigo/ y lo que no es tal reprehede mi ignorarla/ y no mi coracon.

¶ **A**qui se acaba el regimieto z gouernacion delas casas de los caualleros z personas de medianos estados. Agora toz no a mi pposito primero: que comence: z hablare en la arte dela cozina q̄ es el fin mas principal para q̄ fue hecho: z ordenado este libro: z dare algũas doctrinas d̄ hazer muchas salsas: z manjares: z primero diremos d̄ las especias delas salsas comunes como se han de hazer/ z pimiẽtas de clarea/ poluozas de duq̄/ y salsa de pauo/ z otras cosas: z deueys saber q̄ de quantos manjares ay en el mũdo son la flor estas tres z mas principales/ y son estas. Salsa d̄ pauo. Pirrauste: z manjar blanco: las quales deueẽ ser coronadas de vna corona real cada vna por sí/ porq̄ comunmẽte son la flor de todas las otras: z primeramente dela salsa comun.

¶ **E**specias de salsa comun. Enmendado.

**C**anela tres partes: clauos dos partes: gígibre vna parte: pimienta vna parte/ y vn poco de culantro seco bien molido/ y vn poco de açafrañ si quierẽ sea todobien molido y cernido.

¶ **E**specias de salsa de pauo. Enmendado.

**C**anela quatro onças: clauos vna onça: gígibre vna onça: açafrañ lo q̄ bastare para tẽfir bien la salsa: sea bien molido y cernido: algũos añaden granos de para y so.

¶ **E**specias de clarea. Enmendado.

**C**anela tres partes: clauos dos partes: gígibre vna parte: todo molido z passado por sedaço/ z para vna açũbre de vino blãco/ pon vna onça despecias con vna libra de miel bien mezclado/ y passado por su mãga biẽ espesso el liẽço/ z passado tantas vezes basta q̄ salga claro el vino.

¶ **C**larea de agua. Añadido.

De salsas.

**A** Una açumbre de agua quatro onças de miel: ban sefe de echar las mesmas especias dela otra clarea ban le de dar vn feruoz con la miel en el fuego/ y fuera del fuego le ban de echar las especias.

¶ Especies de ypocras. Añadido.

**Q** Anela cinco partes: clauos tres partes: gingibre vna parte/ la meatad de vino ha de ser blanco z la meatad tinto/ z para vna açumbre seis onças de açucar/ mezclar lo todo/ z echar lo en vna ollica vidriada/ z dar le vn beruoz/ qñto alce el beruoz no mas/ z colar lo por su manga tantas vezes basta que salga claro.

¶ Dolorosa de duque. Enmendado.

**Q** Anela media onça : clauos media quarta / y para los señores/ no se echa sino sola canela/ y açucar vna libra/ si la quieres hazer aguda de sabor/ y para passiones del esto mago/ echar le vn poco de gingibre.

**I** En los pesos dlas especias en las boticas son desta manera/ vna libra es doze onças : vna onça ocho dragmas: vna dragma tres escropulos: ß otra manera mas clara pue des entêder esto/ la dragma pesa tres dineros/ el escropulo es peso de vn dinero/ z vn escropulo son. xx. granos ß trigo.

¶ Para hazer salsa de pauo.



**A** Ra cinco escudillas tomar vna libra de almendras tostadas: z majalas bien en vn mortero : z tomar los bigados delos pautos/ o capones/ o gallinas que seã cozidos en olla / z majar los as con las almendras: z despues toma vn migajon de pan que sea remojado en suco de naranja o vinagre blãco: y el pan a de ser tostado: y despues majarlo as todo junto cõ los bigados/ z cõ las almendras: z desque sea todo majado destemplan esta salsa cõ dos yemas de huevos por cada escudilla: z despues passarla as por estameña con las dichas salsas finas/ z desque sea passado / ponerlo as dentro

dela olla cō el açucar / z assaborirlo as / o catarlo as de agro / que sea de buena manera / z despues cozerlo basta que este en buen punto: z desque sea cozida hazer escudillas / z sobre la salsa poner açucar z canela.

¶ **Mirrauste.**



El salsa de mirrauste se haze desta manera. Tomar vna libra de almendras: z quatro onças solamente para cinco escudilla. z despues tostaras las almendras: z majarlas / z despues tomar vn migajõ de pan que sea remojado cõ buen caldo: z despues majarlo as con las almẽdras: z pasarlo as q̄ sea bien espesso: z despues va ya al fuego con vna onça de canela / mas la canela se a de poner quando passaras las almendras: z despues tomaras los palominos / z assarlos as: z desque seã quasi medio assados quitarlos as del fuego: z corta los a pedaços: y despues baras cozer la salsa cõ media libra de açucar dentro dela salsa: empo traer lo as siempre con vn palo de madera o cucharon de palo: z desque sea cozida ponas enesta salsa los palominos con las otras aues / o pollas / o gallinas / sea becho todo desta manera: y despues toma dela gordura dela olla: z ponas la dentro ò la salsa cõ los palominos: z despues puedes hazer escudillas: y delas tajadas delas aues puedes poner quatro en cada escudilla: y encima poner açucar z canela de buena manera: z assi se haze el mirrauste perfeto.

¶ **Manjar blanco.**



Elra manjar blãco: tomar vna gallina / z ocho onças de barina de arroz / z media libra de agua rosada: z vna libra de açucar fino: z ocho libras de leche de cabras: z fino la vuiere tomaras quatro libras de almendras blancas: z despues tomar la gallina que sea buena z gorda z tallola: z quando quisieres hazer el manjar blanco / mataras la gallina / z pelar la

### De manjares.

as en seco: z lauála biē: z cuezela en vna olla nueua que no se aya cozido nada en ella: z desque la gallina sea mas o medio cozida/ tomaras las pebugas della/ z desbilas las as como hebras de açafrá: z despues ruciar estas pebugas desbiladas con la agua rosada de rato en rato a menudo: despues vaya todo esto dentro la olla/ mas no sea de cobre ni estañada de nueuo/ porq̄ tomara el sabor del estaño: a vn q̄ comúnmete lo bazen los mas cozineros en caços sin estañar muy luzios / mas si fuere rezien estañado/ bazer beruir en el mucho pan: z sudarlo muy biē porq̄ salga todo el sabor del estaño: z despues pomas la gallina/ z tomaras el caldo della mesma/ y pomas lo jütamēte sobre la gallina: z cō vn cucharon de palo desatarlo/ batiēdolo muy biē porq̄ no tome el sabor dela leña: z tomar la mitad dela leche: z pomas la dētro dela olla cōla dicha gallina/ z despues pomas la bati na dētro de buena manera poco a poco: z meneādolo siēpre porq̄ no se pegue en la olla: z pomas ocho dineros o açucar q̄ son doze marauedis dētro de la olla: z põlo a cozer: z traelo siēpre cō su palo de vna manera sin jamas reposar: z quādo faltare dela leche añadir della poco a poco/ z no toda jüta: z guardate biē del humo: y desq̄ el mājtar blāco tornara claro o ralo la gallina es buena: z sino guarda q̄ en ningüa manera no põgas mas leche: z quādo el mājtar blāco tornare como queso assadero entōces es señal q̄ esta cozido: z puedes poner entōces la agua rosada: z despues la gordura de la olla/ empo q̄ sea limpio q̄ no aya en el tocino: z sepas q̄ de vna gallina sacaras seys escudillas: z sacalo fuera del fuego a sudar de manera que se estube bien: y despues baras escudillas del: z pomas encima açucar fino. y de esta manera se haze el manjar blanco perfecto: z bueno.

### ¶ Manjar real.

**E**l manjar real se haze de pierna de carnero cozido: y desbilado: z por la orden del manjar blanco: saluo que

le dan color de açafran porq̄ sea amarillo: en lo demas siga se por la orden ya dicha en el manjar blanco.

¶ Manjar imperial.



**A**ra media dozena de escudillas: tomar media açúbze de leche: y media libra de arroz molido y cernido: y media dozena de buevos las yemas solas: y poner la leche y la harina d'arroz a cozer en vn caço: y traerlo siempre a vna mano hasta q̄ este bien batido fuera del fuego y deshecho: y esto antes de poner lo a cozer al fuego: y despues echar le la media libra de açucar dentro: y poner lo a cozer al fuego de brasas apartado dela llama porq̄ no le alcáçe humo: y desque vaya espessando se sacarlo fuera d'el fuego: y tomar las yemas d'los buevos bien batidos: y echarles vna cucharada de leche: y desatarlas bien y echar las en el mājtar poco a poco echádo y trayédolo todo via a vna mano: y tornar lo alas brasas q̄ se acabe bien de espessar: y despues de becho sacarlo fuera del fuego: y dexarlo alli a repolar: y si quierē comer/ escudillar luego: y echar sobre las escudillas açucar/ y canela.

¶ Manjar de angeles.

**P**ara doze escudillas tomar vna açúbze de leche en tiempo de los req̄sones: y tomar los requesones y echarlos dentro en la leche. y tomar .ix. onças de açucar/ y echarlo dentro. y tomar vn quarteron de queso anejo q̄ son quatro onças castellanas: y rallarlo: y rallar otro tanto de pan duro. y tomar doze yemas de buevos/ y batirlas con el queso rallado y con el pan: y echar vn poco de leche con ello para desatarlo/ y echarlo en el caço abueltas de la leche y de los req̄sones. y despues de rebuelto batirlo muy bien. y tomar vn poco de yerua buena/ y majarla muy bien. y echar con ella dos maravedis de açafran. y desbazerlo cō vna poca de leche. y echarlo en el caço con lo otro. y desque este d' buē color ponerlo encima d'las brasas muy desuiado del fuego porq̄



### De manjares.

no le toq̄ humo z traerlo toda via a vna mano. z desq̄ veays que esta bien espesso catarlo de sabor. z si veys q̄ esta bueno apartarlo a suera/z cobijarlo/z ponerlo a repolar miētra se adereça el comer. z majar vn quarteron de açucar/z moler la cātidad de canela q̄ os parecera/z mezclarla molida cōel açucar enel mo:terol para echar sobre las escudillas.

#### ¶ Banjar principal.



¶ Para media dozena de escudillas tomar media açūbre de leche colada/z seys yemas d̄ huevos z quatro onças de q̄so anejo rallado:z otro tātō de pan duro rallado/z mezclár muy bien el q̄so/ y el pan rallado con las yemas delos huevos y batirlo muy bien: y desatarlo con vna poca de leche: y despues tomar media libra de açucar:z facar dos onças deste açucar para moler con la canela para echar sobre las escudillas: y el otro q̄ queda que seran seys onças echaras cōla leche: z ponerlo a calentar en sus brasas apartadas del fuego: y desque este caliente apartarlo del fuego: y echarle los huevos sobredichos batidos dentro: trayendo lo toda via a vna mano hasta que este bien espesso: z catarlo de sabor: z si esta bueno apartarlo a repolar miētra se adereça la comida y escudillar con su açucar z canela encima.

#### ¶ Banjar lento o suave.

¶ Para media dozena de escudillas tomar media açūbre de leche colada:z media dozena de yemas de buetos: y batirlos biē y desatarlos con vna poca de leche z poner la otra leche a calentar sola por si en fuego de brasas apartadas del fuego y desque este caliente apartar lo del fuego: z echarle las yemas delos huevos batidos dentro: z tres o quatro onças de açucar:z tornar lo alas brasas z si quereys darle color echarle vn poco de açafrañ: z despues tornarlo alas brasas: z trayendo lo siēpre a vna mano hasta que este espesso que os parezca que esta bueno: y entōces catarlo de

fabor: z si esta bueno apartarlo del fuego a reposar: z moler açucar z canela para echar sobre las escudillas.

¶ Salsa blanca.



Tomar gengibre blanco que sea fino z mondarlo dela corteza de manera q̄ quede blanco: z hazer de ello pedacitos assi como medio dado: z pôlos a remojar de parte d̄ noche en agua rosada que sea fina: en la mañana tomaras almédras biē mō dadas/ z blancas z majalas bien en vn mortero: z despues destemplalas con caldo de gallina/ q̄ este bueno de sal z pasarlo as por estameña: y despues pomas la leche en la olla a bonde a de cozer: z toma canela entera que sea larga z atala con vn bilo z aquella escaldarla con caldo de gallina que este hirviendo con clauos de girof escaldados dela mesma manera: y desque la salsa sea mas de medio cozida pô la canela y los clauos en la olla: z gengibre remojado en la agua rosada: z fino sabe barto al gengibre echale vn poco molido porque esta salsa quiere saber al gengibre vn poco z ala agua rosada: mas la agua rosada no se dene echar hasta que todo sea cozido/ y desque sea cozida la salsa hazer escudillas y poner sobre ellas açucar fino.

¶ Pomada.

Tomar mançanas que seã agras/ z dulces: z baras de ellas quatro quartos d̄ cada vna: z para las: z quita les el coraçõ: z despues pôlas en agua fria/ z si fueren muy agras dales vn beruoz/ z despues toma almédras mondadas: y majalas biē: y ponlas mançanas d̄tro del mortero y majalas en vno cõlas almendras muy reziamēte y desq̄ sea biē majado todo destéplarlo as cõ buen caldo de gallinas y passarlo as todo por estameña: z pôlo todo en la olla q̄ a de cozer: y toma gengibre q̄ sea fino: mondalo dela corteza hasta que este blanco: z baras de ello pedacicos del tamaño de medio dado: z ponlos de parte de noche en remojo en

### De salsas y potages.

agua rosada que sea buena hasta la mañana: despues toma canela que sea entera: z atarla con vn hilo jütamēte con clauos z escaldarlo con caldo caliente y desque esten escaldados los clauos z la canela pon la olla al fuego con las mançanas: z pon buena cantidad de açucar dentro y desque sea mas de medio cozido tomaras el gingibre z los clauos: z la canela remojados: z pornas lo todo èla olla / z si no sabe har to al gingibre pornas vn poco molido hasta que la salsa sepa al gingibre: z desque sea cozida echaras agua rosada en la olla: z baras escudillas: encima de ellas echaras açucar: z canela si quieres.

### Limónada.

**T**oma almendras blancas z paralas: z majalas en vn mortero z destemplalas con buen caldo de gallinas: y despues toma passas nuevas: z limpialas bien delos granos: z majalas por su parte / z passalas por estameña: z despues de passadas mezclalas con las almēdras: z ponlo todo en la olla a dōde a de cozer: z pon açucar / z assi mesmo vn poco de gingibre: z ponlo a cozer siempre trayendolo cō vn palo d madera. z desque sea cozido pornas vn poco de çumo de limones: z despues traelo vn poco cōel meneador: de palo porq̄ se mezcle bien el suco de limones dentro. z despues escudilla y echa sobre las escudillas açucar fino.

### Potage de manos de carnero.

**T**oma almendras mondadas: z majalas bien en vn mortero: z despues destemplalas con buen caldo de carnero: z despues passalas por estameña. z pon esta leche de almendras en vna olla: y pornas gingibre molido dentro / de manera que sepa al gingibre: y despues toma manos de carnero que sean biē cozidas: z cortalas como para hazer platos dellas: z desque seā cozidas con la leche ponlas en la olla del caldo del carnero mas gordo: z buē pedaço de açucar: z assi se haze la salsa bollida.

## ¶ Potage de cañonada.



Tomar almendras que sean tostadas: z majarlas bien en vn mortero: z tomar vn migajon de pan tostado: y remojado en vinagre bláco: y espremirlo bié conla mano: z majarlo cõ las almendras todo junto: y despues de todo majado destemplarlo con vinagre bláco que sea dulce: y antes que lo desates pon enel mortero juntaméte dos o tres razimos de de vuas bláças/ z otros dos de negras: y despues passalo todo por estameña: z pôlo enla olla: z ponias enella açucar z canela molido. y esta salsa a de saber vn poco al vinagre/ z cozerla: y desque sea cozida hazer escudillas: z sobre cada vna poner açucar.

## ¶ Potage de carnero adobado que se dize janete de carnero.

Tomar pechos de carnero cozido en olla: z cortar los pedaços del tamaño de nuezes: z tomar bué tocino gordo: y freylo cõ vna poca de cebolla: y desque sea soffreydo mezclaras cõ ello mēbullos: y peras bechas en conferua con miel/ o cozidos y sera mejor: si q̄sieres: z despues toma el carnero cõ la cebolla todo mezclado enla olla: z soffreylo todo junto: z tomar almēdras: y tostarlas: z majarlas en vn mortero con vn migajon de pan tostado: y remojado en vinagre blanco: z majar cõ esto buena quãtidad de bigado de cabrito: o de carnero: z majar todo esto juntaméte con las almēdras y despues de bien majado destemplarlo con buen caldo de carnero. y despues passarlo todo por estameña: y desque todo sea pasado ponerlo enla olla dõde ha de cozer la salsa: y echale de todas salsas finas enla olla: y esta salsa quiere saber vn poco a agro: y desque sea cozida echarle vn poco de pereril deshojado: y hazer escudillas.

## ¶ Potage de adobado de gallina que se dize janete de gallinas.

## De potajes.



**T**omar vna gallina q̄ sea mas de medio cozida y cortala toda como para hazer platos: z tomar buen tocino q̄ sea gordo: z soffreylo con vna poca de cebolla. y despues soffreyz la gallina cortada cōello. z tomar almendras tostadas: z majarlas: z mezclar con ello mēbrillos / o peras q̄ sean cozidas en miel z tomar los bigados delas gallinas: z assarlos en las brasas. y desque esten biē assados ponlos en el mortero dlas almēdras: z majarlo as todo junto: y despues toma vn migajon de pan tostado z remojado en vinagre blanco / majarlo as en el mortero con lo otro. y despues de bien majado destemplalo con caldo de gallinas q̄ este bueno de sal: z passar lo todo por vn sedaço: y echarlo en su olla: y echar tambien la gallina: y echarle de todas salsas finas. z buena cantidad de açucar. y esta salsa quiere ser algũ tanto agrilla. y desque sea cozida la salsa echarle as vn poco de perexil dētro deshojado menudo. z hazer sus escudillas. y despues sobre ellas açucar z canela.

### ¶ Potaje de cabrito adobado que se dize janete de cabrito.

**T**omar vn quarto de cabrito delãtero: z cozerlo en vna olla: y despues d cozido sacarlo: z cortarlo a pedaços tan grandes como vna nuez: z toma tocino gordo: z soffreyz lo con ello con vna poca de cebolla: despues tomar almendras tostadas: z majadas en vn mortero con vn pedaço de bigado de cabrito assado en las brasas cō vn migajõ de pan remojado en vinagre blanco: z todo esto sea juntamēte majado con vn par de yemas de bueuos por cada escudilla: z desque todo sea bien majado destemplalo con buen caldo. z despues passarlo as por estameña: y desque sea passado ponlo en la olla dõde a de cozer. y echale de todas salsas finas: z ponle el cabrito en la olla con la salsa juntamente. z cueza: y desque sea cozida echa vn poco de perexil cortado

en la olla. z açucar: z haz de manera q̄ esta salsa sepa vn poco a vinagre. y echale dela graffa dela olla de dōde fuere cozido el cabrito primero: y echarle as barta.

¶ Potaje que se llama frexurate que es potaje de assadura.

**T**oma assaduras de cabrito/o de carnero/o de cabron: z cuezan en vna olla a parte: y desque sean cozidas cō su sal sacarlās dela olla: z cortarlas a pedaços d̄ tamaño de vn dado: y redondas: z soffreyzlas con vn poco de tocino gozdo con cebolla. z ponlo todo junto: despues tomar almendras bien tostadas: z majadas en vn mortero con bigado de carnero assado en las brasas: z vn migajon de pan tostado remojado en vinagre blanco: z majarlo todo junto. y despues de bien majado desatarlo con buen caldo de carnero. y despues passarlo por estameña todo. y despues mezclarala con la assadura la salsa. y vaya al fuego a cozer. y echar en la olla de todas salsas finas: y echarle as vn par de huevos por cada escudilla: z haz que el potaje sepa vn poco a vinagre: y es hecho.

¶ Potaje que se dize salsa cozida.

**T**oma almendras que sean bien tostadas: z majalas bien en vn mortero con buena cantidad de bigados de gallinas/o de cabrito /o de carnero assado en las brasas con vn migajon de pan tostado y remojado en vinagre blanco z majalo todo jūto en vn mortero. y despues de bien majado pon vn huevo por cada escudilla en el mortero donde estan las otras cosas. z majarlo todo jūto. y desque sea majado destēplalo con buen caldo de carnero que este bueno de sal. y passalo por estameña. y desque sea passado ponlo en la olla dōde se a de cozer: z pon en ella de todas salsas finas: z ponlo a cozer: y echa su agro en la salsa. y despues baras tus escudillas. z sobre ellas echar granos de granadas agras.

¶ Potaje que se dize salsa pardilla.

## De potajes.



**T**omar almédras bien tostadas: z majarlas muy biē en vn mortero. y despues d̄ majadas poner conellas bigadillos de gallinas assados en las brasas cō vn migajon de pã tostado: y remojado en vinagre blāco: z majalo todo junto. y despues desatarlo as cō buen caldo de gallina q̄ este bueno de sal. z despues passar lo por estameña o por sedaço: y d̄spues ponerlo en su olla a cozer: y echar cōello vn poco de vnto de puerco q̄ sea claro: y biē soffreydo. y tãbiē pomas d̄ todas salsas finas sino açã frã. y echaras tãbien vn par de yemas de huevos por cada escudilla. y sobre las escudillas echar açucar: z canela: empero a de saber vn poco agro q̄ sea de çumo de granadas.

### ¶ Potaje llamado gratonada.

**T**omar pollos q̄ esten medio assados en assador y despues cozarlos por sus coyunturas como para seruir en platos. z despues soffreyzlos con buē tocino gordo. y despues tomar almédras biē tostadas: z majarlas cō los bigadillos de los pollos assados en las brasas: y desque seã bien majados d̄sẽplarlo cō buē caldo de gallinas q̄ este bueno d̄ sal: y echaras vn par de huevos por cada escudilla. z passar lo por estameña: z desq̄ sea passado echarlo en la olla: z cueza cō los pollos: y echarle de todas salsas finas. z catarlo de sabor de agro d̄ manera q̄ este vn poco agro. y d̄spues echar le estas yeruas en la olla yerua buena: z perexil/ z mayorana q̄ es albabaca morisca de vnas ojas anchas. y despues echarle açucar. y es buena esta salsa para cabrito/ o para pechos de carnero.

### ¶ Potaje dicho morteruelo.

**R**zillar pan q̄ sea biē duro: z tostarlo en vna sartē/ o caçuela: y despues tomar muy buē queso de aragō: z rallarlo: z mezclarlo cō el pan q̄ vuieres tostado: y despues poner a cozer vna pierna d̄ carnero en vna olla a parte con vn pedaço de tocino entreuerado: y desque sea cozida la pier-

na y el tocino: sacarlo de la olla: z cortar lo menudo: y despues majarlo en vn mortero. y desque sea majado mezclar la carne con el queso: y el pan tostado: z tomarlo a majar todo juto. y despues poner por cada escudilla vn huevo en el mortero. y hecho esto desatarlo con leche de cabras: z sino la ay con leche de almédras que valdra tanto. y desque lo ayas destemplado poner lo a cozer en la olla. y echarle de todas salsas finas: z vn canela: z açucar en la olla: z põlo a cozer. y desque el potaje este cozido quitalo del fuego: z dexalo reposar vn poco. z baras escudillas: z echaras encima culantro verde: z perexil verde deshojado.

**E** Potaje de culantro llamado primo.



**Q**ulantro seco z verde tomaras: z majarlo todo juto en vn mortero. y despues tomar almédras biẽ tostadas: z majarlas biẽ con el culantro todo junto: z vn migajõ de pã tostado: z mojado en vinagre blãco: z majarlo todo juto: y despues de majado toma vna gallina q̃ sea cozida en olla: z toma dela gallina las pechugas: z majalas cõ las otras cosas todo juto: z desque sea todo majado passarlo todo por estameña y desq̃ sea todo passado ponerlo en la olla dõde a de cozer y echarle buena q̃ntidad de açucar: y de todas salsas finas q̃ seã biẽ passadas cõ las otras cosas z cueza al fuego: z põ en la olla nuezes molcadas: z flor de macis y canela z gengibre z clauos: y desq̃ sea cozido q̃tarlo del fuego: y cubrirlo como si fuesse arroz: y dexarlo reposar. y despues hazer escudillas: z sobre ellas echar açucar: z canela.

**Q**tro potaje de culantro llamado ce-liandrate segundo.

**T**omar culantro seco en grano: y limpiarlo: z molerlo bien en vn mortero: y despues tomar almendras bien paradas: z majarlas bien con el culantro: y desque sea todo bien majado. poner con ello todas estas salsas molidas. ca-



### De manjares.

nela/gingibre: z clauos: y desque sea bien molido destem-  
plar la salsa con çumo de naranjas agras: z vuas dulces: z  
blancas porque no sea muy agro: z ponlo al fuego a cozer:  
z catarlo de sabor que a de ser entre agro z dulce: z el color  
de la salsa a de ser como color de gris. y esta salsa es buena  
para perdizes: z pollos assados: z sobre la salsa açucar: z  
canela.

#### ¶ Otro potaje de culantro llamado tercio.

**A**S de tomar culantro verde: z cortar lo menudo: z ma-  
jarlo en vn mortero sítamête con culantro seco: z des-  
pues tomar almendras tostadas: y auellanas tostadas: z  
majar las a parte en vn mortero: z desque seã bien majadas  
mezclarlas cõ las almẽdras: z tornar lo a majar todo sũto: y  
desque sea bien majado passarlo por estameña: z ponlo a co-  
zer en la olla: y echale de todas salsas finas cõ açafrañ: z vi-  
nagre: z açucar z ponlo a cozer con poco fuego basta tanto  
que este solamête vn poco espesso: z quitarlo del fuego: z ha-  
zer escudillas: z sobre ellas echar açucar: z canela.

#### ¶ Potaje que se dize auellanate.

**A**S de tomar auellanas tostadas: z blancas monda-  
das: z almendras tostadas z mondadas z blancas.  
majarlo todo en vn mortero poco a poco: de manera que  
no se hagan azeyte. z si lo hazen mojar a menudo la mano  
del mortero en agua rosada que sea muy fina. y despues  
de majadas desfatarlo as con caldo de gallinas. y despues  
passarlo por estameña. y desque lo ayas passado ponlo en-  
la olla a cozer: y hechale buena cantidad de açucar en la  
olla: z vaya a cozer todo junto. z traer lo siempre con vn pa-  
lo hasta que sea bien cozido z tornado bien espesso: z des-  
pues catalo que sepa a agua rosada: z desque sea bien cozi-  
do dexarlo reposar vn poco: y escudillar: y echar sobre las  
escudillas açucar fino.

#### ¶ Potaje que se dize almendrate.

**A**S de tomar almédras paradas z blancas: z majarlas biẽ cõ vn migajon de pan. y desque sea todo muy bien majado: tomar vn par de yemas de bueuos por cada escudilla: y destemplarlo todo con las almendras: z toma buen caldo de carne: z passarlo as por estameña porque sea bien espesso con los bueuos: z pon esta salsa dentro de vna olla: z pomas en la olla vn poco de agro: z açucar: y canela entera: z vn poco de gingibre z cueja: z catarlo que sea de agro: y de dulzor de buena manera.

¶ Gallina armada.

**A**ssar vna buena gallina. y desque sea cerca de medio assada enlardarla con tocino. despues tomar yemas de bueuos muy bien batidos: despues con vna cuchar / o cõ el cabo de vn cucharon de palo vntar la gallina cõ estas yemas poco a poco. y despues sembraras sobre los bueuos harina de trigo bien cernida con sal molida boluiendo siẽpre: z apriessa la gallina: z valdra mas la coraça que la gallina.

¶ Capon armado.

**E**mbozroçar vn capon: z assarlo: y desq̃ sea medio assado quitarle el embozroçamiento. z tomaras yemas de bueuos batidos con perexil: z açucar: z sean muy bien batidos. z pomas estos buellos sobre el capon a todas partes: z tomar pifiones: z almendras paradas: z miẽtre pusieres las yemas de los bueuos pomas los pifiones: z almédras poco a poco de manera que se tẽga sobre la salsa. y despues tomaras el embozroçamiento sobre los bueuos y el capon. y este al fuego basta que sea del todo assado.

¶ Calabacinate que es si miẽte de calabacas.

**L**a si miẽte de las calabacas tomaras: z mõdalas q̃ qdẽ blãcas como las almédras: z majarlas en vn mortero cõ otras tãtas almédras mondadas todo mezcladas. z desq̃ sea biẽ majado desatarlo cõ buẽ caldo de gallinas: z passarlo por estameña: z ponlo en vna olla: y echale açucar lo que

### De potajes.

te parecera: y cueza hasta q̄ este bien espesso. y entōces has ras escudillas. y echaras açucar sobre ellas. Este potaje se puede hazer con sola la simiente de las calabazas. y es muy bueno para las passiones de los riñones: con açucar.

#### ¶ Vinagre que es bigado adobado.

**C**ebollas tomaras: z cortaras las muy menudas como dados. y soffreyzlas as cō tocino gordo. y despues toma bigado de cabrito/o de carnero/o de cabron z hazerlo tajadas del tamaño de media nuez z soffreyzlo con la cebolla hasta q̄ el bigado pierda el color. despues toma vn migajon de pã tostado remojado en vinagre blãco. y majarlo muy biẽ. y desatarlo cō vino blãco q̄ sea dulce. y despues passarlo as por estameña. y despues echalo sobre la cebolla: z el bigado todo junto en la caçuela: y echale canela molida: z cueza hasta q̄ sea bien espesso: z desque sea cozido .hazer escudillas.

#### ¶ Potaje que se dice piñonada.

**T**omar piñones buena quãtidad que seã bien mondados: z limpios. z otras tantas almendras. z majarlo todo junto en vn mortero despues de bien majado desatarlo con caldo de gallinas. z passarlo por estameña. y despues ponlo en vna olla limpia: z cueza: y echa dentro açucar meneando siempre con vn palo y desque sea cozido apartarlo del fuego y dexarlo reposar vn poco cobijado con vn trapo. z sobre las escudillas echar açucar.

#### ¶ Almidon.

**A**lmidō tomaras que sea muy blanco: y limpio: z molerlo en vn mortero. y despues tomar almēdras blãcas biẽ mōdadas: z majarlas as por sí: y despues de biẽ majadas destēpla las cō caldo d̄ gallinas: z passalo por estameña: y desq̄ la leche de almēdras sea passada lo q̄ q̄dara de la leche destēplar lo cō el amidō: z ponerlo en su olla: z cozerlo: y echale açucar: y desque sea mas de medio cozido echa le la leche de las almendras la que es mas espessa: z cueza

hasta q̄ este bien espesso. z desque sea cozido quitalo del fuego. z dexalo reposar vn poco cubierto con vn trapo: z sobre las escudillas echaras açucar.

## ¶ Ginestada.



Tomar arroz: z hazer del harina: z cerner la por vn sedaço: z tomar leche de cabras/ o de ouejas/ z si esta no se halla tomar leche de almédras y destemplar esta harina de arroz en la leche de almendras o de cabras/ de manera q̄ sea bien claro: z despues ponla a cozer en la olla: y en la olla echaras estas cosas. açucar: z datiles mondados: z piñones: z auellanas enteras limpias: z blâcas: z los danles cortados: del tamaño de bados: y echar le de todas salças finas en la olla: z traerlo siépre con vn palo: z si quieres hazer la ginestada blâca assi lo puedes hazer: z assi mesmo podras poner en lugar de açucar canela sobre las escudillas: z granos de granadas agras: y es menester que antes repose vn poco la olla que se bagan escudillas.

## ¶ Potage de farro.

El farro tomaras z lauarlo as cō agua fria dos o tres vezes: y desque lo ayas bien lauado pôlo en la olla de dea de cozer: y echale buen caldo de gallina cō el farro todo junto: z cozerlo al fuego desque sea mas de medio cozido/ tomaras buena leche de almendras/ y echar la dentro en la olla: y despues ponas en la olla açucar q̄ sea bueno mientras cueze la olla y desoue sea bien cozido apartarlo del fuego embuelto en vn trapo. y desque aya reposado bien hazer escudillas: y echar sobre ellas açucar z canela. ¶ Si lo quieres hazer salsa se puede hazer assi mesmo. y si quiza q̄ sieres hazer alguna escudilla de farro q̄ sea delicada/ hazer lo as desta manera. Tomar el farro z cozerlo en buē caldo de gallinas o de carnero: y desque sea mas de medio cozido/ passarlo por estameña: z con aq̄l liquor colado que sale/ se a

### De potajes.

tos: y despues toma vn gran plato/ z pon aq̄llas gallinas cortadas z las manos cortadas enel plato: y echa sobre ello el caldo delas manos/ de manera que no cayga enel plato ninguna gordura: passandolo por vna estameña: z desque sea medio passado/ pon al derredor enel plato hojas de laurel: y deralo estar assi z cōgelarse ha luego: z si por caso no se cōgelasse tan presto echale vn poco de garāgal o espica nardi: z luego sera cōgelado sin duda: z assi se haze la buena geladea o gelatina.

### ¶ Potaje de merritoche.

**T**omar almendras mondadas limpias z blācas z majarlas bien en vn moxtero: y desatarlas con buē caldo de carnero o de gallinas: y passarlo por estameña: y desque sea todo passado echalo enla olla con vn pedaço de açucar: z ponlo a cozer meneandolo siēpre con vn palo: z quādo sea mas de medio cozido/ toma saluia y de cada hoja hazer quatro partes: y en vna libra de almendras podras echar diez hojas de saluia: y despues toma la saluia que es menester/ vale vn heruoz/ y despues echala enla olla conla leche de las almēdras y cuezga todo junto/ z miētra cueze echa mucha gordura dela olla enla salsa/ y echa tãbien nuezes de xarq̄ molidas: y despues de cozido hazer escudillas: z sobre ellas echar açucar z gingibre molido todo mezclado.

### ¶ Salsa de ansarones.

**T**omaras almendras mondadas limpias z blancas/ z majalas en vn moxtero/ y despues de biē majadas/ toma bigadillos de los ansarones/ o de gallinas q̄ sean cozidos en olla/ z majalos conlas almãdras/ y despues de bien majado y mezclado todo/ desatarlo con buen caldo de gallinas/ z passarlo por estameña: y desque sea passado echarlo enla olla con açucar: z traerlo siēpre con vn palo: y echarle de todas salsas finas enlla/ saluo açufrã: z la salsa a de q̄der vn poco entre agra z dulce: y echar sobre las escudillas açu

car z canela.

**P**otaje de cebollas que dizen cebollada.  
**C**ebollas paradas tomaras y bien lauadas z limpias:  
 z cortalas en gruesas tajadas: y ecbalas en vna olla d  
 agua q̄ este hiruiendo: y desque ayan dado vn beruoz en la  
 olla o dos / sacalas dela olla y esprimer las entre dos taja-  
 deros de palo: y despues soffreyzlas con buē tocino gordo  
 derretido/ o con la gordura del tocino: trayendo con vna pa-  
 leta: y meneádo en la sartén cōla dicha paleta q̄ sea de made-  
 ra. y si las cebollas algo se secarē echarles buē caldo de car-  
 nero q̄ sea gruesso hasta que sean bien cozidas las cebollas.  
 y despues tomar almendras q̄ sean bien mondadas: z blan-  
 cas. z majarlas biē en vn mortero: y despues desatarlas cō  
 buen caldo de carnero: z passarlas por estameña. y despues  
 echar la leche delas almendras en la olla cōlas cebollas. y  
 mezclár lo bien. y despues cozerlas biē hasta q̄ las cebollas  
 seā cozidas cōla leche y las almēdras. y echar en la olla buē  
 queso de aragon rallado. y menearlo biē como si fueren ca-  
 labaças cō vn haravillo. y desque esten bien mezcladas cō el  
 queso: y veas q̄ esta cozido hazer escudillas echādo primero  
 en la olla por cada escudilla vn par d̄ yemas de bueuos y so-  
 bre las escudillas echar si q̄reys açucar: z canela: y es buēo.

**R**elleno de cabrito.

**L**as baldas d̄ carnero tomaras: y assaduras de ca-  
 brito. z cozerlas en la olla con vn buen pedaço de toci-  
 no q̄ sea entreuerado. y desque sea cozido picarlo en vn taja-  
 dero de palo bien menudo: z ponle vn poco de pan rallado  
 con otro poco de queso rallado. z mezclarlo bien: z tomarlo  
 a picar muy bien con vn poco de perexil q̄ sea biē menudo.  
 y despues mezclaras con ello algũos bueuos cōlas claras:  
 y las yemas todo sũto. y ecbale de todas salsas finas. y açu-  
 fran barto/ porq̄ este potaje quiere ser muy amarillo y mez-  
 clarlo bien q̄ quede en gran manera picado: z menudo que

**De maneras de guisar.**  
parezca masado. z despues soffreyz el cabrito / o lechon / y si  
fuere lechon no se le sule echar perexil.

**Pastel de cabrito.**

**Y** Si por caso fueré muy gordos los cabritos para assa-  
dos. pueden bazer dellos pedaços: z hazerlos paste-  
les/ o empanadas. z puedes tomar salsa fina y perexil cor-  
tado: z ponlo en empanadas con vn poquito de azeyte dul-  
ce z vaya esta vianda al horno: y vn poco antes que la saqs  
del horno. batir vnos buenos con agraz/ o zumo de narāja/  
y ponerlo dētro dela empanada por el espiradero del cober-  
tor: dēla empanada. y despues tomarlo al horno por espacio  
de tres paternostres. y despues sacarlo: z ponerlo este pa-  
stel delante del señor en vn plato: z abrirlo: z dargelo.

**Embroçamiento de pauos o capones.**

**D**esque los pauos/ o capones fueren medio assados  
en su assador tomar buen tocino gordo: y bazerlo taja-  
das anchas del tamaño delas pechugas dēl pauo/ o capon:  
y estas tajadas ponerlas sobre las pechugas de manera q̄  
no se puedan caer. y desque esten biē atadas tomarlo al fue-  
go a assar: y antes q̄ lo pongas al fuego pon la cabeça del ca-  
pon de manera que no se queme: z la cabeça con el pico po-  
nerlo dē largo dentro del corpanço/ puedes cubrirlos de pa-  
pel blanco los pauos o capones/ bien atado sobre el tocino.

**Berengenas en caçuela.**

**T**omar berengenas z mondarlas dēla corteza muy biē  
z cortarlas en tres/ o quatro pedaços cada vna: y co-  
zer las en buen caldo de carnero cō vn par de çebollas: z co-  
zer las hasta que esten bien cozidas: z siendo cozidas sacar-  
las dēla olla: z picarlas en vn tajadero muy menudas: z des-  
pues echarles buen queso de aragon rallado z algūas ye-  
mas de buenos. z tomarlo todo a picar con su cuchillo co-  
mo si fuesse para relleno de cabrito: z echarle salsa fina: z po-  
ner todas estas salsas en la caçuela bien mezcladas / gñi=

gibre/floz de macis/nuezes noscadas/ z culantro verde: z pe  
 retil: y despues llevar la caçuela al horno: z desque sea cozi  
 do bechar encima açucar: z canela.

¶ Berengenas espessas.

**L**impíar las berengenas dela corteza : z ponerlas en  
 agua fria: z despues ponerlas a cozer en vna olla con  
 vn par de cebollas limpias en caldo de carne q̄ sea gorda. z  
 miêtra cuezê menearlo siêpre cō vn meneador ò palo: z des-  
 pues tomar almêdras mōdadas: z blancas: y majarlas biê  
 en vn mortero: z destêplarlas cō buê caldo de carnero/ o de  
 gallinas: z passarlas por estameña. z quãdo sea pasado las  
 berêgenas serã cerca ò cozidas: entōces echarles la leche ha  
 sta q̄ seã cozidas. y echarle buê q̄so ò aragō rallado. òspues  
 tornarlas cō vn harauillo assí como calabças. y desq̄ esten  
 biê tray das cō el harauillo echarles yemas ò hueuos: z mas  
 estas cosas. culantro seco molido. z sobre el culantro echar  
 en la olla nuezes noscadas/ alcauaea z canela: z clauos. to-  
 do molido: z echarlo en la olla: z despues hazer escudillas: z  
 sobre cada vna echar q̄so rallado de aragō q̄ sea muy buêo.

¶ Berengenas ala morilca.

**M**ondar las berêgenas: z hazerlas quatro quartos:  
 z mondadas dela corteza ponlas a cozer : z desque  
 sean bien cozidas: quitarlas as del fuego : z entōces espre-  
 mir las entre dos tajaderos ò palo que no les quede agua.  
 y despues picarlas con vn cuchillo. z vayan ala olla z sean  
 muy bien soffrey das con buen tocino/ o con azeyte que sea  
 dulce porque los moros no comen tocino. y desque seã bien  
 soffrey das ponlas a cozer en vna olla. y echarle buen caldo  
 grueso: z la grassa dela carne. y queso rallado que sea fino.  
 z a todas culantro molido. y despues tornarlas con vn ha-  
 rauillo como calabças. y desque sean cerca de cozidas por  
 nas yemas de hueuos batidos con agraz como si fueren ca-  
 labaças.



## De potajes.

### ¶ Potaje de junglada o lebrada.

**V**sta liebre tomaras : z desollarla as : z bien limpia z lauada echarla as en la olla : z darle vn beruoz vsques facarla : z ponerla a assar en vn assador. y desque sea mas de medio assada sacarla del assador : z cortarla a pedaços q̄ sea grãdezillos. z despues tomar cebolla cortada biē menuda : z soffreyzla con buē tocino q̄ sea gordo. y despues soffreyz la liebre tambien : z tomar almēdras tostadas : z majarlas biē con vn migajon de pan remojado en vinagre blanco : z majarlo todo junto : z despues majar con todo esto bigadillos de gallinas / o de cabrito / o de carnero / o baços assados en las brasas : z majarlo todo junto : z despues de bien masedo echarle vn par de buenos por cada escudilla. z despues deslęplarlo cō buē caldo d̄ carnero o de gallinas : z passarlo por estameña : z desq̄ sea passado ponerlo a cozer : z pō buena quãtidad d̄ gingibre z canela encima. z a de saber vn poco de vinagre : z si q̄sieres poner açucar o miel sera a tu volūdad.

### ¶ Calabaças espesas con caldo de carne.

**T**omar calabaças : y raerlas mu y biē que quedē muy blãcas : z limpias. y despues cortarlas a tajadas muy delgadas z luengas : z toma buen tocino gordo : z vn pedaço de carnero : z juntamente con el tocino : y desque sea todo muy bien derretido passarlo por vn sedaço : y echarlo en la olla dōde an de cozer las calabaças cō el tocino gordo : z menearlo siēpre con vn palo : y echale vna cebolla : z soffreyzla con las calabaças : y desque sean biē soffreydas tomar vna buena risonada de carnero : z ponerla a cozer a parte juntamente cō vn par o dos de palominos : z haras buen caldo q̄ sea bueno de sal : z quãdo el caldo fuere hecho / poco a poco echarlo sobre las calabaças : z siēpre tomar d̄l mas gordo y desque las calabaças sean bien cozidas : y bien desechas / tomar leche de almendras / o de cabras / o de ouejas fino la leche de las almendras no puede faltar : y echa la leche en la

olla: y desque la leche sea cozida con las calabazas/ toñar las as bien con vn harauillo/ de manera que no quede ningun pedacillo delas calabazas que no este deshecho: y echa le buen queso de aragon rallado: z muy fino dentro con las calabazas: y esto hecho tomaras dos yemas de huevos por cada vna escudilla biẽ batidos con agraz: despues mezclarlos con las calabazas: despues hazer de manera que sepan vn poco al agraz: z despues hazer escudillas: y hechar sobre ellas açucar z canela.

¶ Calabazas ala morisca.

**R**er muy biẽ las calabazas basta q̄ estẽ muy limpias z blãcas: y despues haz tajadas aças z cortalas como dados redõdos: z toma cebolla: z cortala dela manera dela calabaza. z a cada calabaza ponas dos cebollas: y desq̄ seã cortadas echalas en buen caldo de carnero que este biẽ heruiendo: y desque sean cozidas echales leche de cabras/ o de ouejas/ o si esto no ay echa leche de almẽdras: z cuezga biẽ la leche con las calabazas: y desque sea cozida la leche/ toñarlas bien con su harauillo: y echarles buen queso rallado: z salsas finas: z tambien cominos: z alcaraua: z vn par de huevos por cada escudilla: z toñarlo todo junto: z hazer escudillas: z sobre ellas echar açucar z canela.

¶ Otra manera de calabazas.

**T**omar las mas tiernas calabazas que se puedã auer: z limpiarlas que queden biẽ blancas: z cortarlas a tajadas que sean muy delgadas: z soffreyzlas con buen tocino gordo: z despues de bien soffreydas echarles buen caldo de carnero que sea muy gordo donde se aya cozido vna falda de buena vaca gorda: z con este caldo cozerlas muy biẽ: y despues que sean cozidas echarles leche de almẽdras/ o de cabras: y con la leche acabarlas de cozer: z toñarlas mucho con su toñillo o harauillo/ de manera que no quede ningũ burujõ: y esta es buena manera de calabazas que no entra

### De manjares.

queso enellas/mi bueuos/mi cebollas: empero al cozer as de echar yn poco de agraz porq̄ de otra manera no valē nada.

#### ¶ Arroz con caldo de carne.

**A**S de tomar arroz y bazerlo lauar con agua fría tres o quatro vezes/o con agua tibia : y desque sea biē lauado ponerlo a enxugar en vn tajadero o palo al sol/o sino lo ay/cerca del fuego: z quādo fuere enxuto limpiarlo bien delas piedras z suziedad: despues poner vna olla muy limpia al fuego cō caldo de carne q̄ sea gruesso/z bueno de sal: z ponlo al fuego: z quādo comēçare de heruir el caldo echa el arroz enla olla: z desque el arroz sea mas o medio cozido/ ecbale leche de cabras o de ouejas: z a falta desto echarle leche de almēdras: z cueza todo enla olla/meneādolo de quādo a quādo porq̄ no se pegue enla olla o se queme/cō vn cucharon. y desq̄ sea cozido quitarlo del fuego: z poner la olla bien cubierta dētro de vna espuerta/o cesta de saluados : y dexarlo alli repolar yn rato que sea espacio de vna ora/o a lo menos media. despues tomar yemas de bueuos: z batirlas bien quando quisieres hazer escudillas: y echalos enla olla mezclandolos conel arroz: z dandoles algunas bueltas conel cucharon. despues hazer escudillas: y echar sobre cada vna açucar: z canela. ¶ **A**has nota vna cosa como dixere enel capitulo dela semola que en ningun potaje de estos como son: arroz/ semola/ farro z fideos: quādo se cueze con caldo de carne. no ay necesidad de poner ningūa condicion de leche: pero todo esta enlos appetitos o los ombres q̄ lo comē. y eneste potaje no ay necesidad de echar sobre las escudillas açucar: empero nunca el açucar baña la vianda. y en esto esta el primor que cada vno haze segun su gusto.

#### ¶ Arroz en caçuela al horno.

**L**mpiar biē el arroz o las piedras. z suziedad: z lauarlo con dos o tres aguas frías. y despues con agua caliente. y despues de bien lauado ponerlo a enxugar en vn

tasadero de palo al sol / o al calor del fuego. y desque sea enxuto tomarlo a limpiar de manera que quede muy limpio despues tomar vna caçuela muy limpia: y echarle caldo de carne/ q̄ sea bien gruesso z ponerlo a beruir al fuego: z quando començare de beruir ponle dos o tres hebras de açafrā de manera que el caldo se pare biẽ amarillo. y desque el caldo estuviere biẽ amarillo echar el arroz poco a poco meneãdolo con vn palo/ o con vn cucharon: z quãdo el arroz estuviere dentro en la caçuela echarle as tanta quãtidad de caldo como te pareciere que sera menester para que se cueza no mas. z catalo que este bueno de sal: z bien gruesso: z ponerlo a cozer en el horno: z vn poco antes que se acabe de cozer sacarlo del horno: z echar le algunas yemas de bueuos enteras que sean frescos sobre el arroz. y despues tomar la caçuela al horno para que se acabe d cozer: z cozido que sea veras que el arroz aura hecho encima vna corteza que es muy buena: y despues hazer escudillas: y en cada vna vayã de aquellas yemas de los bueuos que estan sobre el arroz vna o dos: z si por caso el horno no estuviere a parefado/ poner la caçuela sobre fuego de carbon z ponerle su cobertera de hierro llena de brasas: y desta manera saldra de alli como si fuesse cozida en el horno: z quiça mejor/ porq̄ la terna mas acerca para reconocerla: y este es buen arroz.

¶ Potaje de fideos.

**L**impiarlos fideos de la suziedad que tuuieren: y desque esten bien limpios poner vna olla muy limpia al fuego con caldo de gallinas/ o de carnero bueno: z gordo: z que este bueno de sal: z quando començare de beruir el caldo echar en la olla los fideos con vn pedaço de açucar: z desque seã mas de medio cozidos/ echar en la olla cõ el caldo de las gallinas o de carnero leche de cabras/ o de ouejas: o en lugar dello leche d almendras/ que esta nõca puede saltar: y cuezga bien todo junto: z desque sean cozidos los fideos

### De potajes.

apartar la olla del fuego: y dexarla reposar vn poco: z hazer escudillas hechando açucar z canela sobre ellas: mas como tēgo dicho en el capitulo del arroz / muchos ay q̄ cō potages desta calidad que se guisan con caldo de carne/ dizen que no se deue echar açucar ni leche: mas esto es en el apetito de cada vno: y en la verdad con fideos / o con arroz guisado cō caldo de carne mejor es echar sobre las escudillas queso rallado que sea muy bueno.

¶ Potage que se dize de porriol.

**T**omar cebollas cortadas biē menudas: y picarlas cō vn cuchillo sobre vn tajadero z mientras las picares echarles as sal z agua fria encima: y esto haras muchas vezes: z cada vez apretarlas entre dos tajaderos para q̄ salga toda la viscosidad: y esto echo cozer las con buena cantidad de gordura de tocino/ o azeite comū q̄ sea muy dulce/ y bueno: y despues echarle vino blanco z dulce: tēplado cō vinagre. y desq̄ aya beruido vn poco echarle pimiēta/ y sal molido: z catarlo as: z si te pareciere muy fuerte echarle vna poca de agua: z tornalo a catar si esta bueno de fortaleza y d̄ sal: y despues echale perdizes cortadas/ o enteras/ o otras aues.

¶ Potage que se dize porriola.

**T**omar la cātidad delas cebollas segun lo q̄ quisieres hazer del potage: z picarlas mucho en vn tajadero: y echarles su sal molida: z agua fria: y espremlas entre dos tajaderos porq̄ salga la viscosidad dellas: z tomarles hazer lo mesmo/ apretandolas entre sus dos tajaderos bien q̄ no quede viscosidad enellas: y despues escaldarlas bien tres o quatro vezes: z cada vez sean bien espremidas: porq̄ salga toda la viscosidad: y despues soffreyzla cebolla muy bien cō gordura de puerco poco a poco: despues echarle as buenas especias: y echalas en el mejor caldo que tengas: z ponlas a cozer: y despues puedes echar yemas de huevos: z bigadidos de gallinas bien majados si quisieres.

¶ Potaje que se dize nerricoque.

**T**omar carne de carnero: e hazerla pedaços menudos de tres dedos en largo: e pôla a cozer en vna olla limpia con su sal/ y su recaudo: y espumarla muy biẽ: y desque sea bien espumada: tomar pexil: e yerua buena: y mayorana. y axedrea e ylopo: e otras buenas yeruas: y cebollas cortadas menudas y echalo todo en la olla: e cueza biẽ: e desque pue masar almêdras bien mōdadas e blâcas: y desque seã bien majadas echales bigadillos de gallinas/ o de cabrito q̄ sea tierno q̄ tanto vale: e cueza en su olla. e majarlo todo junto con las almêdras: y despues de majado destêplalo cō caldo de gallinas que sea bueno: e passalo por estameña: y despues de passado tomar vn par de buenos por cada escudilla: y b̄stêplalos cō la leche mesma: e passalos por estameña: y despues mezcla lo todo: y desq̄ la carne sera cozida echar leche dentro en la olla: y desque aya toznado espeso sera cozido: e paramiêtes que as de echar muchas yeruas: e puedes escudillar echando carne dentro en las escudillas.

¶ Broete de madama.

**T**omar almendras que no sean paradas: y piñones q̄ sean muy blancos e limpios: e majalo todo junto: e despues de majado desatarlo con buen caldo de gallinas: e passarlo por estameña: y echalo en su olla limpia donde a de cozer: y echale estas especias gingibre/ pimiêta luenga: e galangal todo molido puesto todo en la olla con perexil/ y orégano: e vn poco de poleo: e cuezga todo junto con açafran: e desque aya bien heruido que conozcas que se deve quitar del fuego: toma vna dozena de huevos batidos cō vinagre: e ponlos en la olla: e haz que el caldo quede vn poco agro: e no mucho: e quãdo le echaras el caldo as de mirar que no sea muy caliente porque no se endurezã los huevos luego: e menearlo toda via con vn palo quando esten allí los huevos en el caldo porque luego se cuajarian.

## De broetes.

### ¶ Buen broete con caldo de carne.

**S**i quieres hazer el dicho broete con polla o con pollos ya sera mejor. Toma los pollos z hazlos cozer en vna olla muy bien limpia con muy buen carnero z tocino: z catar la olla que este buena de sal: y despues toma del mejor caldo dela olla: z passarlo por estameña: z ponerlo luego en vna olla limpia: z dexalo bien esfriar: y echale de todas sal-  
sas finas: z açafran que sea molido: z toma dos yemas de huevos por cada escudilla: z desatarlas conel caldo frio: z agras porq̄ no se cuagen: y despues passarlas por estameña que sea bien rala: z despues de passadas echarlas enla olla del caldo: y echarle gingibre catando la olla de sabor de sal y de agro antes de ponerla enel fuego: y despues ponerla a cozer al fuego: y traerlo siẽpre con vn palo hasta que sea cozido: z si quieren añadir leche por la meatad del caldo/ em-  
pero q̄ sea de almẽdras: ya sera mejor el broete: y õsque sea cozido del todo el dicho broete/ echa los pollos dentro cor-  
tados a pieças como para seruir platos: y desque ayan vn poco hervido enla olla sacarlos õlla: z põlos en vn plato: z antes que se bagã escudillas echarle vn poco de perexil des-  
hojado/ o cortado enla olla: y despues hazer escudillas.

### ¶ Otro broete bueno que se dize de verines.

**L**eches de almẽdras tomaras: z ponerla as a parte/ des-  
pues tomar perexil/ y muy bien majado passarlo por estameña: y despues mezclarlo cõla leche õ almẽdras/ la q̄l  
auras desatado conel caldo delas gallinas/ o del carnero q̄  
sea bien gordo: y echaras tãbien gingibre molido: despues  
ponerlo al fuego a cozer: y menearlo siẽpre cõ su palo hasta  
que hierua: y desque hierua menearlo poco a poco hasta q̄  
este espesso. Ay tãbien algũos que echan el perexil deshoja-  
do z no lo majã: y hazer escudillas vn poco antes q̄ se lleuẽ  
ala mesa: z veras dẽtro dela escudilla que sera verde: y en-  
cima sera blanco: z por esto se llama broete de verines.

¶ Buen broete con caldo de carne que se dize de esponja.

**A**S de tomar vna olla limpia / y echaras enella el me-  
 lor caldo z mas gordo de la olla / que este bueno de sal:  
 y este caldo passarlo as por estameña: y echarlo en su olla: z  
 dexarlo alli enfriar hasta que aya perdido el calor: z al tiem-  
 po q̄ se va enfriando echa en la olla canela z gingibre: z açá-  
 fran todo molido: y despues tomar dos yemas de buecos  
 por cada escudilla: z batirlos con agraz: z con vn poco de ví-  
 nagre blanco / solamente que el caldo sea vn poco agrillo: y  
 despues echalo en la olla z ponerlo a cozer / trayendolo siem-  
 pre hasta que bierua / que sino se meneasse luego se cuajaria:  
 y desataria: y desque aya bien cozido quitarlo del fuego: z  
 hazer escudillas: z si quisieres puedes echar despues en ca-  
 da escudilla vn poco de caldo z parecera vna poca de espon-  
 ja amarilla: z por esto se llama broete de esponja.

¶ Potage de grassa.

**P**ara feys escudillas tomar media libra de queso ralla-  
 do con medio pã duro rallado todo mezclado: z tomar  
 feys yemas de buecos batidos muy bien por su cabo: z to-  
 mar hasta quatro escudillas de grassa de la olla muy bien  
 espumada: z poner este caldo a beruir sobre brasas dõde no  
 le de humo: z moler tres madres de clauos / z pimieta / z açá-  
 fran. y echarlo dentro del caldo: y echar en el quatro onças  
 de acucar / o en lugar del otra tãta miel: y echar vnas gotas  
 de vinagre para dar sabor: z ponerlo a beruir: y desque aya  
 beruido apartarlo fuera: z batir el pan con los buecos: y el  
 queso / y echar a bueltas caldo hasta q̄ este ralo: y echarlo de  
 tro en la olla: trayendolo con vn cucharon de palo / por q̄ no  
 se coze: y esto echandolo poco a poco dentro: y desque sea  
 todo echado tomarlo alas brasas hasta que sea espesso: z ca-  
 tarlo de sabor: z si esta bueno apartarlo del fuego.

¶ El mesmo potaje de leche.



### De potajes.

**P**ara feys escudillas tomar media açumbre de leche: y media libra de barina de arroz: y tomar media libra de pierna de carnero sin hueso: z cozerlo con agua z sal: hasta q̄ este mucho cozido: y despues sacarlo de alli: z majarlo: z andádo majádo: y echando del caldo dela mesma carne: y despues de biē majado echar la meatad dela leche en ello: y colarlo por su estameña / o por sedaço de cerdas / o con paño de lino limpio. y despues de bien colado traerlo con vn cucharon de palo toda via a vna mano: y hazerlo as en caço / o en olla nueva vidriada. z tomar la barina: y echarla dētro poco a poco trayēdolo a vna mano: z si vieres que esta mucho espesso echaras la otra leche toda: y echar despues de esto media libra de açucar dētro. y ponerlo a cozer en brasas dō de nole d̄ humo trayēdo lo siēpre a vna mano al derredor: y a todas partes porq̄ no le pegue: y desq̄ este espesso catarlo de sabor: y si esta bueno apartarlo a fuera: y escudillar: y sobre las escudillas echar açucar. z canela.

### ¶ Buena salsa francesa.

**A**S de tomar almēdras q̄ sean mondadas: y muy limpias: z blācas: y piñones: z majalo muy biē cō gingibre y pimiēta: z ponle mucha canela: y defatalo con vino d̄ granadas agras que quede de sabor entre agro z dulce: z assi mesmo puedes hazer salsa cō çumo de granadas agras: y con canela sola mezclada y echada encima.

¶ Salsēron para aues saluages como son palomas saluages: z torcazas: y anades saluages.

**A**S de tomar palomas torcazas z saluages / o anades saluages q̄ en valencia llamā forjas: z assar las bichas palomas q̄ no estē muy assadas sino poco mas d̄ medio assadas: z cortarlas como se corta vna gallina: y echarlas ē dos aljafanas / o ē dos platos hōdos grādes: y echales ěcima sal molida: z viagre pimiēta: y çumo d̄ narājas todo mezclado en vno: z batir lo mucho ětre dos platos buē rato d̄ manera

q̄ los çumos o salserõ se mezcle: y encozpozẽ cõ las auescor-  
tadas. z pomas esto en sus platos cõ su salserõ: y es bueno.

¶ Potaje llamado salseron blanco.

**A**S de tomar almédras paradas: y majarlas/ bien del  
pues destēplarlas cõ çumo de naranjas/ o otro agro/  
o cõ agua: y echale açucar bláco suficiētemēte: esta salsa no  
se a de passar por estameña saluo que sea biē majada: y agre  
dulce. y este salseron puedes dar a toda volateria.

¶ Salseron para palominos assados.

**T**omar los bigadillos õ los palominos: z assarlos en-  
las brasas q̄ no seã muy assados: y puedes añadir bi-  
gado de cabrito vn poco/ o de carnero: y majarlo todo jũto  
con vn migajon de pan tostado remojado en vinagre bláco:  
y desque sea todo biē majado desatarlo cõ caldo/ o cõ agua  
que sea buena de sal: z passarlo por estameña: y despues po-  
nerlo en vna olla: y cueza alli y echarle pimienta: z gingibre  
molido: z dale vn beruoz.

¶ Otro salseron para palominos assados.

**A**ssar los bigadillos õ los palominos sobre las brasas  
z majarlos en vn mortero: z tomar queso rallado: z  
vinagre z majarlo cõ los dichos figadillos õ los palominos  
todo junto/ y despues de majado desatarlo con caldo/ o agua  
caliente: z passarlo por vn sedaço: y echalo en la olla donde  
ba de beruir z echale estas salsas molidas: pimienta/ z gra-  
nos de parayso y hierua poco a poco trayendo cõ vn palo  
siempre de vna manera sino cortarse ya el salseron.

¶ Salseron para volateria assada.

**L**a volateria as de tomar: z assaras los bigadillos de  
ella en olla cõ buen caldo de carnero/ o de gallina si lo  
viere: z desq̄ seã assados majarlos: z despues de majados  
echarles vn poco de gingibre molido/ q̄ sea fino porq̄ sepa el  
salserõ al gingibre vn poco: y echarle en el mortero vn peda-  
ço de açucar: z tomarlo a majar todo jũto: z desq̄ sea maja-

### De potajes.

do desfeplar la salsa cō algũ agro assi como agras/o vlnagre blanco q̄ sea aguado o tēplado con vino/porq̄ no q̄de muy fuerte/o con çumo de naranjas:mas mira que no lo pestem ples basta q̄ tu señor este en la mesa porq̄ no sea frio.

¶ Salseron para perdizes o gallinas assadas.

**M**ajar almendras que esten limpias mondadas z blancas:z desatarlas con çumo de granadas agras despues echar açucar enel mortero poluorizado : z canela: z gingibre porque su color:z sabor quiere tirar quasi a canela:z no ay necessidad de passarla por ningun sedaço.

¶ Potaje q̄ se dize bigate porq̄ se haze de bigos.

**T**omar bigos blancos z negros : z ponerlos en agua fria o tibia/q̄ sera mejor z cō aq̄lla agua lauaras lo z bigos muy biē:z q̄tales los peçones:z desq̄ estē biē limpios z lauados p̄olos a soffreyz cō buen tocino biē gordo. y desq̄ lo ayas soffreydo vn rato tomar buē caldo de gallinas/o d̄car nero:y echalo poco a poco de manera q̄ se pueda cozer vna hora z media. z q̄ndo cueza echale todas estas salsas èla olla q̄ seã biē molidas. açucar/gigibre/canela:z pimiēta:z otras buenas especias : z si todo el potaje fuere de bigos negros echale vn poco de açufrã porq̄ tēgã color de amarillo:z q̄ndo fuere medio cozido menearlo as con vn harauillo como quiē tornea calabças de manera q̄ sea espesso:z no partas de ellas la mano hasta q̄ seã biē espessas catãdolo de sal: z d̄ agro: z d̄ dulçor:y desq̄ sea apartado d̄l fuego d̄rarlo vn poco repolar:z bazer escudillas:y echarles açucar z canela.

¶ Salseron de çumo de granadas agras.

**T**omar vna taça de granos de granadas agras : z saca el çumo de ellas muy biē:z despues tomar vn bigadillo de gallina assado. z majalo biē en vn mortero cō ocho yemas de buenos: y desque todo sea bien majado passarlo por estameña: y desque sea passado ponerlo en la olla/o caçuela de tierra. z tomar vna onça de canela/o echar segũ la

cantidad que quisiere hacer de la salsa: e sea molida: e deste plada con el dicho çumo: e echa quatro onças de açucar: e despues ponlo a fuego de brasas. e cueza hasta q comieçe de espellarle: e esta salsa es buena para toda volateria en lugar de salsa de pauo. e es echa muy presto.

¶ Potaje de alideme de huevos.

**T**omar vna caçuela q este muy limpia: e echarle as cebollas: e perexil: e yerua buena: e mayorana q llaman moradux en los reynos de aragõ con sal e azeite: todo mezclado con agua: e polo todo a cozer: e dize que sea cozido majar vn poco de estas yeruas q sea cozido en la olla/ o caçuela con vna poca de aquella cebolla. e despues de q sea majada deste plarias con el caldo mesmo: e desque sea desteplado ponlo a cozer en vna olla limpia. e despues tomar yemas de huevos: e batirlas muy bien con agraz/ o con vinagre blanco: e echa en la olla de todas salsas finas: e açafra molido mas q menos: e desque aya vn poco cozido quitarlo del fuego: e dexarlo vn poco reposar/ o resfriar: e despues echarle los huevos poco a poco: despues tomarlo al fuego. e desque aya cozido otro poco quitarlo del fuego e menearlo siempre bien: e de vna manera a nunca cessar miestra hierue. e despues escudillar.

¶ Torta de huevos que se dize saluate.

**T**omar algunas hojas de salua: e majarlas bien rezio: e tomar huevos buena cantidad: e batidos e mezclados con la salua: e despues tomar vna sarten: e echarle manteca: de manera que despues de derretida aya vn dedo en la sarten/ o mas: e fino ay manteca: tomar azeite comun que sea dulce: e muy bueno la mesma cantidad. e quando hiruiere la manteca/ o azeite echarle los huevos con la salua: e hacer de ello vna tortilla que sea bien cozida: e tenga dos dedos de gordo esta tortilla/ o mas. e desque sea bien cozida/ o frita echala en vn buen plato con mucho açucar arriba e abajo: e esta tortilla se quiere comer caliente.

## De potajes.

### Leche mal cozida.

**M**ajar almédras blancas con vn migajon de pan: y desque sea bien majado passarlo as por estameña: z desque sea todo passado ponlo en vna olla limpia: z põlo al fuego: z quãdo aya beruido quitalo õl fuego: z toma algunas yemas de hueueos batidos: z echalos enla olla meneandolo vnas quãtas vezes: z õspues hazer escudillas: z si pusieres el migajon de pan en remojo en agua rosada/ no puede ser fino mejor: a vn que basta lo otro: la agua rosada siempre es buena en muchos manjares.

### Jussello con caldo de carne.

**T**omar buen caldo de carne q̄ sea gordo: z passarlo por estameña: y poner este caldo en vna olla limpia: z ponerlo a cozer al fuego: z desque aya beruido toma vna buena manada de perexil z limpialo bien: z majalo muy biẽ en vn mortero: z desatalo cõel caldo dela olla dela carne: z passalo por estameña: z ponlo en su olla: z toma media libra de muy buen queso de aragon q̄ sea fino: z rallarlo muy bien: z desque sea rallado ponerlo en vna escudilla grande: z toma vn par de hueueos por cada escudilla cõ sus claras: z todo batirlo muy mucho: z echarlo enel queso: y sea todo junto bien batido con buena salsa fina enla escudilla grãde: z desque todo sea muy bien batido echalo enla olla donde esta el caldo: z haz que de vn beruo: z quãdo biruiere vale dos/ o tres bueltas con vn cucharõ/ o cuchar. z despues q̄tala olla del fuego: z corta/ o delhoja vn poco õ perexil. z echalo enla olla. z despues haz escudillas de este jussello.

¶ Potaje como el mesmo sobredicho/ z algo añadido que es dicho jussello.

**E**l sobre dicho potaje de jussello se puede hazer de menos costa añadiẽdo al queso rallado pan duro bien rallado: z mesclado todo junto con sus hueueos: z su salsa fina: z es tambien bueno. z de menos costa.

¶ Para hazer buen agraz confortatiuo.

**Q**uando majares el agraz para sacar el çumo majar çòello vn tallco/o vnas hojas d' albahaca. z es muy bueno para confortar el coraçon. z de buen sabor.

¶ Potaje moderno.

**T**omar espinacas: z bledas: z borrajas: z muy biẽ limpiadas: z lauadas dales vn heruoz con caldo de carne que sea bueno de sal. z mira que no cueza mucho sino q̄ sean medio cozidas. z sacarlas dela olla. z espremir biẽ estas yeruas ètre dos tajaderos de palo. z d'spues picarlas muy bien. y desque seã bien picadas tomar buen tocino gordo: z soffreyzlo que salga toda la gordura del: y echa la gordura de este tocino en vna olla muy limpia: z soffreyz con esta gordura las dichas yeruas. y desq̄ esten soffreydas echar ala olla buena leche de cabras/o de ouejas colada/ o leche d' almèdras: z cuezã en su olla: z a vn q̄ la leche sea cozida no se rã por esso cozidas las yeruas a vn. y d'spues echa en la olla canela/gingibre: z pimieta bien molida: z assi mesmo buẽ tocino entrenorado cozido en la olla: z hazer escudillas.

¶ Otro potaje moderno.

**T**omar las pencas d' las bledas que son acelgas z limpiar las muy bien: z darles vn heruoz con agua z sal: que quedẽ como medio cozidas. y despues quitarlo del fuego: z quitarle mas dela meatad del caldo: z tornar lo a cozer al fuego cõ vn poco de azeyte dulce y bueno: y desque sean cozidas catarlas de sal: z despues hazer escudillas y echar sobre ellas buen queso rallado: y debaxo tambien echarles de este queso: z son buenas para quaresma teniẽdo bulda.

¶ De espinacas picadas.

**A**s de tomar espinacas z limpiarlas z lauirlas muy bien: z darles vn heruoz cõ agua z sal: despues espremir las muy bien entre dos tajadores: y despues picarlas muy menudas. y despues soffreyz las en gordura d' tocino:

### ¶ Para dolientes!

z desque sean biẽ soffreydas poner las en vna olla al fuego: z cuezan: z echar en la olla buen caldo de carnero: z de tocino q̄ sea muy gordo z bueno: solamente la flor de la olla: z si por ventura quieres en lugar de caldo echarles leche de cabras/o de ouejas/o sino de almédras: z tomaras del tocino y cortarlas a pedaços ramaños como dados: y echalos en la olla con las espinacas: z segũ fuere el tiempo si quieres echar queso fresco ya lo puedes bazer assi mesmo como las tajadas del tocino sobre dichas: z si pusieres mucho no lo pongas hasta q̄ las espinacas sean del todo cozidas: y echaras esto vn poco antes de escudillar: z si quieres echar passas tiernas que sean cozidas tãbien lo puedes bazer a bueltas de las espinacas: z sino q̄sieres poner estas cosas/ ni tocino/ ni q̄so de aragon rallado echar con ello perexil: z yerua buena assi mesmo: z seran mejores las espinacas.

### ¶ Para enfermos caldo destilado: z para debilitados muy singular.

**T**omar vna gallina bien pelada z limpia: z cortarla a pedaços de manera que puedã caer por el cuello de vna redoma: z quebranta bien los huesos de manera que pueda bien salir la sustancia de ellos. z desque sea dentro de la redoma echaras a cada vna gallina vn vaso de agua rosada: z quinze o ve ynte clauos de girof: z echarlo todo dentro en la redoma: y despues ataparla muy biẽ de manera q̄ no pueda salir ningũa cosa de la sustancia de las gallinas cõ su massa hecha cõ agua rosada: y despues as de tomar vna caldera llena de agua cõ vn manojo de pajas de ordio/o de beno al suelo de la caldera: z sobre la paja poner la redoma z ponla a cozer al fuego: z hirviendo la agua de la caldera hervira tambien la redoma: z no sea rezio el hervor sino manso: z cueza de esta manera tres oras z media gruessa: z quedara en la redoma razonable quantidad de caldo: y este caldo es muy singular cosa para los que estan enfermos: z la

**¶ Para enfermos. Fo. xxxiiij.**

pasa se a de poner en la caldera porque la redoma no toque en el suelo de la caldera porque de otra manera hiruiendo la caldera correria mucho peligro la redoma de quebrarse: z sino se quebrasse tomaria el sabor de la caldera el caldo.

**¶** Si este caldo quierẽ hazer de mayor sustancia para dolientes muy debilitados: y eticos puedenle echar çumo de pierna de carnero assada: z no mucho sino algo mas de medio assada dandole algunos cortes basta q̄ le lleguẽ al hueso con vn cuchillo: z apretarla reziamente entre dos tajaderos porque salga todo el suco de la dicha pierna: z caya sobre la escudilla del caldo sulfido: z echale vn poco de agraz bien majado con vnas hojas de albahaca. z es muy maravillosa cosa este caldo: y de muy grandissima sustancia: z si se quereys hazer de muy mayor sustancia que resuscite los cuerpos medio finados: z que estan muy al cabo de la vida/ echar en las brasas o carbones biuos/ cinquenta piezas de oro que sea muy fino: z quando estuuieren muy encẽdidas las dichas piezas sacarlas con vnas tenazas bin limpias: y echarlas en el caldo: z si dos vezes lo hizieres o tres/ sera el caldo de mayor virtud: z quãto mas se baga se multiplicara la virtud del: z este caldo es de tanta excellencia que no tiene precio ni se puede estimar su valor.

**¶ Otro sulfido de gallinas o de carne ro/o capones.**

**A**S de tomar vna gallina/o capon: z p̄lo en ordẽ assi como si lo vuiesses de assar: z hazerlo pedaços: z con vna mano de mortero quebrãtarle muy bien los huesos de manera que pueda salir la sustancia de ella: z ponla en vna olla nueua muy limpia: z poner en la olla canela entera: z clauos enteros: z vn poco de açafrañ porque alegra el coracon: z todo atado dentro de vn paño de lino limpio: z muy lauado: z puesto en la olla colgado el trapillo de vn hilo que sea muy limpio/o fuelto si quierã: z atapar muy biẽ



### ¶ Para dolientes.

la olla cō su cobertera: y ata par las jūturas de entre la olla z la cobertera cō massa y agua: y vn trapo mojado al derredor dela massa/de manera q̄ no pueda salir ningūa sustācia/ o vapor dela olla: z sea la olla setiada sobre brasas y cubierta de ellas hasta la meatad d̄ la olla: z cueza de esta manera buenas tres oras: y de que sea cozida saca el trapo delas falsas: y bazer escudillas. y este caldo tornaria vn ombre quasi muerto biuo por ser tan singular y de tanta sustancia.

### ¶ Torta desfilada para dolientes.

**A**S de tomar vna gallina bien pelada: z bien limpia z cortala a pedaços: z picarla sobre vn tajadero con los buellos z todo: y desque sea bien picada mezcla con ella vn quarto de onça de canela: z otro quarto de onça de clauos: z vn quarto de onça de sandalos blācos: z muscatellinos. z mas de vn vaso de agua de endiua: y de buglossa: y de borrajas. z todo esto bien mezclado z picado: sea puesto en vn alambique de barro vidriado/ o de vidrio z desfile a fuego manso. z saldra vna agua muy clara. esta es tan cordial z tā singular/ que tornaria vn ombre d̄ muerto biuo. y esta torta no se suele dar sino a los que no pueden comer.

### ¶ Manjar blāco para dolientes q̄ no comē nada.

**H**azer solfido d̄ vna gallina: y despues poner vna olla al fuego: z quādo hiruiere ecbale vna polla dentro: y este solfido se haze desta manera: tomar vna gallina: z quebratarle bien los huesos: y despues pon vna olla al fuego: z cueza hasta tāto q̄ hierua mucho: z nūca pierda el beruor. y d̄sque veas q̄ ay dos escudillas de caldo quitar la olla d̄l fuego. y despues tomar vnās pocas de almēdras blācas: z majarlas. y desque sean bien majadas passalas con aq̄l caldo. y despues tomar vna polla q̄ sea muerta de parte de noche. z quitarle las pechugas y ponla assar: z desque sea medio assada sacarla del assador z majarla: z bien majada passarla por aq̄lla leche q̄ hiziste: z passar lo espello por q̄ delas

pebugas de la polla no se aya de quitar nada: z pon açucar por medida : z cueza sobre vnas pocas de brasas: y desque tome espesso derarlo cozer vn poco mas : z si quisieres hazer alguna salsa para el doliente : tomar vnas pocas de almendras tostadas z majarlas con vn bigadillo de gallina assado: z assi mesmo desatarlo conel solido de gallina: z poner aquellas almendras que sean bien espessas. y despues pon buena cãtidad de açucar: z canela: z vn par de clauos: z vaya a cozer al fuego. z desque sea cozida echarle vn poco de la entundia de la gallina derritida porque terna mayor lico: z sabor: y escudillar con su açucar: z canela.

Maçapanes para dolientes que pierden el comer muy buenos: z de gran sustancia.

**T**omar vn capon muy gordo/o gallina que sea muy gorda: z cozerlo cõ su sal solamẽte basta que este muy biẽ cozido: tomar despues las pebugas bl: z todo lo blãco sin el cuero: z pesar aquella carne: z tomar otras tantas almendras mondadas: z juntar la carne: y las almendras: z tomar tanto açucar blanco fino como todo aquello: z majar las almendras mucho: z despues la carne conellas: z luego el açucar: y despues majarlo todo junto : y tender aquella massa sobre vna oblea: z hazer maçapanicos del tamaño q quisieren: z hazer alticas las oullas: z que este vn poco hõdo enel medio: z mojarlo con agua de azahar con vnas plumas. z despues poluorizar sobre aquella agua açucar fino molido z cernido: y despues mojar otra vez: y poluorear como antes. z despues cozerlos enel horno en vnas caçuelas llanas: z papel debaro: z sea el fuego del bono templado: z al sacarlo de la caçuela a de ser tirando del papel de cada parte de manera que no se quiebre el maçapã. y este es vn muy singular manjar y de gran mantenimiento para los dolientes q an perdido el comer/ porq lo poco de esto q comen es de mas sustancia que otra ningũa cosa mayormente beuen

### Para dolientes.

do tras ello del sulfido delas gallinas becho en la redoma: y esto no se puede estimar. ¶ **C**aquela para doliētes.

**T**omar vna polla/o vn pollo: z matarlo d̄ pte d̄ noche/ z coxtarlo a pedaços. y despues tomar çumo de narājas: z agua rosada porq̄ no sea muy fuerte el çumo. y despues tomaras vna caçuela peq̄ña: z echar dentro el pollo/o la polla cō buena enxūdia de gallina/o gordura de ella cō el dicho çumo z despues ponerla en el horno: y desq̄ sea q̄si cozida tomar vn par d̄ buenos frescos: y batirlos cō çumo de narājas: y agua rosada: y echarlo dentro la caçuela: y despues tomarla al horno: y dexarla estar alli por espacio d̄ vn credo: z sacarla: z darla al doliente que a perdido el comer.

### ¶ Relleno para dolientes.

**V**sta polla tomaras que sea muerta de parte d̄ noche: z bien pelada: y limpia: z tomar vnas pocas de almēdras blācas: z vnas pocas de passas: z gordura de gallina: z vn pedaço de canela entera: y vn çiauo d̄ girofls: z mezclarlo todo: z poner lo todo dentro d̄ la polla: z coferla por: que no salga el relleno: y d̄spues assarla en vn assador: y en lardarla con vnto de gallina: y desta manera sea de hazer el rellono delas aues para dolientes.

### ¶ Cordiate para dolientes.

**L**aceuada tomaras: z cozer la as de parte de tarde segū la cantidad q̄ quisierē hazer. Despues tomar vna polla o pollo: z quebrantarle los huesos: y despues hazer beruir vna olla cō agua q̄ sea limpia: z medidamēte: de manera q̄ quādo ebares la polla/o pollo haz que solamēte lo cubra la agua: z si es poca/de fuerça le auras de echar mas agua si la polla es mayor: y es menester q̄ cueza mas: y haz que cuezga/o hierna siēpre: y que nūca pierda el herno. z no le eches sal hasta la postre que conozcas que no ay mas de vna escudilla de caldo: porq̄ sera mas sabroso. ¶ becho esto desque aya cenado el paciente tomaras vnas pocas de

almendras mondadas: z majalas con vn poco de lo blanco de la polla en vn mortero: y destemplarlas con el caldo del pollo/o polla: y desque lo ayas pasado: pon esta leche en vna ollica: z si le quieres echar vn poqto de almidon lo puedes echar juntamête con la leche: z despues tomar la ceuada/o ordio desque sea cozido: z tomar vn cañamazo q̄ no sea muy ralo: z poner en el aquel ordio / o ceuada: z apretar muy bien el cañamazo: de manera q̄ salga todo el licor de la ceuada: despues tomar aq̄lla leche q̄ sacaste: z passarla por vn sedaço: de manera que passe aquel poco de almidon: y despues tomarlo todo a passar/ la ceuada z todo: z haz que sea vn poco claro/o rallo. porq̄ en reposandose en la noche tomara espeso. y esto quiero yo agora dezir que cuezga de parte de noche con açucar: y en la mañana quando el paciente lo viere de tomar haz lo heruir vn poco: y desque lo q̄era tomar a de ser vn ora antes del dia: z duerma sobre ello vn rato: z hazerle a mucho prouecho: y d̄sque le dieres este ordiate echar sobre la escudilla vn poco de açucar: z sino q̄eres echar almidon no lo echas que no va en ello nada.

## ¶ Almendrada para dolientes. Assadido:

**P**ara dos escudillas tomar vna libra de almendras/ y aparar las que queden blancas: no con agua hiruiendo porque pierden la virtud y el sabor: sino que este caliête: y dexarlas alli vn rato basta que se pelen. z majarlas en vn mortero de piedra: dos o tres vezes: sacando cada vez la leche: z saldran tres escudillas de leche: y despues de cozida quedaran endos escudillas: z al cozer echenle vna poquita de sal: z su açucar y vna poca de agua rosada/ z cuezga a parte del fuego sobre las brasas donde no le de humo: y si el doliente tuviere gran fiebre/ y ardoz en los risiones: se le puede echar: pepitas de melon o de calabaza: y si tiene algũna estrechura de pechos: sacar la leche de las almendras cõ agua de saluados cozidos que se dije taluina.

**Para dolientes.**

**C**ontra almédrada pa dolientes muy débilitados. **Añadido:**  
**P**ara vna escudilla tomar media libra de almédras blācas z majar las en vn mortero cō vna pechuga d capō o de gallina assado o cozido: z yz mojado la mano dl mortero en agua rosada/ y desq̄ este biē majado d̄satar la cōel mel mocaldo del capō/o gallina/ y colar la por estameña y dēle vn beruoz o dos cō media onça d açucar/ z vna poca d agua rosada/ puedes añadir cōlas almédras simiēte d melō fino.

**C**ontra almédrada para dolientes q̄ tienen grā calentura z grandes ardores. **Añadido:**

**C**ozer vna calabaza muy tierna cō agua z sal hasta que este quasi cozida: y despues espremir la entre dos taja dozes o platos de plata: hasta q̄ salga el agua dellas/ y vaziar la agua en q̄ fuerō cozidas: y tornar las ala olla: z yz les echādo poco a poco: leche de almédras: y meneādo siēpre cō vn palo o cuchar: hasta q̄ este espessa/ z muy deshecha la calabaza/ y echar le media onça d açucar trayēdo lo siēpre/ y echēle vna poca de agua rosada para cōfortar el coraçon.

**L**etuario de guindas para los enfermos que han perdido la gana del comer. **Añadido.**

**T**oma quātas guindas quisieres z pōlas en vna caça al fuego y echarā agua de si: y dexalas cozer en esta agua/ hasta q̄ se tornē muy tiernas z parecē blācas: y d̄spues echa a mal aq̄lla agua suya en q̄ se cozieron: despues toma vn cedaço d cerdas muy ralo q̄ se puedā colar/ y fregarlas tāto cōlas manos q̄ passen todas. despues toma para cada vna libra d̄stas guindas assi p̄paradas media libra d açucar z mezclalo en su caça al fuego manso: siēpre trayēdo lo con vna caña hasta q̄ seā cozidas: y despues apartala/ z pon este letuario en vaso vidriado bien atapado: puedes si quieres: poner algun clauo z vn poco de canela en el.

**P**ara hazer venir el frio al que tiene fiebres agudas: ayn que sea fuera de proposito.

**S**acar el çumo de las granadas agras dulces quãto q̃pa  
 Sen vn buē bucuo: y echarle vn poco de açucar: z poner  
 lo a serenar de parte de noche: y en la mañana dargelo a be-  
 uer: z tomar le a el frio dēde a poco: z si le tomare el frio: el  
 doliente no tiene peligro: y esto se haga hasta siete/ o nueue  
 mañanas: y es singular esperiēcia. otros muchos guisados  
 se puedē hazer para dolientes q̃ dexo de escreuir por no ser  
 prolixo: y esto basta quãto a los manjares de los dolientes.

Comer bigos ala francesa.

**T**omar bigos passados los mas melados que pudie-  
 res auer negros/ z blancos: z quitarles el peçon z la-  
 uarlos con buen vino blanco que sea dulce: y desque esten  
 muy biē limpios: toma vna caçuela que sea algun tãto grã  
 de y de tierra/ que tenga el suelo llano: y echa los dentro me-  
 neãdolos vn poco: y despues pon esta caçuela sobre las bra-  
 sas: z bien atapada de manera que se estufen alli. z quando  
 esten estofadas: z se aura embeuido en ellas toda la humi-  
 dad del vino menearlas vn poco: y echales salsa fina enci-  
 ma: z tornalas a menear de manera q̃ se incorpore en ellas  
 aquella salsa. y despues comer este manjar: y es gentil cosa:  
 z quierese comer al principio de mesa.

Salseron blanco.

**T**omar tres libras de almendras: z mondarlas: z ma-  
 jarlas bien en vn moxtero: despues destemplarlas cō  
 caldo el mas magro: z sin gordura que sea de gallinas/ o de  
 carnero: z passarlas por estameña: y despues pon esta leche  
 a parte: z toma vna olla: y echale el mejor caldo: z mas goz-  
 do en ella: z ponlo a cozer: z quando biruiere echaras deu-  
 tro vna onça de canela/ o la que te pareciere entera: z atala  
 con vn hilo juntamente con vn manogito de yerua buena:  
 z desque aya bien beruido sacar dela olla la canela: z la yer-  
 ua buena. y despues echar en la olla vna onça de açucar si-  
 no: z la leche de las almendras. z bierua vn poco: y desque

### De salsas.

sea cozido hazer escudillas: z an de quedar de este salseron quatro escudillas cabales.

¶ Buscate para doze escudillas que se baze de bigado de cabrito: z de baço.

**D**os libras de almendras as de tomar tostadas: z malarlas bien en vn mortero: z tomar tres baços de carnero: z vn bigado de cabrito: z vn manojo de estas yeruas q̄ son moradux q̄ en castilla llamã mayorana: y axedrea: z yerua buena: z perexil atado todo cō vn hilo: z pôlo todo a cozer en vna caçuela: y desq̄ sea cozido de aq̄l caldo baras la leche d̄ almêdras cō el bigado jūtamête: z las yeruas: y malarlo todo cō doze huevos todo jūto cō vn poco de vinagre blãco: z desq̄ todo sea majado destêplarlo as conel caldo: z passalo por estameña: y desq̄ sea passado mezclalo cō la leche de las almêdras: y despues vaya al fuego a cozer: z hiruiêdo: z meneãdolo: pomas êla olla vna onça d̄ salsa fina o media: z traerlo siempre cō vn palo hasta q̄ este espesso: z sino se biziesse espesso echale vn poco de almidon: z haz de manera que tenga buen color la salsa: y despues hazer escudillas.

¶ Salsa biza para diez escudillas.

**A**s de tomar tres libras de almêdras mōdadas z malarlas biê en vn mortero: y d̄spues defatar las cō buê caldo de gallinas: z haz q̄ passe por vn sedaço de manera q̄ salga biê la leche despues poner la aparte. y d̄spues tomar los bigadillos d̄ las anades o gallinas: z majarlos ê vn mortero despues toma tres/o quatro cabeças de ajos assados en las brasas: z majalos cō los bigadillos. y despues de bien picado todo: d̄stêplalo cō el caldo: z passalo por estameña: y despues ponlo en vna olla cō la leche jūtamête: z echa en la olla gengibre: z canela: z pimiêta todo molido: z de cada cosa vn dinero: z vna yema de bueuo por cada escudilla biê batidos z dos onças d̄ açucar echarlo as bêtro en la olla.

¶ Salsa que se dize piñonada de ajos.

**V**na libra de piñones tomaras: z otra d' almédras mō dadas: z majarlas muy biē cada vna por si: z d'pues todo junto. z cozer dos cabeças de ajos en vna ollica cō caldo de gallinas/ o de carnero: y desque esten biē cozidos los ajos majarlos cō los piñones y cō las almédras biē mōdadas primero los ajos: z d'pues de biē majado todo: majar tambiē cō ello vn poco de queso rallado q̄ sea muy bueno/ con ocho o nueue yemas de bueuos duros cozidos: y des- pues de biē majado todo d'fatarlo cō el caldo d' las gallinas: z carnero. z ponerlo a cozer en vna olla muy lípia: y echarle d'etro vna o dos onças de açucar: z vn poquito de vinagre rosado tēplado con agua rosada en que aya estado en remojo vna noche clauos machacados: z gengibre: z canela: z pi- mienta: z cuezga basta que este cozido: y bien espesso: z ha- zer escudillas y echar sobre ellas açucar z canela.

¶ Potaje de porrada.

**A**S de tomar puerros biē mondados/ z lauados z lim- pios/ de parte de noche ponlos a remosar en vn cuen- co lleno de agua al sereno: y esten assi toda la noche basta la mañana: y despues dales vn beruoz de buena manera/ por que son muy malos de cozer: y desque esten bien beruidos esprimelos entre dos tajaderos muchos: z soffreyzlos cō gor- dura de buen tocino: z no les echen sal: y desque esten bien soffreydos ponlos a cozer en buē caldo que sea gordo: z po- co. y despues toma leche de almendras: y echala en la olla: z cuezga bien basta que este bien espesso: y desque este espes- so catarlo de sal: z si le faltare sal echargela: y despues hazer escudillas: z sobre ellas açucar z canela.

¶ Buen mēbrillate que es potaje de membrillos.

**A**S de tomar tãtos mēbrillos quantas escudillas quis- lieres hazer: z hazlos quartos: z quitarles el coraçon: z las pepitas: z para los dela corteza: y desque sean bien mōdados/ lauarlos cō agua tibia: despues quitar los deste



### De salsas.

agua: y pon los a cozer con agua fria: z quando se començaren a desbazer/entonces seran cozidos: z sacarlos del caço: y majarlos bien en vn mortero: y desatarlos con vna poca dela mesma agua dellos: z passarlos por estameña: y despues tomar tres libras de almendras sin mondar sino solo lauarias con agua fria/o tibia que sera mejor: z majalas biẽ en vn mortero: y desque sean biẽ majadas passalas por esta meña: y destẽplada con agua tibia: y si es dia de carne/destẽplarlo con caldo de carne: y echale la leche con los membrillos: y despues echar en la olla de todas maneras de salsas finas: que son buen gingibre/z buena canela/y açafrà: z granos de paraíso: z nuezes noscadas: z flor de macis: z si fue re dia de carne echaras dos yemas de huevos por cada escudilla: z si es dia de pescado no es menester: y desque este biẽ espesso hazer escudillas: z sobre ellas açucar z canela.

### ¶ Salsa giroflina.

**D**E carnero tomaras tres baços: z cozerlos en la olla: y despues de cozidos majarlos biẽ en vn mortero: y despues toma vna buena cantidad de pan tostado: y sea mucho tostado/ y remojado en el caldo de los baços: z majarlo con los dichos baços: y echa en el mortero vna doçena o media de buenos: z majalo con los baços: z con el pan: y desq̃ sea bien majado echarle as buena salsa fina soluo açafran: z majalo todo junto y desque todo sea bien majado desatalo con el caldo del baço: z passarlo por estameña: despues põlo a cozer en su olla y cueza poco a poco con muy poco fuego meneandolo siempre con vn palo hasta que sea bien espesso: y despues hazer escudillas.

### ¶ Salsa camellina.

**T**omar dos o tres granadas albares: y desgranarlas sobre vn trapo de lino muy lipio: y desq̃ esten desgranadas esprimirlas mucho de manera q̃ salga todo el çumo y despues tomar vn poco de pan tostado: y remojado cõ el

**De salsas z dobladura de carnero. Fo. xxxix.**

dicho suco: y despues toma buena quãtidad de canela molida: y ecbala conel pan z majarlo bien en vn mortero: y despues de majado destẽplarlo cõ buẽ caldo delas granadas/ o con vinagre que no sea muy fuerte: y despues ponerlo al fuego a cozer trayendolo siẽpre basta que este espesso: y antes que hierua poner enla olla vn pedaço de açucar fino.

**¶ Salsa blanca camellina.**

**A**S de tomar almendras blãcas bien mondadas z majarlas en vn mortero: y destemplarlas cõ buen caldo de gallinas q̃ este bueno de sal: y despues passarlo por estameña: z poner a parte esta leche delas almẽdras: y despues toma los bigadillos õ las gallinas: z majalos biẽ en vn mortero: y despues destemplarlo cõ la leche delas almendras: z ponlo al fuego a cozer: y echar enla olla açucar/ y çumo de granadas agras: z vinagre blanco: z clauos/ z nuezes noscadas/ z canela/ z gingibre: z pimiẽta luenga: z açucar blãco: z todo esto sea bien molido: y echado enla olla porq̃ hierua: y menearlo siẽpre cõ vn palo: z desque este espesso sera cozido: mas a se de catar de sal z de sabor: y de salsa/ y õ dulcor/ y agroz: z antes que sea cozido echarle de buen caldo delas gallinas que sea bien gordo enla olla: z a de ser del suco que cae delas gallinas assadas sobre alguna caçuela.

**¶ Dobladura de carnero.**

**V**M migajon de pan tomaras: z quitarleas la corteza: z tostarlo as q̃ no sea q̃mado: z ponerloas a remojar enel caldo dela carne: z despues tomar tocino q̃ sea gordo z soffreylo bien basta q̃ salga toda la gordura: y despues soffreyz conello vna cebolla muy limpia: z cortada menuda: z tomar buena quãtidad de auellanas tostadas: z majar las cõel pan tostado remojado enel caldo: y despues de biẽ majado desatarlo cõel caldo dela carne: z passar lo por estameña. y despues tomar la carne: z bazerla pedaços tan grandes como dos dedos y soffreylos con la gordura õl tocino:

### De dobladura.

z despues de soffreyda mezclarla conla cebolla: y despues tomar quatorze yemas de huevos: z de todas salsas finas. z vn poco de açafran porq̄ tenga color de flor de biniesta/ o retama. y batir muy biẽ los huevos conla salsa. y echarlos enla olla para que cueza conel tocino z conla cebolla: z cueza tanto hasta que tome bien espesso. y desque sea cozido hazer escudillas: z sobre ellas canela molida: z sobre la canela granos de granadas dulces.

### De dobladura de ternera.

**A**star buena ternera. y desque sea mas de medio assada facarla del fuego: y del assador z cortarla a pedaços tamanos como los dos dedos: z a vn meores: y despues tomar vna cebolla biẽ mōdada z limpia: z cortarla muy menuda: z soffreyzla con buẽ caldo de carne que sea gruesso z desque sea soffreyda de buena manera tomar tocino entruerado: z cortarlo assi como la ternera. y despues echar la ternera y el tocino enla caçuela dela cebolla: y soffreyzlo todo junto. y despues de soffreydo poner enla caçuela gingibre z canela y clauos todo bien molido: z darle tres/ o quatro bueltas: y tomar despues vna poca de malualia/ o vino de sant martin: y vn poquito de vinagre: y echarlo enla caçuela. y despues hazer leche de almendras sin pararlas sino solo fregadas con vn cañamazo bien aspero: y majarlas cō vn migajon de pan tostado remojado en vinagre: z aguado cō caldo de carne: y desque la canela sea cerca de cozida echarle la leche delas almendras y dexarlo cozer hasta q̄ este biẽ espesso. z ponlo despues por platos. Muchos ay q̄ le echã perexil: z yerba buena z mayorana enla caçuela: mas fino lo echares no va mucho enello.

### De Salsa lisa para volateria de olla.

**P**oner a cozer gallinas/ o capones en su olla: z desq̄ seã cozidos tomaras dos/ z quitarles as las pechugas: y todo lo blanco de los pechos: z majalo bien/ de manera q̄ no

se pierdanada dla sustacia: y despues tomar almédras mō-  
dadas z majarlas a parte en vn mortero: y despues passar  
las por estameña: y dītēplar la carne majádola cōla leche: y  
despues passa la otra vez: z pōla enla olla a dōde a de cozer:  
z desq̄ aya vn poco beruido echarle as agras o çumo de na-  
rāja/o de limones/o vinagre blāco: z gingibre blāco molido:  
z puedes tãbiē poner raeduras de gīgibre a pedaços tama-  
ños como vn dado remojados vn rato en caldo/o en los su-  
cos agros dla olla: y d̄spues tomar canela: z clauos ēteros:  
z pōlos enla olla atados cō vn hilo de manera q̄ desq̄ ayan  
perdido el sabor lo puedas sacar: y as de saber q̄ cōlos blā-  
cos de dos gallinas: z cō vna libra de almédras puedes ha-  
zer diez escudillas: y esta salsa se da cō gallinas o capones co-  
zidos: z haz q̄ q̄de alta de color: z no a de auer açafrá enella  
porq̄ sería amarilla.

¶ Salsa granada.

**C**ozer los bigadillos dlas gallinas en olla: z desq̄ seā co-  
zidos majarlos en vn mortero cō yemas de bueuos: y  
desatarlos cō buē caldo q̄ este bueno de sal: y despues echa-  
le vn poco de çumo de narāja: y despues vnas pocas d̄ sal-  
sas de pauo biē molidas: z biē desatado vaya a cozer al fue-  
go basta q̄ se haga espesso/meneado lo siēpre cō vn palo: de  
manera que la olla este medio llena: z hazer escudillas.

¶ Salsa bruna para perdizes y palomas.

**L**os bigadillos delas perdizes/o palomas tomaras: y  
lassarlos as enlas brasas: y despues de assados majar  
los as cō vn migajō de pan tostado y remojado en vinagre  
blāco tēplado cō vino tinto: despues cozer bueuos en agua  
basta que esten bien duros: z sacarles las yemas: z majar-  
lo todo junto con los bigadillos y el pan: y despues desatar  
lo con vn poco de vino tinto: z vn poco de vinagre: y des-  
pues passarlo por estameña: y despues poner todas estas  
cosas enla olla: z vna poca d̄ miel/z pimiēta/z canela/z gin-  
gibre/z clauos: z nuezes noscadas todo bien poluorizado: z

### De salsas.

hierua con poco fuego hasta que tome espesso: porq̄ el vino no suffre mucho fuego que euapora y vasse en humo: y esta salsa se da con perdizes/ o con palomas assadas.

¶ Romerate para quatro escudillas.

**V**na libra de almédras tomaras y fregarlas as muy rezio con vn castamazo q̄ sea aspero: y despues majar las en vn mortero cō vn migajon de pan tostado remojado en vinagre blanco: pero mejor es en agua de romero: despues destemplarlo con buen caldo de carne: z passarlo por estameña: y despues catarlo b̄ sabor: si sabe al romero: z si no sabe ponerle vn poco en yerba que sea bien molido y seco: mas guarda que no echas mucho/ que por poco que echas tomara el sabor: y despues ponerlo al fuego hasta q̄ tome espesso: z despues apartalo del fuego: y dexalo reposar: y hazer escudillas: z sobre ellas açucar z canela.

¶ Salsa agalura para vna escudilla.

**T**omar almédras tostadas en brasas vn puño dellas: z majarlas biē en vn mortero: y echarle vna yema de huego en el mortero: y despues canela molida tres blancas o dos marauedis: z vn marauedi de salsa molida: z vinagre aguado cō vino dulce: y desatarlo todo en el mortero. y despues passarlo por vn sedaço: y esta salsa se puede hazer en la quaresma no echádole bueuos pero en su lugar puedes poner vn migajon de pan tostado remojado en vinagre: y tres blancas de passas menudas: z majadas cō el pan. despues ponerlo a cozer al fuego: y desque este espesso hazer escudillas: y esta salsa a de tener color de salsa de pauo.

¶ Trigo cozido o guisado.

**T**omar trigo gruesso candial: z ponerlo en mortero de marmol/ o de piedra: z machacarlo dando de continuo de vna manera cō la mano que sea debor en medio del mortero: empero tener tiento q̄ no se muela el trigo sino q̄ se pare. z al machacar echale poco a poco agua q̄ la agua es la q̄

le haze parar: y desque el trigo sea bien parado ponlo en vn casiamazo bien aspero: y estregalo conel muy resio de manera que el bollejo/ o saluado se le quite todo. desque este limpio lauarlo con dos/ o tres aguas que sea caliete la agua de buena manera. despues la noche antes echar el trigo a cozer: z cueza táto hasta q los granos esten rebetados/ o estrujados: y despues quitarlo del fuego: z ponerlo bétro de vn cuenco de palo/ o en vn plato bondo: z cubrirlo bien: y este assi toda la noche hasta la mañana: z venida la mañana mudar lo de vna olla a otra: z ponerlo a cozer al fuego: y desq sea cozido echarle la leche ó las almédras passada por vn se-  
daço. y as s saber q dos escudillas s trigo an menester tres libras de almendras: z tres onças alomenos de trigo grosal / o candial: z sobre las escudillas açucar: z canela.

¶ Auenate: y ordiate.

**T**omar almendras mondadas: z mazarlas en vn mortar despues destêplarlas con buen caldo si lo viere sino cõ sal: z agua: z azeite: despues passarlo por estameña que sea rala: despues tomar la auena: z hazer de ella harina: despues ponla a cozer por si: y desque sea mas de medio cozida passarla por estameña que sea espessa: z la auena este algo rala porque pueda mejor passar: y desque la ayas pasado mezclala con la leche de almendras: z ponla a cozer al fuego con vn pedaço de açucar dentro que sea blanco en la olla: z cueza vna buena ora z media hasta que este biẽ espeso: z catarlo de sal: z hazer escudillas: y echar açucar sobre ellas: z de esta mesma manera se haze el ordiate.

¶ Açuela moxi.

**T**omar las berengenas no muy grandes ni muy peqñas si no medianas: z abrir las por medio y echarlas a cozer cõ su sal: y desque esten bien cozidas escurrirlas cõ vn paño que sea basto: z despues picarlas mucho: y echarlas en vna sarten/ o caço y echale buena cosa de azeite: z tomar

### De potajes.

pan z rallarlo z tostado echarlo alli dentro y echarle q̄so añejo rallado: y desq̄ este buen rato traydo sobre la lūbre tener molido culātro seco: z alcauaca: z pimiēta: z clauos: y vn poquito de gingibre: z traerlo sobre la lūbre: y ecbale alli vnos hueuos: z traerlo sobre la lūbre basta q̄ este duro: y despues tomar vna caçuela: y echarle vn poquito de azeyte: z assentarlo enella: z batir vnos hueuos cō pimiēta: z açafra/ z clauos: z del mismo pan tostado q̄ lleva dētro la caçuela/ y de q̄so rallado/ z bazerlo espeffo/ z assentarlo encima a manera de haz: z ponerle sus yemas: z quajarlo enel horno cō vna quajadera: que es cobertera d̄ hierro cō brasa encima. y desque este quajada quitarla d̄ la lūbre: y echarle vn escudilla de miel q̄ sea muy buena por encima z su poluora dulce. Esta misma caçuela se puede bazer de acelgas/ o de çanabozias.

¶ Para berēgenas en escabeche.

**L**as berēgenas pequeñas tomaras: z hazerlas as quatro quartos como para echar en la olla: y echarlas en agua z sal en cosa q̄ sea de barro: z no de hierro: y estē alli basta tercer dia: z vaziarles aq̄lla agua: y echarle otra agua z sal: y esten otros tres dias/ z vaziarles aq̄lla agua/ y echarlas en agua clara otros tres dias: y despues de passados los tres dias echarlas a cozer atapadas con vnas hojas de parras: y echarles dentro vna manada de cominos/ z cuezgan biē cozidas/ y echarlas en vna canasta: z atapallas con ropa: y d̄ que sea ydo todo el baho ponellas en vna tabla a clar: z moler clauos/ z canela: z gingibre. Desque este muy bien molido echarse lo dentro como quādo echan sal en las berengenas para la olla: z assentaras en vna jarra hasta q̄ este llena: z tomar para cien berēgenas dos libras de miel/ y echarle vinagre muy fuerte/ z darle vn beruo: y despues ponerlo a enfriar en cosa de barro/ z no de hierro y desq̄ este frio echarlo encima de las berengenas hasta que estē cubiertas: z ataparlas: z guardarlas para todo el año.

## Cocinas de berças.

**L**as pēcas delas berças tomaras q̄ sean limpias z ponerlas as a cozer con buen caldo gordo: z toma vnto de puerco/o lardo que es tocino derretido: z toma dos cebollas: z corta las a manera de cruz: z ponlas a cozer cō las pēcas delas berças: z quādo se comencarē a desbazer las berças: tornealas cō vn barauillo hasta que tomen amarillas: z seā bien: desbechas/ y esten espessas. Entōces quitarlas del fuego: y dexalas reposar antes de bazer escudillas.

## Cajete para anfarones.

**A**ssar tres o quatro cabeças de ajos entre el rescaldado/o ceniza caliente: y despues de assados mōdarlos delas cascarras: z bollejos: z catar vn grano: z si te pece fuer te cozerlos en vna olla con agua solamēte: z darles vn hervor: z tomar despues vna libra de piñones z media de almēdras mondadas z majarlas en vn mortero: y delq̄ seā mas de medio majadas/ majar cō ellas aquellos piñones z ajos muy reziamēte: y despues deste plarlo con buen caldo que sea grueso: z passarlo por estameña: y despues ponerlo en la olla a cozer: y echarle quatro onças de açucar/ z canela entera atada con vn hilo z remojada en agua rosada. z poner lo todo junto en la olla. z dexarlo cozer hasta q̄ este biē espeso: y es menester que cuezga vna buena ora.

## Gato assado como se quiere comer.

**E**l gato q̄ este gordo tomaras. y dōgollarloas. y despues de muerto cortar le la cabeça. y echarla a mal porq̄ no es para comer/ que se dize que comiēdo delos sefos podria perder el feso z suyo el q̄ la comiessa. Despues dessollarlo muy limpiamēte: z abirlo: z limpiarlo biē: y despues emboluerlo en vn trapo de lino limpio. y soterrarlo debaxo de tierra donde a de estar vn dia z vna noche: y despues sacarlo de allí z ponerlo a assar en vn assadoz. y assarlo al fuego. z començándose de assar yntarlo cō buē ajo z azeyte. y en aca-



### De potajes.

bádolo de yntar açotarlo biē cō vna verdasca: y esto se a de bazer hasta q̄ este bien assado yntandolo: z açotádolo. y desque este assado cortar lo como si fuesse conejo/ o cabrito: z ponerlo en vn plato grãde: z tomar del ajo/ y azeyte desatado con buen caldo de manera q̄ sea bien ralo. y echalo sobre el gato. y puedes comer del/ porq̄ es muy buena vianda.

#### ¶ Caçuela de carne.

**A**S de tomar la carne: y cortar la a pedaços tamaños como vna nuez: y soffreyrla cō gordura d̄ buē tocino: y despues de bien soffreyda echarle buen caldo: z cueza en vna caçuela: z echarle de todas salsas finas: z açafrañ: y vn poco d̄ çumo de narãja/ o agraz: z cueza muy biē hasta q̄ la carne se comiēce a desbazer y q̄ quede solamēte vn poco de caldo: z tomar entōces tres/ o quatro bueuos batidos cō çumo de narãjas/ o agraz y echalo en la caçuela: z quãdo q̄iere comer darle quatro o cinco bueltas cō vn cucharō: z luego se espellara: y desque este espesso apartarlo del fuego: y bazer escudillas: y sobre cada vna echar canela. Empero al gũos ay q̄ no quierē echarle bueuos ni salsa sino sola canela y clauos z cuezã en la carne como arriba dixē: y echale vinagre porq̄ tenga sabor: z assi mesmo ay otros q̄ toda la carne ponē entera en vna pieça llena de canela: y de clauos enteros: y en el caldo salsas molidas: y esto a se de boluer d̄ rato en rato porq̄ no cueza mas de vn cabo q̄ de otro. z assi no es menester sino clauos/ y canela/ y esto de buena manera.

#### ¶ Rozolas de bigados que es fruta de sarten.

**A**S de tomar los bigadillos delas gallinas/ o de capones/ o de cabrito q̄ es muy bueno: z assarlos en las brasas. y despues majarlos en vn mortero. y despues segun la cantidad que fueren tomar otro tanto pan tostado remojado en vinagre blanco que sea bien aguado con vn poco de agua rosada que sea fina porque no sea muy fuerte. y despues majarlo todo jũto cō los bigadillos: z para dos biga=

dos pomas vn bueuo enel mortero iutamente conel pan: z queso q̄ sea tanto el pan y el queso como es la quãtidad de todos los bigadillos. z majarlo todo juto. y despues tomar vna poca de yerba buena seca: z tostarla vn poco/porque se pueda moler. y desque sea molida mezclarlo todo junto en vn mortero. y desq̄ sea biẽ mezclado. tomar salsa q̄ sea fina. y ecbale la quãtidad que te pareciere. y despues tomar vna sartẽ z poner enella mãteca o vnto d̄ puerco sin sal z azeite si quisieres q̄ sea muy dulce: z ponerlo al fuego. z quãdo beruiere echarle vna cucharada del dicho potaje. z freylo as assi de cucharada en cucharada. z quãdo tuuiere color d̄ oro sacarlo dela sartẽ porq̄ estan cozidos. y bechos todos los platos echar sobre ellos canela molida q̄ sea fina. z açucar si quieres avn que no es mucho menester. Pero nunca por el se daña la vianda. Mas a se de echar con tieno.

## Burnia de bigos.

**M**uy buenos bigos passados tomaras biẽ melados: z allanarlos biẽ vno a vno: z quitarles lo duro de los peçones: z tomar vna aljafana o plato bõdo q̄ seã nuevos/ z muy limpios. z pon al suelo dela aljafana vn lecho d̄ rosas coloradas q̄tado el blãco dellas cõ vnã tiserã: z sobre las rosas vn poco de açucar: y despues vn lecho de los bigos y desta manera baziẽdo vn lecho delas rosas/ z açucar. z otro d̄ los bigos hẽchir el aljafana/ o plato. y becho esto atapar bien la aljafana. porq̄ este assi quinze/ o veynte dias. y despues comer destes bigos: y es muy gentil manjar.

## Zorta ala genouefa.

**V**na libra de almẽdras biẽ mondadas: z otra de piñones. z otra de auellanas tostadas: z majarlo todo juto en vn mortero: y despues de majado dexarlo a parte. z tomar vna olla cõ agua z sal/ z azeite. y esto sea en dia d̄ carne: z catalo q̄ este bueno de sal: z tomar media libra de passas sin los granillos: z tres onças d̄ datiles mõdados d̄ los

### De manjares.

cuefcos: y hechos quatro partes z tres/o quatro mãçanas agras dulces/o dulces: z hazerlas quartos z quitarles el coraçõ: z las pepitas: y echarlo en la olla porq̃ cueza. z desque a ya bien heruido las mãçanas serã cozidas. y despues sacarlas dela agua: z majarlas cõ los datiles z passas z almêdras z con las auellanas z piñones. y despues de bien majado todo desatarlo cõ el dicho caldo: z si es dia de carne puedes echar en el mortero vna dojena ð bueuos majados cõ las sobredichas cosas. y despues passarlo por vn sedaço: y echo esto tomar massa q̃ sea buena: z biẽ souada: z haz de ella vn tajadero tan grande como fuere el suelo dela sartén q̃ tuuieres: z hazerle sus orillas como a vna empanada sin coberto: empero que sea del tamaño dela sartén ni mas ni menos: z ponla dentro dela sartén: y desque este dẽtro echa le vn poco de azeyte debaxo porq̃ la massa no se pegue en la sartén: y despues echaras toda aq̃lla salsa/o manjar dentro dela empanada: z ponla sobre buenas cenizas caliẽtes: z despues tomar vna cobertera que sea tan grande como la sartén que la cubra bien: z ponle buen fuego de carbon arriba z abaxo z al berredor. z desque este assi vn poco quitarle sotilmente la cobertera de encima: y echar dentro en la torta dos onças de açucar: z vna de canela molida: y despues tornala a cobrir cõ su cobertera: z cueza dos oras hasta q̃ la massa se aparte dela sartén: y entonces es cozida: z sacala en vn plato assi como si fuesse vna tortilla de bueuos: z ponla en la mesa assi como empanada.

### ¶ Xinxanella ala veneciana.

**T**omar queso q̃ sea gruesso: z rallar vna buena almuesta de ello: y pan rallado que sea vn panecillo de tres blancas: z tres marauedis de salsa fina: z vn maruedi de açafrà: z ocho bueuos: z todo esto sea biẽ mezclado: z amasfado todo junto: y desque todo sea bien majado tomar el rallo del queso buuelto del reues: z poner esta pasta sobre el

Y desque el caldo estuviere muy hirviendo y biẽ gordo : tu-  
 baras passar aq̃lla pasta por los agujeros del rallo sobre la  
 olla de manera q̃ lo que passare vaya dentro la olla : y desq̃  
 todo sea passado dexarlo cozer como fideos / o como morter-  
 uelo : z quãdo fuere cozido hazer escudillas. pero q̃ sean ra-  
 las mezcladas con vn poco de caldo porq̃ no sea tan espesso  
 como los fideos. empero q̃ el caldo sea bien gruesso : z si fue-  
 re caldo de vaca muy gruesso sera muy mejor vianda : y de  
 las mejores del mundo : z con las quantidades que arriba  
 dixe se puedẽ hazer cerca de ocho escudillas.

¶ Reuanadas / o tajadas de queso fresco  
 que es fruta de farten.



Qmar el queso fresco : z hazer del vnas tajadas  
 tan gordas como el dedo : z tomar massa que sea  
 bien leuda : z de buena barina : z sea amassada ra-  
 lilla : z tomar algunas yemas de bueuos : z mez-  
 clarias biẽ cõ la massa : z las tajadas del q̃so arri-

ba z abaxo / y despues ponerlas a frey : en vna sartẽ cõ muy  
 buena mãteca : z bolverlo muy p̃sto porq̃ no se pueda q̃mar.  
 mas si lo cuezes cõ gordura alli como los busuelos. ya val-  
 drã muy mucho mas. y desq̃ seã cozidos echarles encima  
 açucar. z comerlo caliẽte q̃ ð otra manera no vale nada este  
 manjar.

¶ Empanada de carne o de pescado.

HAs ð tomar la carne / o el pescado. z darle vn beruoz.  
 mas si fuere carne / bierua mas q̃ el pescado. y desque  
 aya biẽ beruido quitarlo del fuego z ponerlo en agua fría.  
 y despues hazer la empanada. z ponerle la carne / o el pesca-  
 do cortado a pedaços pequenos tan grãdes como los dos  
 dedos. y avn menores. y p̃olos en la empanada. y despues  
 vaya al horno y hazer vn agujero encima del cobertor de la  
 empanada porque pueda respirar. que de otra manera re-  
 bêtaria en el horno. z quãdo pusieres la carne en la empana-  
 da poner tambien la salsa fina con ella. z si fuere de pescado

### De frutas de sarten.

carga la mano en la pimieta. z si de carne cargar la mano en la salsa: z vn poco antes que sea hora de sacar la empanada del horno. poner por el agujero bueuos batidos en vna escudilla con agraz/o cõ çumo de naranja/o vinagre blãco rofado. y despues tornarla al horno por espacio de vn Water noster z vna Aue maria. z sacarla z poner la en la mesa.

### Empanadas de açucar fino.

**H**As de tomar vna libra de almendras mondadas z majarlas en seco sin echarles ninguna agua ni caldo/ de manera q tornen muy azeytosas: porq quanto mas azeytosas fueren serã muy mejores. y despues tomar libra z media de açucar blãco bien poluorizado. z mezclarlo biẽ cõ las almẽdras. y desque todo sea biẽ mezclado. z majado si fuese muy duro. ablandarlo con vna poca de agua rosada. y desque este vn poco ablandada la massa/ poluorizar sobre ella vn poco de gingibre a tu discrecion bien molido. z despues tomar massa q sea de harina. z amassarla con buenos bueuos z azeyte dulce q sea fino. y desta massa hazer vnas tortillas/o empanadillas/o rosquillas. z bẽchirlas dela dicha massa. y despues pornas vna caçuela al fuego cõ muy buẽ azeyte dulce. z quãdo heruiere echarle dentro de aquellas empanadillas. z cuezgan hasta que tornen amarillas de color de oro. z quãdo las quitares del fuego echarles encima miel derretida. y sobre la miel açucar z canela.

### Queso assadero.

**Q**ualquier manera de queso que sea mãtecoso/o assadero es bueno lo que se haze en la Lombardia/o en Parma/o Brusalino/o Lascuallo/o queso de Aragon z Nauarra. y de algũas partes de Castilla que se haze muy bueno. Tomar este q̃so z rallarlo biẽ si suffre rallarse. z fino cortar lo menudo/o como quisieres. z toma caldo de carne que sea muy gruesso. z ponlo en vna caçuela. y echa cõello el q̃so. z põlo al fuego trayẽdolo siẽpre cõ vn palo. Despues

tomar por cada escudilla de caldo vna yema de huego bien batida. y echarlos dentro del q̄so siẽpre trayẽdolo cõvna cubar. y echarle dentro vn pedaço de açucar al cozerlo. z quando el q̄sobiziere correa es hecho echar sobre ello açucar molido.

¶ **C**oronjas de Xatiua que son almojananas.

**H**As de tomar quesos frescos/ y requesones. z majarlos en vn mortero con bueuos juntamente. Despues tomar massa: z amassar aq̄llos quesos con los req̄sones juntamente cõla massa. y desque todo sea encorporado. z amassado tomar vna caçuela muy limpia. y echar enella buena quãtidad de gordura de puerco dulce/ o azeyte dulce q̄ sea muy fino. y desque el vnto de puerco/ o azeyte beruiere: bazer dela dicha massa vnas pellas como pelotas/ o naranjas redondas. y echarlas dentro enla caçuela. De manera q̄ la pelota vaya nadãdo por la caçuela. z puedes bazer òla massa tãbiẽ buñuelos / o las formas z gentilezas q̄ quisieres. y desque tengan color de oro sacarlas. y echar otras tãtas. y desq̄ todo sea frito ponerlo en platos. y echar sobrello miel z sobre la miel açucar: z canela molidos. Empero nota vna cosa q̄ en los quesos: y en los bueuos as de poner vna poca de leuadura: y en lo otro pornas harina. y desq̄ bagas las pelotas vntar te as las manos con vn poco de azeyte q̄ sea fino: y despues vayan ala caçuela. y desque esten dentro si la massa cluxe es señal q̄ es muy blãda: z a le le de echar mas harina hasta q̄ este mas dura. y echa la fruta: z frita echarle sumiel z açucar/ z canela encima como es dicho arriba.

¶ **C**rosquillas de fruta que llaman casquetas en Valencia y en Barcelona.

**H**azer vna rosca de biscocho enel horno que sea biẽ biscochada: y al tiempo del amassarla ponerle vn poco de azeyte porque sea mejor de cortar y de moler: y desque sea todo rallado molerlo bien menudo. y despues tomar otras tantas frutas como fuere el biscocho ralladas z moli-

### De frutas de lanten.

das / q̄ son auellanas z almendras tostadas: y algunos piñones majados. z majarlo todo juto. y desque sea bien majado mezclar la harina en vno conel biscocho molido. y desq̄ todo sea bien mezclado z majado / tomar salsas finas. z lo mas sea pimienta. z mezclarlo muy reziamente cōla pasta/ de manera que se encozpoze bien la salsa conla pasta: y despues tomar miel. y ponerla a cozer. z quãdo rebentarẽ verigas/o heruor despumar la bien. y despues heruirla vn poco/ empero no mucho porq̄ si fuesse muy cozida no se vera-ria bien mezclar conla pasta porque seria muy dura/ de manera q̄ es mejor poco cozida que mucho. y becho esto quitar lo del fuego porq̄ se enfrie vn poco: y despues echa la fruta sobre la miel: z quando pudieres sufrir las manos souarla y amassarla muy biẽ sobre vna tabla lisa. z amassarla tan reziamente como la massa bien souada. z sobre cada rosquilla de aquellas puedes bincar piñones antes de cerralla.

¶ Empero as de tener antes de todo esto massa hecha de muy buena harina bien souada con aze y te. z bien dura. la qual amassaras con agua que sea defatado vn poco de açafra enella: porque la massa tenga color. mas empero no le echas mucho açafra. y desque sea bien souada tomaras pedacitos della: z con vna casia redonda z lisa adelgazar la as mucho de manera que quede muy delgada. z con vn cubillo cortarla a tiras yguales. z cada tira feruira para vna casqueta. y despues cada tira benciras de tu pasta/ o por-uas tus piñones bincados entre la pasta dela fruta como tẽ go dicho/ y becho esto cubiras las rosquillas con su cubier- ta de massa . z cubiertas pintarlas con sus tenazicas muy bien pintadas. y despues ponlas enel horno es a saber des- pues que an sacado todo el pan del ya fuso dicho horno. porque no quede sino el calor que de necesidad es menester para cozer esta dicha fruta. z assi no se podran quemar/ ni es possible que se quemem mas de quanto cuezgan bien. y

desque sean muy bien cozidas sacarlas as con mucho tien-  
to: porque no se quiebran.

¶ Si las q̄eres hazer reales en lugar de pasta de fruta po-  
ner pasta de maçapan. de almêdras o de pasta real. y estas  
tales pueden se dar a qualquier rey/ o gran señor.

¶ Maçapanes.

**T**omar almendras escogidas z sanas z bien mōdadas  
en agua berulendo. z majarlas muy biē/ mojando la  
mano del mortero en agua rosada porq̄ no se bagan azeyto  
fas. y despues de bien majadas echar tãto açucar exaropa-  
do como seran las almêdras: z sea muy molido: z passado  
por tamiz de seda: z hazer buena pasta encorpozãdole poco  
a poco el açucar: z no con grandes golpes porq̄ no se haga  
viscosa la pasta: y estielos muy biē. ¶ La manera de co-  
zerlos: z darles lustre. ¶ Tomar açucar fino muy molido:  
z passado por tamiz de seda z por vna xaropa: ponerlo as:  
z destemplarlo as con agua rosada q̄ este razonable espesso.  
¶ Es menester q̄ el horno no este muy fuerte sino tēplado z  
toma la tabla en que se an de cozer los maçapanes: z calen-  
tarla as al horno: y desque este caliēte echa harina enella de  
baxo delos maçapanes porque no se peguen: z ponlos enel  
horno hasta que veas que tocando conel enues dela mano  
no lo puedes sufrir: z si la parte de fuera no estuuiere cozi-  
da boluerlo as al cãto dela tabla lo de fuera para dentro. y  
despues sacarlos z con vna cucharita echarles del lustre: z  
con algũas plumas estendiendolo por todo. despues tomar  
los al horno muy passito hasta que se congele el lustre a tu  
pensar segun por pratica lo auras visto hazer.

¶ Flaones que es fruta de sarten.

**Q**uesos frescos tomaras: z requesones que sean bien  
enrutos: z majarlos bien en vn mortero cō otros tã-  
tos buenos: z tãbien puedes poner vn poco de q̄so gruesso  
mãtecoso que sea rallado z majarlo cō los quesos frescos: y



### Frutas de farten.

requesones todo sũto con vna poca de yerua buena seca: y echa poluos: y despues echar enl mortero vna poca de agua rosada: z no sea mucha sino medidamente: y despues bazer massa de muy buena harina: z massarla cõ azeyte dulce que sea muy fino de manera q̄ sea muy biẽ souada: y q̄ quede z torne muy dura: y despues bazer dla dicha massa vnas empanadillas para poner los que los: pero antes que los pōgas z las ayas de hinchar calẽtar vn poco la massa: empero que este tiesta: z despues hinchirlas d̄l d̄icho potaje: z ātes q̄ estẽ d̄l todo llenas las empanadillas/ o flaones tomar vnas tenazitas: z fronzir las orillas. y despues vayan al fuego a cozer. y desque sean cozidas que auran ya perdido el color de encima z ternan color vn poco: entonces assĩ como estuuieren calientes echales miel derretida/ o xaraue de açucar fino hecho cõ agua rosada: y desque se ayan beuido la miel/ o xaraue echarles encima açucar z canela.

### Fruta de farten.

**Q**ueso asiejo rallado tomaras z harina: y echarlo en vn caço: z moler açucar: z batirlo muy biẽ cõ sus huevos. y despues tomar buena manteca y echarla en vna sartē: y despues yz echando dela fruta.

### Fruta de manjar blanco.

**V**na poca de harina tomaras que sea muy bien cernida: z amassarla con dos huevos: z con vn poco de manteca de vacas z vino blanco: z souarlo muy bien: y despues tomar vn palillo de hojaldrar: z bazer vnas torticas: y despues tomar el manjar blanco: y echarlo encima delas torticas en medio: z bazer de manera que vaya cubierto: y despues poner vna sartē a calentar con manteca que este muy bien caliente: z despues echarlas tortillas.

### Fruta de maçapan.

**T**omar almendras blancas muy bien majadas: z como se fueren majando yz echando açucar: z para vna

**Frutas de sartē.**

fo. xlvij.

libra de almēdras otra libra de açucar: z majarlo todo jūto y como se vaya majando y lo ceuando con agua rosada: z sea lo mas molido que pueda: y despues tomar harina muy cernida: y amassarla con huevos: z mâteca: z vn poco de vino blanco: z hazer vnas tortillas: y echar aquella pasta en ellas: z poner vna sarten con manteca: y despues de bien caliente echar la fruta dentro: z friase de su espacio: y despues en el plato echenle miel: z açucar: z canela.

**Fruta de queso fresco.**

**Q**ueso fresco tomaras que sea de ouejas: z majarlo en vn mortero. y despues de majado echarlo en vn barrejon: y echarle vna poca de harina bien cernida: y echada dentro: tomar huevos z batirlo todo junto: y despues poner vna sarten a calentar con manteca: y desque este bien caliente hazer vnas tortillas: y echarlas dentro: z freyrlas de su espacio: z tener miel: z agua rosada: z como se vayan freiendo echelas en la miel: y despues sacarlas en vn plato: y echarles açucar: z canela.

**Fruta llamada robioles ala catalana.**

**L**echе de cabras tomaras: y leche de almēdras: y despues tomar flor de harina de trigo: z agua rosada: y açucar: y yemas de huevos: z todo esto sea biē mezclado: z hazer de ello pasta q̄ ni sea muy blāda ni muy dura sino de buena manera: y despues hazer de ella tortillas: z tomar auellanas: z piñones: z yemas de huevos duros: z majarlo todo junto: y despues tomar huevos crudos: y destēplarlos con las dichas auellanas: z piñones: y esto de buena manera q̄ no sea muy rala ni muy espessa. y despues tomar açucar: z agua rosada: z canela: y vn poco de gingibre: z hazer tortillas de todo esto mezclado todo con aquella pasta: z freyrlas estas tortillas cō mâteca: z cō gordura de puerco fresca derritida en vna caçuela de alābre estañada: y desq̄ esta mâteca estuviere biē caliente echar dentro las tortillas: y despues q̄

### Frutas de farten.

esten fritas sacarlas con vna espumadera: z ponerlas en vn plato: y echarle dētro agua rosada z miel: z quādo se vieren de comer echarles açucar z canela encima.

### Fruta llamada garbíos ala catalana.

**T**omar borrasas y bledas: z limpiarlas muy biē z pôlas a cozer con agua z sal: z desque sean cozidas sacarlas de aquella agua a donde fueron cozidas: z pôlas entre dos tajaderos porq̄ salga toda la agua: y despues tomar buē queso fresco: y de todas especias buenas z finas: y despues tomar vna poca de flor de harina de trigo: z toma vnto de puerco sin sal z amassa esta harina conla gordura del puerco: z vna poca de agua tibia: y despues tomar las borrasas z bledas y el q̄so: z las especias: z todo junto picarlo muy bien en vn tajadero/o tabla lisa. y despues tomar muchas yemas de bueuos que sean biē duros: z tomarlo a picar todo junto. y despues hazer la massa que sea bien delgada: z toma q̄so fresco: z mezclalo con todas las otras cosas picadas. y despues hazer de aq̄lla massa vnas tortillas tan grandes como la mano: z poner esta pasta dentro delas tortillas: z cobrirlas muy biē: z despues tomar vna caçuela de alambre estañada: z despues calentar el vnto del puerco fresco/o mâteca: y desque este caliente poner las tortillas dentro z cuezan: z sacarlas en vn plato: z ponle agua rosada: z miel: z al tiēpo del comer echarles açucar z canela encima.

### Manjar blanco en mas breue sumia.

**A**s de tomar vna libra de arroz: z molerla: z passarla por vn sedaço: z tomar vna pechuga d̄ gallina q̄ sea rezien muerta: z cozerla: y despues desbilarla y echarla en vn caço: z tomar vn poco de leche: y desbazerla muy bien: despues tomar el arroz molido y echarlo dētro z batirlo mucho z pa vna libra d̄ arroz vna pechuga de gallina: y vn açūbre de leche: y vna libra de açucar. y echarlo todo dētro enel caço: z poner lo a cozer q̄ le de el fuego en medio: y desque

sea espesso e chenle dela grassa dela olla muy apurada: z cō la grassa batirlo mucho: y despues apartarlo en vn poquito de rescaldo: y despues echar le su açucar en las escudillas.

¶ Potaje que se dize yjada.

**A**S de tomar vna yjada de carnero z cozerla: z despues de cozida picarla muy bien. y echar miel en vn caço: y echarle basta tres dozenas de almédras blâcas: y estêse vn poco en la miel: y despues echar la carne majada: y echarle del caldo dela olla mas gordo: z cueza con ello: y despues echar açafrañ/clauos z canela: z su sabor de vinagre: z cueza con ello despues echar le pan rallado basta que sea bien espesso: z despues apartar lo al amor del fuego.

¶ Pastel embote.

**T**omar vna pierna de carnero: z picarla muy bien sin gordura: z tomar vn poco de tocino gordo: z picarlo todo junto: y despues de bien picado echarlo en vna olla: y echarle la grassa dela olla: z cueza se bien: z como se fuere coziêdo le vayan echando ðla grassa dela olla: y despues echê le açafrañ: y pimiêta/z clauos/y cueza vn poco cō las especias despues echarle pan y queso rallado: basta que espesse: y despues de espesso apartarlo.

¶ Carnero adobado.

**T**omar vn pedaço de carnero: z hazerlo pedacitos z echarlo a cozer en vna olla ð tierra cō el caldo ðla olla. y despues ð biê cozido tomar açafrañ z clauos z pimiêta: y del hazerlo cō vn sabor de vinagre/z cueza vn poco con aq̃llo/y despues tomar yemas de huevos sin las claras: z batir las muy bien y echarlas ðtro: z traerlo a vna mano basta que espesse: z echarle su sabor de miel: y despues apartarlo.

¶ Batonada de otra manera.

**T**omar vn conejo cortado en pieças: y despues freylo en mâteca: y despues ð biê freydo echarlo en vna olla: y echar del caldo dela olla: y desque aya bien heruido con

### De manjares.

ello tomar vn poco de perexil: y clauos: z açafran: z pimienta: z vn migajon de pan z molerlo todo junto: y echarle yemas de bueuos enel mortero: z majarlo todo junto: y despues echarlo dentro: y echarle su sabor de vinagre: y cueza vn poco hasta que espesse: y apartarlo.

#### Escabeche de conejos.

**A**ssar los conejos: z cortarlos por las cuyüturas z tomar en vna sartén dos partes de vinagre si fuere el vinagre flaco: z vna de agua z si fuere fuerte y guales partes: y echarle sal hasta que vea que tiene sabor: z echar la sal en vezes: z no toda junta porq̄ no se haga salado: y echar azeite que sea dulce la cantidad que os pareciere porq̄ vnos quieren poco: z otros mucho: z darle vn beruoz sin los conejos: y echarlo despues todo junto en vna olla: z ponerlo en parte que se enfrie: y echarle gingibre/clauos/z açafran: y este escabeche se conferua muchos dias.

#### Arrauste de otro modo.

**C**ozer vna gallina: y despues cortarla: z tomar almendras sin mondar algo tostadas: z majarlas: z sacar la leche de ellas: y echarla en vn caço: y echarle açucar: z canela molidos: z cozer la leche vn poco. y despues tomar la gallina: y echarla dentro: z cueza vn poco. y despues tomar vn poco de pã rallado bláco: y echarlo dentro: y despues q̄ sea espesso apartarlo: y en las escudillas echar açucar: y canela.

#### Ozuga buena.

**T**omar vna libra d'los panes dela ozuga limpios z molar los bien en vn mortero: y despues de bien molidos ponerlos dentro de vn trapo q̄ sea blanco: z muy limpio: z atarlo bien: y despues poner agua al fuego en vna caça: z quádo començare a beruir põla ozuga dentro dela agua assitada como estuuere enel trapo: y d'sque aya dado vn beruoz sacarla: z apretarla entre dos tajaderos hasta que salga bien la agua: y desque sea bien espremita sacarla del trapo

y destéplarla con buen vinagre blanco z miel ocho libras: z apurarla al fuego despumádola siépre: y desq̄ este clarifica da la muel echarla sobre la oruga: y mezclarla bié cō vn palo: despues tomar vn quarto de canela: z vn quarto de açafra: z tres quartos de gingibre todo bié molido: y echarlo encima d̄la oruga meneádolo quatro/o cinco bueltas al derredor porq̄ la salsa se pueda bien mezclar: y encozporar: z si fuere muy espessa aclararla con vn poco de vinagre bláco.

**Oruga de otra manera buena.**

**T**omar vna libra de oruga muy bien rayda cō vn cuchillo: z molerla muy bien: z sotilmēte: z passarla por vn tamiz: despues ponerla a remojar en buen vinagre tinto que este mas rala que espessa por seys/o ocho dias: despues toma diez libras d̄ miel: y derritela quáto dee vn hervor: z sacarla d̄l fuego: y echarle tres maravedis de buē vino tinto: z toma la oruga remojada: z vaziala enel caço donde se a de hazer la oruga: y encima de ella vaziar la miel derritida passandola por vn sedaço de cerdas meneando otro la oruga cō vn palo muy bié: z ponerla a cozer hasta q̄ este espessa como deue: z sacarla d̄l fuego: z tomar dos ariecos de açafra muy molido: y desatado cō vino tinto echarlo d̄tro d̄la oruga becha. zc. **Otra oruga buēa pa de presto.**

**T**oma el panecillo dela oruga/ y raele lo dencima que vieres que esta suzio/ y canela la quâtidad que quisieres hazer: z tostar vn migajon de pan z remojado en vinagre majar lo con la oruga y echarle su miel/ z vn poco de vino tinto o bláco cōello z calentarlo al fuego de de brasas en vn caço/ z darle vn hervorcito porq̄ la miel se encozporz cō la oruga z con las otras cosas/ y es becha. **Puedes le añadir vna poca de canela z clavos z gingibre si quieres.**

**Mostaza.**

**A**s de tomar mostaza en granos: z limpiarla d̄l poluoz y dela tierra: y delas piedras: z molelar bien en vn

### De falsas.

moftero y desque sea molida passar la por vn sedaço. y despues tomar del poluo dela mostaza z ponerlo en el moftero con vn migajon de pan remojado en caldo de carne : z majarlo todo junto: y desque sea todo biẽ majado destẽplarlo con vn poco de caldo magro sin gordura q̃ sea bueno de salt: y desque sea destẽplado de buena manera q̃ no sea muy rala tomar miel que sea buena: z derritida al fuego: y echarla en el moftero: z traerla bien hasta q̃ sea bien mezclada: z haz escudillas. Algũos echã vn poco de vinagre en el caldo. pudes le añadir almẽdras mōdadas majadas con la mostaza tostadas.

### Mostaza francesa.

**A**S de tomar vn cantaro de mosto de vino tinto/ o blãco: z moler vna escudilla de mostaza q̃ sea escogida z muy buena: z moler si quieres con ella despues de passada por sedaço o tamiz/ vna poca d̃ canela/ z clauos/ z gingibre/ y echarlo todo muy bien mezclado en el moftero dentro del cantaro/ o tinajuela del vino: z cō vna caña traerlo gran rato al derredor porq̃ se mezcle con el mosto: z cada dia se a de traer cō la caña siete o ocho vezes: z heruirea el vino con esta mostaza z acabado que aya heruido el vino podeys comer de esta mostaza. z quãdo la quisieres sacar para echar en la escudilla para comer menearla antes con la caña vn poco: y esta es muy buena mostaza: z conseruase todo el año.

**O**tra mostaza francesa muy buena: y dura todo el año. Añadido.

**T**oma vna caldera en que quepan dos cãtaros/ y binchirla de granos de vna tinta z poner la a cozer al fuego hasta que mengue la meytad y quede en media caldera que sera vn cantaro: y quando cuezen los granos quitar la espuma con vna cuchar de palo: z menearlo de quando a quãdo cō vn palo: y colar este mosto por vn trapo limpio/ y echarlo en vn cantaro: z luego echar la mostaza que sea hasta vna escudilla bien molida poco a poco meneando

la con el palo. z cada dia se deue menear con el quatro o cinco vezes al dia/ z si quereis podeis moler con la mostaza/ con ella tres partes/ clauos dos partes/ z gingibre vna parte. esta mostaza francesa es muy buena z dura todo el año/ y es de color morado.

## ¶ Perexil.

**A**S de tomar el perexil: z quitarle las ramitas: z deshojarlo muy bien z limpiarlo: z majar aqllas hojas en vn mortero mucho. y despues de bien majado tostar vn migajon de pan: z remojarlo en vinagre bláco: z majarlo con el perexil: y despues de bien majado echar vna poca de pimieta en el mortero: z mezclarlo bien con el perexil y el pan. y despues echarle miel q sea derritida en el mortero trayendolo siempre de vna manera basta q la miel se encozpoz con la salsa en el mortero: z si fuere muy espessa la salsa/ aclararla con vn poco de vinagre aguado porque no sea muy agra: y hecho esto tomar dos piedras guijas de mar/ o de rio: y echalas en el fuego: z quando estuieren bien coloradas z rojas: echalas con vnas tenazas en el mortero de manera que se amaten alli. y desque todo esto sea hecho catarla de sabor.: z hazer de manera q sepa vn poco a pimieta: z agrito dulce: z al perexil: y si alguna de estas cosas falta tẽplara con ello.

## ¶ Salsa de rauano verisco y de gallo cresta.

**D**E la mesma manera del perexil se puede tambien hazer salsa de la rayz del rauano verisco. y de hojas de gallo cresta lo mesmo.

## ¶ Sopas ala Lombarda.

**H**Azer caldo de buena carne que sea bien gordá: z echar en el mucho açafra que sea bien amarillo z muy alto de color: z que sea bueno de sal el caldo: y despues tomar reuanadas de pan quitada la corteza: z tostarlas: z rærles lo quemado: y escaldar estas sopas con el dicho caldo: y desq seã escaldadas assentarlas en vna caçuela de bierro haciendo



### De potajes.

vn lecho de sopas z otro lecho de queso mâtecoso de Par= ma/o de Aragon/o de Nauarra: z assi bincir toda la caque= la: desq̄ sea llena ponerla al fuego a cozer sobre buenas bra= sas/o al horno: z cueza poco a poco: z andâdo coziêdo echar le de aq̄l caldo de rato en rato gordo: z amarillo a cuchara= das dêtro enla caçuela sembrandolo sobre las sopas: y des= que sea mas d̄ medio cozido cubrir la caçuela/o fartê cō vna cobertera de bierro q̄ sea cargada de brasas encima: z cueza assi vna hora: mirâdo z reconociêdo de rato q̄ no se enxugue mucho: z que sean socorridas del dicho caldo que sea de lo mas gordo: z quando las pusieres enla mesa hazer de ma= nera q̄ vayan entutas. y hecho esto hazer escudillas/o si q̄e= res hazer de ellas platos como quisieres.

### ¶ Salsa gualatina buena.

**M**añanas que sean agras tomaras: z tambiê delas dulces: y despues hazer leche de almêdras de par= te de noche. z parar las mançanas de parte de noche: z coz= tarlas menudas assi como vn dâdo: z an se de desatar las al= mendras con buê caldo de carne: z ponlas mançanas a re= mosar con la dicha leche de parte de noche: z tomar canelâs z clauos: z gingibre segû la cantidad q̄ quisieres hazer: z pon estas especias en remojo de parte de noche en agua ro= sada: y enla mañana tomar vna poca d̄ barina d̄ arroz: z pō la a cozer conla leche delas almêdras empero no echas las mançanas basta q̄ sea medio cozido: z las especias assi mes= mo: z quâdo la salsa tornare espessa echarle del mejor caldo que tuuieres: y dexalo cozer del todo z las especias seâ ata= das cō vn hilo. ¶ Adobado de carnero.

**A**s de tomar pechos d̄ carnero: z cozerlos en vna olla con su sal: y desq̄ sea quasi medio cozido sacarlos dela olla. z cortarlos a pedaços del tamaño de dos dedos: y dex= pues soffreyzlos cō gordura d̄ tocino. y despues tomar miel: y de todas especias: z ponerlo en vna ollica: z tomar pâ du=

ro rallado y echarlo dētro de aquella miel y las especias: y aya mas cātidad de canela q̄ las otras especias: y dēspues tomar del mejor caldo dela olla: y echarlo dētro: y dēspues dela grassa lo q̄ sea menester segū la quātidad del pan y la carne: dēspues echarle vna buēa taça de vinagre blāco porq̄ la salsa de este potaje dēre ser agra dulce: y esto todo cueza. z miētre bierue echarle la carne con vn poco de açafra porq̄ esta salsa dēre ser alta de color. dēspues bazer escudillas del dicho potaje: z sobre ellas canela. empo deues echar peras: y mēbrillos q̄ seā cortados: z a yā dado vn heruor p̄mero: z p̄los en la carne.

¶ **Pebrada para saluagina.**

**H**as de tomar vnas pocas de almēdras z piñones y auellanas. z q̄ sea todo tostadoz majado biē ē vn mortero: y dēspues d̄ majado majar cōello vn migajō d̄ pā remojado en vinagre d̄ manera q̄ no sea muy agro. y dēspues pasarlo z ponerlo dētro dela olla: z tomar vn pedaço de saluagina z majarla en vn mortero muy bien. y dēspues sea bien picada echarla dentro dela dicha salsa z ponerle pimienta. Mas quādo passares las almēdras: z las otras cosas/passa tambien muchos bueuos duros solas las yemas. z todo esto ponerlo a cozer al fuego. y en dādo vn heruor quitarlo del fuego: y es cozido. y esta salsa quiere ser fortezuela de pimienta. z allí mesmo el color. z no se pone otra cosa. porque poniendole otra cosa no se llamaria pebrada.

¶ **Castarda camelina.**

**V**nas pocas de almēdras tostadas tomaras. z majar las as bien con vna tostada de pan con los bigadillos de alguna volateria que comieren. z todo esto sea bien majado. z pasado con çumo de granada agra: z caldo. z con mucha canela. z con vn poco delas otras especias saluo açafra: y dēspues todo esto sea pasado va ya al fuego. y esta salsa ha de ser agra dulce. y dēsq̄ sea cozida echarle harta grassa. y encima açucar z canela.

### De manjares.

#### Caldo lardero de puerco saluaje.

**V**na pieça de puerco saluaje/o juali tomaras. z corta lo a tajadas como dos dedos: z hazer tajadas de tocino gordo delgadas. z atreuessarlas por las pieças del puerco juali tantas quãtas quisieres. z poner lo en vna olla sobre las brasas a soffreyr: y desque sea quasi medio cozida cõ vna cebolla cortada echarle de todas especias saluo açufrã. z canela todo mezclado con la cebolla: z despues echarle vn poco de vino tinto. z vn poco de vinagre. y dexalo cozer muy bien. y echale de todas yeruas picadas. z assi se haze el caldo lardero. z quãdo quisieres hazer algũa pieça de puerco cozida. y el señor quisiere comer caldo lardero: hazerlo desta manera. Desque la pieça estuviere escaldada z que este bien limpia delos pelos ponerla a cozer en la agua que sea la meytad vino. z la meytad de agua: z tãbiẽ puedes echar de todas especias enteras porq̃ deç labor: z olor al caldo: z assi mesmo echarle de todas yeruas: z sea bueno de sal z de todo. z algunos le echan cebolla: z no dize mal.

#### Capitotadas de toferas o criadas de tierra/o turmas.

**L**as turmas/ o criadas de tierra tomaras: y escaldar las biẽ cõ agua hiruiẽdo: z darles vn beruor cõ aq̃lla agua mesma: y despues pararlas de la primera hollera/ o tela: z cortar las a tajadas redõdas. z soffreyrlas cõ buẽ tocino gordo. y despues tomar vnas pocas de almẽdras/ z piñones: z auellanas: z vna tostada de pan: z majar todo esto: z con caldo del mas gordo passarlo biẽ espesso: y desq̃ sea pasado põio dentro de vna olla: y echale de todas especias molidas: z põle vn poco de açucar: z ponerlo a cozer: z quãdo hiruiere pornas le las turmas de tierra porq̃ se acabẽ de cozer cõ esta salsa: y desq̃ las turmas/o criadas fuerẽ cozidas hazer escudillas: y echar açucar/ z canela/ z vn poco de caldo q̃ sea grueso de la olla. z si las quierẽ comer freydas sin la

falsa. hasas assi: desq̄ las ayas soffreydo echales vn poco de pimieta z vinagre: z assi se guisan las turmas pero toda via son mejores quando son assadas entre dos cenizas calietes: y remojadas en vinagre: y estas son las criadas de tierra.

¶ **D**otaje llamado persicate.

**L**os duraznos tomars parados: z cortados a tajadas: z cozerlos en buē caldo gordo: y desq̄ seā cozidos tomar vnas pocas de almēdras blācas z majarlas: z desq̄ seā biē majadas passarlas cō aq̄l caldo biē espesso. y despues cozer esta salsa cō açucar: z vn poco d̄ gingibre: y desq̄ sea cozida echarle harto caldo dela olla/o del q̄ cae del assador: z dexarlo estouar biē vn poco: z hazer despues escudillas: z sobre cada vna echar açucar: z assi mesmo puedes hazer esta salsa de mēbrillos de esta manera: mas los mēbrillos q̄eren ser passados cō almēdras: z no quierē ser agros z assi mesmo los duraznos.

¶ **S**opas doradas.

**T**omar vn pã: z hazer lo reuanadas: z tostarlas d̄ buena manera q̄ no se q̄men: z tomar buē caldo: z cozerlo en vna olla aparte cō todo su recaudo: y despumarlo biē: z despues tener aparejado q̄so rallado: z quando quissere comer tomar algũas yemas de bueuos: z d̄satarlas cō el mejor caldo de vaca gordo dela olla: y echarle vn poco de gingibre y despues tomar aq̄llas tostadas: z remojarlas con el caldo: y desque sean acabadas de remojar quitarlas de aq̄l caldo: z hazer escudillas de aq̄llas tajadas d̄ pan/o reuandadas: y echar sobre ellas d̄l caldo d̄ los bueuos despues echar les el queso. y estas se llaman sopas doradas.

¶ **B**usaque de conejos.

**E**l conejo tomars desollado: z bien limpio delos pelos: z abierto ponerlo a assar: y desq̄ sea assado cortarlo a pedaços: z soffreylo vn poco: z tomar pã tostado biē quemado: y almēdras tostadas: y majarlas biē: z passar las cō el çumo del conejo: z poznas de todas especias comunes:

### De manjares.

z hazer que esta salsa sea vn poco agrilla z cozerla: y desq ue sea cozida echarle el conejo y dexarlo acabar de cozer: z si tu quisieres echarle algunas cebollas/todo esta en tu plazer z voluntad . pero au se de cozer primero conlos conejos: y despues passar las cebollas conlas otras cosas: y dexarlo acabar de cozer.

¶ **A**birrauste de peras: y puede se dar a enfermos.

**T**omar delas peras mas tiernas: z mondarlas dela corteza: z cortarlas en quatro quartos: z qtarles las pepitas y el coraçon: y despues cozerlas en buen caldo de carne que este bueno d sal: z majar almendras mondadas: y desque sean bien majadas desatar las conel caldo delas peras: z si este caldo no bastare tomar del caldo d el carnero: z passarlo bien espesso por estameña: y desque sea passado poner esta leche dentro enla olla: y despues tomar vna poca de harina de arroz: y desatar la con aquella leche: z ponerla a cozer al fuego con buena cantidad de açucar: z tomar vna poca de canela fina entera: z atarla con vn hilo: z ponerla dentro enla olla. z vaya todo a cozer: y desque torne espesso: z no tuuieres leche para echarle: echale del mejor caldo y mas gordo dela olla: y dexarlo cozer vna buena ora: y desque conozcas que la harina sea cozida quitarla d el fuego. ¶ Si por caso supiere al humo/o a chamuscado/o a qmado: tomar vna poca de leuadura que sea bien agra: y atarla en vn trapo de lino: z hazer que la olla hierua siẽpre: y echarla dentro porque hierua todo junto: y sepas que si la olla no hiruiesse no se le quitaria tã presto el sabor del humo ni delo focarrado: y esto puedes hazer en todas las salsas z potages: y desque la salsa/o potaje fuere hecha pon en aquellas peras que son cozidas enel dicho caldo vna poca de agua rosada: z hazer escudillas: z sobre ellas echar açucar fino. y esta salsa es buena para dolientes.

¶ **A**dembrillos cozidos en olla.

**T**omar vna caçuela/ o olla: z la cobertera q̄ tenga muchos agujeros pequeños: z sea la olla nueua porq̄ la vianda no tome otro sabor. y echarle los membrillos dētro bien limpios: y despues henchirla de almēdras: y vino coçido porq̄ torne a manera de miel espessa como vnguento: z con estos mēbrillos pomas ciertas ragitas de canela z clauos de girof: z nueznoscada: z flor de macis: z granos d̄ para yso: z cō todo esto ponerla sobre las brasas cō poco fuego hasta al cuello: z cueza a plazer: y este cubierta: y desq̄ este coçido cortar los limpiamēte: z q̄tarles el coraçō: y despues ponerlos en vn plato: y sobre ellos açucar/ z canela/ z clauos de girof.

**¶ Perexlada.**

**H**as de tomar gran cantidad de perexil: z clauos z biē mezclado majarlo muy rezio con vn migajon de pan blanco: z passarlo de manera q̄ salga todo el çumo biē espesso: y echar grā fuerça de gingibre: y de canela: z majarlo todo junto: z si quieres echarle açucar sea a tu volūdad: z haz que sea bien espesso: z bien verde: z no a de beruir porq̄ perderia la verdura: y despues echarle açucar o miel.

**¶ Çumo de granadas.**

**L**os granos d̄ las granadas tomaras: z machacarlos en vn mortero: de manera que no q̄bren los granos: z colarlos por vn trapo de lino limpio: z poner enl çumo almendras z pisiones tostados. z puedes echarle vna poca de agua rosada: y deste çumo puedes hazer camalina dulce. z si la quieres hazer agra echale vino tinto/ z vinagre: z de todas especias: z canela mas que de otra especia: z cozer la antes que la passes.

**¶ Eratonada dorada de assadura de cabrito.**

**T**omar la assadura z la cabeça d̄l cabrito: z ponerlo todo a cozer. z partir la cabeça d̄ manera q̄ no se pierda los sesos: y desq̄ sea coçido sacarlo d̄ la olla: z coçtarla assadura menuda a manera de ynos dados: z tomar ynto d̄ puer

### De manjares.

co fresco: z la cabeça partida en dos partes soffreyzla : z todo ello con aquel vnto: z tomar yemas de bueuos. z flor de gengibre/ z canela / z yeruas buenas : z picarlo todo junto muy bien. y despues apartarla grassa dela sartē a vn cabo: y echaras todo esto ala otra parte dla sarten: y de ratico en ratico vntarlo con dos plumas : y desque sea bien frito sacarlo fuera y entonces echarle la assadura assí como esta picada menuda z soffreyzla as .z si quierēs echar vna doze=na o dos de bueuos batidos con hieruas buenas . ya seria mejor : y echarlo dentro dela sarten: y despues menear lo trayendolobien con vna cuchar. z si quierēs soffrey z garuãcos todo es bueno: y despues tomar las yemas de buenos batidos: z vn poco de gengibre mezclado con los bueuos: y biē batido en vna escudilla: y despues ponlo dētro dla sartē sobre la otra vianda. z menealo todo despues. de manera que se mezcle todo muy bien : y desque este cozido sacarlo dela sarten: z ponerlo en vn plato grande: y encima dla viãda açucar. y canela.

#### ¶ Salsa que se llama canela de mosto.

**A**S de tomar passas y vuas negras: z todo el migajõ d vn panzillo: z tomaras las vnas segun la quãtidad dela salsa q̄ quisierēs hazer: y poner los en vna olla a cozer con vino tinto dulce que sea bueno/ z fino/ z muy fuerte/ z muy tinto/ z templarlo assí como te pareciere z hierua rezio hasta q̄ las passas : z las vuas seã todas cõsumidas: y tornadas caldo: y despues passar todo esto por estameña: z despues de passado ponerlo a cozer vn poco en vna olla peq̄ña porq̄ se torne espesso z tēga color de oro: y d̄spues tomar açucar z canela : y baz q̄ sienta vn poco ala noçada: z a los clauos: z al ḡigibre: y esto sirue pa volateria assada/ o freyda

#### ¶ Empanada en assador de gallina assada.

**A**S de tomar vna gallina muy gorda: z quitarle los a lones: y los pies : y el pescueço: z rellenarla toda de

yemas de buenos buros que sean cozidos/ z canela/ z cla-  
 uos bincados en las yemas delos buenos/ y passas/ z al-  
 mendras blancas: z carne de ternera/ o de cabrito cozida: z  
 bien picada menudo: z yerua buena z perexil: tambien ye-  
 mas de buenos crudos. y especias finas z açafranadas: z  
 todo esto mezclado con las passas: z almendras rellenar la  
 gallina dentro: y despues coferla que no salga nada delo re-  
 lleno: y despues ponerla en su assador: z assarla. y desque  
 sea quasi assada tomar vn gran plato: y echarle vna poca  
 de harina de arroz que sea muy fina: y leche de cabras z ye-  
 mas d buenos crudos/ z açucar/ z canela/ z otras especias  
 finas açafranadas: z batirlo todo esto juto muy rezio. y de-  
 stemplar con la leche la dicha massa: z si no tienes leche to-  
 ma agua rosada: z vn poco del caldo dela olla: z mezclarlo  
 todo. y despues con vnas plumas de gallina degotar la di-  
 cha massa sobre la gallina: z fregarla con ella. z vntarla z gu-  
 arda que no la desates mucho porque no podria asir en la  
 carne dela gallina. z vntarla tãtas vezes de esta massa/ o sal-  
 sa que se haga vn cortezõ tan grueso sobre la gallina como  
 vn cortezon de empanada: z si le quieres poner yeruas sa-  
 nas como son perexil/ mayorana z yerua buena: biẽ lo pue-  
 des bazer: z traer el assador de manera que la dicha massa  
 se sostenga sobre la gallina.

**¶** Reballa q̄ se dize salsa blãca para anfarones.

**A**S de tomar almendras blancas: z lo blãco de vn po-  
 llo z vn grano de ajo: que solamẽte sienta al ajo: z vn  
 migajon de pan remojado con caldo: z mazarlo rezio. y des-  
 pues passarlo todo por estameña: z tomar yemas d buenos  
 buros que seã cozidos y ecbale gingibre/ z canela/ z açucar:  
 z vn poco de agraz solamente q̄ sienta a ello: y despues pon  
 assar los anfarones y desque sean medio assados pon deba-  
 xo de ellos vna caçuela para recojer el suco delos anfarõ-  
 nes: y desque todo sea salido mezclalo con la dicha salsa/ o



### De potajes.

massa en vna olla: z desque toune espesso hazer escudillas: z quando vayã ala mesa echarles açucar: z canela encima.

¶ Broete lardero de muy buena facion.

**L**os pechos de carnero tomaras/o las bijadas: z darles vn heruo: porq̄ pierdã el color de sangre: y despues hazerlos pedaços tan grãdes como el dedo pulgar: z tomar tocino muy gordo: z hazer d̄ ello tajadicas menudas z delgadas como vna pluma y echa a cada pedaço metido ala luenga de aq̄l tocino cortado. y despues toma el tocino: z derritelo: y desque ayas sacado toda la gordura soffreyz cõello la dicha carne: y despues põla d̄etro de vna olla cõel caldo de otra olla: y despues tomar vn bigadillo de gallina z vn poco de carne de carnero z haz que hierua todo jũto. y despues tomar pan tostado: z majarlo todo junto: z passar lo por estameña todo: y despues destẽplarlo con buen caldo de la olla mezclado con agraz: z vinagre: z cõ especias menudas: z darle color de liebre: z esta es muy buena salsa.

¶ Potaje de buen modo.

**T**omar vna buena gallina gorda: z cozerla solamente que dee vn heruo: z cortarla a pedaços: y despues tomar tocino gordo derritido: z soffreyzla de manera q̄ no pierda la blancura: z despues echarle buen caldo: z cueza de su espacio eneste caldo: z despues tomar yemas de buesos duros: z almẽdras blãcas majadas con vn migajon de pan remojado con caldo: z passarlo todo junto: z despues cozerlo en vna olla a parte de manera que no se desate/o se corte: z vn poco de agraz/ mas no vinagre: y especias dulces. z desq̄ sea quasi cozido tomar yemas de buesos destempladas cõ agua rosada: z mezclarlo todo junto.

¶ Potaje llamado jota.

**B**ledas z pereril tomaras: z yerua buena z bozrajas: z ponlo todo a cozer que dee vn heruo: y despues ponerlo sobre vn tajador: z picarlo bien menudo cõ especias: z

desq̄ sea biē picado passarlo por estameña: z ponerlo en vna olla: z haz q̄ dee vn beruor d̄ manera q̄ no pierda la verdor. z no lo cubras hasta la hora del comer: z si ala noche lo q̄eres guisar haz lo dela mesma manera: pero as de poner vn poco de tocino d̄ puerco fresco: z frey zlo para sacarle el çumo: z con aq̄l çumo soffrey z las sobre dichas cosas: z cō caldo de la olla a manera de espinacas: y despues bazer escudillas: z sobre cada escudilla poner vn pedaço de aq̄l tocino q̄ as sof freydo.

**Salsa de Emperador.**

**H**az bigadillos d̄ gallinas tomaras assados en las brasas: z tomar almendras tostadas: z majarlas con los bigadillos. z con vn migalon de pan: z destēplar lo todo cō buen caldo de gallinas: y desq̄ sea bien majado: tomar diez z ocho o veynte yemas de bueuos çradas: z majadas con las dichas almēdras q̄ serā cerca de vn puño: y tres bigadillos d̄ capones o de gallinas z majar lo todo jūto en vn mortero: z passarlo por vn sedaço assi como salsa de pavo. despues de passado ponerlo a cozer en vna olla limpia con poco fuego meneādolo siēpre cō vna cuchar: y echarle copia de açucar: z vna poca d̄ mostaza: z vnos cinco o seys clauos molidos: z gingibre segū tu voluntad: z haz que sea agrilla de çumo de naranjas/ o de agraz/ o de granadas. y q̄ sepa todas las dichas salsas vn poco: z mas al gingibre. z a d̄ ser espessa como salsa de pavo/ z que tenga color pardillo: y bazer escudillas: y echarles açucar z canela encima.

**A**qui se feneçē las viādas del tiēpo del carnal.

**T**ratado para guisar z aparejar las viandas del tiempo quaresmal.



**A**blado auemos: z lo mas breue que auemos podido dela arte dela Cozina en quāto toca a las viandas z manjares del tiēpo de carnal. puesto que son infinitas las viandas q̄ se pueden bazer en dia de carne q̄ muchas de ellas se

### Viandas de quaresma!

podian hazer en quaresma porq̄ donde digo en algunos capitulos delas viandas que se defatan con caldo de carne. Estas salsas o potajes se pueden defatar con sal/z azeyte/z agua: empero a de dar vn beruoz: y de esta manera es tan bueno como caldo de carne si es biẽ tẽplado de sal: z que el azeyte sea muy fino. y de esta manera de muchas viãdas q̄ estan puestas para dias de carne se puedẽ hazer en la quaresma. y esto no es sino costumbre delos hõbres mudarlas viãdas õ vna cosa en otra. z por esto me parece q̄ he hablado harto en esta materia delos manjares de carnal: y es cosa razonable de hablar en las viãdas del tiẽpo de quaresma lo mejor: z mas breuemẽte q̄ dios nos guiare y enderecare para la vtilidad delos cuerpos humanos: z onrra õ las casas delos principes z grãdes señores z caualleros y psonas de qualquier otro estado z cõdiciõ q̄ sean: segũ veran por el processo deste figuierẽ tractado: z primeramẽte de aparejar empanada de lãprea/õ de otro qualq̄r pescado pa cozer/õ assar/õ pa caçuela: z otros guisados segũ adelãte diremos.

#### De lamprea en pan.

**L**a lamprea quiere ser biua: y escaldarla con agua caliente: z assi la baras limpia z blãca: y despues tomar pan tostado z tanto que este todo negro: z raerle la q̄madura. z tomar la lãprea y abzir la. z cozer aq̄lla sangre. z guardarla: z quitarle vna tripa q̄ tiene. z por la boca atrauessar le vn cuchillo de manera que no le haga ningun corte sino q̄ la punce: z quitarle la hiel por medio dela cabeça. y dexarle que cuele bien aq̄lla sangre: z lo mesmo colar la sangre de los agujeros q̄ tiene la lamprea. z guardar bien toda la sangre. z con esta su sangre mesma vntarla toda. y despues tomar sus especias q̄ son pimiẽta luenga. z galãgal. z nuezes noscadas. z todo esto sea bien molido. z mezclado con aq̄lla sangre. y despues tornar a vntar con ella la lãprea. z ponle en la boca vna nuez noscada. y en cada vn agujero delos q̄

Viãdas de quaresma. Fo. lvi.

tiene meterle vn clauo ò girof d'entro. y despues tomar la lá  
prea. z ponerla en vna épanada a modo ò vna rosca. z darle  
vn corte por medio òl espinazo porq̄ de otra manera podria  
reventar la empanada. z puesta en su empanada bien vnta  
da de su mesma sangre con las especias z todo cubrir la em-  
panada. z cozerla en el horno. y despues tomar el pan tosta  
do con vinagre z vino tinto. z su mesma sangre que quedo.  
z mezclarlo todo: z passarlo muy bien. y esta salsa no quiere  
ser muy agra sino solo vn poq̄to z por esto se pone el vino.  
y desque la empanada sera cozida/ tomar esta salsa y echar  
la dentro en la empanada. y estas empanadas de lampreas  
mejores son para comer frias que no calientes. z si es fria  
no le echas salsa. y las lampreas no son buenas para comer  
basta el mes de benero.

¶ Salmon empanado.

**A**S de tomar el salmon bien limpio. z lauado. z tomar  
sus especias que son pimieta luenga/galangal: z gin-  
gibre. z todo esto bien molido cõ sal/ de manera que no aya  
demasiadas especias sino de buena manera: despues hazer  
las empanadas. z poner d'entro el salmon. y echarle las espe-  
cias encima. z debaxo. z a todas partes. y despues cubrir la  
empanada. z vaya al horno a cozer: y desq̄ sea cozida si q̄ lie-  
res comer frio el salmon hazer vn agujero en la empanada  
debaxo òl suelo porq̄ salga el caldo/ porque con el no se pue-  
de bien conseruar. ¶ y deues saber que el salmon se quiere  
comer en el mes de octubre que comienza de hazer frio.

¶ Caçuela de salmon.

**A**S de tomar el salmon limpio. z bien lauado. z poner  
lo en vna caçuela con sus especias que son galangal:  
z vn poco de pimienta/ z gengibre/ z açafran: z todo esto biẽ  
molido. y echado sobre el pescado cõ sal. z vn poco ò agras/  
o de çumo de narãas. y vaya al fuego de brasas. y òspues  
tomar almendras blancas/ z passas/ z piñones/ z de todas

### Viãdas de quaresma.

yerbas. Es saber moradux que se dize mayorana z pere-  
xil z yerba buena. y dñque la caçuela sea cerca de medio co-  
zida echarle todo esto dentro.

#### Trucha en pan o assada/o cozida.

**L**A trucha se a de escamar: z si la quieres hazer en pan  
echarle pimiêta. z vn poco de gingibre. E si la quieres  
guisar de otra manera: a si como assada o cozida: hazer ber-  
uir agua en vna caçuela. y echarle la trucha. y desque sea  
quasi medio cozida echarle vn poco de sal porq̃ tenga buen  
sabor. y despues echarle media taça de vinagre en la caçue-  
la porq̃ el vinagre la entestece q̃ no se q̃ebre: z comerla cõ pi-  
mienta. z con vn poco de caldo dela olla/o caçuela in esma.

**E** si la q̃eren comer assada a de ser comida cõ çumo de na-  
ranjas/ z agua y sal z vn poco de azeÿte. z de todas las bue-  
nas yerbas: z aparejar el plato dela trucha assada. y echar  
le encima todo este çumo. **E** sepas q̃ el mejor bocado dlla  
es el hocico.

#### Barbo en pan.

**T**omar especias q̃ seã pimiêta/gingibre/ z sal bien mo-  
lido todo. z hazer las empanadas. z poner en ellas el  
barbo bien limpio: z lauado cõ las dichas especias: z llevar  
las al horno. z si le quisieres echar vn poco de çumo de na-  
ranja/o de agua rosada no se perdera nada: z antes que la  
empanada vaya al horno echarle vn poco de azeÿte.

#### Barbo en caçuela.

**D**espues de bien limpio z lauado el barbo costarlo a  
troços redondos como los dos dedos de gordo: z to-  
mar las especias q̃ son pimiêta/gingibre/ z açafrañ/ z sal to-  
dobien molido: z pon el barbo en la caçuela cõ las especias  
z la sal z vn poco de azeÿte: z vaya al fuego sobre buenas  
brasas: y despues tomar passas z almendras/ z vn poco de  
culãtro seco y d̃ todas las buenas yerbas: z todo esto vaya  
dentro dela caçuela: z cueza hasta que este bien cozido.

**E** si q̃eres comer el barbo cozido tomar vna olla cõ agua:

Viandas de quaresma. fo. lviij.

z quando bierua echar el barbo dētro: z hazerle su salseron q̄ es vinagre z de todas especias: y d̄ todas buenas yerbas: y desq̄ el barbo sea cozido tener aparejado el plato cōla vianda y echarle el dicho çumo ĩcima cōlas dichas yerbas: y hazer la de manera q̄ sea vn poco agrilla z colorada d̄ açafrā.

¶ Saboga en pan.

**Q**uiere ser la saboga fresca z muy biē escamada z limpia. z despues ponerla en pan. z tomar las especias dela saboga: q̄ son pimiēta z vn poco de gingibre z sal: todo bien molido: y echado sobre la saboga: z puesta en su empanada con azeyte vaya al horno a cozer. z si la quierēs comer fria sacarle el caldo porq̄ qualq̄er empanada para comer se fria es menester quitarle el caldo porq̄ cōel no se puede biē conseruar. ¶ Si la quierēs comer cozida o assada. empero no se quiere comer en ninguna manera cozida sino en pan o assada. y si la quisierēs assar no le as de q̄tar la escama sino abirla/ z ponerla en sus parrillas: z antes que la pōgas al fuego vntar las parrillas con azeyte porque no se pegue a ellas. z ponla al fuego/ z no le des mucho fuego al principio/ mas boluer la de rato en rato: z cada vez q̄ la boluierēs vntarlas parrillas con azeyte. y despues hazerle su salseron cō çumo de narājas z azeyte/ z vn poco d̄ agua z sal: z de todas las yerbas bien menudamēte cortadas: z ponerla en su plato: z su salsa sobre ella. z d̄sta manera se guisa el pescado de agua dulce.

¶ Emperador en pan.

**T**omar el emperador: z bien limpio z lauado cortarlo a troços/ o ruedas: z hazer las empanadas d̄la manera que quisierēs: z tomar las especias que son pimiēta luēga/ z gingibre z sal/ todo molido biē: y echarlo sobre las ruedas d̄l emperador. z puesto en sus empanadas cō sus especias z su aparejo. vaya al horno a cozer. z quando quisierēs comer echarle vn poco de suco de narāja/ o agraz meza-

### Viandas para quaresma.

dado con agua rosada: z antes de ponerla en el horno echarle vn poco de azeite.

#### Emperador en caçuela.

**D**espues de biẽ limpio z lauado el empador hazerlo tajadas/o ruedas tã gordas como dos dedos: z tomar las especias biẽ mezcladas con buenas yerbas q̃ son maiorana/z perexil/z yerba buena: z ponerlo a cozer sobre las brasas/o al horno: y desque comẽçare a beruir echarle alimdras blãcas: z passas. y dexarlo cozer todo jũto: y echarle vn poco de agraz o çumo de narãjas. **A**nas antes que la pongan en el horno echenle vn poco de azeite.

#### Emperador en parrillas.

**C**ortar el emperador assi como si lo viuesses de assar: z quitarle lo de dentro todo: z ponerlo a assar en las parrillas vntandolo con azeite de rato en rato. **D**espues hazerle su salsa que es çumo de naranja/z pimienta/z azeite/z sal: z vna poca de agua: z todo esto pornas en vna olla pequeña: z quando quisieren comer ponerlo en vn plato: y echar sobre el la dicha salsa con las otras yerbas/perexil/z yerba buena: z maiorana.

#### Esturion en pã: que es follo.

**D**espues de bien limpio: z lauado el esturiõ hazerlo pedaços redõdos del gordo de dos dedos: z ponerlo en pan con las especias suyas que son pimienta luẽga. z vn poco de gingibre: z sal todo molido. y echado sobre el esturion: z poner las dichas pieças en sus empanadas con todo su aparejo: z vayan al horno. y si lo quisieren comer frio sacar le el caldo. y si caliẽte lo quisieren comer echarle vn poco de çumo de naranja z vn poco de pimienta. **E** antes q̃ vaya al horno echarle vn poco de azeite.

#### Esturion/o follo en caçuela

**L**mpiar muy biẽ el esturiõ: z cortarlo a ruedas tã grãdes como vna mano: y despues tomar las especias q̃

### Viandas de quaresma.

fo. lviij.

Son pimieta/gingibre: z vn poco de açafra: z tomar d todas yerbas/perexil/z mayorana/z yerba buena: z vn poco d cu lãtro seco: z todo esto sea biẽ mezclado. y despues poner el esturiõ en la caçuela con las dichas especias/z sal/z azeyte y las yerbas: z vayan al fuego sobre brasas: empero la caçue la sea bien cubierta/o sino vaya al horno: y echale azeyte.

Esturion/que es sollo en parrillas o cozido.

**T**omar vna olla con agua z sal: y de todas yerbas/pe rexil/z yerba buẽa/z mayorana. y desq̃ todo esto aya beruido echaras la cabeça/o la cola d̃l esturiõ/o lo q̃ quisie res para q̃ hierua. despues echarle vn poco de azeyte: y des que el pescado este cerca de cozido/quitarle la meatad dela agua: y despues tomar de todas especias: z vna buena ta ça de vinagre: y echarlo todo dẽtro d̃l esturiõ: empero q̃ no tẽga mucha agua porq̃ con aquel caldo as de hazer el pota ge para aq̃l plato: y echar encima yerbas d̃sbojadas menu damete o cortadas: z vn poco de gingibre molido. **E** si qe res comer el esturiõ assado: tomaras la parte d̃ hazia el viẽ tre q̃ es lo medio del cuerpo: z vntarlo de rato en rato con azeyte. y despues assarlo al fuego sobre brasas. y d̃spues ha zer su çumo de narãjas/z azeyte/z pimieta/z sal: z vna po ca de agua: y de todas las yerbas buenas menudo corta das: z quãdo quisieren comer poner la vianda en el plato: y echarle el çumo cõ las yerbas encima del dicho pescado.

Dentol en pan.

**A**S de tomar el dẽtol: y biẽ lipio z lauado hazerlo rue das por medio: y d̃spues hazer empanadas: z tomar sus especias/pimieta/z sal/z gingibre: z vn par de rajas de canela entera: y despues poner el pescado en la epanada cõ las especias/z rajas d̃la canela todo jũto z cubirla: z vaya al horno: z antes q̃ la pongas en la mesa despues de cozida/ tomar vn poco de çumo de narãja. y el bigado d̃l mesmo dẽ tol. y assarlo e las brasas cõ vna tostada d̃ pã remojada en el



### Viandas de quaresma.

cumo de las naranjas. z pôlo d'entro del pastel: pero antes q̄ la empanada vaya al horno echarle vn poco de azeyte.

### ¶ Dentol en caçuela.

**T**omar el dentol: y despues de biẽ limpio z lauado hazerlo ruedas tan grandes como la mano. y despues echarle sus especias q̄ son açafran z pimiẽta: z nuez moscada: z vna poca de sal todo bien molido: z echado sobre el pescado: z ponerlo en la caçuela cõ todo su adereço: y desque el dicho d'entol sea medio cozido: echarle de todas yerbas z vn poco de cumo de naranja. z si quisieres poner passas z almêdras despues puedes lo hazer: empero echarle vn poco de azeyte por que estas cosas quieren siempre azeyte.

### ¶ Dentol cozido.

**T**omar el dentol: y limpio z lauado hazerlo troços z tomar la cabeça: z hazerla cozer con agua z sal: z buenas yerbas: y despues tomar el d'entol z vaya a cozer: z tomaras castañas/ z mançanas/ z almêdras/ z de su mesma carne vn buẽ pedaço z vn migajon de pan: z todo esto biẽ majoado. y desatado cõ su mesmo caldo z passarlo por estameña: pero quãdo passares las almêdras z todas estas cosas/ por nas tãbien pan remojado cõ cumo d' naranja/ o cõ vinagre. despues tomaras de todas especias sino açafran z canela: y despues cozer esta salsa: y echaras aq̄l caldo q̄ esta cõ el pescado en q̄ a cozido: z quãdo la salsa hiruiere ponasla d'entro dela olla: z quãdo quisierẽ comer aparejar el plato cõ la viãda: y echar le as por encima de todas yerbas bien menuda mête cortadas: z si no quisieres hazer esta dicha salsa/ tomar vinagre y de todas especias: z las yerbas cortadas: z todo esto sea meçclado q̄ndo el pescado sea cozido solamête en agua z sal: z aparejar el plato: y hechar aq̄lla salfilla encima.

¶ Sepas vna cosa que todas las vezes q̄ guifares pescado cozido grueso/ deues le echar vna taça de vinagre al cozer por que lo entestece: z lo guarda de mancharse.

## ¶ Palamida en pan.

**T**omar la palamida: y despues de escamada: z limpia cortarla a pedaços redondos tan grandes como los quatro dedos: y despues hazerlas empanadas. z tomar las especias que son pimienta/ z gengibre/ z sal: z todo esto bien molido: z puedes poner açafran si q̄lieres: y despues echar estas especias sobre el pescado: z ponerlo en sus empanadas: z vaya al horno a cozer. y el tiempo para comer la palamida es el mes de março: z quando la viueres de embiar al horno echale vn poco de azeyte.

## ¶ Palamida en caçuela.

**S**í la palamida es pequeña no cures de cortarla: z si es grande: z gruessa hazerla pedaços tan grandes como tres dedos: z despues tomar las especias es a saber pimieta/ z gengibre/ z galangal/ z açafran/ z sal. E todo esto bien molido echarlo encima delas tajadas de la palamida: y despues echarle de todas yerbas q̄ son mayorana/ z perexil/ z yerba buëa sobre la caçuela: z vaya al fuego cō todo su aparejo sobre buenas brasas: y este biẽ cubierta la caçuela/ sino pôla en el horno: y despues echale vn poco de agraz/ z çumo de narāja: z azeyte.

## ¶ Palamida en parrillas.

**T**omar la palamida z limpiarla/ z lauarla: z si es pequeña no cures de hazerla pedaços: pero toda via es mejor el pescado grande q̄ no el pequeño: de manera que si es gruessa cortala en pedaços redondos. z vaya sobre las parrillas vntandolas primero cō azeyte: z puestas sobre las brasas vntarla de rato en rato con su azeyte. y hazer su salssilla cō yerbas. z vn poco de pimieta. z cō çumo de narajas/ z sal/ z azeyte todo bien mezclado: z quando quisiere comer aparejar el plato cō la vianda. y echarle aq̄lla salssilla encima.

¶ E si la q̄eres comer cozida no es tan buena como de otra manera. ¶ E si por caso tu señor la quiere comer cozida haz de esta manera. Cozerla con agua z sal: z sus especias saluo açaf

### Viandas de quaresma.

fran: z cō todas las buenas yerbas: y desque el pescado sea cozido: z tu señor quisiere comer hazle esta salsilla. Tomar vinagre: z de todas las especias: y desatarlas cō el vinagre: y despues aparejar el plato: y echarle esta salsa encima: z si le quierēs hazer salsa con almendras lo puedes hazer.

### ¶ Congrio fresco en pan.

**E**L congrio q̄ere ser escaldado: z cortarlo cō vn cuchillo porque ay muchos que lo desuellā: z vale mas lescaldado que no desollado z limpio: z lauado ponle estas especias pimienta mas que delas otras: z vn poco de gingibre/ z sal/ z todo esto sea bien molido. y despues cortar el congrio a pedaços porque no quiebre la empanada porq̄ ay vnos grandes y otros pequeños y segun el congrio assi as de hazer la empanada: z ponlo dētro como cerco/o rosca: y echarle as aquellas especias: z la sal encima: y despues cubrirla: z vaya al horno a cozer con su azeyte.

### ¶ Congrio en caçuela.

**T**omar congrio cortado a pedaços bien limpio: z pôlo en vna caçuela con sus especias mezcladas con sal: y echar las sobre el pescado cō todas las yerbas deshojadas menudo: z con vn poco de azeyte/ z passas/ z almendras/ z pisiones z vaya al fuego a cozer.

### ¶ Congrio cozido.

**E**L congrio pequeño no es bueno sino para assado: z si es muy gruesso puedes hazer del vn plato cozido: y assi tomar el congrio bien limpio: y escaldarlo con agua biviendo: y despues cortar a pedaços gruessos: z despues poner vna olla con agua al fuego/ z quādo la agua biviere echar el congrio dētro: y echarle mucha sal porque de sabor al pescado. ¶ Para miētes no oluides que quādo cozeras pescado gruesso echarle harta sal: z vna buena taça d̄ vinagre porq̄ el vinagre entestece el pescado: z lo baze estar siēpre duro dētro d̄l caldo z le da sabor: y desque el congrio

### Viandas de quaresma.

fo. lx.

sea cozido hazerle la salsa del cōgrio cozido. ¶ **P**rimero tomamas almēdras no paradas: z majalas en vn mortero cō vnas pocas de auellanas z cō vn migajō de pã: z todo esto sea biē majado y d̄satado cō vinagre blāco: z cō caldo: z pasarlo despues por estameña bien espesso: y esta salsa q̄ere ser agrilla: y despues echarle de todas especias: y d̄ todas yerbas cortadas menudas: z quādo quixerē comer hazer heruir la salsa cō todo esto: y despues echar a mal aq̄l caldo en q̄ cozio el congrio: y echar la salsa encima del peccado cozido.

### ¶ Congrio en parrillas y en assadoz.

**S**el cōgrio fuere pequeño: z lo quixerē assar enel assadoz no es menester despedaçarlo sino passarlo por medio: z baziendo assi como es costūbre: y despues tomar vna caña: z benderla por medio z haz que el vn pedaço sea d̄ vn cabo: y el otro del otro: z atala con vn hilo de manera q̄ no pueda caer. z vntarla as con azeyte a menudo: y si lo hazes en parrillas cortarlo ala medida delas parrillas ala larga: z asse se assi a su plazer: y despues hazerle su salseron con çumo de naranjas: z cō pimiēta/ z sal/ z azeyte: z de todas las buenas yerbas cortadas menudas: z todo esto sea puesto d̄tro de vna ollica pequeña: z quando q̄sieren comer echar la vianda enel plato y echarle la dicha salsa.

### ¶ Mozena en pan.

**S**la mozena fuere biua guarda no te muerda porque es ponçosa la mordedura: z açotala bien siēdo biua/ porque las espinas le abaxaran todas ala cola: y despues escaldarla assi como al congrio ni mas ni menos: y despues lauarla bien cō agua fria: z cortarla a pedaços: z tomar sus especias gingibre: z vn poco de galāgal/ z sal: z todo esto sea bien molido y echado sobre la mozena cortada: z hazer las empanadas: y echarles vn poco de azeyte dentro: z cubrir las: z vayan a cozer al horno. z siendo cozida echale vn poco de çumo de naranja.

### Liandas de quaresma.

#### ¶ Mozena en caçuela.

**A**dobar la mozena assi como el congrio: z cortarla a pedaços: z cortarle la cola: porque las espinas siempre abaxan ala cola. y despues tomar las especias q̄ son menester: z todas las buenas yerbas deshojadas menudamēte/ o cortadas/ z sal/ z almendras/ z passas/ z piñones/ z todo esto vaya dentro la caçuela cō vn poco d' azeyte: z las almēdras sean escaldadas: z vaya al horno a cozer.

#### ¶ Mozena en parrillas.

**E**scaldar la mozena assi como el cōgrio: z si es biua aço-  
tarla reziamēte porq̄ abaxē todas las espinas ala cola.  
z si q̄eres enganar a tu cōpañero dale a comer la cola: y des-  
pues q̄tale la cabeça: z cortarla a pedaços tā grādes como  
vn palmo: y despues vntar las parrillas cō azeyte. z pon la  
mozena a assar: z vntar la muy biē a menudo con azeyte.

¶ También ay muchos q̄ la vntan cō ajo z azeyte. Mas ca-  
da vno la guise segū fuere su apetito. Porq̄ ay muchos se-  
ñores q̄ no comē ajo z azeyte/ y otros lo comē. y tornādo al  
proposito/ bazer el salserō q̄ se suele bazer alas viādas assa-  
das q̄ es çumo de narāia/ z gengibre/ z azeyte/ z vn poco de  
agua. z todo esto pornas dētro de vna ollica peq̄ña cō sal: y  
todas las buēas yerbas cortadas menudas: z quādo q̄erā  
comer poner la viāda enel plato: y echarle su salsa encima.

#### ¶ Toñina en pan o atun.

**L**a toñina/ o atun quiere ser fresco: z cortarla a ruedas  
redōdas delgadas de tres dedos: z despues lauarla  
muy bien y echar sobre las ruedas pimiēta/ z sal/ z gengibre  
z vn poco de açafra: z todo esto sea bien molido: y despues  
bazer las empanadas y echar dētro vn poco de azeyte: z co-  
birla: z vaya al horno: z si la quisieren comer fria facarle el  
caldo como dicho tengo en otros capitulos: porque cōel çu-  
mo no se pueden conseruar mucho. ¶ y el atun comunmē-  
te se come desta manera.

## ¶ Atun o tofina en caçuela.

**T**omar los ojos dela tofina: z lo mejor dlas êtrañas q̄ se come della z ponerlo en vna caçuela cō passas z almédras z piñones: z cō vn poco de azeyte: z cumo d narájas: y tomar d todas especias: y de todas yerbas q̄ son perexil: z yerba buena: z mayorana: z todas biē menudas cortadas vayã dētro dla caçuela cō las dīchas especias: z las almen= dras sean primero escaldadas: z vaya al borno. ¶ La salsa real se haze cō ajo z azeyte.

## ¶ Atun o tofina cozida.

**T**omar la cabeça z la cola dela tofina q̄ es ppiamente para cozer: z si no: sea dela parte q̄ quisieres: z poner vna olla grande al fuego con agua z mucha sal: z quãdo la agua beruiere echarle la tofina: y desque sea cozida echar le vna taça de vinagre enla olla porque la sostēga que no se quiebre enla olla conel caldo: z despues hazerle esta salsa.

¶ Tomar vnas pocas d almédras q̄ no seã paradas: z mjarlas cō vn migajō de pan. z tomar del bigado dla tofina / o sino vn buē pedaço dela tofina. z desatarla cō vinagre blãco: z passarla por estameña biē espessa: y despues tomar de todas las especias que son pimiēta / z gengibre: z vn poco de açafra: z todo muy bien molido: z destēplado cō buē vinagre blanco: y echarlo enla salsa: y esta salsa se q̄ere hazer con vinagre: z no mucho sino de buena manera: z desque quierã comer cozer esta salsa luego prestamēte: z puesta la vianda enel plato echarle la salsa encima: empero que las yer= bas esten dentro ya enla salsa quando la quieras cozer.

## ¶ Tofina en parrillas.

**T**omar dela tofina lo de hazia la parte del vientre biē limpio: z vntarla cō azeyte: z vntar tãbien las parrillas: z ponerla a assar sobre vnas pocas de brasas: z vntar= las de rato en rato cō azeyte: y despues hazer su salserō con agua / z sal / z azeyte: z cumo de naranja: z pimiēta: z de todas las buenas yerbas desbojadas / o cortadas menudas:

### Viandas de quaresma.

z quando quierã comer poner vuestro pescado enel plato: y echar aquella salsa encima: z si le quieros hazer otra salsa: assi como oruga/o otra sea a tu plazer.

#### Liça en pan.

**D**espues de bien escamada z bien limpia: z lauada la liça toma especias que sean pimieta z sal: z vn poco de gingibre: z todo esto sea bien molido: z sembrado sobre la liça: z hazer las empanadas dela hechura dela mesma liça/o como quisiere: y hechas las empanadas con sus especias dentro: z todo su recaudo cõ su azeyte cubrir la empanada: y dexa su agujero encima si corbertor: z por el echaras el azeyte dentro: y lleuen la a cozer al horno.

#### Liça en caçuela.

**L**auada muy bien la liça: z limpiada poner la en vna caçuela con su azeyte: z de todas especias comunes: z de todas las buenas yerbas cortadas menudamete/o deshojadas: y echar todo esto en la caçuela cõ la liça: y si la liça fuere muy grãde: z gruessa hazer dlla pedaços: z si la quieres comer con arroz es muy buena: z con sus especias: z si la comẽ con arroz echarle media cucharada de manteca.

#### Liça en parrillas.

**L**impiada z lauada muy biẽ la liça sin escamarla/vntarla con azeyte: z vntar tãbien las parrillas conel: z ponerla sobre ellas: y debaxo vnã pocas de brasas: z vntarla a menudo cõ el azeyte: y despues hazerle su salilla cõ çumo de naranjas: z azeyte/z sal/z agua/y de todas yerbas: z todo esto jũto ponlo en vna ollica z quãdo quisiere comer poner el pescado en vn plato: y echarle aqlla salsa encima.

#### Liça cozida.

**L**auada la liça: z biẽ limpia ponerla a cozer en vna caçuela cõ agua/z sal z hazerla heruir: y echarle vn poco de azeyte: y desque sea cozida hazerle su salsa cõ vnã pocas de almẽdras: z vn migajon de pan: z todo esto sea bien

**Viandas de quaresma.**

fo. lxiij.

majado: z passarlo cō vinagre: z con su caldo dela liça: y des  
pues echarle d todas especias comunes: y d todas yerbas  
delhojadas: y cozer todo esto: y echarlo dspues sobre la liça.  
**Q** puedes hazer el salserō con vinagre: y especias comu-  
nes z con sus yerbas desmenuzadas: y echar todo esto en  
vna ollica: z quādo quisieren comer aparejar el pescado en  
su plato: y echarle esta salsa encima. **A**as para mi os digo  
que mas querria la liça en pã/o en caçuela/o en parillas q̄  
no de otra manera: z ningūo creo dira lo contrario desto.

**Escorifeno en caçuela.**

**E**ste pescado no es bueno sino en caçuela/o cozido: z si  
lo q̄sieres assar. **T**omaras el escorifeno: y dspues d lim-  
pio z lauado cortar lo as a pedaços si fuere muy gruesso/o  
grande: z toma de todas yerbas: y delhojalas menudas: z  
pōlo todo dētro dela caçuela cō vn poco de azeyte: z vaya  
al horno: dspues echale passas: z almédras/ z castañas/ z to-  
do sūto vaya dētro en la caçuela: z puedes le poner algun  
agro si q̄sieres. **Escorifeno cozido.**

**T**omar el escorifeno y escaldarlo: y dspues pō vna olla  
al fuego cō agua z sal/ z cuezga: z q̄ndo beruiere echar  
le el pescado dētro: z si le quieres hazer salsa hazla como pa-  
ra la liça. **E**as de saber vna cosa q̄ todas las salsas q̄ son  
de pescado fresco no quieren ser dulces sino agrillas/ porq̄  
el pescado ya es dulce de suyo. **A**as para pescado frito  
es bien hazer la salsa agra z dulce: mas para el cozido no es  
bueno el dulçor: y despues hazle su salserō con vinagre: z de  
todas las especias comunes: z todo esto sea aparejado con  
vna olla: z quādo quisieren comer aparejar el plato con el  
pescado: y echarle aquel salseron sobre la salsa.

**Sardinas en caçuela.**

**A**s d tomar las mas gruesas sardinas frescas: z lauar  
las cō muchas aguas: y despues tomar pimiēta: z vn  
poco de gijibre/ z açufrã: z todo esto molido. dspues tomar



### Almandas de quaresma.

passas: z almendras/ z piñones: y de todas las buenas yerbas q̄ son perexil: z yerba buena. y despues tomar las sardinas: z las especias: z todo mezclado cō las yerbas z cō las almendras: z passas z piñones: echarlo todo en la caçuela con buena quãtidad d̄ azeyte: z vaya al fuego sobre brasas/ o sino al horno. A las mejores s̄ al fuego sobre brasas: porque en el horno se cuezen arriba/ z abaxo/ z por todas partes: z las sardinas para hazerlas desta manera no suffren el calor del horno sino brasas/ y pocas: porq̄ cuezgan a su placer: z si las quieres comer de otra manera assi como fritas quieren se comer cō pimieta: z vn poco de vinagre/ o çumo de naranja: z si las quieres comer assadas: se quierẽ comer con çumo de naranjas/ z azeyte/ y sal: z vna poca de agua/ z pimieta: y de todas las yerbas saluo moradux q̄ es mayorana que tambien se dize malgilana.

### ¶ Bisoles en caçuela.

**A**bir los bisoles: y biẽ limpios y lauados tomar de todas especias comunes: y de todas las yerbas saluo mayorana. Despues tomar passas: z almẽdras/ y piñones/ y auellanas tostadas: y todo esto junto cō las yerbas: y con las otras cosas ponerlo en la caçuela cō vn poco de azeyte: y desq̄ los bisoles fuerẽ medio cozidos/ tomar vnas pocas de auellanas z passas nuevas mōdadas de los granillos: y majarlo todo junto. y vaya dẽtro en la caçuela: y si de otra manera los quieres guisar assi como assados an se de guisar dela manera d̄ las sardinas: y haziendolo desta manera no puedes errar.

### ¶ Bogas en caçuela.

**E**scamar las bogas: y limpiadas y lauadas tomar de todas especias comunes: y de todas las buenas yerbas cortadas menudas: y tomar passas y almẽdras: y dattiles cortados a quartos si los ay: y poner todo esto en la caçuela cō su azeyte: y desque sea cerca de medio cozido tomar vnas pocas de castañas: y otras tãtas de nuezes: y vn

Carne de quaresma. fo. lxiij.

migajon de pan: z majarlo todo muy bien: z passarlo cō vn poco de vinagre/ z agua: y despues echarlo en la caçuela: z quãdo quisieren comer ponerlas bogas en el plato: y echar le la salsa encima con todas aquellas cosas que alli estauã: z si las quierẽ comer cozidas/ z assadas: z tambiẽ fritas/ comense con vinagre z pimienta. Mas este pescado mejor es en caçuela que de otra manera.

Çayton en caçuela.

**E**l sayton comunmẽte es amargo: z por esto se le a de quitar la cabeça con las tripas todo junto: z lauarlo: z limpiarlo bien: z tomar despues d todas especias comũes: z poner tãbien passas/ z almêdras/ z piñones: z las almen-dras an de ser escaldadas/ z blancas: y despues mezclarlas cō las passas/ z almêdras/ z piñones/ z cō todas las buenas yerbas: z con el pescado. z todo vaya mezclado en la caçuela cō vn poco de azeyte. Estas caçuelas son mejores de cozer en casa q̃ no en el horno. z por la mayor parte se quierẽ comer en el mes de abril.

Çlobo en pan.

**L**auar z limpiar el lobo: z cortar lo en pieças: de mane- ra q̃ se pueda empanar: z tomar sus especias pimien- ta luenga. z gengibre z sal: z todo bien molido echarlo sobre las pieças del pescado. y despues acabar tus empanadas: z cubirlas z vayan al horno con vn poco de azeyte. Este pescado es bueno en el mes de Junio/ Julio/ z Agosto. Çe si lo quieres en caçuela cortar lo a pieças como dicho es: z to- mar vna caçuela: y especias comunes: z de todas las yer- bas cortadas/ z sal. z todo esto con el pescado vaya dentro en la caçuela cō vn poco de azeyte a cozer al horno. Çe si lo quieres comer assado en parillas partirlo por medio: d ma- nera q̃ sea abierto de arriba hasta baxo: z vntarlo cō azeyte: z ponerlo sobre sus parrillas z brasas debaxo: z hazerle su salçilla cō çumo d narãja/ z pimiẽta/ z azeyte: z vna poca de agua z de todas buenas yerbas bien menuzadas cō yuas

### Uindas de quaresma.

tíferas/o cucbillo/o con las manos. y desque sea cozida la caçuela/echarle esto encima.

### ¶ Buen escabeche.

**T**omar vn migajó de pan remojado cō vinagre blāco. z tomar almēdras blācas/z auellanas tostadas/z piñones: z majarlo todo jūto hasta q̄ este muy bien majado: z desque sea majado d̄satarlo cō caldo de pescado: y despues passarlo por estameña: y d̄spues tomar vnas pocas de pasas quitados los granillos: z majarlas bien cō las otras cosas. z ponerlo a cozer. z poner en la ola d̄ todas salsas finas. z açafran: porq̄ esta salsa quiere ser muy alta de color: y dulce de sabor z negra: empero el dulçor qere ser de miel. y desque sea bien espesso quitarlo del fuego: y despues tomar el pescado desq̄ este frio: z ponlo en vn plato: y echarle el escabeche encima. ¶ Tiempo esta salsa se quiere comer cō pagel/o con dentol antes que con otro pescado: z quādo lo cuezgas echarle el escabeche. y desq̄ sea frio ponerle encima vna poca de canela molida: y despues hincarle de punta algunos piñones al derredor del plato: z perexil deshojado. ¶ Y esta salsa se da comunmēte fria: pero caliente no es mala.

**P**elgeles se guisā fritos/z assados/z cozidos: mas el mejor comer dellos es fritos cō su çumo de narājas/z pimiēta/o en escabeche de su vinagre z azeyte en q̄ se friē: z vinagre/z pimiēta/z gingibre/z açafrā/z clauos: z vnas hojas de laurel sobre el pescado: z çumo de narāja: z su miel zc.

**E**l sollo que es esturion: es pescado grāde: z tiene la carne muy buena a manera d̄ ternera: z assi se come en adobo cō su vinagre blāco aguado/z sal/z oregano: z vn granito de ajo majado a quiē lo come: z puedēle echar vnos clauos machacados: z gingibre machacado: z cō este adobo se come comunmēte el sollo assado en parrillas/o de otra manera/y en caçuela/ z cozido se puede comer. zc. Como arriba es dicho en su capitulo del esturion.

**E**l besugo se come cozido con su zumo de naranja/z su caldo/z pimienta/z gengibre si quieren. También se guisa assado en sus parrillas con su azeite: y despues su zumo de naranjas: z su pimienta: z fritos cō su azeite/z zumo de naranja/z pimienta. **C**y en escabeche tambien se guisan como los pageles.

**P**otage de calamares y xibias.

**L**os calamares: z xibias quieren ser muy biē lauados: z limpios: y despues soffrey: los: z no del todo: y desq̄ sean quasi medio cozidos sacarlos dela sartē. z ponerlos en vna olla: z despues ponle almēdras blancas/z passas /z pifiones: z despues tomar vnas pocas de almendras tostadas: z majarlas y passarlas con vn poco de vinagre agua: do conel caldo del pescado si lo viiere: sino echarle vn poco de agua porque no sea muy fuerte: y desque las passas: z las almendras sean vn poco freydas conlos calamares/o xibias: tomarlos z acabarlos de soffrey: tempo an se de cortar a pedacos: y hecho esto hazer escudillas.

**P**ulpo es vn pescado muy duro: z por esso se açota: z se golpea mucho: y despues lauarlo bien: z ponerlo en la olla a cozer cō vna cebolla: z vn poco de azeite: y no le eches sal porque este pescado de suyo es salado barto/ni agua tā poco: porque de suyo haze barta agua. y esta agua torna como vn caldo bermejo: z si le quieres echar vnas pocas de especias sera muy mejor: z atapar muy biē la olla q̄ no salga en ningua manera el vapor della: z quitale vna tripa q̄ tiene en la cabeça: y desq̄ lo pongas a cozer ponle vna poca de agua. **C**ome se este pescado con salsa de perexil. **C**ome se por el semejante tambien este pescado despues de biē batido: y açotado cortado a pedaços. y assado ē vn assado: yntandolo a menudo de rato en rato con ajo y azeite: y despues cō su zumo de narāja/y agua/y sal/y azeite z c. **T**ā bien se comen escudillas hecho potage cortado a pedaços

### Uindas de quaresma.

menudos y soffryto con su cebolla/z azeyte/z miel/y especias/z su agro de vinagre:z vn migajon de pã/z sus almêdras majadas cõel pan:z delatado con su caldo/z passado/z cozido en su olla:z hazer despues escudillas z c.

### Uariables en caçuela.

**L**uar bié los variables: y con todas especias: y todas yerbas dshojadas ponerlo todo en vna caçuela cõ los variables z cuezga todo cõ vn poco de azeyte sobre lûbre de brasas: y estas cosas quierẽ siẽpre passas/z almêdras: z pifiones: y puedeslo cozer en cala: y echarle vn poco de agua

### Tallinas en caçuela.

**H**as de tomar las tallinas. y ponerlas bẽtro de vna caçuela cõ agua fria: y d̃xarlo alli por vn buẽ rato porq̃ alli se abirã: y saldra la tierra dellas q̃ tienẽ dentro del coraçon despues menearlas mucho: y ponerlas en vna ollica. y vayan sobre vnas pocas de brasas: y despues echarle tres blancas de especias o salfas comunes: y dexarlas cozer poco a poco:z guarda no le echas sal: y dexarlo cozer: y echarle vn poco de azeyte: y todas las yerbas dshojadas: y si q̃ siere comer las tallinas cõ leche de almêdra soffreyzlas as vn poco cõ las dichas yerbas: y d̃spues cozer esta leche: y echarla dentro delas tallinas q̃ sean soffreydas con pimienta.

### Como se guisan las ostias.

**L**as ostias se comen fritas con azeyte/ y su pimienta/ y açafran/ y sus especias/ y çumo de naranja: y echadas en su escabeche con sus hojas de laurel. **C**y se comen assadas cõ su pimienta. **C**y se comen cozidas en su agua: y azeyte: y especias soffreydos primero con su cebolla: y azeyte en vna sartẽ o la cebolla sola soffreyda ã la sartẽ: y echada en la olla con su sabor de vinagre: y algũas buenas yerbas. **C**y se pueden guisar en caçuela con su agua y azeyte: y especias y buenas yerbas con cebolla soffreyda en su sarten: y echada dentro: y su saborcico de vinagre.

**P**elaya y lenguados o azedias.

**E**scamar muy biẽ la pelaya: z abrirla por el costado: z quãdo la quisiere frey: echarle vn poco de sal: z calẽtar el azeyte: y desq̃ este caliẽte echa dentro la pelaya: z assi como ella se ãcogera/o aptara: boluer la presto ãla otra parte: z carga la mano sobre ella porq̃ no se torne a ãcoger: z des que este bien freyda se quiere comer cõ pimiẽta: z limones cortados: z despues tomar vn poco de su azeyte con que se freyo: z otro tãto vinagre: z ponlo encima dela pelaya: z sobre las otras cosas. **C**y sepas q̃ la pelaya es pescado real: y es tan bueno para comer frio como caliẽte: z son muy buenas en escabeche con sus hojas de laurel. y es especie de lenguados. z la azedia tambiẽ saluo que son mayores que los lenguados: pero no tienen tan buena carne para comer.

**L**ampugas fritas.

**E**scamar la lampuga/ z abrirla/ z lauarla/ z freyrla en azeyte: z tomar vn poco de su azeyte: z vn poco de vinagre: z calẽtarlo biẽ: y echargelo encima. **C**y as de saber que la pelaya: z la lãpuga no son buenas sino fritas.

**A**luz que es pescada fresca se come cozida con pimienta: z su perexil desbojado encima: z con su salsa de perexil: come se tambien frito en azeyte con su pimienta: z çumo de naranja: z comese empanado con supimienta z azeyte: z alas vezes en caçuela con su azeyte y especias. zc.

**C**ongrio seco/o ceçal.

**H**las de tomar el cõgrio q̃ sea muy bueno: z muy blãco. z cortarlo a pedaços tã grãdes como vna mano. z lauarlo dos o tres vezes cõ agua caliẽte de buena manera. z despues atarlo con vn hilo. z ponerlo en remojo en agua fria q̃ sea muy limpia. z cõ esta agua mesma se a de cozer. y esto se a de hazer la noche antes que se cueza. y en la mañana bien de mañana ponerlo a cozer en vna olla limpia con la agua en que se remojo. y echarle en la olla vn buen rayo de

### Aliandas de quaresma.

azeyte que sea bueno. z vna cebolla cortada con vn mango gico de perexil. z vnas q̄ntas cabeças d̄ ajos muy limpios dela primera bolleja o cascara. y despues tomar vnas pocas de almédras. z otras t̄ntas auellanas. z otras t̄ntas nuezes que sea todo tostado. z majarlo todo junto en vn mortero cō vn migajon de pan tostado z remojado en el caldo del dicho congrido. z vn pedaço del mesmo congrido/ y el perexil/ z la cebolla/ z los ajos: z todo esto sea mezclado/ z majado todo jūto/ z desatado cō el caldo del cōgrido: y despues passarlo por vn sedaço/ o molino q̄ es prensa. y desq̄ sea passado echarle media onça de salsa comū. y despues ponerlo a cozer al fuego. z traerlo siēpre a vna mano sin jamas reposar. y desque sea cozido. z q̄sieres bazer escudillas: bazer las sopas muy delgadas. y estouarlas o abaharlas con el caldo. y despues sacarles aq̄l caldo. y echarles la salsa sobre las sopas: z ponerlas en la mesa: y el cōgrido tambien con su plato a parte. ¶ E ay algunos que lo dan luego que es cozido: z otros q̄ le echā la salsa encima: pero mejor es como antes dixē.

### Merluça que es pescada cecial.

**A**S de tomar pescada cecial dela mas dura z blanca q̄ puedas/ porq̄ es buena: z ponerla a remojar de parte de tarde sino estuuiere remojada: z despues escamarla y lavarla. z bazer tajadas della como vna mano: y despues pōla a cozer en agua fria. y desque sea quasi cozida quitarla d̄ aq̄lla agua en que se cozio. z sofreyla vn poco porq̄ la pescada/ o merluça es de tal calidad q̄ quāto mas la friē mas dura se para: y despues tostar vnas pocas de almédras. z majarlas en vn mortero cō vn migajon d̄ p̄a remojado en vinagre: porq̄ esta salsa q̄ere ser agra z dulce: z passarlo todo: z despues d̄ passado echarle vnas pocas d̄ especias saluo açafrā. y echarle vna poca de canela. z todo esto sea echado d̄etro d̄ la salsa cō açucar o miel. z segū la quātidade d̄ la salsa assī echaras el açucar o la miel: z ya ya a cozer al fuego: z puesta

la pescada en su plato/ echar vn poco dl azeyte en q se freyo en la salsa: y despues echar esta salsa sobre la pescada &c.

¶ **T**oñina salada dela yjada q dizē forra en valécia.

**C**ozer la toñina dela yjada cō agua fria: & desque sea cozida sacala de aqlla agua. & ponla en otra agua fria. & lauala muy biē. Ely algūos q la comē assi sola mēte cō çumo de narāja o oruga. ¶ **E** si la qñeres comer a tu plazer hazlo assi. Toma la yjada dl atun. & corta la a tajadas redōdas. & põla en vna caçuela y cuezga sobre vnas pocas d̄ brasas cō vn poco d̄ azeyte d̄etro. despues tomar passas: z alimēdras & piñones. & todo esto soffreyzlo con la toñina en la caçuela. & despues majar en vn mortero vnas pocas d̄ passas. & almēdras: y desque seā majadas passarlas cō vn poco de vinagre & agua: & poner esta salsa sobre las tajadas d̄ la toñina/ y delas otras cosas: & ponle vna buena costilla de canela molida/ & miel/ & açucar. y despues dexar cozer todo a questo vn buen rato con aqllas ya dichas tajadas dela toñina. ¶ **E** tã bien puedes hazer si quisieres desto escudillas: & sino hazer vn gran plato desta manera. ¶ **Q**uãdo la yjada es buena: & cozida con todo su aparejo/ puedes hazer plato della mesma sin cortarla sino sus pieças enteras: & hazer que cuezga aquella salsa: & quãdo beruiere echarfela encima. ¶ **E** si la quieres cortada hazlo desta manera. Desque la toñina sera cozida cortarla: y soffreyzla vn poco con azeyte: y echale la salsa: y dexala cozer vn buen rato: y echale vnas pocas de yerbas deshojadas: & haz escudillas.



**A**rto me parece auer hablado de muchas maneras de viandas: & delas diferencias dellas: y dl seruir: & aparejar de todas las maneras de guisados: y viandas assi de carnal como de quaresma: & a vn q algūos digan q las viãdas quaresmales no son tan prouechosas como las del carnal. A esto digo q no es si no voluntad de personas: porque ay algunos señores que



### Liandas de quaresma.

les contentan mas vnas viãdas q̄ otras: z diuerfos apetitos de personas: pero como quiera q̄ sea yo he hecho todas mis fuerças por poner en este presente libro todo lo q̄ yo he sabido z alcançado: z porq̄ algunos ignorã algo quiero dezirõla langosta/porq̄ el manjar blanco no se puede hazer sin ella o sin los pageles: z si los pageles no fuerẽ frescos hazer lo dela langosta: q̄ sino la vuisse no se podria hazer el manjar blanco perfecto segun dire en el siguiente capitulo.

#### Manjar blanco de pescado.

**A**S de tomar la langosta: z los pageles: z vn q̄ son de diferentes calidades de necesidad son menester: pero la lãgosta es mucho mejor q̄ no el pagel: y destes dos tomado el q̄ mejor te parecera: z cozerlo en vna olla a parte: y desque sea quasi medio cozida sacala dela olla/o põla en remojo en agua fria: y despues tomar lo blanco dela langosta que es mejor: y a de cozer mas rezio. z ponerlos en vn plato: y deshilarlo assi como hebras de açafrà: y echar sobre este blanco deshilado agua rosada. y despues para ocho escudillas tomar quatro libras de almẽdras. z vna libra de barina: z vna libra de agua rosada y despues tomar dos libras de açucar fino: z tomarlas almendras blancas: z majarlas en vn mortero: de manera q̄ no se bagan azeyte: z para escufar esto mojar la mano del mortero a menudo en agua rosada. y desque sean niãjadas desatarlas con agua tibia q̄ sea limpia. y desque seã passadas tomar vn caço muy limpio q̄ no sea estañado de nueuo/ni que sea tan poco de cobre: z to malo deshilado dela langosta: z vaya dentro en la olla con aquella agua rosada. y despues echarle la leche q̄ beziste. z no toda sino aquella que conoceras q̄ abastara para el principio: z antes põla leche en dos vezes q̄ en vna: z si la echases toda junta no lo podrias bien conocer basta que el manjar blanco se tornasse espesso: de manera que pornas la barina poco a poco: porque no se emplastre: y batirlo/ o traerlo

Viandas de quaresma. Fo. lxxvii.

siempre con vn palo hasta que sea cozido, y despues hazer escudillas, z sobre ellas echar açucar fino: y desta manera se baze perfecto el manjar blanco de pescado.

¶ Banjar blanco de calabças.

**T**omar delas calabças mas tiernas: z pararlas bien raydas con vn cuchillo hasta que quedē blācas: y despues cortarlas a pedaços tan grandes como la mano: z pō agua al fuego, z quando beruiere echarle las calabças, y desque seā cozidas sacarlas, z ponerlas dentro de vn trapo limpio, y despues haz leche de almēdras segun la quātidad delas calabças, y espremir las muy bien: de manera q̄ salga toda la agua, y despues ponla en la olla /o caço donde as de hazer el manjar blāco: y echale las calabças dētro en la leche: y echarle açucar el q̄ vieres q̄ sera menester: z vaya al fuego: z ātes q̄ echas las calabças ruciarlas cō agua rosada: y estas calabças quierē se mucho batir: z q̄ tēgan buē fuego porq̄ hieruā biē: z maneādolas siēpre de vna manera como si fuessen calabças espellas: z quādo veas q̄ estā biē desbechas dexarlas cozer vn poco: z despues echarles la agua rosada: z vaya defuera d̄l fuego: y despues hazer escudillas, z sobre cada vna echar açucar fino. ¶ Y sepas vna cosa q̄ en estas viādas no se puede tener medida sino segun discreciō del q̄ lo guisa: porq̄ las calabças de su natura son todas agua: y nadie puede dezir biē lo q̄ es menester sino el mesmo q̄ lo guisa.

¶ Sinestada.

**T**omar almēdras blācas: z sacar la leche dellas z con leche d̄ cabras seria mejo: z tomar las especias d̄ parte d̄ noche q̄ son canela entera/ z gingibre/ z clauos entero todo: z puesto a remojar en agua rosada: y d̄spues toma por cada escudilla dos onças de harina de arroz: z vna onça de açucar: z para cinco escudillas tomar libra z media de almēdras: y despues en la mañana tomar la leche: z ponerla dētro en la olla dōde a d̄ cozer: y echarle la harina poco a poco:

### Triandas de quaresma.

y menearlo siépre porq̄ no se emplastre la harina cōla leche: z assi vaya al fuego cō todo su recaudo a cozer: y desq̄ veas desq̄ es medio cozido/tomar almendras:mondadas:z cortarlas en quatro quartos: z tomar datiles:z cortarlos desta manera mesma:z piñones:z mezclarlo todo junto esto:y que la salsa sea medio cozida echarle todo esto dētro: y despues tomar vn poco de açafra:z molerlo bien:z desleplar lo con vna poca d̄ agua rosada: y echarlo en la olla: porque esta salsa quiere tener mucho color: y dexarlo cozer buē rato con todas estas cosas hasta que sea cozida :z sea en dia de huevos porque tomes yemas de huēos batidos. z quãdo quisiere sacar la salsa del fuego echarle las yemas dentro:mas para ser llamada ginestada no ay necesidad de huevos:z haz escudillas z sobre ellas echar açucar z canela.

### ¶ Farro de harina de arroz.

**P**ara doze escudillas tomar tres libras de almendras: z dos libras de harina de arroz:z vna libra d̄ agua rosada:z dos libras de açucar:z media onça de canela entera:z y despues tomar las almēdras:z mōdarlas:z majarlas biē:z hazer leche espessa:y echa en la olla la mead de la leche:z la olla sea bien estafiada:porq̄ estas cosas no se puedē bien hazer sino es muy buena la olla:y despues echale la harina:z traerlo siempre porque no se emplastre: y echarle mas leche si fuere menester:y despues echarle la mead del açucar:z la canela atada cō vn hilo:z vaya al fuego meneando siempre con vna mano:z quãdo faltare leche echarfela que assi se haze esto como el manjar blanco:pero no le echas demasiado:z si quieres ver quãdo es cozido sacar vn poco cō vna paleta:z ponlo a vn canto d̄l plato:y desque sea frio hara vn poquito de agua:entonces conoceras que no es cozido:z por esto dexarlo cozer vn poco mas: y desque sea cozido quitarlo del fuego:z dexarlo fudar vn poco:d̄spues hazer escudillas:y echales açucar fino.

## El Almidon.

**A**lmidon se haze assi. Tomar el almidon que sea fresco /z limpio /z blanco : z para seys escudillas tomar vna libra de almidõ /z vna libra de açucar /z vna libra z media de almendras /z vna libra de agua rosada : z despues echar el almidon en vna olla que sea bien estañada : z media onça de canela entera cõello : y despues echarle la agua rosada : y dexarlo remojar en aquella agua : z despues majar aq̃llas almẽdras mondadas en vn mortero : z passarlas cõ agua tibia z limpia : y despues de passadas echa la meaçad dela leche en la olla : y echale ocho onças de açucar : y desatar las biẽ con vna paleta de palo : y despues vaya al fuego a cozer : z traerla siẽpre a vna mano : z si a menester leche echar sela poco a poco hasta q̃ conozcas que tiene barta : z catarlo de sabor por ver si le falta algo : z si le faltare echarselo : z catarlo de sabor de sal y de todo : z si vieres q̃ haze agua no es cozido : z quando no la haze entonces es cozido : z quitarlo del fuego. **E**y si por caso labia a humo : tomar vna poca de leuadura biẽ agra : z atarla en vn trapo limpio : z quando coziere põle esta leuadura porq̃ hierua juntamẽte cõello reziamẽte : z con esto se quita el humo de tales viandas. zc.

## El Baua real.

**H**as de tomar bauas blancas q̃ no seã comidas de gorgojos : z quitarles las cascarras : de manera que q̃den blãcas /z limpias : z cozerlas en agua fria limpia : y desq̃ aya dado vn hervor q̃tarlas del fuego : y echar a mal la agua : z colarlas de manera q̃ no q̃de nada de agua : y despues tomar almẽdras blãcas z limpias : z sacar leche dellas : pero mejor seria leche de cabras : z pon las bauas dentro de la olla donde han de cozer : y despues echarles la leche q̃ sera menester : z açucar fino : z vayan a cozer al fuego : z cõ vn baravillo traerlas con las dos manos como quien haze cãdelas de cera entre las manos : z a manera de calabazas : z no

### Alindas de quaresma.

partir la mano bellas hasta q̄ seã cozidas: z catarlas de sal z de açucar: y de todas cosas: y desque sean bien deshechas echarles dos rasas d̄ canela sana: y dexarlo biẽ cozer: y desque sean biẽ cozidas: y deshechas q̄tarlas del fuego. Mas quãdo echares la canela echarle vna poca de agua rosada: y despues hazer escudillas: z sobre ellas açucar fino.

**E**stas cosas de guisados z potages: ya te he dãdo auiso q̄ quãdo sabẽ al humo lo puedes quitar cõ vna poca de leuadura agra desta manera. Poner la leuadura en vn trapo de lino blãco muy li pio: z quãdo la olla hierue echarle aq̄l trapo dela leuadura dẽtro dela olla: y q̄ hierua siempre: z assi se quita el humo: z tambien si es muy salada toma vn trapo d̄ lino blãco. y mojarlo en agua fria z quãdo beruiere rebuelue el potage cõ su barauillo: y el trapo con el traerlo por la olla rebuelto biẽ conel potage. z ponerla sobre vnas brasas. z ataparla muy bien mientra el trapo estuviere dentro. z sobre la cobertera pomas vna buena almuesta de sal. z assi mesmo debaxo dela olla: y despues q̄tar aq̄l trapo: z tomar otro trapo mojado en agua rosada: z cubrir la olla cõ el trapo: y echa la cobertera encima d̄l trapo. z assi se q̄ta la sal destas maneras d̄ potages. y el humo y todo y esto se haga secreto que ninguno lo vea.

### Eraciones.

**A**S de tomar trigo del mas blãco: z mas escogido que hallaras: z lauado cõ agua fria: y despues machacar lo ẽ vn trapo gruesso cõ vna mano d̄ mortero. z dale golpes reziamẽte sobre vn bãco de madera/ o sino dẽtro de vn mortero. y si mas presto lo quieres hazer echale vn poco de sal en grano/ q̄ la sal lo desollara. z mondara d̄l bollejo: y desq̄ veas q̄ esta biẽ limpio del saluado laualo muy bien: z põlo dentro de vna olla cõ agua fria a cozer al fuego. z si le falta agua ariadirle siẽpre: pero mejor es no ariadir la sino echar gela de vna vez z no de muchas si ser puede. z todo esto as

Liandas de quaresma. Fo. lxxx.

de hazer de parte de noche. z quando conozcas que es cozido quitalo del fuego. z ponla olla detrás de vna espuerta de saluados: z cubrirla con vn trapo: y despues en la mañana tomar almédras blácas: z sacar la leche dellas: z si se puede auer leche de cabras sera mejor: y despues tomar los grastiones: z quitarles as aq̄l trigo que estuiere encima. y despues echarle la leche: z ponlo al fuego a cozer. z guarda que no se quemee: y dexalo assi cozer muy bien: z si quisieres hazer alguna escudilla para tu señor a parte: tomar solamēte del licor que esta encima dela olla: por que aquello es lo mejor: z sobre la escudilla echar açucar z canela.

De irrauste de mançanas.

**H**as de tomar mançanas delas mas dulces. z mōdar las dela corteza: z hazer las quartos: z q̄tar les el coraçon z las pepitas. y despues hazer beruir vna olla cō tanta agua como conoceras q̄ sera menester: z quādo la agua beruiere echarle las mançanas. y despues tomar almédras bien tostadas: z majarlas bien en vn mortero: y defatarlas con el caldo delas mançanas: z passarlas por estameña con vn migajon de pan remojado en el dicho caldo delas mançanas: z passarlo todo esto bien espesso: y despues de passado echale buena cosa de canela molida: y açucar: y despues vaya a cozer al fuego: z quādo la salsa beruiere quitarlo del fuego: y echarle las mançanas que queden bien escorridas del caldo: pero mira que las mançanas no quieren ser escaldadas: por que puedas hazer dellas escudillas: y desque sean hechas echar encima açucar z canela. **¶** aqui se acaba el presente libro. **¶** Deo gratias.

**¶** Fue imprimido este libro segūda vez en la ciudad de Logroño por **Al**siguel de eguia: a despensas de **Diego** perez dauilla alcaide dela dicha ciudad. **¶** se acabo el año de **Mil. d. xxix. a. xxiii.** de nouiēbre.

## Tabla.

### **T**abla dela presen te obra :segun la ordē vl alfa beto.

<b>A</b> uguzar el cuchillo.	fo. vi.
Agua manos como se a d dar a los señores.	fo. vii.
Buellanate potage.	fo. xxi.
Blmendrate potage.	fo. xxii.
Blmidon potage.	fo. xxii.
Blmodrote q̄ es caprotada. f. xxiiij.	
Bros cō caldo de carne.	fo. xxvii.
Bros en casuela al horno. fo. xxvii.	
Bros confortatiuo.	fo. xxviii.
Buenate y ordlate.	fo. xli.
Biete para ansarones.	fo. xlii.
Blmojananas que se dizen torozas de ratiua.	fo. xlii.
Blmidon.	fo. xlii.
Adobado.	fo. li.

### B.

<b>B</b> euer como se a de dar a los señores	fo. vi.
Berengenas en casuela.	fo. xxv.
Berengenas espessas.	fo. xxvi.
Berengenas ala morisca.	fo. xxvi.
Broete de madama.	fo. xxix.
Broete cō caldo de carne.	fo. xxix.
Broete de verines.	fo. xxx.
Broete desponja con caldo de carne.	fo. xxx.
Basarda camellina.	fo. li.
Busaque de conejos potage.	fo. lii.
Broete lardero.	fo. liiij.
Barbo en pan.	fo. lvi.
Barbo en casuela.	fo. lvi.
Bisoles en casuela.	fo. lviij.
Bogas en casuela.	fo. lviij.
Befugos.	fo. lxxvi.
Berengenas en casuela mori.	fo. xli.
Berengenas en escabeche.	fo. xli.

### C.

<b>C</b> ortar viandas ala mesa: y pas	
Cmero del corte del tocino.	fo. liij.
Corte del lechon.	fo. liij.
Corte de vaca.	fo. liij.
Corte de liebre: y de conejo.	fo. liij.
Corte de espalda de carnero.	fo. liij.
Corte d plerna de carnero.	fo. liij.
Corte de lomo: y de agujas de carnero.	fo. liij.
Corte de cabrito.	fo. liij.
Corte de pecho de carnero.	fo. liij.
Corte de pauen.	fo. liij.
Corte de capon: y de gallina.	fo. liij.
Corte de perdizes.	fo. v.
Corte de palomas torcazas.	fo. v.
Calabacinata que se haze de simiēte de calabasas.	fo. xxij.
Cebollada potage.	fo. xxiiij.
Calabasas espessas con caldo de carne.	fo. xxvi.
Calabasas ala morisca.	fo. xxviij.
Calabasas d otra manera.	fo. xxviij.
Casuela de carne.	fo. xxv.
Carnero adobado.	fo. xliij.
Caldo lardero.	fo. li.
Cumo de gravadas.	fo. liij.
Congrio fresco en pan.	fo. liij.
Congrio en casuela.	fo. liij.
Congrio cozido.	fo. liij.
Congrio d parrillas y d assador. f. liij.	
Calamares y rillas d potage.	fo. lxxvi.
Congrio cecial.	fo. lxxv.

### D.

<b>D</b> olientes y debilitados manjares y caldos.	fo. xliij.
Caldo desillado.	fo. xxiiij.
Dolientes caldo solido de gallinas y capones.	fo. xxxiiij.
Dolientes torta dstillada.	fo. xxxiiij.
Dolientes majar blanco.	fo. xxxiiij.
Dolientes masapan.	fo. xxxv.

## Tabla.

Dolientes casuela.	fo. xxxv.	Frutas de farten.	fo. xlvij.
Dolientes relleno.	fo. xxxv.	G.	
Dolientes ordiate.	fo. xxxv.	Gallina armada.	fo. xxxij.
Dolientes de siebies agudas hazer les venir frío.	fo. xxxvi	Ginefada.	fo. xxxij.
Dobladura de carnero.	fo. xxxix.	Giladea que es gelatina.	fo. xxxij.
Dobladura de ternera.	fo. xxxix.	Gato assado como sea de gustar.	fo. xliij.
Detol en pan q̄ es pescado.	fo. lvij.	Gatonada potage.	fo. xx.
Detol en casuela.	fo. lvij.	Gatonada de otra manera.	fo. xliij.
Detol cozido.	fo. lvij.	Gatonada dorada.	fo. lliij.
E.		Ginefada de quaresima.	fo. lxxvij.
Especlas de salsa comun.	fo. xv.	Gisshones.	fo. lxxix.
Especlas de salsa de pauo.	fo. xv.	H.	
Especlas de clara.	fo. xv.	Higos ala francesa.	fo. xxxvij.
Emborrosar pauos y capões.	fo. xxv.	Haua real.	fo. lxxix.
Espinacas picadas.	fo. xxxliij.	Higado adobado.	fo. xx.
Empanadas de carne y de peca do.	fo. xliiij.	I.	
Empanadas d̄ azúcar fino.	fo. xliiij.	Iuglada o lebrada.	fo. xxv.
Escabeche de conejos.	fo. xlvij.	Iussello cō caldo d̄ carne.	fo. xxxij.
Empanada d̄ gallina assada.	fo. liij.	Iussello de otra manera.	fo. xxxij.
Emperador en pan.	fo. lvij.	Jota que es potage assi llamado.	fo. lvj.
Emperador en casuela.	fo. lvij.	L.	
Emperador en parrillas.	fo. lvij.	Limonada.	fo. xvij.
Esturion en pan.	fo. lvij.	Leche mal cozida.	fo. xxxij.
Esturion en casuela.	fo. lvij.	Lamprea en pan.	fo. lvij.
Esturid̄ è parrillas o cozido.	fo. lvij.	Lisa en pan.	fo. lxxj.
Escosfeno en casuela.	fo. lxxij.	Lisa en casuela.	fo. lxxj.
Escosfeno cozido.	fo. lxxij.	Lisa en parrillas.	fo. lxxj.
Escabeche.	fo. lxxij.	Lisa cozida.	fo. lxxj.
F.		Lobo en pan.	fo. lxxv.
Fruta de queso fresco.	fo. xlvij.	Lampugas siltas.	fo. lxxv.
Fruta llamada rubioles ala cata lana.	fo. xlvij.	Luz q̄ es pescada fresca.	fo. lxxvij.
Fruta llamada garbias ala cata lana.	fo. xlvij.	M.	
Farro potage.	fo. xxj.	Mirrauste.	fo. xvj.
Fideos.	fo. xxvij.	Manjar blanco.	fo. xvj.
Fruta de farten de higadillos que se dize rosolas.	fo. xlvj.	Manjar real.	fo. xvj.
Farro de harina de arroz.	fo. lxxvij.	Manjar imperial.	fo. xvij.
		Manjar de angeles.	fo. xvij.
		Manjar principal.	fo. xvij.
		Manjar lento.	fo. vij.
		Marzapanes.	fo. xxxv.



## Tabla.

Manjar blanco breue.	fo. xxxliij	Potage de adobado de gallina.	fo. xix.
Mozteruelo.	fo. xx.	Potage de cabrito adobado.	fo. xix.
Mirrauste de otro modo.	fo. xlviiiij.	Potage llamado frexurate que es de alladura.	fo. xx.
Mirrauste de peras.	fo. xliij.	Palamida en pan.	fo. lix.
Mofaza.	fo. xliij.	Potage de salsa cozida.	fo. xx.
Mofaza francesa.	fo. xliij.	Potage de salsa pardilla.	fo. xx.
Otra mofaza francesa.	fo. xliij.	Potage de culatro pino.	fo. xxxj.
Mebillos cozidos en olla.	fo. liij.	Potage de culatro segundo.	fo. xxxj.
Mozna en pan.	fo. lx.	Potage de culatro tercero.	fo. xxxj.
Mozna en casuela.	fo. lx.	Potage llamado plionada.	fo. xxxij
Mozna en parrillas.	fo. lx.	Potage llamado merritoque que es como salsa.	fo. xliij
Mertusa que es pescada cecial.	fo. lxxv.	Potage llamado potriol.	fo. xxxliij
Manjar blanco de pescado.	fo. lxxviiij.	Potriola.	fo. xxxviiij.
Manjar blanco de calabazas.	fo. lxxvij	Potage de grassa.	fo. xxx.
Mirrauste de manzanas.	fo. lxxix.	Potage de leche con caldo de carne.	fo. xxx.
H.		Potage de bigos llamado bigate.	fo. xxxj.
Herricoque potage.	fo. xxxix.	Potage de huevos llamado aldecme.	fo. xxxij.
O.		Potage moderno.	fo. xxxiiij.
Officios de las casas de los señores.	fo. viij.	Potage llamado bmscate que se haze de bigados de cabrito y batos.	fo. xxxviiij.
Officio de mayordomo.	fo. viij.	Potage de porrada.	fo. xxxviiij.
Officio de maestro sala.	fo. ix.	Potage de mebillos.	fo. xxxviiij
Officio de camarero.	fo. ix.	Potage de pecas de berzas.	fo. xliij
Officio de guarda ropa.	fo. ix.	Pastel en bote.	fo. xliij.
Officio de copero.	fo. x.	Pereril.	fo. l.
Officio de trinchante.	fo. x.	Perexillada.	fo. liij.
Officio de veedor.	fo. x.	Pebrada para saluagina.	fo. lj.
Officio de despensero.	fo. x.	Potage llamado periscate que se haze de duraznos.	fo. liij.
Officio de cocinero.	fo. xi	Potage de buen modo.	fo. liij.
Officio de cauallerizo.	fo. xi.	Palamida en casuela.	fo. lix.
Ozuga.	fo. xliij.	Palamida en parrillas.	fo. lix.
Otra ozuga buena.	fo. xliij.	Pageles.	fo. xliij.
Ostias de mar.	fo. lxxvj.	Pulpo.	fo. xliij.
P.		Palaya y leguados y azedras.	fo. lxxv
Poluora de duque.	fo. xv.		
Poluora de duque de otra manera.	fo. xliij		
Pelos de las espectas.	fo. xliij.		
Pomada.	fo. xviiij.		
Potaje de cañonada.	fo. xix.		
Potage de carnero adobado.	fo. xix.		

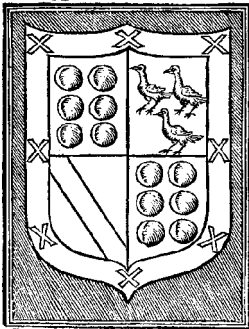
Tabla.

<b>Q</b>			
Queso fresco reuanoado para fruta dearten.	fo. xliij.	Salsa agulera pa vna escudilla.	xi
Queso assadero.	fo. xlv.	Salsa de rauano vegilico: y de gallo cresta.	fo. l.
Quaresma: tratado de guisados de ella.	fo. ly.	Sopas ala lombarda.	fo. l.
<b>R</b>		Salsa gualatina.	fo. l.
Relleno de cabrito.	fo. xxv.	Sopas doradas.	fo. liij.
Romerate pa quatro escudillas.	fo. lx.	Salsa llamada canela de mosto.	fo. liij.
Rosquillas de fruta de casquetas que son rosquillas.	fo. xlv.	Sayron en casuela.	fo. lxxv.
<b>S</b>		Salsa para anarones llamada trebaila.	fo. liiij.
Salsa de pauo.	fo. xv.	Salsa de emperador.	fo. lv.
Salsa blanca.	fo. xviii.	Salmon empanado.	fo. lvij.
Salsa de pauo.	fo. xliij.	Saboga en pan.	fo. lvij.
Semola potage.	fo. xxliij.	Sardina en casuela.	fo. lxij.
Salsa de anarones.	fo. xxliij.	<b>T</b>	
Salsa francesa.	fo. xxx.	Torta de hueuos llamada salustate.	fo. xxxij.
Salsero para aues saluages.	fo. xxx.	Trigo coxido o guisado.	fo. xl.
Salseron blanco.	fo. xxxij.	Torta ala genouefa.	fo. xliij.
Salseron para palominos assados.	fo. xxxij.	Toronjas de ratina que son almojanas.	fo. xlv.
Salseron para volateria assada.	fo. xxxij.	Turmas de tierra en capretada.	fo. lx.
Salseron de sumo de granadas assadas.	fo. xxxij.	Truchas.	fo. lvj.
Salseron blanco de otra manera.	fo. xxxvij.	Tofina en pan.	fo. lx.
Salsa bija para diez escudillas.	fo. xxxvij.	Tofina en casuela.	fo. lxij.
Salsa llamada pisonada de ajos.	fo. xxxvij.	Tofina coxida.	fo. lxij.
Salsa groselina.	fo. xxxvij.	Tofina en parrillas.	fo. lxij.
Salsa cornellina.	fo. xxxvij.	Tallinas en casuela.	fo. lxvij.
Salsa blanca cornellino.	fo. xxxix.	Tofina salada.	fo. lxij.
Salsa lisa para volateria de olla.	fo. xxxix.	<b>U</b>	
Salsa granada.	fo. xl.	Ulladas como se an a poner en la mesa.	fo. viij.
Salsa bruna para perdizes y palomas.	fo. xl.	Uinagrea que es bigado adobado.	fo. xxxij.
		Uariales en casuela.	fo. lxvij.
		<b>X</b>	
		Xixanella ala veneciana.	fo. xliij.
		<b>Y</b>	
		Yjada potage.	fo. xlvij.

Fin dela tabla.



**I**esus Christus.



**E**scam dedit timēribus se.





Ruperto de Nola

*Libre del Coch*

English translation by Lady Brighid ni Chiarain  
of Tethba, Barony of Settmour Swamp, East Kingdom

*Libro de guisados, manjares y potajes intitulado libro de cozina: enel qual esta el regimiento delas casas delos reyes y grandes senores: y los oficiales alas casas dellos cada uno como an de servir su officio. Y enesta segunda impression seha anadido un regimento delas casas delos cavalleros y gentiles hombres and religiosos de dignidades y personas de medianos estados*

*Y otros que tienen familia y criados en sus casas: y algunos manjares de dolientes y otras cosas enel anadidas: todo nuevamente revisto anadido y emendado por su mismo autor*

*Ruperto de Nola*

*Con privilegio*

*Imperial*

*Logrono 1529*

**Book of stews, dishes, and pottages entitled "Book of Cooking": in which there is the management of the households of kings and great lords, and of the household officials, and how each one should serve in his office. And this second edition has added the management of the households of knights and gentlemen and clerics of rank and persons of middle estate. And others who have family and servants in their houses, and some dishes for invalids and other things added to it, all newly revised, added, and amended by the same author,**

**With Imperial license**

**Ruperto de Nola**

**Logrono, 1529**

## INTRODUCTION

The *Libre del Coch* was published in 1520 in Barcelona. It was written in Catalan – a language related to, but distinct from, Spanish. The author, listed only as "Maestre Robert", identified himself as the cook to Ferrando (or Fernando), King of Naples. The book was extremely successful. It was republished four more times in Catalan, and ten times in Spanish, and 55 of its recipes were plagiarized by Diego Granado for his 1599 cookbook. The first Spanish edition, in 1525, entitled *Libro de Cozina*, called the author Ruperto de Nola. He has been referred to by that name ever since. The author's identity and nationality are still matters of speculation. He may well have been Catalan, since he wrote in that language. If "Nola" was truly his surname, he may have been an Italian, from the city of Nola in the province of Naples. The king he served was probably Ferrante I, King of Naples from 1458-1494.

The Spanish editions of the *Libre del Coch* were also revisions. New recipes were added, and some of the old ones changed. Variations in vocabulary and writing style indicate the influence of multiple editors.

This translation is based on the 1529 Spanish edition, entitled *Libro de Guisados*. It is, in a sense, a translation of a translation, since the parent document was written in Catalan.

The cuisine in this text could well be called "Mediterranean". Medieval Catalan and Italian cookbooks show that both cuisines influenced each other. Some of the recipes in this text claim to be in the style of Genoa, Venice, Lombardy, and France.

Spanish cooking owes an enormous debt to the Arabs, who introduced many important foodstuffs to Iberia, including eggplant, sugar, oranges, rice, and rosewater. In addition to the recipes in this text which are explicitly marked as "Moorish" (52 and 55), others appear to be adaptations of earlier Arab dishes. I have noted some of these, but have probably missed many others.

Only the recipe section – 243 recipes in all – appears here. I have not translated the introductory chapters, which deal with the duties of household officers, dietary health, carving, and serving at table. The numbering of recipes does not appear in the original and is added for the convenience of the reader. Words in brackets [ ] are not in the original Spanish, but are implied by the text. I have tried to be as faithful as possible to the text, while making it comprehensible to the modern reader. Word order and punctuation have been changed as necessary, to make the English text clearer. Some words have been left in Spanish or Catalan, and those are in italics.

I have consulted a number of sources in preparing this translation, including earlier Spanish and Catalan editions of the text, and other Mediterranean cookbooks of the Middle Ages and Renaissance. A full list is in the bibliography. The following authorities are referred to frequently in the footnotes:

Grewe – Rudolf Grewe, 1979 editor of a 15th century Catalan cookbook, the *Libre de Sent Sovi*.

Irazno – Carmen Irazno, 1975 editor of the 1525 Spanish edition of Nola

Leimgruber – Veronika Leimgruber, 1977 editor of the 1520 *Libre del Coch* (oldest known Catalan edition of Nola).

Perez – Dionisio Perez, 1929 editor of the 1529 Spanish edition of Nola.

RAE – The *Real Academia Española*, the Royal Spanish Academy, is the official arbiter of the Spanish language. I have relied heavily on the RAE dictionaries, especially the first edition (1726).



## TABLE OF CONTENTS

1. SPICES FOR COMMON SAUCE
2. SPICES FOR PEACOCK SAUCE
3. SPICES FOR CLAREA
4. CLAREA FROM WATER
5. SPICES FOR HIPPOCRAS
6. DUKE'S POWDER
7. TO MAKE SAUCE FOR PEACOCK
8. MIRRAUSTE
9. BLANCMANGE
10. ROYAL DISH
11. IMPERIAL DISH
12. DISH FOR THE ANGELS
13. PRINCIPAL DISH
14. SLOW OR SMOOTH DISH
15. WHITE SAUCE
16. APPLE DISH
17. LEMON DISH
18. POTTAGE OF SHEEP'S TROTTERS
19. POTTAGE OF CA—ONADA
20. POTTAGE OF MARINATED MUTTON WHICH IS CALLED JANETE OF MUTTON
21. POTTAGE OF MARINATED HEN WHICH IS CALLED JANETE OF HENS
22. POTTAGE OF MARINATED KID WHICH IS CALLED JANETE OF KID
23. POTTAGE WHICH IS CALLED FREXURATE, WHICH IS POTTAGE OF ENTRAILS
24. POTTAGE WHICH IS CALLED BOILED SAUCE
25. POTTAGE WHICH IS CALLED DUN-COLORED SAUCE
26. POTTAGE CALLED GRATONADA
27. POTTAGE CALLED MORTERUELO
28. POTTAGE OF CORIANDER CALLED THE FIRST
29. ANOTHER POTTAGE OF CORIANDER CALLED THE SECOND CELIANDRATE
30. ANOTHER POTTAGE OF CORIANDER CALLED THE THIRD
31. POTTAGE WHICH IS CALLED HAZELNUT DISH
32. POTTAGE WHICH IS CALLED ALMOND DISH
33. ARMORED HEN
34. ARMORED CAPON
35. CALABACINATE WHICH IS SEEDS OF GOURDS
36. VINEGAR WHICH IS MARINATED LIVER
37. POTTAGE WHICH IS CALLED PINE NUT DISH
38. WHEAT STARCH
39. BROOM-FLOWER DISH
40. POTTAGE OF CRACKED BARLEY



41. POTTAGE OF CRACKED WHEAT
42. ALMODROTE WHICH IS CAPIROTADA
43. HILADEA WHICH IS CALLED GELATIN
44. POTTAGE OF MERRITOCHE
45. SAUCE FOR GEESE
46. POTTAGE OF ONIONS THAT IS CALLED CEBOLLADA
47. STUFFING FOR KID
48. KID PIE
49. BARDING FOR PEACOCKS OR CAPONS
50. EGGPLANT IN CASSEROLE
51. THICK EGGPLANT
52. MOORISH EGGPLANT
53. POTTAGE OF JUNGLADA OR COOKED HARE
54. THICK GOURDS WITH MEAT BROTH
55. MOORISH GOURDS
56. GOURDS IN ANOTHER WAY
57. RICE WITH MEAT BROTH
58. RICE CASSEROLE IN THE OVEN
59. POTTAGE OF NOODLES
60. POTTAGE WHICH IS CALLED PORRIOL
61. POTTAGE WHICH IS CALLED PORRIOLA
62. POTTAGE WHICH IS CALLED NERRICOQUE
63. MADAME'S BRUET
64. GOOD BRUET WITH MEAT BROTH
65. ANOTHER GOOD BRUET WHICH IS CALLED "OF VERINES"
66. GOOD BRUET WITH MEAT BROTH WHICH IS CALLED "SPONGE"
67. POTTAGE OF FAT
68. THE SAME POTTAGE MADE FROM MILK
69. GOOD FRENCH SAUCE
70. THIN SAUCE FOR WILD BIRDS, SUCH AS WILD DOVES, WOODPIGEONS  
AND  
WILD DUCKS
71. POTTAGE CALLED THIN WHITE SAUCE
72. THIN SAUCE FOR ROASTED SQUABS
73. ANOTHER THIN SAUCE FOR ROASTED SQUABS
74. THIN SAUCE FOR ROASTED FOWL
75. THIN SAUCE FOR ROASTED PARTRIDGES OR HENS
76. POTTAGE WHICH IS CALLED HIGATE BECAUSE IT IS MADE FROM FIGS
77. THIN SAUCE FROM THE JUICE OF SOUR POMEGRANATES
78. POTTAGE OF ALIDEME OF EGGS
79. CAKE OF EGGS WHICH IS CALLED SALVIATE
80. ILL-COOKED MILK
81. JUSELLO WITH MEAT BROTH
82. POTTAGE LIKE THE ABOVEMENTIONED ONE WITH SOMETHING ADDED,  
WHICH IS CALLED JUSELLO
83. TO MAKE A GOOD COMFORTING VERJUICE
84. MODERN POTTAGE
85. ANOTHER MODERN POTTAGE

86. **CHOPPED SPINACH**
87. **A VERY SINGULAR DISTILLED BROTH FOR SICK AND WEAKENED PEOPLE**
88. **ANOTHER SOLSIDO OF HENS OR OF MUTTON OR CAPONS**
89. **DISTILLED TORTA FOR INVALIDS**
90. **BLANCMANGE FOR INVALIDS WHO ARE NOT EATING ANYTHING**
91. **MARZIPANS FOR INVALIDS WHO HAVE LOST THE DESIRE TO EAT, VERY GOOD AND OF GREAT SUSTENENCE**
92. **CASSEROLE FOR INVALIDS**
93. **STUFFING FOR INVALIDS**
94. **BARLEY-WATER FOR INVALIDS**
95. **ALMOND DISH FOR INVALIDS**
96. **ANOTHER ALMOND DISH FOR VERY WEAKENED INVALIDS**
97. **ANOTHER ALMOND DISH FOR INVALIDS WHO HAVE GREAT HEAT AND GREAT BURNING**
98. **ELECTUARY OF SOUR CHERRIES FOR SICK PEOPLE WHO HAVE LOST THE DESIRE TO EAT**
99. **TO BRING COLD TO THOSE WHO HAVE SHARP FEVERS, EVEN THOUGH IT IS OUTSIDE THE TOPIC**
100. **TO EAT FIGS IN THE FRENCH MANNER**
101. **THIN WHITE SAUCE**
102. **BRUSCATE FOR TWELVE DISHES WHICH IS MADE FROM KID'S LIVER AND SPLEEN**
103. **BIZA SAUCE FOR TEN DISHES**
104. **SAUCE WHICH IS CALLED PINE NUT DISH OF GARLIC**
105. **LEEK POTTAGE**
106. **GOOD MEMBRILLATE WHICH IS A POTTAGE OF QUINCES**
107. **GIROFLINA SAUCE**
108. **CAMELINE SAUCE**
109. **WHITE CAMELINE SAUCE**
110. **DOBLADURA OF MUTTON**
111. **DOBLADURA OF VEAL**
112. **SMOOTH SAUCE FOR FOWLS IN THE POT**
113. **GRANADA SAUCE**
114. **BROWN SAUCE FOR PARTRIDGES AND DOVES**
115. **ROSEMARY SAUCE FOR FOUR DISHES**
116. **AGALURA SAUCE FOR ONE DISH**
117. **BOILED OR STEWED WHEAT**
118. **OATMEAL GRUEL AND BARLEY GRUEL**
119. **MOJI CASSEROLE**
120. **FOR PICKLED EGGPLANTS**
121. **FLESHY LEAVES OF CABBAGES**
122. **GARLIC SAUCE FOR GEESE**

123. ROAST CAT AS YOU WISH TO EAT IT
124. MEAT CASSEROLE
125. ROROLAS OF LIVERS, WHICH IS A FRITTER
126. BASIN OF FIGS
127. GENOVESE TART
128. VENETIAN XINXANELLA
129. SECTIONS OR SLICES OF NEW CHEESE WHICH ARE FRITTERS OR PANCAKES
130. MEAT OR FISH PASTRY
131. PASTRIES OF FINE SUGAR
132. ROASTED CHEESE
133. ORANGES OF XATIVA WHICH ARE CHEESECAKES
134. SPIRAL CAKES OF FRITTER WHICH THEY CALL CASQUETAS IN VALENCIA AND IN BARCELONA
135. MARZIPANS
136. CUSTARD WHICH IS A FRITTER
137. FRITTER
138. FRITTER OF BLANCMANGE
139. FRITTER OF MARZIPAN
140. FRITTER OF NEW CHEESE
141. FRITTER CALLED ROBIOLES IN CATALONIA
142. FRITTERS CALLED GARBIAS IN CATALONIA
143. BLANCMANGE IN A BRIEFER SUMMARY
144. POTTAGE WHICH IS CALLED FLANK
145. PASTRY IN A JAR
146. MARINATED MUTTON
147. GRATONADA IN ANOTHER MANNER
148. PICKLED RABBITS
149. MIRRAUASTE IN ANOTHER WAY
150. GOOD ARUGULA
151. ARUGULA IN ANOTHER GOOD MANNER
152. ANOTHER GOOD ARUGULA TO BE MADE SWIFTLY
153. MUSTARD
154. FRENCH MUSTARD
155. ANOTHER VERY GOOD FRENCH MUSTARD WHICH LASTS ALL YEAR
156. PARSLEY
157. SAUCE OF HORSERADISH AND OF CLARY SAGE
158. LOMBARDY SOPS
159. GOOD GUALATINA SAUCE
160. MARINATED MUTTON
161. PEPPER SAUCE FOR WILD GAME
162. BASTARD CAMELINE SAUCE
163. LARDY BROTH OF WILD PIG
164. CAPIROTADAS OF TRUFFLES
165. POTTAGE CALLED PEACH DISH
166. GOLDEN SOPS
167. BUSAQUE OF RABBITS
168. MIRRAUSTE OF PEARS WHICH CAN BE GIVEN TO SICK PEOPLE

169. QUINCES COOKED IN THE POT
170. PARSLEY DISH
171. POMEGRANATE JUICE
172. GOLDEN GRATONADA OF THE ENTRAILS OF KID
173. SAUCE WHICH IS CALLED CINNAMON OF MUST
174. PASTRY OF ROAST HEN ON THE SPIT
175. TREBALLA WHICH IS CALLED WHITE SAUCE FOR GEESE
176. LARDY BRUET IN A VERY GOOD FASHION
177. POTTAGE IN GOOD FASHION
178. POTTAGE CALLED JOTA
179. EMPEROR'S SAUCE

**TREATISE ON COOKING AND PREPARING FOODS IN THE TIME OF LENT**

180. OF LAMPREY IN CRUST
181. SALMON PIE
182. SALMON CASSEROLE
183. TROUT IN CRUST OR ROASTED OR BOILED
184. BARBEL IN CRUST
185. BARBEL IN CASSEROLE
186. SHAD IN CRUST
187. SWORDFISH IN CRUST
188. SWORDFISH IN CASSEROLE
189. SWORDFISH ON THE GRILL
190. STURGEON IN CRUST, WHICH IS PIKE
191. STURGEON OR PIKE IN CASSEROLE
192. STURGEON, WHICH IS PIKE, GRILLED OR BOILED
193. DENTEX IN CRUST
194. DENTEX IN CASSEROLE
195. BOILED DENTEX
196. BONITO IN CRUST
197. BONITO IN CASSEROLE
198. BONITO ON THE GRILL
199. FRESH CONGER EEL IN CRUST
200. CONGER EEL IN CASSEROLE
201. BOILED CONGER EEL
202. CONGER EEL ON THE GRILL AND ON THE SPIT
203. MORAY EEL IN CRUST
204. MORAY EEL IN CASSEROLE
205. MORAY EEL ON THE GRILL
206. TUNNY OR TUNA IN CRUST
207. TUNA OR TUNNY IN CASSEROLE
208. BOILED TUNA OR TUNNY
209. TUNNY ON THE GRILL
210. MULLET IN CRUST
211. MULLET IN CASSEROLE
212. MULLET ON THE GRILL
213. BOILED MULLET
214. ESCORFENO IN CASSEROLE

215. BOILED ESCORFENO
216. SARDINES IN CASSEROLE
217. CHUB MACKEREL
218. BOGUES IN CASSEROLE
219. ANCHOVY IN CASSEROLE
220. WOLFFISH IN CRUST
221. GOOD ESCABECHE
222. PANDORAS
223. PIKE
224. SEA BREAM
225. POTTAGE OF SQUID AND CUTTLEFISH
226. OCTOPUS
227. VARIALES IN CASSEROLE
228. CLAMS IN CASSEROLE
229. HOW OYSTERS ARE COOKED
230. PELAYA AND FLOUNDER OR SOLE
231. FRIED DOLPHINFISH
232. DRIED OR CURED CONGER EEL
233. HAKE WHICH IS CURED FISH
234. SALTED TUNNY FROM THE FLANK WHICH IS CALLED 'SORRA' IN VALENCIA
235. LOBSTER
236. BLANCMANGE OF FISH
237. BLANCMANGE OF GOURDS
238. BROOM-FLOWER DISH
239. FARRO OF RICE FLOUR
240. WHEAT STARCH
241. ROYAL FAVA BEANS
242. GROATS
243. MIRRAUSTE OF APPLES

[The translation begins with the recipe section, which starts on folio xv. of the 1529 edition]

Now I return to my primary topic, with which I began, and I will speak of the art of cooking, which is the principal goal for which this book was made and arranged; and I will give some doctrines for making many sauces and dishes; and first let us speak of the spices for the common sauces as they must be made, and peppers (1) for *clarea*, duke's powders, and peacock sauce and other things; and you must know that of the many dishes that there are in the world, these three are the flower and the foremost, and these are: Peacock Sauce, *Mirrauste* (2) and Blancmange; each one of which should be crowned with a royal crown, because they are generally the flower of all the others; and first [let us speak] of the common sauce.

## RECIPES PART 1

### 1. SPICES FOR COMMON SAUCE (3)

#### *ESPECIAS DE SALSA COMUN*

Three parts cinnamon, two parts cloves, one part ginger, one part pepper and a little dry coriander, well-ground, and a little saffron if you wish; let everything be well-ground and sifted.

### 2. SPICES FOR PEACOCK SAUCE (4)

#### *ESPECIAS DE SALSA DE PAVO*

Four ounces of cinnamon, one ounce of cloves, one ounce of ginger, enough saffron to color the sauce well, let it be well-ground and sifted; some add grains of paradise.

### 3. SPICES FOR CLAREA (5)

#### *ESPECIAS DE CLAREA*

Three parts cinnamon, two parts cloves, one part ginger, all ground and strained through a sieve, and for one *azumbre* (6) of white wine, put an ounce of spices with a pound of honey, well-mixed and strained through your sleeve (7) of good thick linen, and strained through it often enough that the wine comes out clear.

### 4. CLAREA FROM WATER

#### *CLAREA DE AQUA*

To one *azumbre* of water, four ounces of honey; you must cast in the same spices as for the other *clarea*; you must give it a boil with the honey over the fire, and when it is off the fire you must cast in the spices.

### 5. SPICES FOR HIPPOCRAS (8)

#### *ESPECIAS DE IPOCRAS*

Five parts cinnamon, three parts cloves, one part ginger; half of the wine must be white and half of it red, and for one *azumbre*, six ounces of sugar, mix everything together and cast it in a small glazed earthenware pot and give it a boil, when it comes to a boil, [cook it] no more, strain it through your sleeve often enough that it comes out clear.

### 6. DUKE'S POWDER

#### *POLVORA DE DUQUE (9)*

Half an ounce of cinnamon, one eighth of cloves, and for the lords cast in nothing but cinnamon, and a pound of sugar; if you wish to make it sharp in flavor and [good] for afflictions of the stomach, cast in a little ginger. (10)

And the weights of the spices in the apothecary shops are in this manner: one pound is twelve ounces (11), one ounce, eight drachms; one drachm, three scruples; another way that you can more clearly understand this: a drachm weighs three *dineros*, a scruple is the weight of one *dinero*, and a scruple is twenty grains of wheat. (12)

### 7. TO MAKE SAUCE FOR PEACOCK

#### *PARA HACER SALSA DE PAVO*

For five dishes, (13) take a pound of toasted almonds, and grind them well in a mortar, and take

the livers of the peacocks or capons or hens, which should be cooked in a pot, and grind them with the almonds, and then take a crustless piece of bread which should be soaked in orange juice or white vinegar, and the bread must be toasted; and then grind it all together with the livers and with the almonds; and after everything is ground, thin this sauce with two egg yolks for each dish, and then strain it through a woolen cloth (14) with the said fine spices; and when it has been strained, put it into the pot with the sugar, and taste it or sample it for sourness, which should be moderate, and then cook it until it is done to a turn; (15) and when it is cooked, prepare dishes, and put sugar and cinnamon upon the sauce.

## 8. MIRRAUSTE

### *MIRRAUSTE*

Sauce for *mirrauste* is made in this manner. Take a pound of almonds, and four ounces just for five dishes and then toast the almonds, and grind them; and then take a crustless piece of bread which should be soaked in good broth; and then grind it with the almonds, and strain it, that it shall be quite thick; and then let it go to the fire with an ounce of cinnamon, but the cinnamon must be put in when you strain the almonds; and then take the squabs (16) and roast them; and when they are almost half-roasted, remove them from the fire, and cut them into pieces; and then cook the sauce with half a pound of sugar in the sauce; however, stir it constantly with a stick of wood or a large wooden spoon, and when it is cooked put the squabs in this sauce with the other birds or pullets or hens; let it all be done in this manner, and then take the pot-grease and put it into the sauce with the squabs; and then you may prepare dishes; and of the slices of the birds you may put four in each dish; and on top put sugar and cinnamon moderately; and in this way you make perfect *mirrauste*.

## 9. BLANCMANGE

### *MANJAR BLANCO* (17)

For blancmange: take a hen and eight ounces of rice flour and half a pound of rosewater, and a pound of fine sugar, and eight pounds of goat milk; if you don't have it, take four pounds of blanched almonds (18) and then take the hen, which should be good and plump and large, and when you wish to make the blancmange, kill the hen and pluck it dry, and wash it well and cook it in a new pot in which nothing has ever been cooked; and when the hen is more than half cooked, take the breasts from it and shred them like threads of saffron, and then sprinkle these shredded breasts with the rosewater, from time to time, repeatedly; then put all this in the pot, but it should not be of copper or newly tinned, because it will absorb the flavor of the tin, although commonly it is made by most cooks in very bright saucepans without tin, but if it has been recently tinned, boil a lot of bread in it, and sweat it very well, because all the flavor will come out of the tin, and then put the hen in and take its own broth and put it right over the hen, and with a large wooden spoon undo (19) it, beating it well, because it will not absorb the flavor of the wood, and take half of the milk and put it in the pot with said hen and then put in the flour, little by little, and stirring it constantly so that it does not stick to the pot, and put eight *dineros* of sugar, that is twelve *maravedis*, into the pot, and set it to cook, and stir it constantly with a stick in one direction, without ever resting, and when the milk runs out, add some of it in a moderately, and not all at once, and guard it well from the smoke, and when the blancmange turns clear or thin the hen is good, and if not, take care that under no circumstances do you put in more milk, and when the blancmange becomes like roasted cheese, that is the sign that it is cooked, and you can then put in the rosewater and then the pot-grease, however it must be clean, so that there is no bacon in it, and know that from one hen you will get six dishes, and take it off the fire to sweat until it has exuded thoroughly, and then make dishes of it and put fine sugar on top. And in this manner you make

the perfect and good blancmange.

#### **10. ROYAL DISH**

##### *MANJAR REAL*

Royal dish is made with leg of mutton boiled and shredded, according to the method for blancmange, except that you color it with saffron so that it should be yellow, for the rest you follow the aforesaid method for blancmange.

#### **11. IMPERIAL DISH**

##### *MANJAR IMPERIAL*

For half a dozen dishes, take a half *azumbre* of milk and a half pound of ground and sifted rice and half a dozen eggs (only the yolks); and set the milk and the rice flour to cook in a saucepan; and stir it constantly in one direction until it is well-beaten—away from the fire—and dissolved; and this is before it is set to cook on the fire, and then cast the half pound of sugar into it and put it to cook on the fire upon the coals, keeping it away from the flames so that the smoke doesn't reach it; and when it becomes thickened, take it off the fire; and take the well-beaten egg yolks, and cast a spoonful of milk into them; and blend them well and cast them into the food, casting them in little by little and stirring it constantly in one direction; and return it to the coals that it may properly finish thickening; and when this is done, take it off the fire and leave it aside to rest; and if you wish to eat it, dish it out immediately; and cast sugar and cinnamon on the dishes.

#### **12. DISH FOR THE ANGELS**

##### *MANJAR DE ANGELES*

For twelve dishes, take one *azumbre* of milk at the time of [making] curds, (20) and take the curds and cast them into the milk; and take nine ounces of sugar and cast it in. And take a quarter pound of aged cheese which is four Castilian ounces (21), and grate it, and grate just as much hard bread. And take twelve egg yolks and beat them with the grated cheese and with the bread; and cast in a little milk with it to thin it, and cast it in the saucepan, turning it with the milk and the curds. And after turning it, beat it very well. And take a little mint and grind it very well. And cast in two *maravedis* of saffron with it. And dissolve it with a little milk. And cast it in the saucepan with the other [stuff]. And when it is of a good color put it on top of the coals, very distant from the fire so that the smoke doesn't touch it and stir it constantly in one direction. And when you see that it is thick enough, sample the taste. And if you see that it is good, take it away and cover it and set it to rest while the dinner is prepared. And grind a quarter pound of sugar and grind the quantity of cinnamon that seems [right] to you, and mix it, ground, with the sugar in a mortar to cast it on the dishes.

#### **13. PRINCIPAL DISH**

##### *MANJAR PRINCIPAL*

For a half dozen dishes, take a half *azumbre* of strained milk and six egg yolks and four ounces of grated aged cheese, and just as much of grated hard bread; and thoroughly mix the cheese and the grated bread with the egg yolks and beat it very well, and thin it with a little milk; and then take a half pound of sugar and remove two ounces of that sugar to grind with the cinnamon to cast on the dishes; and the other portion that remains will be six ounces that you will cast into the milk; and set it to heat on your coals away from the fire; and when it is hot, remove it from the fire, and cast the abovementioned beaten eggs into it, stirring it constantly in one direction until it is good and thick; and sample it for taste; and if it is good, set it aside to rest while the meal is prepared, and dish it out with your sugar and cinnamon on top.



#### **14. SLOW OR SMOOTH DISH**

##### *MANJAR LENTO O SUAVE*

For half a dozen dishes, take a half *azumbre* of strained milk, and half a dozen egg yolks, and beat them well, and thin them with a little milk; and set the other milk to heat alone by itself on a fire of coals away from the fire; and when it is hot, remove it from the fire, and cast the beaten egg yolks into it, and three or four ounces of sugar, and return it to the coals; and if you wish to give it color, cast in a little saffron, and then return it to the coals, stirring it constantly in one direction until it is thick so that it seems good to you; and then sample it for taste; and if it is good, set it aside from the fire to rest, and grind sugar and cinnamon to cast upon the dishes.

#### **15. WHITE SAUCE**

##### *SALSA BLANCA*

Take white ginger which is fine and peel off the skin so that it remains white; and make of it little pieces like half a finger, and put them to soak in fine rosewater the night before; and in the morning you will take almonds well-peeled and blanched and grind them well in a mortar; and then blend them with hen's broth that is well-salted and strain it through a woolen cloth; and then put the milk in the pot where it must cook; and take whole cinnamon which is long and tie it with a thread and scald it with boiling hen's broth, with cloves of gilofre scalded in the same fashion; and when the sauce is more than half cooked, put the cinnamon and the cloves in the pot, and the ginger soaked in rosewater; and if it does not taste enough of ginger, cast in a little which is ground, because this sauce should taste of a little of ginger and of rosewater; but the rosewater should not be cast in until everything is cooked; and when the sauce is cooked, prepare dishes and put fine sugar on them.

#### **16. APPLE DISH**

##### *POMADA*

Take apples which should be sour and sweet, and quarter each of them; and peel them, and remove the core; and then put them in cold water, and if they are very sour give them a boil; and then take peeled almonds and grind them well; and put the apples in the mortar and grind them together with the almonds very vigorously; and when they are well-ground, blend it all with good hen's broth and strain it all through a woolen cloth; and put everything in the pot where it must cook; and take ginger which is fine, peel off the skin until it is white, and make of it little pieces the size of half a finger; and put them to soak the night before in good rosewater until the morning; then take whole cinnamon, and tie it with a thread together with cloves and scald them with hot broth and when the cloves and the cinnamon are scalded, put the pot on the fire with the apples; and put a good quantity of sugar in it, and when it is more than half cooked, take the soaked ginger and cloves and cinnamon; and put them all in the pot, and if it does not taste enough of ginger, put in a little which is ground until the sauce tastes of ginger; and when it is cooked you will cast the rosewater in the pot; and prepare dishes; on top of them cast sugar, and cinnamon if you wish.

#### **17. LEMON DISH**

##### *LIMONADA*

Take blanched almonds and peel them, and grind them in a mortar, and blend them with good hen's broth; and then take new raisins, and clean them well of the seeds, and grind them by themselves and strain them through a woolen cloth; and after they are strained, mix them with the almonds, and put everything in the pot where it must cook; and put sugar and a little ginger in that

same way, and set it to cook, constantly stirring it with a stick of wood. And when it is cooked, put a little lemon juice, and then stir it a little with the wooden stirrer so that the lemon juice is well-mixed within it. And then dish it out and cast fine sugar on the dishes.

**18. POTTAGE OF SHEEP'S TROTTERS (22)**

*POTAJE DE MANOS DE CARNERO*

Take peeled almonds and grind them well in a mortar; and then blend them with good mutton broth, and then strain them through a woolen cloth. And put this almond milk in a pot, and put ground ginger within it in such a manner that it will taste of ginger; and then take sheep's trotters that have been well-cooked, and cut them as if to make plates (23) of them; and when they have been cooked with the milk, put them in a pot of the fattest mutton broth, and a good piece of sugar; and in this way the boiled sauce is made.

**19. POTTAGE OF CA—ONADA**

*POTAJE DE CA—ONADA*

Take almonds which should be toasted, and grind them well in a mortar; and take a crustless piece of toasted bread, and soak it in white vinegar, and squeeze it well with your hand, and grind it with the almonds all together; and after it is all ground, blend it with sweet white vinegar; and before you blend it, put into the mortar two or three bunches of white grapes and another two of black ones at the same time, and then strain it all through a woolen cloth; and put it in the pot, and put sugar and ground cinnamon in it. And this sauce must taste a little of vinegar; and cook it; and when it is cooked, prepare dishes, and put sugar on each.

**20. POTTAGE OF MARINATED MUTTON WHICH IS CALLED JANETE OF MUTTON**

*POTAJE DE CARNERO ADOBADO QUE SE DICE JANETE DE CARNERO*

Take mutton breasts cooked in a pot, and cut them into pieces the size of walnuts; and take good fatty bacon, and fry it with a little bit of onion; and when it is gently fried, mix with it quince and pears which have been preserved with honey, or boiled, and if you so desire it will be better; and then take the mutton with the onion all mixed in the pot, and gently fry it all together; and take almonds, and toast them and grind them in a mortar with a crustless piece of bread toasted and soaked in white vinegar; and with this grind a good quantity of sheep's or kid's liver; and grind all this together with the almonds, and when it is well-ground, blend it with good mutton broth. And then strain it all through a woolen cloth; and when it has all been strained, put it in the pot where the sauce must cook; and cast all fine spices into the pot; and this sauce must taste a little sour; and when it is cooked, cast a little shredded parsley on it, and prepare dishes.

**21. POTTAGE OF MARINATED HEN WHICH IS CALLED JANETE OF HENS**

*POTAJE DE ADOBADO DE GALLINA QUE SE DICE JANETE DE GALLINAS*

Take a hen which is more than half-cooked and cut it up as if to make portions; and take good bacon which is fatty, and gently fry it with a little bit of onion. And then gently fry the cut-up hen with it. And take toasted almonds, and grind them, and mix with them quinces or pears which have been conserved in honey; and take the livers of the hens, and roast them on the coals. And when they are well-roasted put them in the mortar of the almonds, and grind everything together; and then take a crustless piece of bread toasted and soaked in white vinegar, grind it in the mortar with the other stuff. And when it is well-ground, blend it with hen's broth that is well-salted; and strain it all through a sieve; and cast it in a pot; and cast the hen in also; and cast in all fine spices, and a good quantity of sugar. And this sauce must be a little bit sour. And when the sauce is

cooked, cast in a little finely shredded parsley, and prepare your dishes, and then [cast] upon them sugar and cinnamon.

**22. POTTAGE OF MARINATED KID WHICH IS CALLED *JANETE OF KID***

*POTAJE DE CABRITO ADOBADO QUE SE DICE JANETE DE CABRITO*

Take a forequarter of kid and cook it in a pot, and after it is cooked take it out, and cut it into pieces as big as a walnut; and take fatty bacon, and gently fry [the kid] with it and with a little bit of onion; then take toasted almonds and grind them in a mortar with a piece of kid's liver roasted on the coals and with a crustless piece of bread soaked in white vinegar; and all of this should be ground together with a pair of egg yolks for each dish; and after it is all well-ground, blend it with good broth. And then strain it through a woolen cloth; and when it has been strained, put it in the pot where it must cook. And cast in all fine spices; and put the kid in the pot together with the sauce. And cook it, and when it is cooked, cast a little cut-up parsley in the pot, and sugar, and make it in such a manner that it tastes a little of vinegar; and cast on it the pot-grease from the first cooking of the kid, and cast on enough.

**23. POTTAGE WHICH IS CALLED *FREXURATE (24)*, WHICH IS POTTAGE OF ENTRAILS**

*POTAJE QUE SE LLAMA FREXURATE, QUE ES POTAJE DE ASADURA*

Take entrails of kid or of sheep or of goat, and cook them by themselves in a pot; and when they are cooked with your salt, take them out of the pot, and cut them in round pieces the size of a finger, and gently fry them with a little bit of fatty bacon with onion; and put it all together; then take almonds well-toasted and ground in a mortar with sheep liver roasted on the coals, and a crustless piece of toasted bread soaked in white vinegar, and grind it all together; and when it is well-ground, blend it with good mutton broth, and then strain it all through a woolen cloth. And then mix the sauce with the entrails. And let it go to the fire to cook it. And cast all fine spices into the pot; and cast in a pair of egg yolks for each dish; and make the pottage taste a little of vinegar, and it is done.

**24. POTTAGE WHICH IS CALLED BOILED SAUCE**

*POTAJE QUE SE DICE SALSA COCIDA*

Take almonds which are well-toasted, and grind them well in a mortar with a good quantity of the livers of hens, or of kid, or of sheep, roasted on the coals, with a crustless piece of bread toasted and soaked in white vinegar; and grind everything together in a mortar. And when it is well-ground, put in an egg for each dish in the mortar where the other things are. And grind them all together. And when it is ground, blend it with good mutton broth which is well-salted and strain it through a woolen cloth. And when it has been strained, put it in the pot where it must cook and put in it all fine spices, and set it to cook, and cast your sour stuff in the sauce. And then prepare your dishes, and cast upon them seeds of sour pomegranates.

**25. POTTAGE WHICH IS CALLED DUN-COLORED SAUCE**

*POTAJE QUE SE DICE SALSA PARDILLA (25)*

Take well-toasted almonds and grind them well in a mortar. And after grinding them put with them livers of hens, roasted on the coals, with a crustless piece of bread, toasted and soaked in white vinegar, and grind it all together. And then blend it with good hen's broth which is well-salted. And then strain it through a woolen cloth or through a sieve, and then put it in your pot to cook; and with it cast in a little pork fat which is clarified, and well-fried. And also put in all fine spices except saffron; and also cast in a pair of egg yolks for each dish. And upon the dishes cast

sugar and cinnamon; however, it must taste a little sour, which should be from pomegranate juice.

**26. POTTAGE CALLED *GRATONADA***

*POTAJE LLAMADO GRATONADA*

Take chickens that have been half-roasted on a spit, and then cut them at their joints as if to serve them on plates, and then gently fry them with good fatty bacon. And then take well-toasted almonds, and grind them with the chicken livers that have been roasted on the coals; and when they are well-ground, blend it with good hen's broth which is well-salted, and cast in a pair of eggs for each dish. And strain it through a woolen cloth; and when it has been strained, cast it in the pot, and cook with the chickens, and cast in all fine spices. And sample the taste for sourness so that it is a little sour. And then cast these herbs in the pot: mint and parsley and sweet marjoram, which is a Moorish basil with broad leaves. And then cast in sugar. And this sauce is good for kid or for breasts of mutton.

**27. POTTAGE CALLED *MORTERUELO* (26)**

*POTAJE DICHO MORTERUELO*

Grate bread which is very hard and toast it in a frying pan or casserole; and then take very good cheese of Aragon, and grate it, and mix it with the bread that you have toasted; and then put a leg of mutton to cook in a separate pot with a piece of streaky bacon; and when the leg is cooked, and the bacon, take it out of the pot and cut it small and then grind it in a mortar. And when it is ground, mix the meat with the cheese and the toasted bread, and resume grinding everything together, and then put one egg for each dish in the mortar. And when this is done, thin it with goat milk, and if there is none, with almond milk, which is as good. And when you have thinned it, set it to cook in the pot. And cast in all fine spices, and even cinnamon, and [put] sugar in the pot, and set it to cook. And when the pottage is cooked, remove it from the fire, and let it rest a little. And you will prepare dishes, and you will cast shredded green coriander and green parsley on top.

**28. POTTAGE OF CORIANDER CALLED THE FIRST**

*POTAJE DE CULANTRO LLAMADO PRIMO*

You will take dry and green coriander and grind it all together in a mortar. And then take well-toasted almonds, and grind them well together with the coriander, and a crustless piece of bread toasted and soaked in white vinegar, and grind it all together; and after grinding it, take a hen which has been cooked in a pot and take the breasts from the hen, and grind them all together with the other things; and when everything has been ground, strain it all through a woolen cloth; and when everything has been strained, put it in the pot where it must cook and cast in a good quantity of sugar, and of all fine spices which are good, strained with the other things and cook it on the fire; and put in the pot, nutmeg, and mace, and cinnamon, and ginger, and cloves; and when it is cooked remove it from the fire and cover it as if it were rice, and let it rest. And then prepare dishes, and cast sugar and cinnamon upon them.

**29. ANOTHER POTTAGE OF CORIANDER CALLED THE SECOND  
*CELIANDRATE***

*OTRO POTAJE DE CULANTRO LLAMADO CELIANDRATE SEGUNDO*

Take grains of dry coriander, and clean it and grind it well in a mortar; and then take well-peeled almonds, and grind them well with the coriander; and when everything is well-ground, put these ground spices with it: cinnamon, ginger and cloves; and when it is well-ground, blend the sauce with the juice of sour oranges and sweet white grapes, so that it is not very sour, and put it on the fire to cook; and sample the taste, which must be between sour and sweet; and the color of this

sauce must be a gray color. And this sauce is good for roast partridges and chickens; and upon the sauce [put] sugar and cinnamon.

**30. ANOTHER POTTAGE OF CORIANDER CALLED THE THIRD**

*OTRO POTAJE DE CULANTRO LLAMADO TERCIO*

You must take green coriander, and cut it finely, and grind it in a mortar together with dry coriander, and then take toasted almonds and toasted hazelnuts, and grind them separately in a mortar; and when they are well-ground, mix them with the almonds, and resume grinding everything together; and when it is well-ground, strain it through a woolen cloth, and set it to cook in the pot; and cast in all fine spices with saffron, and vinegar, and sugar; and set it to cook with little fire just until it is a little thickened; and remove it from the fire, and prepare dishes, and upon them cast sugar and cinnamon.

**31. POTTAGE WHICH IS CALLED HAZELNUT DISH**

*POTAJE QUE SE DICE AVELLANATE*

You must take hazelnuts which are toasted and blanched and peeled, and almonds which are toasted and peeled and blanched; grind them all in a mortar little by little, in such a way that they do not make oil. And if they make it, dampen the pestle of the mortar in very fine rosewater. And when it is ground, blend it with hen's broth, and then strain it through a woolen cloth. And when it has been strained, put it in the pot to cook, and cast a good quantity of sugar in the pot, and let it all go cook together. And stir it constantly with a stick until it is well-cooked and becomes very thick, and then test if it tastes of rosewater; and when it is well-cooked let it rest a little; and dish it out and cast fine sugar upon the dishes.

**32. POTTAGE WHICH IS CALLED ALMOND DISH**

*POTAJE QUE SE DICE ALMENDRATE*

You must take almonds which are peeled and blanched, and grind them well with a crustless piece of bread. And when everything is well-ground, take a pair of egg yolks for each dish, and blend it all with the almonds; and take good meat broth, and you must strain it through a woolen cloth so that it will be quite thick with the eggs, and put this sauce in a pot; and put a little bit of sour stuff in the pot, and sugar and whole cinnamon and a little ginger, and cook it; and sample it that it is sour and sweet in a good fashion.

**33. ARMORED HEN**

*GALLINA ARMADA*

Roast a good hen. And when it is nearly half-roasted, baste it with bacon. Then take well-beaten egg yolks, then with a spoon or with the tip of a large wooden spoon rub the hen with these yolks, little by little. And then sprinkle wheat flour well-sifted with ground salt over the eggs, turning the hen constantly and swiftly; and the crust is worth more than the hen.

**34. ARMORED CAPON**

*CAPON ARMADO*

Bard (27) a capon, and roast it; and when it is half-roasted remove the barding fat. And take egg yolks beaten with parsley and sugar, and let them be very well-beaten, and put these eggs all over the capon; and take pine nuts and peeled almonds, and while you put on the egg yolks, put on the pine nuts and almonds bit by bit in such a way that they will adhere to the sauce. And then put the barding fat back on over the eggs and the capon. And it shall be upon the fire until it is completely roasted.

**35. CALABACINATE WHICH IS SEEDS OF GOURDS**

*CALABACINATE QUE ES SIMIENTE DE CALABAZAS*

Take the seeds of the gourds, and peel them so that they become white like almonds, and grind them in a mortar with as many peeled almonds, all mixed together. And when it is well-ground, blend it with good hen's broth and strain it through a woolen cloth, and put it in a pot; and cast on it what sugar seems [right] to you, and cook it until it is well-thickened. And then prepare dishes, and cast sugar on them. This pottage can be made with just the seeds of gourds. And it is very good for the afflictions of the kidneys, with sugar.

**36. VINEGAR WHICH IS MARINATED LIVER**

*VINAGRE QUE ES HIGADO ADOBADO*

You will take onions, and cut them very small, like fingers. And fry them gently with fatty bacon. And then take the liver of a kid, or a lamb, or a goat and cut them into slices the size of a half walnut; and fry it gently with the onion until the liver loses its color. Then take a crustless piece of toasted bread soaked in white vinegar. And grind it well. And thin it with sweet white wine. And then strain it through a woolen cloth. And then cast it over the onion and the liver, all together in the casserole, and cast in ground cinnamon, and cook until it is well-thickened; and when it is cooked, prepare dishes.

**37. POTTAGE WHICH IS CALLED PINE NUT DISH**

*POTAJE QUE SE DICE PI—ONADA*

Take pine nuts, a good quantity, which are well-peeled and clean, and as many almonds, and grind them all together in a mortar; when it is well-ground, blend it with hen's broth. And strain it through a woolen cloth. And then put it in a clean pot, and cook it and cast sugar into it, stirring it constantly with a stick; and when it is cooked take it away from the fire, and let it rest a little while, covered with a cloth. And cast sugar upon the dishes.

**38. WHEAT STARCH**

*ALMIDON*

You will take starch which is very white and clean and grind it in a mortar. And then take well-peeled blanched almonds and grind them by themselves; and when they are well-ground, blend them with hen's broth and strain it through a woolen cloth. And when the almond milk is strained, blend what remains of the milk with the starch, and put it in your pot and cook it and cast sugar on it; and when it is more than half cooked, cast in the almond milk which is thicker, and cook it until it is well-thickened. And when it is cooked, remove it from the fire. And let it rest a little while, covered with a cloth, and cast sugar upon the dishes.

**39. BROOM-FLOWER DISH**

*GINESTADA (28)*

Take rice and make flour of it and sift it through a sieve; and take milk of goats or of sheep, and if this is not to be found, take almond milk and dissolve this rice flour in the almond milk or goat milk, in such a way that it shall be quite clear; and then set it to cook in the pot; and into the pot you shall cast these things: sugar, and peeled dates, and pine nuts, and whole, clean, blanched hazelnuts, and the dates cut into the size of fingers; and cast all fine spices into the pot and stir it constantly with a stick; and if you wish to make the *ginestada* white you may make it in this way, and likewise you may put cinnamon instead of sugar upon the dishes, and seeds of sour pomegranates; and it is necessary that the pot rests a little while before you prepare the dishes.

#### 40. **POTTAGE OF CRACKED BARLEY**

##### *POTAJE DE FARRO (29)*

You will take *farro* and wash it with cold water two or three times; and when you have washed it well, put it in the pot where it must cook and cast in good hen's broth with the *farro* all together and cook it on the fire; when it is more than half cooked, you will take good almond milk and cast it in the pot; and then you will put good sugar in the pot while the pot cooks; and when it is well-cooked, take it away from the fire wrapped in a cloth. And when it has rested well, prepare dishes and cast sugar and cinnamon on them.

And likewise if you wish to make sauce you can make it just the same. And if perhaps you wish to make a dish of cracked barley which will be delicate, make it in this manner: take the *farro* and cook it in good hen's broth, or mutton broth, and when it is more than half cooked, strain it through a woollen cloth; and the strained liquor that comes out must finish cooking with the almond milk; and cook it until it is thickened and then cast sugar upon the dishes; and this dish is good for invalids because it is very delicate.

#### 41. **POTTAGE OF CRACKED WHEAT**

##### *POTAJE DE SEMOLA (30)*

You must take *semola* and wash it with two or three waters until it is quite clean; and pass the *semola* between two dishes, passing it from one dish to the other; and this is done in case it contains any dirt; and when this is done put it in the pot and cook it with your broth, stirring it constantly with a stick until it is cooked, and then grind blanched peeled almonds and blend them with good hen's broth and strain it through a woollen cloth, and then cast in it the pot with the *semola*, and stir it constantly and vigorously until it is cooked; and then put ground sugar in the pot and stir it no more than two or three turns; and prepare dishes and cast fine sugar upon them.

But note one thing: when you wish to prepare *semola* or *farro* or similar foods, with hen's broth, the broth must be good and quite fatty; and in this manner it will not be necessary to cast in almond milk, but rather cook it with the broth alone; nor is sugar necessary in the pot, nor upon the dishes if you do not wish to cast it on, it is not necessary; and if you wish it to be yellow, let the broth in which you cast it to cook be blended with ground saffron, and set it to cook and to become a very elegant yellow color.

Each time that you blend any kind of saffron with whatsoever type of broth, see that the broth is well-salted; and in this manner you will always make good stews and pottages.

#### 42. **ALMODROTE (31) WHICH IS CAPIROTADA (32)**

##### *ALMODROTE QUE ES CAPIROTADA*

You shall take partridges and after they have been well-plucked, put them between the embers; and when they have been there for the space of a Paternoster (33), take them out and clean everything off them, and roast them, and baste them sufficiently with your bacon fat; and when they are roasted, cut them as if to make portions of them, and then grate good cheese of Aragon that is fine; and take two whole heads of garlic roasted between the embers and then peel them very well and cleanly, and grind them in a mortar; and then put the cheese in the mortar, and resume grinding it all together; and while you are grinding them, cast a good spoonful of lard into the mortar, with some egg yolks, and grind it all together; and when it is all well-ground, blend it with good mutton broth that is half cooled, because if it were very hot it would consume the cheese; and then make slices of bread and toast them, and scrape off the burnt parts, and then scald or soak these toasted slices of bread with good mutton broth in an earthenware bowl or a deep plate; and then take them out and put them on a large plate, all around, in this manner: a layer of bread slices, and another of partridges, and in this manner fill up the plate with a platform of bread

slices and another of partridges; and when the plate is full, cast the *almodrote* on top of it all and then take melted lard and scatter it over the plate.

**43. HILADEA (34) WHICH IS CALLED GELATIN**

*HILADEA QUE SE DICE GELATINA*

Take calves' trotters, well-plucked and clean and white, which are not skinned, and break them in half and wash them well; and set them to cook with another two pairs of sheep's trotters; and if four or six bowlfuls of water are necessary to cook them, only cast in half of that; and for the rest, in place of water, cast in white wine, very fine and fragrant, and cook it all in a pot until it is well-cooked; and cast into the pot, ginger, anise, cinnamon cut small, and pepper, and nutmeg and mace and saffron, all whole; and according to the quantity that you wish to make, you must cast the white wine in the pot; and when they are well-cooked, take them out of the pot and make pieces as big as a finger; and then take hens that have been cooked in a separate pot, and cut them as if to make portions; and then take a large plate, and put those cut-up hens and cut-up trotters on the plate, and cast upon it the broth from the trotters in such a manner that no grease falls upon the plate, straining it through a woolen cloth; and when it has been half strained, put bay leaves all around the edge of the plate, and leave it in this way and it will congeal soon; and if by chance it does not congeal promptly, cast in a little galingale or spikenard (35) and soon it will doubtlessly congeal; (36) and in this way is made good *geladea* or gelatine.

**44. POTTAGE OF MERRITOCHE**

*POTAJE MERRITOCHE*

Take peeled, clean, blanched almonds and grind them well in a mortar, and blend them with good broth of mutton or hen, and strain it through a woolen cloth; and when it has all been strained, cast it in the pot with a piece of sugar and set it to cook, stirring it constantly with a stick; and when it is more than half cooked, take sage, and make four pieces of each leaf, and to a pound of almonds you may put ten leaves of sage; and then take the sage which is needed, give it a boil and then cast it in the pot with the almond milk and cook it all together; and while it cooks, cast a great deal of pot-grease into the sauce and also cast in ground grains of paradise; and after it is cooked, prepare dishes, and cast upon them sugar and ground ginger mixed together.

**45. SAUCE FOR GEESE (37)**

*SALSA DE ANSARONES*

You will take peeled almonds, clean and blanched and grind them in a mortar; and after they are well-ground, take the livers of the geese or of hens which have been cooked in a pot, and grind them with the almonds; and after they are well-ground and mixed, blend it all with good hen's broth and strain it through a woolen cloth; and after it has been strained, cast it in the pot with sugar, and stir it constantly with a stick and cast all fine spices in it except saffron; and the sauce should be a little between sour and sweet; and cast sugar and cinnamon upon the dishes.

**46. POTTAGE OF ONIONS THAT IS CALLED CEBOLLADA**

*POTAJE DE CEBOLLAS QUE DICEN CEBOLLADA*

You will take onions, peeled and well-washed and cleaned and cut them in large pieces; and cast them in a pot of water that is boiling; and when they have boiled once or twice in the pot, remove them from the pot and squeeze them between two wooden chopping blocks; and then gently fry them with melted good fatty bacon or with bacon grease, moving them about with a spatula, and stirring them in the frying pan with said spatula which is of wood. And if the onions become at all dry, cast in good fatty mutton broth until the onions are well-cooked. And then take almonds which are well-peeled and blanched. And grind them well in a mortar, and then mix them with



good mutton broth and strain them through a woolen cloth. And then cast the almond milk in the pot with the onions. And mix it well. And then cook them well until the onions are cooked with the almond milk. And cast into the pot some good cheese of Aragon, grated, and mix them well with a *haravillo* as if they were gourds. And when they are well-mixed with the cheese, and you see that it is cooked, prepare dishes, first casting into the pot a pair of egg yolks for each dish; and if you wish, cast sugar and cinnamon on the dishes, and it is good.

**47. STUFFING FOR KID**

*RELLENO DE CABRITO*

You will take loins of mutton and entrails of kid. And cook them in a pot with a good piece of streaky bacon. And when it is cooked, mince it very finely on a wooden chopping block and put with it a little grated bread and a little grated cheese. And mix it well, and chop it again very well with a little finely-chopped parsley. And mix it with some eggs, the white and the yolks together (38). And cast all the fine spices on it, and enough saffron, because this pottage should be very yellow; and mix it well, so chopped and fine that it will appear to be ground, and then gently fry the kid or suckling pig; if it is a suckling pig, it is not usual to add parsley.

**48. KID PIE**

*PASTEL DE CABRITO*

And if by chance the kids are too fat to be roasted, you may cut them in pieces, and make them into *pasteles* or *empanadas* (39) And you may take fine spice and chopped parsley and put them in the *empanadas* with a little sweet oil and take this food to the oven; and a little before you remove it from the oven, beat some eggs with verjuice or orange juice and put it in the *empanada* through the vent hole on the top of the *empanada*, and then return it to the oven for the space of three Paternosters. And then remove it, and put this *pastel* before the lord on a plate, and open it and give it to him.

**49. BARDING FOR PEACOCKS OR CAPONS**

*EMBORROZAMIENTO DE PAVOS O CAPONES*

After the peacocks or capons are half-roasted on the spit, take good fatty bacon and make wide slices the size of the peacock or capon breasts, and put this slices on the breasts in such a way that they cannot fall off. And after they are well-fastened, return them to the fire to roast; and before you put it on the fire, put the head of the capon in such a manner that it will not burn. And put the head with the beak stretched out lengthwise inside the carcass; you can cover peacock and capons with white paper well-fastened over the bacon.

**50. EGGPLANT IN CASSEROLE**

*BERENJENAS EN CAZUELA*

Take eggplants and peel off the skin very well, and cut each one of them into three or four pieces and cook them in good mutton broth, with a pair of onions; and cook them until they are well-cooked; and being cooked, take them out of the pot and chop them very finely on a chopping block, and then cast on them good cheese of Aragon, grated, and some egg yolks. And resume chopping with your knife as if it were for stuffing for kid, (40) and cast fine spice upon it and put all these spices in the casserole, well-mixed: ginger, mace, nutmeg and green coriander and parsley; and then take the casserole to the oven; and when it is cooked, cast sugar and cinnamon on top.

**51. THICK EGGPLANT**

*BERENJENAS ESPESAS*

Clean the skin off the eggplants and put them in cold water; and then set them to cook in a pot with a pair of clean onions in meat broth that is fatty. And while it cooks, stir it constantly with a wooden stirrer; and then take peeled blanched almonds, and grind them well in a mortar and blend them with good mutton broth or hen's broth, and strain them through a woolen cloth. And when the eggplants have been strained, they will be close to cooked, then cast them into the milk until they are cooked. And cast on them good cheese of Aragon, grated, then turn them about with a *haravillo*, just like gourds. And when they are thoroughly stirred with the *haravillo*, cast on them egg yolks and other things: ground dry coriander; and upon the coriander, cast in the pot nutmeg and caraway and cinnamon and cloves, all ground; and cast it in the pot, and then prepare dishes; and upon each one, cast grated cheese of Aragon, which is very good.

## **52. MOORISH EGGPLANT**

### *BERENJENAS A LA MORISCA*

Peel the eggplants and quarter them, and their skins having been peeled, set them to cook; and when they are well-cooked, remove them from the fire, and then squeeze them between two wooden chopping blocks, so they do not retain water. And then chop them with a knife. And let them go to the pot and let them be gently fried, very well, with good bacon or with sweet oil, because the Moors do not eat bacon. And when they are gently fried, set them to cook in a pot and cast in good fatty broth, and the fat of meat, and grated cheese which is fine, and above all, ground coriander; and then stir it with a *haravillo* like gourds; and when they are nearly cooked, put in egg yolks beaten with verjuice, as if they were gourds.

## **53. POTTAGE OF JUNGLADA OR COOKED HARE**

### *POTAJE DE JUNGLADA O LEBRADA (41)*

Take a hare and skin it, and being well-cleaned and washed, cast it in the pot and give it a boil; then take it out and set it to roast on a spit. And when it is more than half-roasted, remove it from the spit and cut it into pieces which are rather large. And then take onion chopped very finely, and gently fry it with good fatty bacon. And then gently fry the hare also, and take toasted almonds and grind them well with a crustless piece of bread soaked in white vinegar, and grind it all together; and then grind with all this, livers of hens, or kid, or sheep, or spleens, roasted in the coals, and grind them all together; and when they are well-ground, cast in a pair of eggs for each dish. And then blend it with good broth of mutton or hen, and strain it through a woolen cloth; and when it has been strained, set it to cook, and put a good quantity of ginger and cinnamon on top. And it must taste a little of vinegar; and if you wish, put sugar or honey according to your will.

## **54. THICK GOURDS WITH MEAT BROTH**

### *CALABAZAS ESPESAS CON CALDO DE CARNE*

Take gourds, and scrape them very well so that they become very white and clean. And then cut them into very long thin slices; and take good fatty bacon, and a piece of mutton together with the bacon, and when everything is very well melted, strain it through a sieve and cast it in the pot where the gourds must cook with the fatty bacon, and stir it constantly with a stick; and cast in an onion, and gently fry it with the gourds; and when they are gently fried, take good kidney suet of a sheep, and set it to cook separately with a pair or two of squabs; and you will make good broth which is well-salted; and when the broth is made, little by little cast it upon the gourds, and always take the fattiest [broth]; and when the gourds are well-cooked, and quite mushy, take almond milk or milk of goats or sheep — but the almond milk is never lacking — and cast the milk in the pot; and when the milk is cooked with the gourds, turn them about with a *haravillo* in such a manner

that not even the smallest piece of gourd remains undissolved; and cast good cheese of Aragon which is grated and very fine, in with the gourds; and when this is done take two egg yolks for each dish, well-beaten with verjuice, then mix them with the gourds; then make [them] in such a manner that they taste a little of verjuice; and then prepare dishes, and cast upon them sugar and cinnamon.

## 55. MOORISH GOURDS

### *CALABAZAS A LA MORISCA*

Scrape the gourds very well until they are very clean and white, and then make wide slices and cut them like round fingers; and take onion and cut it in the same way as the gourd, and to each gourd put two onions; and when they are cut, cast them in good mutton broth that is boiling well; and when they are cooked, cast upon them goat milk or sheep milk, and if there is none, cast in almond milk; and cook the milk well with the gourds; and when the milk is cooked, turn them well with your *haravillo* and cast upon them good grated cheese and fine spices; and also cumin, and caraway, and a pair of eggs for each dish; and turn it all together and prepare dishes; and cast sugar and cinnamon upon them.

## 56. GOURDS IN ANOTHER WAY

### *OTRA MANERA DE CALABAZAS*

Take the most tender gourds that you can get, and clean them so that they become very white, and cut them into slices which are very thin, and fry them gently with good fatty bacon; and when they are gently fried, cast upon them good mutton broth which is very fatty, in which has been cooked a loin of a good fat cow; and with this broth, cook them very well, and when they are cooked, cast almond milk or goat milk upon them; and finish cooking them with the milk, and turn them a great deal with your *tornillo* (42) or *haravillo* in such a manner that not a lump remains; and this is a good style of gourds, in which there is no cheese in them, nor eggs, nor onions; however, while cooking, you must cast in a little verjuice, because otherwise they aren't worth much.

## 57. RICE WITH MEAT BROTH

### *ARROZ CON CALDO DE CARNE*

You must take rice and wash it with cold water or tepid water three or four times; and when it is well-washed, set it to dry on a wooden chopping block in the sun, and if there is none, near the fire; and when it is dry, clean it well of the stones and filth; then put a very clean pot on the fire with meat broth, which is fatty and well-salted, and put it on the fire; and when the broth begins to boil, cast the rice in the pot; and when the rice is more than half-cooked, cast in goat or sheep milk, and for lack of these cast in almond milk; and cook everything in the pot, stirring it from time to time with a large spoon so that it does not stick to the pot or burn; and when it is cooked, remove it from the fire and put the well-covered pot inside a pannier or basket of bran, and leave it there to rest for a while, which should be for the space of an hour or at least half. Then take egg yolks and beat them well when you wish to prepare dishes, and cast them in the pot, mixing them with the rice, and giving them a few turns with the large spoon. Then prepare dishes, and cast upon each one sugar and cinnamon.

But note one thing, as I said in the chapter on *semola*: that in none of these pottages, such as rice, *semola*, *farro*, and *fideos*, when cooked with meat broth, is it necessary to put in any kind of milk; but everything is according to the appetites of the men who eat it; and with this pottage, there is no need to cast sugar upon the dishes; however, sugar never harms the food; and the excellence is in this, that each one does according to his taste.

**58. RICE CASSEROLE IN THE OVEN**

*ARROZ EN CAZUELA AL HORNO*

Clean the rice well of stones and filth, and wash it with two or three [changes of] cold water and then with hot water. And after it is well-washed, set it to dry on a wooden chopping block in the sun or by the heat of the fire. And when it is dry, clean it again in such a manner that it is very clean; then take a very clean casserole and cast in good meat broth which is fatty, and set it to boil on the fire; and when it begins to boil, put in two or three threads of saffron so that the broth becomes quite yellow. And when the broth is quite yellow, cast in the rice bit by bit, stirring it with a stick or with a large spoon; and when the rice is in the casserole cast in whatever quantity of broth that seems necessary to you so that it cooks no more. and taste it to see that it is well-salted and fatty; and put it to cook in the oven; and a little before it finishes cooking, remove it from the oven and cast some whole fresh egg yolks over the rice. And then return the casserole to the oven to finish cooking; and it is cooked when you see that the rice has made a good crust on top; and then prepare dishes, and in each one put one or two of the egg yolks which were upon the rice; and if by chance the oven was not prepared, put the casserole on a coal fire and put an iron lid full of coals on it; and in this manner it will come out of there as if it had been cooked in the oven, and perhaps better because it remains nearer for sampling, and this is good rice.

**59. POTTAGE OF NOODLES**

*POTAJE DE FIDEOS (43)*

Clean the *fideos* of their filth, and when they are well-cleaned (44) put a very clean pot on the fire with good fatty hen's broth or mutton broth that is well-salted; and when the broth begins to boil, cast the *fideos* into the pot with a piece of sugar; and when they are more than half cooked, cast goat or sheep milk into the pot with the hen's broth or mutton broth; or instead of that, almond milk, for that can never be lacking; and cook everything well together, and when the *fideos* are cooked, remove the pot from the fire and let it rest a little while; and prepare dishes, casting sugar and cinnamon upon them; but as I have said in the chapter on rice, many say that with pottages of this kind which are cooked with meat broth that one should not cast in either sugar or milk, but this is according to each one's appetite; and in truth, with *fideos* or rice cooked in meat broth, it is better to cast good grated cheese upon the dishes.

**60. POTTAGE WHICH IS CALLED *PORRIOL* (45)**

*POTAJE QUE SE DICE DE PORRIOL*

Take finely-cut onions and chop them with a knife on a chopping block, and while you are chopping them cast salt and cold water on top; and this you will do many times; and each time, squeeze them between two chopping-blocks so that all the viscosity comes out. And this being done, cook them with a good quantity of bacon fat or common oil which is very sweet and good, and then cast on sweet white wine tempered with vinegar. and when it has boiled a little, cast on pepper and ground salt; taste it, and if it seems very strong to you, cast in a little water, and taste it again to see if it is of a good strength and well-salted; and then cast on cut-up or whole partridges or other birds.

**61. POTTAGE WHICH IS CALLED *PORRIOLA***

*POTAJE QUE SE DICE PORRIOLA*

Take the quantity of onions according to which you wish to make the pottage, and chop them a great deal on a chopping block, and cast upon them your ground salt and cold water, and press them between two chopping blocks so that the viscosity comes out of them; and do the same again, pressing them well between your two chopping blocks, so that no viscosity remains in them; and then scald them well three or four times, and each time let them be well-pressed so that

all of the viscosity comes out; and then gently fry the onion very well with pork grease little by little; then cast good spices upon it, and cast them in the best broth that you have, and set them to cook; and then cast in egg yolks and well-chopped hens' livers if you wish.

**62. POTTAGE WHICH IS CALLED *NERRICOQUE* (46)**

*POTAJE QUE SE DICE NERRICOQUE*

Take mutton and make small pieces three fingers long and set it to cook in a clean pot with your salt and your provisions (47) and skim it very well; and when it is well skimmed, take parsley, and mint, and marjoram, and savory, and hyssop, and other good herbs, and onions cut small, and cast it all into the pot and cook it well; and then grind almonds which are well-peeled and blanched; and when they are well-ground, cast upon them livers of hen or kid, which are of equal worth if they are tender, and cook it in your pot. And grind everything together with the almonds; and after it is ground, blend it with good hen's broth, and strain it through a woolen cloth; and after it is strained, take a pair of eggs for each dish and blend them with the same milk, and strain them through a woolen cloth; and then mix everything; and when the meat is cooked, cast milk in the pot; and when it has turned thick it is cooked; and consider that you must cast in a lot of herbs; and you can dish it out, casting meat into the dishes.

**63. MADAME'S BRUET**

*BROETE DE MADAMA*

Take almonds which are not peeled, and pine nuts which are very white and clean, and grind everything together; and after grinding them, blend them with good hen's broth, and strain it through a woolen cloth; and cast it in your clean pot where it must cook; and cast upon it these spices: ginger, long pepper, and galingale, all ground; putting it all in the pot with parsley, and oregano, and a little pennyroyal, and cook everything together with saffron; and when it has boiled well, so that you know that it should be removed from the fire, take a dozen eggs beaten with vinegar and put them in the pot; and make it so that the broth is a little sour, but not much; and when you cast them into the broth, you must see that it is not very hot so that the eggs do not harden immediately; and stirring it constantly with a stick when the eggs are there in the broth, because they will curdle promptly.

**64. GOOD BRUET WITH MEAT BROTH**

*BUEN BROETE CON CALDO DE CARNE*

If you wish to make the said bruet with a pullet or with cockerels, it will be better. Take the chickens and have them cooked in a very clean pot with good mutton or bacon; and taste the pot to see that it is well-salted; and then take the best broth from the pot, and strain it through a woolen cloth; and then put it in a clean pot and let it cool well; and cast on it all fine spices and ground saffron; and take two egg yolks for each dish and blend them with the cold broth and verjuice so that it does not curdle, and then strain them through a woolen cloth so that they are quite thin; and after straining them, cast them in the pot of broth, and cast in ginger, tasting the pot for saltiness and for sourness before putting it on the fire; and then set it to cook on the fire and stir it constantly with a stick until it is cooked; and if you wish to add milk for half of the broth—however it should be from almonds—the bruet will be better; and when the said bruet is totally cooked, cast the chicken in it, cut into pieces, as if to serve portions; and when they have boiled a little in the pot, take them out and put them on a plate; and before preparing dishes, cast a little shredded or chopped parsley in the pot, and then prepare dishes.

**65. ANOTHER GOOD BRUET WHICH IS CALLED "OF *VERINES*"**

*OTRO BROETE BUENO QUE SE DICE DE VERINES (48)*

Take almond milk and set it aside; then take parsley that is well-ground and strain it through a woolen cloth, and then mix it with the almond milk which you have made with hen's broth or mutton broth which is quite fatty; and also cast in ground ginger; then set it on the fire to cook, and stir it constantly with your stick until it boils; and when it has boiled, stir it gently until it is thick. There are also those who cast in shredded parsley and do not grind it; and prepare dishes a little while before you bring them to the table, and you will see that inside the dish that it is green and on top it is white, and because of this it is called *broete de verines*. (49)

**66. GOOD BRUET WITH MEAT BROTH WHICH IS CALLED "SPONGE"**

*BUEN BROETE CON CALDO DE CARNE QUE SE DICE DE ESPONJA*

You must take a clean pot and cast in it the best and fattiest broth of the pot which is well-salted, and strain this broth through a woolen cloth; and cast it in your pot, and leave it there to cool until it has lost its heat; and while it is cooling, cast into the pot cinnamon, and ginger, and saffron all ground up; and then take two egg yolks for each dish, and beat them with verjuice, and with just a little white vinegar, that the broth should be a little bit sour; and then cast it in the pot, and set it to cook stirring constantly until it boils; because if you do not stir it, it will immediately curdle and separate; and when it is well-cooked, remove it from the fire; and prepare dishes; and if you wish, then you can cast a little broth in each dish and it will look a little like yellow sponge; and because of this it is called "bruet of sponge".

**67. POTTAGE OF FAT**

*POTAJE DE GRASA*

For six dishes, take a half pound of grated cheese with half of a grated hard bread, all mixed, and lastly take six egg yolks beaten very well; and take up to four dishes of well-skimmed pot-grease, and put this broth to boil over coals that do not give off smoke; and grind three *madres* of cloves, (50) and pepper, and saffron, and cast them into the broth; and cast into it four ounces of sugar, or in place of that as much honey; and cast in a few drops of vinegar to give flavor, and set it to boil; and when it has boiled, set it apart outside and beat the bread with the eggs and the cheese; and cast it into the pot, stirring it with a large wooden spoon so that it does not separate; and cast it in little by little; and when everything has been cast in, return it to the coals until it is thick; and sample the flavor, and if it is good, remove it from the fire.

**68. THE SAME POTTAGE MADE FROM MILK**

*EL MISMO POTAJE DE LECHE*

For six dishes, take a half *azumbre* of milk, and a half pound of rice flour; and take a half pound of boneless mutton leg, and cook it with water and salt until it is very well-cooked; and then remove it from there, and grind it, and continually grind it while casting in the broth of the same meat; and when it is well-ground, cast half of the milk into it and strain it with your woolen cloth, or with a horsehair sieve, or with a clean linen cloth; and when it is well-strained, stir it constantly in one direction with a large wooden spoon; and make it in a large pot or in a new glazed earthenware pot; and take the flour and cast it in, little by little, stirring in one direction; and if you see that it is very thick, cast in all the other milk; and cast in, after that, half a pound of sugar; and set it to cook on the coals where there is no smoke, stirring it around constantly in one direction, and in every part, so that it does not stick; and when it is thick, sample the taste, and if it is good, set it apart outside; and dish it out, and cast sugar and cinnamon over the dishes.

**69. GOOD FRENCH SAUCE**

*BUENA SALSA FRANCESA*

You must take almonds that are peeled and very clean and blanched, and pine nuts, and grind them very well with ginger and pepper; and put in a lot of cinnamon; and blend it with sour pomegranate wine so that the flavor remains between sour and sweet; and similarly you can make the sauce with the juice of sour pomegranates and with only cinnamon mixed in and cast on top.

**70. THIN SAUCE FOR WILD BIRDS, SUCH AS WILD DOVES, WOODPIGEONS AND WILD DUCKS**

*SALSERON PARA AVES SALVAJES, COMO SON PALOMAS SALVAS, TORCAZAS Y ANADES SALVAJES*

You must take wild doves, and woodpigeons, or wild ducks which in Valencia they call *fofjas* (51), and roast the said doves, which should not be very roasted, but a little more than half-roasted; and cut them up like one cuts a hen; and cast them into two basins or on two large deep plates; and cast on top of them: ground salt, and vinegar, pepper, and orange juice, all mixed in wine; and beat it a great deal between two plates a long while, so that the juices or thin sauce mix; and mingle it with the cut-up birds; and put them on your plates with your thin sauce and it is good.

**71. POTTAGE CALLED THIN WHITE SAUCE**

*POTAJE LLAMADO SALSERON BLANCO*

You must take peeled almonds and grind them well; then blend them with orange juice or other sour stuff, or with water; and cast in enough white sugar; this sauce does not have to be strained through a woolen cloth, except that it should be well-ground, and sweet-sour. And you can put this sauce on all fowls.

**72. THIN SAUCE FOR ROASTED SQUABS**

*SALSERON PARA PALOMINOS ASADOS*

Take the livers of the squabs, and roast them in the coals so that they are not very roasted; and you can add a little liver of kid, or of sheep; and grind everything with a crustless piece of toasted bread soaked in white vinegar; and when it is all well-ground, blend it with broth or with water that is well-salted, and strain it through a woolen cloth; and then put it in a pot, and cook it there; and cast in pepper, and ground ginger, and give it a brief boil.

**73. ANOTHER THIN SAUCE FOR ROASTED SQUABS**

*OTRO SALSERON PARA PALOMINOS ASADOS*

Roast the livers of the squabs over the coals and grind them in a mortar; and take grated cheese, and vinegar, and grind them all together with the said squab livers; and after it is ground, blend it with broth or hot water, and strain it through a sieve, and cast it in the pot where it must boil; and cast in these ground spices: pepper and grains of paradise; and boil it, little by little, stirring with a stick constantly in one direction, otherwise the thin sauce will separate.

**74. THIN SAUCE FOR ROASTED FOWL**

*SALSERON PARA VOLATERIA ASADA*

You must take fowl, and roast (52) their livers in a pot with good mutton broth or hen's broth, if you have it; and when they are roasted, grind them; and after they are ground, cast a little fine ground ginger on them, so that the thin sauce will taste a little of ginger; and cast a piece of sugar upon it in the mortar, and resume grinding everything together; and when it is ground, blend the sauce with some sour stuff such as verjuice or white vinegar which has been watered down or

mixed with wine, so that it does not remain very strong, or with orange juice; but see that you do not blend it until your lord is at table so that it will not be cold.

**75. THIN SAUCE FOR ROASTED PARTRIDGES OR HENS**

*SALSERON PARA PERDICES O GALLINAS ASADAS*

Grind almonds which are clean, peeled, and blanched; and blend them with juice of sour pomegranates; then cast pulverized sugar in the mortar, and cinnamon, and ginger, because its color and flavor should tend almost towards cinnamon; there is no need to strain it through a sieve.

**76. POTTAGE WHICH IS CALLED *HIGATE* BECAUSE IT IS MADE FROM FIGS**

*POTAJE QUE SE DICE HIGATE PORQUE SE HACE DE HIGOS*

Take white and black figs and put them in cold water, or tepid which would be better; and with this water wash the figs very well, and remove the stems; and when they are very clean and washed, set them to gently fry with good, very fatty bacon; and when they have gently fried for a while, take good hen's broth or mutton broth, and cast it in little by little, in such a manner that it can cook for an hour and a half; (53) and while it cooks, cast all these spices upon it in the pot, which should be well-ground: sugar, ginger, cinnamon, and pepper, and other good spices; and if the pottage is of black figs, cast in a little saffron, so that it has a yellow color; and when it is half cooked, stir it with a *haravillo*, like someone stirring gourds, in such a manner that it will be thick; and do not remove your hand from them until they are well-thickened, tasting it for saltiness and sourness and sweetness; and when it is removed from the fire, let it rest a little while; and prepare dishes, and cast sugar and cinnamon upon them.

**77. THIN SAUCE FROM THE JUICE OF SOUR POMEGRANATES**

*SALSERON DE ZUMO DE GRANADAS AGRAS*

Take a cup of the seeds of sour pomegranates and thoroughly extract the juice from them; and then take a roasted hen's liver, and grind it well in a mortar with eight egg yolks; and when it is all well-ground, strain it through a woolen cloth; and when it has been strained, put it in the pot or an earthenware casserole. And take an ounce of cinnamon, or cast in the spice according to the quantity which you desire to make, and let it be ground and blended with the said juice; and cast four ounces of sugar on it, and then set it on a fire of coals and cook it until it begins to thicken; and this sauce is good for all fowls in place of sauce for peacock; and it is made very quickly.

**78. POTTAGE OF *ALIDEME* (54) OF EGGS (55)**

*POTAJE DE ALIDEME DE HUEVOS*

Take a casserole that is very clean, and cast into it onions, and parsley, and mint, and marjoram, which is called *moraduj* in the kingdoms of Aragon, with salt and oil, all mixed with water, and set it all to cook; and when it is cooked, grind these a little of these herbs, that have cooked in the pot or casserole, with a little of that same onion. And when they are ground, blend them with the same broth; and when they are blended, set them to cook in a clean pot. And then take egg yolks, and beat them very well with verjuice or white vinegar; and cast into the pot all fine spices, and ground saffron, more rather than less; and when it has cooked a little, remove it from the fire. And leave it a little while to rest or cool; and then cast in the eggs little by little; then return it to the fire; and when it has cooked a little while longer, remove it from the fire and stir it well constantly and in such a manner that never ceases while it boils. And then dish it out.

**79. CAKE (56) OF EGGS WHICH IS CALLED *SALVIATE***

*TORTA DE HUEVOS QUE SE DICE SALVIATE*



Take some sage leaves, and grind them quite vigorously; and take a good quantity of eggs, and beat them and mix them with the sage; and then take a frying pan, and cast in lard in such a manner that after melting there is a finger's breadth or more in the frying pan; and if there is no lard, take common oil which is sweet and very good, the same quantity; and when the lard or oil boils, cast in the eggs with the sage, and make of them an omelet (57) which is well-cooked; and this omelet should be two fingers thick, or more. And when it is well-cooked or fried, cast it on a good plate with much sugar above and below; and this omelet should be eaten hot.

**80. ILL-COOKED MILK (58)**

*LECHE MAL COCIDA*

Grind blanched almonds with a crustless piece of bread, and when it is well-ground strain it through a woolen cloth, and when it is all strained put it in a clean pot, and put it on the fire, and when it has boiled remove it from the fire, and take some beaten egg yolks, and cast them in the pot stirring them a few times, and then prepare dishes, and if you set the crustless piece of bread to soak in rosewater it cannot be anything but better; although the other suffices, rosewater is always good in many dishes.

**81. JUSELLO (59) WITH MEAT BROTH**

*JUSELLO CON CALDO DE CARNE*

Take good meat broth which is fatty, and strain it through a woolen cloth; and put this broth in a clean pot, and set it to cook on the fire; and when it has boiled, take a good handful of parsley and clean it well, and grind it very well in a mortar; and blend it with the broth from the pot of meat, and strain it through a woolen cloth; and put it in your pot; and take half a pound of very good cheese of Aragon which should be fine, and grate it very well. And when it is grated, put it in a large dish; and take a pair of eggs with their whites for each dish, and beat it all a great deal, and cast it in the cheese; and let everything be well-beaten together with good fine spice in the large dish; and when everything is very well-beaten, cast it in the pot where the broth is, and give it a boil; and when it boils, give it two or three stirs with a large spoon or spoon, and then remove the pot from the fire; and cut or shred a little parsley. And cast it in the pot, and then prepare dishes of this *jusello*.

**82. POTTAGE LIKE THE ABOVEMENTIONED ONE WITH SOMETHING ADDED, WHICH IS CALLED JUSELLO**

*POTAJE COMO EL MISMO SOBREDICHO Y ALGO A—ADIDO QUE ES DICHO JUSELLO*

The above-mentioned pottage of *jusello* can be made for a lesser cost by adding well-grated hard bread to the grated cheese; and mix everything together with your eggs and your fine spice; and it is also good and costs less.

**83. TO MAKE A GOOD COMFORTING VERJUICE**

*PARA HACER BUEN AGRAZ CONFORTATIVO*

When you grind the unripe grapes (60) to extract the juice, grind them with a sprig or some leaves of basil. And it is very good for comforting the heart. And it is of good flavor.

**84. MODERN POTTAGE**

*POTAJE MODERNO*

Take well-cleaned and washed spinach, and chard, and borage; give them a boil with meat broth which is well-salted. And see that it does not cook too much, but they should be half-cooked. And remove them from the pot. And press these herbs between two wooden chopping blocks.

And then chop them very well. And when they are well-chopped, take good fatty bacon; and gently fry it so that all of its fat comes out, and cast the fat of this bacon in a very clean pot, and gently fry the said herbs with this fat. And when they are gently fried, cast into the pot good strained milk of goats, or sheep, or almond milk, and cook it in your pot, and when the milk is cooked, the herbs should not yet be cooked. And then cast into the pot: cinnamon, ginger, and pepper, well-ground; and likewise, good streaky bacon cooked in the pot; and prepare dishes.

#### **85. ANOTHER MODERN POTTAGE**

##### *OTRO POTAJE MODERNO*

Take the fleshy leaves of the *bledas* (61) which is chard, and clean them very well; and give them a brief boil with water and salt, so that they come out half-cooked. And then remove it from the fire, and remove more than half of the broth; and return it to cook on the fire with a little good sweet oil; and when they are cooked, taste them for salt; and then prepare dishes and cast good grated cheese upon them, and also cast some of this cheese beneath them; and they are good for Lent, if you have a dispensation. (62)

#### **86. CHOPPED SPINACH**

##### *ESPINACAS PICADAS*

You must take spinach and clean it, and wash it very well, and give it a brief boil with water and salt; then press it very well between two chopping-blocks, then chop it very small. And then gently fry it in bacon fat; and when it is gently fried, put it in a pot on the fire, and cook it; and cast in the pot: good broth of mutton, and of bacon which is very fatty and good, only the flower (63) of the pot; and if by chance you wish it, in place of the broth, cast upon it milk of goats or sheep, and if not, of almonds; and take the bacon, and cut it into pieces the size of fingers, and cast them in the pot with the spinach; and depending on what the season it is, if you wish, cast in fresh cheese; you may do it likewise, like the abovementioned slices of bacon; and if you put in a great deal, do not put it in until the spinach is entirely cooked, and cast this in a little before dishing it out; and if you wish also to cast in tender raisins which are cooked, you can do it all around the spinach; and if you do not wish to put in these things, neither bacon nor grated cheese of Aragon, cast parsley and mint with it likewise; and the spinach will be better.

#### **87. A VERY SINGULAR DISTILLED BROTH FOR SICK AND WEAKENED PEOPLE (64)**

##### *PARA ENFERMOS CALDO DESTILADO Y PARA DEBILITADOS MUY SINGULAR*

Take a hen well-plucked and cleaned, and cut it to pieces in such a manner that it will fit through the neck of a jug; and break the bones well in such a manner that the substance can well come out of them. And when it is in the jug, cast in for each hen a glass of rosewater, and fifteen or twenty cloves of gilofre; and cast everything inside the jug, and then stop it up very well, in such a manner that none of the substance of the hen can come out, with your dough made with rosewater; and then you must take a cauldron full of water with a handful of straws of barley or hay at the bottom of the cauldron, and upon the straw put the jug and set it to cook on the fire; and boiling the water of the cauldron will also boil the jug; and let the boil not be vigorous, but gentle; and cook it in this manner a good three and a half hours (65), and there will remain in the jug a reasonable quantity of broth; and this broth is a very extraordinary thing for those who are ill; and the straw must be put on the bottom of the cauldron so that the jug does not touch the bottom of the cauldron; because otherwise, the boiling of the cauldron would run the risk of breaking the jug, and if it did not break, the broth would absorb the flavor of the cauldron.

And if you desire to make this broth of greater sustenance for invalids who are very weak and are

consumptive, you can cast in the juice of a roasted mutton leg; and not much, but something more than half-roasted, giving it some cuts until the knife goes to the bone; and press it vigorously between two chopping blocks, so that all the juice comes out of said leg, and let it fall upon the dish of concentrated broth; (66) and cast in a little bit of unripe grapes, well-ground, with some basil leaves; and this broth is a very singular thing, and of very great sustenance; and if you wish to make it of a much greater sustenance that will revive half-dead bodies and those who are at the end of life, cast into the embers or live coals, fifty pieces of gold which are very fine; and when the said pieces are glowing a great deal, remove them with very clean tongs and cast them in the broth; and if you do this two or three times, the broth will be of greater virtue; and however much more it is done, its virtue will multiply; and this broth is of such excellence that it has no price nor can its value be estimated.

**88. ANOTHER *SOLSIDO* OF HENS OR OF MUTTON OR CAPONS**

*OTRO SOLSIDO DE GALLINAS O DE CARNERO O CAPONES*

You must take a hen or capon, and arrange it as if you were going to roast it, and make pieces of it; and with a pestle, break the bones very well in such a manner that the substance can come out of it and put it in a new, very clean pot; and put whole cinnamon in the pot, and whole cloves, and a little saffron, because it cheers the heart, and all tied inside a linen cloth, clean and well-washed; and put the little rag in the pot hanging from a very clean thread, or loose if you wish; and cover the pot very well with its lid; and fasten it at the junctures between the pot and the lid with dough and water, and a wet rag around the dough, in such a manner that no substance or steam can come out of the pot; and let the pot be situated upon the coals, and covered by them up to the middle of the pot, and cook it in this manner a good three hours; and when it is cooked, remove the rag with the spices and prepare dishes; and this broth will return a nearly dead man to life, by being so singular and of such sustenance.

**89. DISTILLED *TORTA* (67) FOR INVALIDS**

*TORTA DESTILADA PARA DOLIENTES*

You must take a hen, well-plucked and well-cleaned, and cut it to pieces, and chop it on a chopping block with the bones and all; and when it is well-chopped, mix with it a quarter of an ounce of cinnamon, and another quarter of an ounce of cloves, and a quarter of an ounce of white saunders, and muscatel grapes, and more than a glassful of water of endive, and [water] of bugloss and [water] of borage; and all this well-mixed and chopped, being put in an alembic of glazed earthenware or of glass, and distill it over a gentle fire; and a very clear water will come out; this is so cordial and so singular that it will return a dead man to life; and this *torta* is customarily given only to those who cannot eat.

**90. BLANCMANGE FOR INVALIDS WHO ARE NOT EATING ANYTHING**

*MANJAR BLANCO PARA DOLIENTES QUE NO COMEN NADA*

Make *solsido* of a hen, and then put a pot on the fire; and when it boils, cast a pullet into it, and this *solsido* is made in this manner: take a hen, and break its bones well, and then put a pot on the fire and cook it until it boils a great deal, and never ceases to boil. And when you see that there are two dishes of broth, remove the pot from the fire. And then take a few blanched almonds and grind them. And when they are well-ground, strain them with that broth. And then take a pullet that was killed the night before, and remove the breasts, and set it to roast; and when it is half-roasted, remove it from the spit and grind it; and being well-ground, strain it with that milk you made; and strain it thickly, so that nothing has to be taken away from the breasts of the pullet; (68) and put sugar in proportion, and cook it over a few coals; and when it turns thick, let it cook a

little more; and if you wish make some sauce for the invalid, take a few toasted almonds, and grind them with a liver of a roasted hen, and likewise, blend it with the *solsido* of hen, and put [in] those almonds which should be quite thick. And then put a good quantity of sugar, and cinnamon, and a pair of cloves, and go to the fire to cook. And when it is cooked, cast in a little of the melted *enjundia* (69) of the hen so that it has more liquor and flavor; and dish it out with your sugar and cinnamon.

**91. MARZIPANS FOR INVALIDS WHO HAVE LOST THE DESIRE TO EAT, VERY GOOD AND OF GREAT SUSTENENCE**

*MAZAPANES PARA DOLIENDES QUE PIERDAN EL COMER, MUY BUENOS Y DE GRAN SUSTANCIA*

Take a very fat capon or a hen which is very fat, and cook it with just your salt until it is very well-cooked; then take the breasts from it, and all the white meat without skin, and weigh that meat, and take as much peeled almonds, and combine the meat and the almonds; and take as much fine white sugar as all of this, and grind the almonds a great deal, and then the meat with them, and then the sugar; and then grind everything together, and stretch that dough upon a wafer, and make little marzipans of the size that you wish; and make the edges a little high, and let it be a little deep in the middle; and moisten it with orange-flower water with some feathers. And then sprinkle fine ground and sifted sugar over that water, and then moisten it again, and sprinkle it as before; and then cook them in the oven in some flat casseroles, and paper underneath; and let the fire of the oven be moderate; and upon removing it from the casserole, the paper must be cast off of each one, (70) in such a manner that the marzipan does not break. And this is a very singular dish and of great support for the invalids who have lost the [desire] to eat; because the little of this that they eat is of more sustenance than any other thing; principally drinking in addition to it the *solsido* of hens made in the jug; and this cannot have a value placed upon it.

**92. CASSEROLE FOR INVALIDS**

*CAZUELA PARA DOLIENDES*

Take a pullet or a cockerel and kill it the night before, and cut it to pieces. And then take orange juice and rosewater so that the juice will not be very strong. And then you will take a small casserole, and cast into it the cockerel or pullet with good *enjundia* of a hen, or its fat with the said juice, and then put it in the oven, and when it is almost cooked take a pair of fresh eggs and beat them with orange juice and rosewater, and cast it into the casserole; and then return it to the oven and leave it there for the space of a *credo* (71) and remove it; and give it to the invalid who has lost appetite.

**93. STUFFING FOR INVALIDS**

*RELLENO PARA DOLIENDES*

You will take a pullet that was killed the night before, and is well-plucked and cleaned, and take a few blanched almonds, and a few raisins, and the fat of a hen, and a small piece of whole cinnamon, and a clove of gilofre, and mix everything; and put it all inside the pullet, and cook it so that the stuffing does not come out; and then roast it on a spit, and baste it with grease from a hen; and in this manner one makes the poultry stuffing for invalids.

**94. BARLEY-WATER FOR INVALIDS**

*ORDIATE (72) PARA DOLIENDES*

You will take barley and cook it the night before, according to the quantity that you wish to make. Then take a pullet or cockerel, and break its bones and then make a pot boil with water that is

clean; and moderately, in such a manner that when you cast in the pullet or cockerel, the water only covers it; and [this is] if it is little, of necessity you will have to cast in more water if the pullet is larger, and it is necessary that it cooks longer; and it must cook or boil constantly, and never cease to boil. And do not cast in salt until the last, when you know that there is no more than a dishful of broth, because it will be more flavorful. And having done this, after the patient has supped, you will take a few peeled almonds and grind them with a little of the white meat of the pullet in a mortar; and blend them with the broth of the cockerel or pullet; and when you have strained it, put this milk in a little pot; and if you wish, cast in a tiny bit of starch; you can cast it in at the same time as the milk; and then take the barley or *ordio* when it is cooked, and take a hemp-tow (73) which should not be very thin, and put it in that *ordio* or barley, and press down the hemp-tow very well, in such a manner that all the liquor comes out of the barley; then take that milk that you removed, and strain it through a sieve, in such a manner that little of the starch passes through it; and then strain everything again, the barley and all; and it should be a little clear and thin. Because in resting overnight it will turn thick. And I wish to say this now: let it cook the night before with sugar; and in the morning, when the patient is going to drink it, make it boil a little, and that will make it of great benefit; and when you give this barley-water, cast a little sugar over the dish; and if you don't wish to cast in starch, do not cast it in, [and see] that nothing goes into it.

**95. ALMOND DISH FOR INVALIDS**

*ALMENDRADA PARA DOLIENTES*

For two dishes; take a pound of almonds and peel them so that they become blanched, not with boiling water, because they lose their virtue and flavor, but rather that which is hot, and leave them there a little while until they peel. And grind them in a stone mortar two or three times, each time extracting the milk; and three dishes of milk will come out of them; and after cooking, two dishes will remain; and while cooking, cast in a little bit of salt, and your sugar and a little rosewater; and cook it away from the fire over the coals, where it does not smoke; and if the invalid has great fever and heat in his kidneys, you may cast in seeds of melon or gourd; (74) and if he has any tightness in the chest, extract milk from the almonds with water from cooked bran, which is called *talvina* (75).

**96. ANOTHER ALMOND DISH FOR VERY WEAKENED INVALIDS**

*OTRA ALMENDRADA PARA DOLIENTES MUY DEBILITADOS*

For one dish take a half pound of blanched almonds, and grind them in a mortar with a breast of capon or hen, roasted or boiled; and keep wetting the pestle of the mortar in rosewater; and when it is well-ground, blend it with the same broth of capon or hen, and strain it through a woolen cloth; and give it a brief boil or two with a half ounce of sugar, and a little rosewater; you can add fine melon seeds with the almonds.

**97. ANOTHER ALMOND DISH FOR INVALIDS WHO HAVE GREAT HEAT AND GREAT BURNING**

*OTRA ALMENDRADA PARA DOLIENTES QUE TIENEN GRAN CALENTURA Y GRANDES ARDORES*

Cook a very tender gourd with water and salt until it is almost cooked; and then press it between two chopping blocks or silver plates, until the water comes out of them; and empty out the water in which they were cooked, and return them to the pot, and cast almond milk on them, little by little; and stir it constantly with a stick or spoon until the gourd is thick and quite mushy; and cast upon it a half ounce of sugar, stirring constantly; and cast on it a little rosewater to comfort the

heart.

**98. ELECTUARY (76) OF SOUR CHERRIES FOR SICK PEOPLE WHO HAVE LOST THE DESIRE TO EAT**

*LETUARIO DE GUINDAS PARA LOS ENFERMOS QUE HAN PERDIDO LA GANA DE COMER*

Take as many sour cherries as you wish and put them in a saucepan upon the fire; and cast them in water by themselves, and let them cook in that water until they turn very tender and appear white; and then throw out that water of theirs in which they cooked; and then take a sieve of very thin horsehair, in which you can strain them, and rub them so much with your hands that everything passes through. Then for each pound of these cherries prepared like this, take half a pound of sugar and mix it in your saucepan on a gentle fire, constantly stirring with a cane until they are cooked; and then put it aside; and put this electuary in a vessel of glazed earthenware, well-stoppered; if you wish, you can put some cloves and a little cinnamon in it.

**99. TO BRING COLD TO THOSE WHO HAVE SHARP FEVERS, EVEN THOUGH IT IS OUTSIDE THE TOPIC**

*PARA HACER VENIR EL FRIO AL QUE TIENE FIEBRES AGUDAS, AUNQUE SEA FUERA DE PROPOSITO*

Extract the juice of semi-sweet (77) pomegranates (78), as much as could be contained in a good egg, and cast on it a little sugar, and set it to settle overnight; and in the morning, give it to him to drink; and let him drink it cold right away; and if he drinks it cold, the invalid is in no danger; and this is done for seven or nine mornings, and it is a singular experience. Many other foods can be made for invalids that I omit writing in order not to be tedious; and this is enough of the foods for the invalids.

**100. TO EAT FIGS IN THE FRENCH MANNER**

*COMER HIGOS A LA FRANCESA*

Take dried figs, the sweetest that you can get, black and white, and remove the stems and wash them with good white wine which is sweet; and when they are very well-cleaned, take an earthenware casserole which is big enough, which has a flat bottom, and cast them inside, stirring them a little; and then put this casserole upon the coals, and well-covered in a manner that it is stewed there. And when they are stewed, and they will have absorbed all of the moisture of the wine, stir them a little, and cast fine spice on top of them; and turn them, stirring in a manner that incorporates that spice in them; and then eat this food; and it is an elegant thing; and it should be eaten at the beginning of the meal.

**101. THIN WHITE SAUCE**

*SALSERON BLANCO*

Take three pounds of almonds, and peel them and grind them well in a mortar; then blend them with broth that is very lean and without fat, which should be from hens or mutton, and strain them through a woolen cloth; and then set this milk aside and take a pot, and cast the best broth and the fattiest into it, and set it to cook; and when it boils, you should cast in an ounce of whole cinnamon or that which seems right to you, and tie it with a thread together with a small bunch of mint; and when it has boiled well, take the cinnamon and the mint out of the pot. And then cast into the pot an ounce of fine sugar and the almond milk. And boil it a little; and when it is cooked, prepare dishes; and there should be exactly four dishes of thin sauce.

**102. BRUSCATE FOR TWELVE DISHES WHICH IS MADE FROM KID'S LIVER AND SPLEEN**

*BRUSCATE PARA DOCE ESCUDILLAS QUE SE HACE DE HIGADO DE CABRITO Y DE BAZO*

You must take two pounds of toasted almonds, and grind them well in a mortar; and take three sheep spleens, and a kid's liver, and a handful of these herbs which are: *moraduj*, which in Castile is called marjoram, and savory, and mint, and parsley, tying it all with a thread, and set it all to cook in a casserole; and when it is cooked with that broth, you will prepare the almond milk together with the liver and the herbs; and grind it all with twelve eggs, all together with a little white vinegar; and when everything is ground, blend it with the broth, and strain it through a woolen cloth; and when it has been strained, mix it with the almond milk, and then let it go to the fire to cook; and while boiling it, and stirring it, put into the pot an ounce or a half of fine spice; and stir it constantly with a stick until it is thick; and if it does not become thick, cast in a little starch; and make it in such a manner that the sauce has good color; and then prepare dishes.

**103. BIZA SAUCE FOR TEN DISHES**

*SALSA BIZA PARA DIEZ ESCUDILLAS*

You must take three pounds of peeled almonds and grind them well in a mortar; and then blend them with good hen's broth; and make it strain through a sieve, in such a manner that the milk comes out well; then set it aside. And then take the livers of ducks or hens, and grind them in a mortar, then take three or four heads of garlic roasted in the coals, and grind them with the livers. And after chopping everything well, blend it all with the broth and strain it through a woolen cloth; and then put it in a pot together with the milk; and cast into the pot: ginger, and cinnamon, and pepper, all ground, and of each item one *dinero*; and one egg yolk, well-beaten, for each dish; and two ounces of sugar; cast it into the pot.

**104. SAUCE WHICH IS CALLED PINE NUT DISH OF GARLIC**

*SALSA QUE SE DICE PI—ONADA DE AJOS*

You will take a pound of pine nuts, and another of peeled almonds, and grind them very well, each by itself, and then both together. And cook two heads of garlic in a little pot with broth of hen or mutton; and then when the garlic is well-cooked, grind it with the pine nuts and with the well-peeled almonds; first [grind] the garlic, and when it is all well-ground, grind also with it a little grated cheese, which is very good, with eight or nine hard-boiled egg yolks; and when everything is well-ground, blend it with the broth of hen, and mutton. And set it to cook in a very clean pot; and cast into it one or two ounces of sugar, and a little bit of rose vinegar tempered with rosewater in which crushed cloves, and ginger, and cinnamon, and pepper have been steeping overnight; and cook it until it is cooked and quite thick; and prepare dishes, and cast sugar and cinnamon over it.

**105. LEEK POTTAGE**

*POTAJE DE PORRADA*

You must take leeks, well-peeled, and washed and cleaned the night before, set them to soak in an earthen bowl filled with water, in the night air; and let them be this way all night until the morning; and then give them a boil, moderately, because they are very difficult to cook; and when they are well-boiled, press them a great deal between two chopping blocks, and gently fry them with the fat of good bacon; and do not cast salt upon them; and when they are well gently fried, set them to cook in a little good broth which is fatty; and then take almond milk and cast it in the pot and cook it until it is quite thick; and when it is thick, taste it for salt, and if it lacks salt cast it in;

and then prepare dishes, and [cast] upon them sugar and cinnamon.

**106. GOOD MEMBRILLATE WHICH IS A POTTAGE OF QUINCES**

*BUEN MEMBRILLATE QUE ES POTAJE DE MEMBRILLOS*

You must take as many quinces as you wish to make dishes, and quarter them, and remove the core and the pips from them, and pare off the skin; and when they are well-peeled, wash them with tepid water; then remove them from that water and set them to cook in cold water; and when they begin to get mushy, then they are cooked; and remove them from the kettle and grind them well in a mortar; and blend them with a little of that same water of theirs, and strain them through a woolen cloth; and then take three pounds of unpeeled almonds, but only wash them in cold water, or tepid which would be better, and grind them well in a mortar; and when they are well-ground, strain them through a woolen cloth, having been blended with tepid water (and if it is a meat day, blend it with meat broth); and cast the milk in with the quinces; and then cast into the pot all manner of fine spices, which are: good ginger, and good cinnamon, and saffron, and grains of paradise, and nutmeg, and mace, and if it is a meat day, you will cast in two egg yolks for each dish; and if it is a fish day, it is not needful; and when it is quite thick, prepare dishes, and [cast] upon them sugar and cinnamon.

**107. GIROFLINA (79) SAUCE**

*SALSA GIROFLINA*

You will take three sheep spleens and cook them in the pot; and after cooking them, grind them well in a mortar; and then [take] a good quantity of toasted bread, and let it be well-toasted and soaked in the broth from the spleens, and grind it with the said spleens; and cast into the mortar a dozen or a half of eggs, and grind it with the spleens and with the bread; and when it is well-ground, cast in good fine spice, except for saffron; and grind everything together; and when it is all well-ground, blend it with the broth from the spleen, and strain it through a woolen cloth; and then set it to cook in your pot; and cook it little by little with very little fire, stirring it constantly with a stick until it is quite thick; and then prepare dishes.

**108. CAMELINE SAUCE (80)**

*SALSA CAMELLINA*

Take two or three white pomegranates (81) and seed them on a very clean linen cloth; and when they are seeded, press them a great deal, in such a way that all the juice comes out; and then take a little bread, toasted and soaked in the said juice, and then take a good quantity of ground cinnamon, and cast it in with the bread, and grind it well in a mortar; and after grinding it, blend it with good broth from the pomegranates or with vinegar, which should not be very strong; and then set it on the fire to cook, stirring it constantly until it is thick; and before it boils, put a piece of fine sugar in the pot.

**109. WHITE CAMELINE SAUCE**

*SALSA BLANCA CAMELLINA*

You must take well-peeled blanched almonds and grind them in a mortar; and blend them with good hen's broth, which is well-salted, and then strain it through a woolen cloth; and set aside this almond milk, and then take the livers from the hens, and grind them well in a mortar; and then blend them with the almond milk and set it on the fire to cook; and cast sugar and the juice of sour pomegranates into the pot, and white vinegar, and cloves, and nutmeg, and cinnamon, and ginger, and long pepper, and white sugar; and all this should be well-ground and cast into the pot so that it can boil; and stir it constantly with a stick; and when it is thick, it will be cooked; but taste for salt,



and for flavor, and for spice, and for sweetness, and sourness; and before it is cooked, cast in good hen's broth, which is quite fatty, into the pot, and it must be from the juice that falls from the roasting hens into a casserole.

**110. DOBLADURA OF MUTTON**

*DOBLADURA DE CARNERO*

You will take a crustless piece of bread and remove the crust (82), and toast it so that it is not burnt, and set it to soak in the meat broth; and then take fatty bacon and fry it gently until all of the fat comes out; and then gently fry with it an onion, very clean, and cut small; and take a good quantity of toasted hazelnuts, and grind them with the toasted bread that was soaked in the broth; and after grinding it well, blend it with the meat broth, and strain it through a woolen cloth; and then take the meat and make pieces as big as two fingers and gently fry them with the bacon fat; and after gently frying it, mix it with the onion; and then take fourteen egg yolks, and all fine spices, and a little saffron, so that it has the color of the flowers of *hiniesta* or broom (83), and beat the eggs very well with the spice, and cast them into the pot to cook with the bacon and with the onions; and cook it long enough to turn quite thick; and when it is cooked, prepare dishes; and [cast] upon them ground cinnamon, and [cast] upon the cinnamon, seeds of sweet pomegranates.

**111. DOBLADURA OF VEAL**

*DOBLADURA DE TERNERA*

Roast good veal, and when it is more than half-roasted, remove it from the fire and from the spit; and cut it to pieces the size of two fingers or even smaller; and then take an onion, well-peeled and clean and cut it very small, and gently fry it with good meat broth (64) that is fatty and when it has been gently fried, moderately, take streaky bacon, and cut it just like the veal. And then cast the veal and the bacon in the casserole with the onion and gently fry everything together. And after gently frying it, put into the casserole: ginger, and cinnamon, and cloves, all well-ground; and give it three or four stirs; and then take a little malmsey (85) or wine of San Martin (86), and a little bit of vinegar and cast it into the casserole. And then make milk from almonds which are not peeled, but only rubbed with a very rough hemp-tow, and grind them with a crustless piece of toasted bread soaked in vinegar and watered down with meat broth; and when the cinnamon (87) is nearly cooked, cast in the almond milk and let it cook until it is quite thick, and then put it on plates. There are many who cast parsley, and mint, and marjoram in the casserole, but if you do not cast it in, it doesn't matter much.

**112. SMOOTH SAUCE FOR FOWLS IN THE POT**

*SALSA LISA PARA VOLATERIA DE OLLA*

Set hens or capons to cook in your pot; and when they are cooked you will take two and remove the breasts, and all the white meat of the breasts and grind it well in such manner that none of the substance is lost; and then take peeled almonds and grind them separately in a mortar, and then strain them through a woolen cloth; and blend the meat [by] grinding it with the milk; and then strain it again and put it in the pot where it must cook; and when it has boiled a little, cast in verjuice, or juice of orange, or of lemons, or white vinegar, and ground white ginger; and you can also put in scrapings of ginger in pieces the size of a finger, soaked a little while in broth, or in the sour juices of the pot; and then take cinnamon, and whole cloves, and set them in the pot tied with a thread, in such a manner than when they have lost their flavor you can take them out; and you must know that with the white meat of two hens and with a pound of almonds, you can make ten dishes; and this sauce goes with boiled hens or capons, and it must be deep in color; and there need not be saffron in it because it will be yellow.

**113. GRANADA SAUCE**

*SALSA GRANADA*

Cook the livers of the hens in a pot; and when they are cooked, grind them in a mortar with egg yolks; and blend them with good broth, which is well-salted; and then cast in a little orange juice, and then a little of spices for peacock (88), well-ground; and being well-thinned, let it go to cook on the fire until it becomes thick, stirring it constantly with a stick, in such a manner that the pot is half-full (89) and prepare dishes.

**114. BROWN SAUCE FOR PARTRIDGES AND DOVES**

*SALSA BRUNA PARA PERDICES Y PALOMAS*

You will take the livers of the partridges or doves, and roast them in the coals; and when they are roasted, grind them with a crustless piece of bread, toasted and soaked in white vinegar, tempered with red wine; then cook eggs in water until they are quite hard, and remove the yolks and grind everything together with the livers and the bread; and then blend it with a little red wine and a little vinegar, and then strain it through a woolen cloth. And then put all these things in the pot: and a little honey, and pepper, and cinnamon, and ginger, and cloves, and nutmeg, all well-pulverized, and boil it with little fire until it turns thick, because the wine does not tolerate much fire, for it evaporates and goes away in steam; and this sauce goes with roasted partridges or doves.

**115. ROSEMARY SAUCE FOR FOUR DISHES**

*ROMERATE PARA CUATRO ESCUDILLAS*

You will take a pound of almonds and rub them very vigorously with a rough hemp-tow, and then grind them in a mortar with a crustless piece of toasted bread soaked in white vinegar, but it is better in rosemary water; then blend it with good meat broth and strain it through a woolen cloth; and then taste it for flavor [to see] if it tastes of rosemary; and if it does not, put in a little of the herb, which should be well-ground and dry, but take care that you don't cast in much, so that for each little bit that you cast in take a taste; and then set it upon the fire until it turns thick; and then remove it from the fire, and let it rest; and prepare dishes, [cast] upon them sugar and cinnamon.

**116. AGALURA SAUCE FOR ONE DISH**

*SALSA AGALURA PARA UNA ESCUDILLA*

Take almonds toasted in the coals, a handful of them, and grind them well in a mortar, and cast an egg yolk in the mortar, and then three *blancas* or two *maravedis* (90) of ground cinnamon, and one *maravedi* of ground spice, and vinegar watered down with sweet wine; and blend everything in the mortar. And then strain it through a sieve; and this sauce can be made in Lent, not casting in eggs, but in its place you can put a crustless piece of toasted bread soaked in vinegar, and three *blancas* of small raisins, ground with the bread; then set it to cook on the fire; and when it is thick, prepare dishes, and this sauce must have the color of sauce for peacock. (91)

**117. BOILED OR STEWED WHEAT**

*TRIGO COCIDO O GUISADO*

Take coarse summer wheat and put it in a mortar of marble or stone, and crush it, striking it continuously and in such a manner with the pestle, which should be of box-wood, in the center of the mortar, however take care that the wheat is not ground, but peeled. While crushing it, cast in water little by little, because it is the water which peels it; and when the wheat is well-peeled, put it in a rough canvas of hemp-tow and rub [the wheat] with [the canvas] vigorously in such a

manner that the peel or bran comes off it completely. When it is clean, wash it with two or three [changes of] water, and let the water be moderately hot. Then the night before, cast the wheat in to cook, and cook it until the grains are burst or pressed; (92) and then remove it from the fire; and put it in a wooden bowl or in a deep plate, and cover it well, and let it be there all night until the morning; and when the morning comes, move it from one pot to another, and set it to cook on the fire; and when it is cooked, cast upon it almond milk that has been strained through a sieve; and you must know that for two dishes of wheat three pounds of almond are needed, and at least three ounces of coarse or summer wheat; and [cast] upon the dishes, sugar and cinnamon.

#### **118. OATMEAL GRUEL AND BARLEY GRUEL**

##### *AVENATE Y ORDIATE*

Take peeled almonds and grind them in a mortar; then blend them with good broth if you will have it so; if not, [blend them] with salt and water and oil; then strain it through a woolen cloth so that it will be thin; then take the oats and make flour from it, then set it to cook by itself; and when it is more than half cooked, strain it through a woolen cloth that is thick; and let the oats be somewhat thin that they may be better strained; and when you have strained them, mix it with the almond milk, and set it to cook on the fire with a piece of sugar in it, which is white, in the pot; and cook it a good hour and a half until it is quite thick, and taste it for salt; and prepare dishes, and cast sugar upon them; and in this same manner barley is made.

#### **119. MOJI CASSEROLE (93)**

##### *CAZUELA MOJI*

Take eggplants, neither very big nor very small, but middling, and open them in the middle and cast them to cook with your salt; and when they are well-cooked, drain them with a cloth which is rough; and then chop them a great deal, and cast them in a frying-pan or kettle and cast in a good deal of oil; and take toasted bread and grate it, cast it there within, and cast in aged grated cheese; and when it is stirred for a good while over the fire, have ground dry coriander, caraway, and pepper, and cloves, and a little ginger, and stir it over the fire; and cast in some eggs, and stir it over the fire until it is hard; and then take a casserole, and cast in a little bit of oil, and place it in [the casserole]; and beat some eggs with pepper, and saffron, and cloves, and some of the same toasted bread that is contained in the casserole, and some of the grated cheese; and make it thick and place it on top in the manner of a facing (94) and put your yolks on it; and coagulate it in the oven or with a *cuajadera*, which is an iron pot-lid with coals on top, and when it is coagulated, remove it from the fire; and cast on top of it a dish of honey which is very good and your duke's powder (95). This same casserole can be made from chard or carrots.

#### **120. FOR PICKLED EGGPLANTS**

##### *PARA BERENJENAS EN ESCABECHE (96)*

You will take small eggplants, and make four quarters as if for casting them in a pot, and cast them in water and salt in something which should be of earthenware and not of iron; and let them be there until the third day; and empty out that water and cast in other water and salt, and let them be [in it] another three days; and empty out this water and cast them into clear water for another three days, and after the three days have passed, cast them to cook, covered with vine leaves; and cast into them a handful of cumin and cook them [until they are] well-cooked; and cast them in a basket, and cover them with cloth; and when all of the vapor has gone, put them on a board to chill; and grind cloves, and cinnamon, and ginger. When it is very well-ground, cast it in, as they cast salt on the eggplants for the pot; and place them in a jar until it is full; and for a hundred eggplants, take two pounds of honey, and cast very strong vinegar on them, and give it a boil; and

then set it to cool in something of earthenware, and not of iron; and when it is cold, cast it on top of the eggplants until they are covered; and put a lid on them, and keep them for a whole year.

#### **121. FLESHY LEAVES OF CABBAGES**

##### *PENCAS BE BERZAS*

You will take the fleshy leaves of cabbages which are clean and set them to cook with good fatty broth; and take pork grease or *lardo*, which is melted bacon; and take two onions and cut them in the fashion of a cross, and set them to cook with the fleshy leaves of the cabbages; and when the cabbages begin to fall apart, turn them with a *haravillo* until they turn yellow, and they shall be thoroughly mushy and they will be thick. Then remove them from the fire, and let them rest before preparing dishes.

#### **122. GARLIC SAUCE FOR GEESE**

##### *AJETE PARA ANSARONES*

Roast three or four heads of garlic between the embers or hot ashes; and after roasting them, peel off the husks and skins and taste one grain; and if it seems strong to you, cook them in a pot with only water and give them a boil; and then take a pound of pine nuts, and half of peeled almonds, and grind them (97) in a mortar; and when they are more than half ground, grind those pine nuts and garlic with them very forcefully; and then blend them with good broth which is fatty, and strain it through a woolen cloth; and then set it in the pot to cook; and cast in four ounces of sugar, and whole cinnamon tied with a thread and soaked in rosewater. And put everything together in the pot. And leave it to cook until it is well-thickened; and it is necessary to cook it a good hour.

#### **123. ROAST CAT (98) AS YOU WISH TO EAT IT**

##### *GATO ASADO COMO SE QUIERE COMER*

You will take a cat that is fat, and decapitate it. And after it is dead, cut off the head and throw it away because it is not for eating, for they say that eating the brains will cause him who eats them to lose his senses and judgment. Then flay it very cleanly, and open it and clean it well, and then wrap it in a cloth of clean linen. And bury it beneath the ground where it must be for a day and a night; and then take it out of there and set it to roast on a spit. And roast it over the fire. And when beginning to roast it, grease it with good garlic and oil. And when you finish greasing it, whip it well with a green twig (99), and this must be done before it is well-roasted, greasing it and whipping it. And when it is roasted, cut it as if it were a rabbit or a kid and put it on a big plate; and take garlic and oil blended with good broth in such a manner that it is well-thinned. And cast it over the cat. And you may eat of it because it is very good food.

#### **124. MEAT CASSEROLE**

##### *CAZUELA DE CARNE*

You must take meat and cut it into pieces the size of a walnut, and gently fry it with the fat of good bacon; and when it is well gently fried, cast in good broth, and cook it in a casserole; and cast in all fine spices, and saffron, and a little orange juice or verjuice, and cook it very well until the meat begins to fall apart and only a little broth remains; and then take three or four eggs beaten with orange juice or verjuice, and cast it into the casserole; and when you wish to eat, give it four or five stirs with a large spoon, and then it will thicken; and when it is thick, remove it from the fire; and prepare dishes, and cast cinnamon upon each one. However, there are those who do not wish to cast in eggs or spice, but only cinnamon and cloves, and cook them with the meat, as said above, and cast vinegar on it so that it may have flavor; and there are others who put all the meat whole and in one piece, full of cinnamon, and whole cloves, and ground spices in the broth, and

this must be turned little by little, so that it does not cook more at one end than the other. And so nothing is necessary but cloves and cinnamon, and those moderately.

**125. ROROLAS OF LIVERS, WHICH IS A FRITTER**

*ROROLAS DE HIGADOS, QUE ES FRUTA DE SARTEN (100)*

You must take livers of hens, or capons, or of kid, which is very good, and roast them in the coals. And then grind them in a mortar. And then, according to the quantity that they are, take as much toasted bread soaked in white vinegar which should be well watered-down, with a little fine rosewater, so that it will not be too strong. Then grind everything together with the livers; and for two livers put one egg in the mortar together with the bread and cheese; and the bread and cheese should be as much as the quantity of the all the livers. And grind everything together. And then take a little dried mint, and toast it a little so that it can be ground. And when it is ground, mix everything together in a mortar. And when it is well-mixed, take fine spice and cast in the quantity that seems [right] to you. Then take a frying pan and put in it lard, or pork grease without salt, and oil if you wish it to be very sweet, and set it on the fire. And when it boils, cast in a ladleful of said pottage. And fry it in this way, ladleful by ladleful. And when it is the color of gold, take it out of the frying pan because they are cooked. And when all the plates are prepared, cast upon them fine ground cinnamon, and sugar, if you wish, although it is not very necessary. But nothing by itself will harm the food. However, you must cast it with prudence.

**126. BASIN OF FIGS**

*BURNIA (101) DE HIGOS*

You will take very good dried figs, very sweet, and flatten them well, one by one, and remove from them the hard part of the stems, and take a basin or a deep plate which is new and very clean. And put at the bottom of the basin a layer of red roses, removing the white part of them with scissors. And upon the roses a little sugar, and then a layer of the figs, and in this manner, making a layer of the roses and sugar and another of the figs, fill up the basin or plate. And having done this, cover the basin well, so that it is there for fifteen or twenty days. And then eat those figs, and this is a very exquisite food.

**127. GENOVESE TART**

*TORTA A LA GENOVESA*

A pound of almonds well-peeled, and another of pine nuts, and another of toasted hazelnuts, and grind them all together in a mortar and after grinding, set them aside. And take a pot with water, and salt, and oil. And this shall be on a flesh day, and taste [to see] if it is well-salted; and take a half pound of raisins without seeds, and three ounces of peeled dates cut into quarters, and three or four apples which are sweet-sour or sweet, and quarter them and remove the core and seeds, and cast them in the pot to cook. And when it is well-boiled, the apples will be cooked. And then remove them from the water, and grind them with the dates, and raisins, and almonds, and with the hazelnuts, and pine nuts. And after they are well-ground, blend it all with the said broth; and if it is a flesh day, you may cast into the mortar a dozen eggs ground up with the aforementioned things. And then strain it through a sieve, and having done this take good dough which is well-kneaded, and make a trencher as large as if it were the bottom of the frying pan which you have, and make its edges like a *empanada* without a top; however, let it be the size of the frying pan neither more no less, and put it in the frying pan; and when it is inside, cast in a little oil underneath so that the dough does not stick to the frying pan; and then cast all that sauce or foodstuff in the pie, and put it upon good hot cinders; and then take a lid which is as large as the frying pan, that will cover it well, and put a good fire of charcoal above and below and around it.

And when it has been like this for a little while, carefully remove the lid from the top, and cast into the tart two ounces of sugar, and one of ground cinnamon, and then cover it again with its lid; and cook two hours until the dough comes away from the frying-pan; and then it is cooked, and remove it to a plate as if it were an omelet; and put it on the table like a pie.

**128. VENETIAN XINXANELLA**

*XINXANELLA A LA VENECIANA*

Take fat cheese, and grate a good handful of it, and grated bread from a small loaf of three *blancas*, and three *maravedis* of fine spice, and one *maravedi* of saffron, and eight eggs, and let all be well-mixed, and kneaded all together; and when all is well-mashed, take the cheese grater turned back to front, and put this paste on it; and when the broth is boiling vigorously and is fatty you must make this paste pass through the holes of the grater above the pot in such a manner that what passes through goes into the pot; and when everything has been passed through, let it cook like *fideos* or like *morteruelo*; and when it is cooked, prepare dishes. But let it be thin, mixed with a little of the broth, so that it is not as thick as *fideos*. However, let the broth be fatty, and if it is fatty beef broth, it will be a very good dish, amongst the best in the world; and with the quantities mentioned above you can make about eight dishes.

**129. SECTIONS OR SLICES OF NEW CHEESE WHICH ARE FRITTERS OR PANCAKES**

*REBANADAS O TAJADAS DE QUESO FRESCO QUE ES FRUTA DE SARTEN*

Take new cheese, and make slices as thick as your finger; and take dough which is well-leavened and is from good flour, and let it be kneaded very thin and take some egg yolks, and mix them well with the dough, and the slices of cheese above and below, and then put them to fry in a pan with very good lard, and turn it promptly so that it cannot burn. But if you cook it with grease, like fritters, it will be much better. And when they are cooked, cast sugar on top of them, and eat them hot, because this dish is worthless in any other manner.

**130. MEAT OR FISH PASTRY**

*EMPANADA DE CARNE O DE PESCADO*

You must take meat or fish, and give it a boil. But if it is meat, boil it more than the fish. And when it is well-boiled, take it from the fire and put it in cold water. And then make the *empanada*. And put in the meat or fish which is cut into small pieces, as big as two fingers, or even smaller. And put them in the *empanada*, and then go to the oven and make a vent hole on top of the lid of the *empanada* so that it can breathe, or else it will burst in the oven. And when you put the meat in the *empanada*, also put fine spice with it. And if it is fish, use a good deal of pepper. And if it is meat, use a good deal of spice; and a little before it is time to remove the *empanada* from the oven, put into the vent hole some eggs beaten in a dish with verjuice or orange juice or rose-scented white vinegar. And then return it to the oven for the space of a Paternoster and an Ave Maria. And take it out and put it on the table.

**131. PASTRIES OF FINE SUGAR**

*EMPANADAS DE AZUCAR FINO*

You must take a pound of peeled almonds and grind them dry without casting any water or broth on them so that they will become very oily, because the oilier they are the better they will be. And then take a pound and a half of white sugar that has been pulverized. And mix it well with the almonds. And when everything is well-mixed and ground, if it should be very hard, soften it with

a little rosewater. And when the dough has been softened a little, dust a little ginger over it, at your discretion, well-ground. And then take dough made from flour and knead it with good eggs and sweet fine oil. And from this dough make *tortillas*, or *empanadillas*, (102) or spiral cakes. And fill them with said dough. And then put a casserole on the fire with good sweet oil. And when it boils cast in these *empanadillas*. And cook them until they turn yellow like the color of gold. And when you take them from the fire, cast liquefied honey on top. And upon the honey, [cast] sugar and cinnamon.

### 132. ROASTED CHEESE

#### *QUESO ASADERO*

Whatever sort of cheese that is buttery or fit for roasting is good: that which they make in Lombardy or Parma, or *Brufalino* (103) or Cascavallo (104) or cheese from Aragon and Navarre. And in some parts of Castile they make it very good. Take this cheese, and grate it well if it can be grated. And if not, cut it small or as you wish. And take meat broth which is very fatty, and put it in a casserole. And cast the cheese in with it. And put it on the fire, stirring it constantly with a stick. Then take for each dish of broth, a well-beaten egg yolk. And cast them into the cheese, constantly stirring with a spoon. And cast in a piece of sugar to cook. And when the cheese forms thongs it is done; cast upon it ground sugar.

### 133. ORANGES (105) OF XATIVA (106) WHICH ARE CHEESECAKES (107)

#### *TORONJAS DE XATIVA QUE SON ALMOJAVANAS*

You must take new cheese and curd cheese, and grind them in a mortar together with eggs. Then take dough and knead those cheeses with the curd cheese, together with the dough. And when everything is incorporated and kneaded take a very clean casserole. And cast into it a good quantity of sweet pork fat or fine sweet oil. And when the pork grease or oil boils, make some balls from said dough, like toy balls or round oranges. And cast them into the casserole in such a manner that the ball goes floating in the casserole. And you can also make *buñuelos* (108) of the dough, or whatever shapes and ostentations you wish. And when they are the color of gold, take them out, and cast in as many others. And when everything is fried, put it on plates. And cast honey upon it, and on top of the honey [cast] ground sugar and cinnamon. However, note one thing: that you must put a bit of leaven in the cheeses and in the eggs, and in the other put flour. And when you make the balls, grease your hands with a little fine oil, and then [the balls] go to the casserole. And when it is inside, if the dough crackles it is a signal that it is very soft, and you must cast in more flour [into the dough] until it is harder. And when the fritter is made and fried, cast your honey on it, and [cast] sugar and cinnamon on top as is said above.

### 134. SPIRAL CAKES OF FRITTER WHICH THEY CALL *CASQUETAS* (109) IN VALENCIA AND IN BARCELONA

#### *ROSQUILLAS DE FRUTA QUE LLAMAN CASQUETAS EN VALENCIA Y EN BARCELONA*

Make a spiral biscuit in the oven which is thoroughly twice-baked (110), and at the time of kneading it, put in a little oil because it will be better to cut and to grind, and when it is all grated, grind it very fine. And then take as much fritter-stuff as the biscuit, grated and powdered, which is hazelnuts and toasted almonds and some ground pine nuts. And grind everything together; and when it is well-ground, mix the flour as one with the ground biscuit; and when it is all well-mixed and ground, take fine spices, and the greatest amount should be pepper. And mix it very vigorously with the paste in such a way that the spice incorporates well with the paste; and then

take honey, and set it to cook. And when bubbles burst or boil, skim it well. And then boil it a little, (but not much, because if it were very cooked it would not remain able to mix well with the paste, because it would be very hard) in such a manner that it is better to be cooked a little than much. And this being done, remove it from the fire so that it cools a bit; and then, cast the fritter-stuff upon the honey, and when you can bear to handle it with your hands, knead it very well on a smooth stone table. And knead it as vigorously as well-kneaded dough. And upon each of these *rosquillas* you can stick in pine nuts before finishing it.

However, before all of this, you must have dough made of very good flour, well-kneaded with oil, and quite firm, which you will knead with water which has a little saffron blended in it, so that the dough has color. However, don't cast in much saffron. And when it is well-kneaded, take little pieces of it, and with a smooth and round cane make it very thin, in such a way that it remains quite thin. And with a knife cut it into equal strips, and each will serve for one *casqueta*. And then each strip is filled up with your paste or put your pine nuts stuck in between the paste and the fritter-stuff, as I have said; and this being done, cover the *rosquillas* with your covering of dough. And being covered, paint (111) them with your small tongs very well painted. And then put them in the oven, it is to be understood, after they have taken all the bread out of the aforesaid oven, so that there only remains the heat that is necessarily required to cook this fritter. And in this way they cannot burn, nor is it possible that they burn, but [hot] enough that they cook well. And when they are very well-cooked, take them out with much circumspection, so that they do not burn. And if you wish to make them royal, in place of fritter paste, put paste of marzipan, of almonds, or of royal paste. And these you can give to any king or great lord.

### 135. MARZIPANS

#### *MAZAPANES*

Take almonds which are select, and wholesome, and well-peeled in boiling water. And grind them very well, moistening the pestle of the mortar in rosewater so that they don't become oily. And when they are well-ground, cast in as much syrupy sugar as there will be almonds; and let it be well-ground, and strained through a silk sieve; and make good paste incorporating the sugar little by little, and not with large amounts, so that you don't make the paste viscous, and spread them out very well.

The way to cook and glaze them:

Take fine sugar which is very well-ground, and strain it through a sieve of silk; and for a syrup put it in this way, and blend it with rosewater which is reasonably thick.

It is necessary that the oven is not very intense, but temperate; and take the sheet on which you will cook the marzipans, and heat it in the oven; and when it is hot, cast flour on it, under the marzipans, so that they don't stick; and put them in the oven until you see that you cannot bear to touch them with the back of your hand; and if the outside is not cooked, be sure to return it to the edge of the sheet with the outside on the inside. And then take them out and with a little spoon cast glaze upon them, and with some feathers spread it out all over. And then return them gently to the oven until the glaze hardens, as you think [right] according to the practice you have seen.

### 136. CUSTARD WHICH IS A FRITTER

#### *FLAONES QUE ES FRUTA DE SARTEN*

Take new cheese, and curds which should be very dry, and grind them well in a mortar with as much again of eggs; and you can also put a little of fat buttery cheese which should be grated and ground with the new cheese, and the curds, all together with a little dried and powdered mint; and then cast a little rosewater into the mortar, and it should not be much, but medium, and then make dough of very good flour, and knead it with sweet oil, which is very fine, and in such a manner



that it is very well-kneaded, and that it remains and becomes very hard; and then make from the said dough some *empanadillas* to put the cheese into; but before you put them in and you fill them, warm the dough a little, however it should be firm; and after filling them with the said pottage, and before the *empanadillas* or custards are all filled, take some little tongs and shirr the edges. And then they go to the fire to cook. And when they are cooked, that they have lost the color on top and have a little color; then as they are hot, cast on them melted honey or sugar syrup, but not made with rosewater; and when they have absorbed the honey or the syrup, cast sugar and cinnamon on top of them.

**137. FRITTER**

*FRUTA DE SARTEN*

You will take aged grated cheese and flour, and cast it in a kettle; and grind sugar, and beat it very well with your eggs. And then take good lard and cast it in a frying pan; then cast in the fritter.

**138. FRITTER OF BLANCMANGE**

*FRUTA DE MANJAR BLANCO*

You will take a little flour which is very well sifted, and knead it with two eggs; and with a little bit of cow's butter, and white wine, and knead it very well; and then take a little stick for making leaf-pastry (112), and make some tartlets; and then take the blancmange (113), and cast it on top of the tartlets in the middle, and make it in such a manner that it is covered; and then set a frying pan to heat with lard which is very hot, and then cast in the tartlets.

**139. FRITTER OF MARZIPAN**

*FRUTA DE MAZAPAN*

Take blanched almonds [which are] very well-ground; and when they have been ground, cast in sugar; and for a pound of almonds another pound of sugar; and grind it all together, and as you are grinding it, feed it with rosewater, and let all be as well ground as you can; and then take well-sifted flour, and knead it with eggs and lard, and a little white wine, and make little cakes; and cast that paste in them, and set a frying pan with lard; and after heating it well, cast the fritter within, and fry it slowly; and then on the plate cast honey, and sugar, and cinnamon on it.

**140. FRITTER OF NEW CHEESE**

*FRUTA DE QUESO FRESCO*

You will take new cheese, which should be from sheep, and grind it in a mortar. And after grinding cast it in a tub, and cast on it a little flour well-sifted and cast within; take eggs and beat it all together; and then set a frying pan to heat with lard; and when it is well heated make some tartlets, and cast them in, and fry them slowly, and have honey and rosewater, and as [the tartlets] are fried, cast them in the honey, and then remove them to a plate; and cast upon them sugar and honey.

**141. FRITTER CALLED *ROBIOLES* (114) IN CATALONIA**

*FRUTA LLAMADA ROBIOLES A LA CATALANA*

You will take goat milk, and almond milk, and then take the flower of wheat flour, and rosewater, and sugar, and egg yolks, and let all this be well-mixed; and make paste from it which is neither very soft or very hard, but moderate; and then make from it little cakes; and take hazelnuts, and pine nuts, and yolks of hard-boiled eggs, and grind them all together; and then take raw eggs, and blend them with said hazelnuts and pine nuts; and this moderately, so that it is neither very thin nor very thick. And then take sugar, and rosewater, and cinnamon, and a little ginger, and make

little cakes of all this mixture with that paste; and fry these little cakes with lard and with fresh melted pork fat, in a casserole of tinned copper or bronze; and when this lard is well heated, cast in the little cakes; and after they are fried, take them out with a skimmer, and put them on a plate; and cast into it rosewater and honey; and when they are to be eaten, cast sugar and cinnamon on top of them.

**142. FRITTERS CALLED *GARBIAS* IN CATALONIA**

*FRUTAS LLAMADAS GARBIAS A LA CATALANA*

Take borage and chard and clean them very well, and set them to cook with water and salt; and when they are cooked, remove them from that water where they were cooked; and set them between two chopping-blocks so that all the water comes out; and then take good new cheese, and all good and fine spices, and then take a little of the finest of the wheat flour, and take hog's grease without salt, and knead this flour with the fat of the hog, and a little lukewarm water; and then take the borage, and the chard, and the cheese, and the spices, and chop it very well all together on a chopping-block or smooth board. And then take many egg yolks which are quite hard, and again chop everything together. And then make the dough which should be quite thin; and take new cheese, and mix it with all the other chopped things. And then make from that dough some little cakes as big as your hand; and put this paste inside the little cakes, and cover them very well; and then take a casserole of tinned copper, and then heat the fresh hog's grease or lard; and when it is hot, put the little cakes inside and cook them; and remove them to a plate, and put rosewater and honey on it; and at the time of eating, cast sugar and cinnamon on top of them.

**143. BLANCMANGE IN A BRIEFER SUMMARY**

*MANJAR BLANCO EN MAS BREVE SUMA*

You must take a pound of rice and grind it, and strain it through a sieve; and take a breast from a recently killed hen and cook it, and then shred it and cast it in a kettle; and take a little milk and dissolve (115) it [the chicken breast] thoroughly, then take the ground rice and cast it within and beat it a great deal; and for one pound of rice, one hen's breast, and one *azumbre* of milk and one pound of sugar. And cast it all within the kettle; and set it to cook so that the fire strikes it in the middle, and when it is thick, cast in the pot-grease, well purified, and beat it a great deal with the grease; and then set it aside on a few embers, and then cast your sugar in the dishes.

**144. POTTAGE WHICH IS CALLED FLANK**

*POTAJE QUE SE DICE HIJADA*

You must take a flank of mutton and cook it, and after cooking, chop it well. And cast honey in a kettle, and cast in up to three dozen blanched almonds, and let them be in the honey for a bit; and then cast in the ground meat, and cast in the fattest broth of the pot and cook with it; and then cast in saffron, cloves, and cinnamon, and your taste of vinegar, and cook with it; then cast in grated bread until it is quite thick, and then remove it to the fireside.

**145. PASTRY IN A JAR (116)**

*PASTEL EN BOTE*

Take a leg of mutton, and chop it very well without fat; and take a piece of fatty bacon, and chop it all together; and after chopping it well, cast it into a pot; and cast in the pot-grease and cook it well; and as it cooks, continue casting in the pot-grease; and then cast in saffron, and pepper, and cloves, and cook it a little with the spices; then cast in bread and grated cheese until it thickens; and after it has thickened, set it aside.

**146. MARINATED MUTTON**

*CARNERO ADOBADO*

Take a piece of mutton, and make little pieces of it, and cast it to cook in an earthen pot, with the broth of the pot. And after cooking it well, take saffron, and cloves, and pepper, and blend it with a taste of vinegar and cook it a little with that; and then take egg yolks without the whites, and beat them very well and cast them within; and stir it in one direction until it is thick; and cast in your taste of honey and then remove it.

**147. GRATONADA IN ANOTHER MANNER (117)**

*GRATONADA DE OTRA MANERA*

Take a rabbit cut into pieces, and then fry it in lard; and after it is well fried, cast it in a pot; and cast in the broth of the pot; and then having well boiled [the rabbit] with it, take a little parsley, and cloves, and saffron, and pepper, and a crustless piece of bread, and grind everything together; and cast egg yolks into the mortar, and grind it all together; and then cast it within [the pot]; and cast in your taste of vinegar; and cook it a little until it thickens, and remove it.

**148. PICKLED RABBITS**

*ESCABECHE DE CONEJOS*

Roast the rabbits, and cut them at the joints; and take in a frying-pan: two parts of vinegar and one of water if the vinegar is weak; if [the vinegar] is strong, equal parts [of vinegar and water]; and cast in salt until you see that it has flavor; and cast in the salt in stages, not all together, so that it does not become salty; and cast in oil which is sweet, the quantity that seems [right] to you, because some wish a little and others, a lot; and give it a boil without the rabbits; and then cast everything together into a pot, and set it apart so that it will cool; and cast in ginger, cloves, and saffron; and this *escabeche* will last many days.

**149. MIRRAUASTE IN ANOTHER WAY (118)**

*MIRRAUSTE DE OTRO MODO*

Cook a hen, and then cut it up; and take unpeeled almonds, slightly toasted, and grind them; and extract the milk from them and cast them in a kettle; and cast in ground sugar and cinnamon, and cook the milk a little. And then take the hen, and cast in within, and cook it a little; and then, take a little grated white bread and cast it within; and after it is thick, set it aside; and on the dishes cast sugar and cinnamon.

**150. GOOD ARUGULA (119)**

*ORUGA BUENA*

Take a pound of the loaves (120) of clean arugula and grind them well in a mortar; and after grinding them well put them inside a cloth which is white and very clean, and fasten it well; and then put water on the fire in a kettle; and when it starts to boil, put the arugula into the water, fastened as it was in the cloth; and when you have given it a boil, remove it, and press it between two chopping blocks until the water comes out well; and when it is well pressed, remove it from the cloth and blend it with good white vinegar and honey, eight pounds; and purify it on the fire, skimming it constantly; and when the honey is clarified, cast it over the arugula, and mix it well with a stick; then take a quarter (121) of cinnamon, and a quarter of saffron, and three quarters of ginger, all well-ground and cast it on top of the arugula, stirring it four or five turns around, so that the sauce can mix well, and incorporate; and if it should be very thick, thin it with a little white vinegar.

**151. ARUGULA IN ANOTHER GOOD MANNER**

*ORUGA DE OTRA MANERA BUENA*

Take a pound of arugula very well scraped with a knife (122), and grind it very well and finely, and strain it through a fine sieve; then set it to soak in good red vinegar, that it should be more thin than thick, for six or eight days; then take ten pounds of honey and melt it while you bring it to a boil; and remove it from the fire, and cast in three *maravedis* of good red wine; and take the soaked arugula, and empty it into the kettle where you must prepare the arugula; and empty out the melted honey on top of it, straining it through a sieve; again stirring the arugula very well with a stick, and set it to cook until it thickens as it should; and remove it from the fire, and take two *arienzos* (123) of saffron, well-ground, and blended with red wine, cast it into the prepared arugula, etc.

**152. ANOTHER GOOD ARUGULA TO BE MADE SWIFTLY**

*OTRA ORUGA BUENA PARA DE PRESTO*

Take the little loaf of the arugula and scrape it on top where you see that it is dirty; and [take] the quantity of cinnamon that you wish to make, and toast a crustless piece of bread, and having soaked it in vinegar, grind it with the arugula; and cast in your honey and a little red or white wine with it; and heat it on a fire of coals in a kettle; and give it a little boil, so that the honey will incorporate with the arugula and with the other things and it is made. You can add a little cinnamon and ginger if you wish.

**153. MUSTARD (124)**

*MOSTAZA*

You must take mustard seed, and clean it of the dust and the soil and the stones, and grind it well in a mortar; and when it is ground, strain it through a cloth strainer; and then take the mustard powder and put it in a mortar with a crustless piece of bread soaked in meat broth, and grind it all together; and when it is well-ground, blend it with a little bit of lean broth without fat which is well-salted; and when it is blended in a good manner so that it is not too thin, take honey which is good, and melted on the fire, and cast it in the mortar and stir it well until it is well-mixed, and prepare dishes. Some cast a little vinegar in the broth; you can add peeled, toasted almonds, ground-up with the mustard.

**154. FRENCH MUSTARD**

*MOSTAZA FRANCESA*

You must take a *cantaro* (125) of the must of wine, either red or white, and grind a dishful of mustard that is select and very good; and after straining it through a sieve or a sifter, grind with it, if you wish: a little cinnamon, and cloves, and ginger, and cast it all, very well-mixed in the mortar, into the *cantaro* or jar of wine; and with a cane stir it around a long while, so that it mixes with the must; and each day you must stir it with the cane seven or eight times; and you will boil the wine with this mustard; and when the wine has finished boiling, you can eat this mustard. And when you want to take it out to cast it in the dish to eat, first stir it with the cane a little; and this is very good mustard and it will keep all year.

**155. ANOTHER VERY GOOD FRENCH MUSTARD WHICH LASTS ALL YEAR**

*OTRA MOSTAZA FRANCESA MUY BUENA Y DURA TODO EL A—O*

Take a caldron which will hold two *cantaros*, and fill it with red grapes and set it to cook upon the fire until it is reduced by half and there remains half a caldron which is one *cantaro*; and when the grapes are cooked, remove the scum with a wooden spoon; and stir it now and then with a stick; and strain this must through a clean cloth and cast it into a *cantaro*; and then cast in the mustard,

which should be up to a dishful well-ground, little by little, stirring it with the stick. And each day you should stir with it, four or five times a day; and if you wish, you can grind with the mustard three parts cinnamon, two parts cloves, and one part ginger. This French mustard is very good and lasts all year and is mulberry-colored.

**156. PARSLEY**

*PEREJIL*

You must take the parsley and remove the roots, and strip off the leaves very well and clean it; and grind those leaves a great deal in a mortar; and after it is well-ground, toast a crustless piece of bread, and soak it in white vinegar, and grind it with the parsley; and after it is well-ground, cast a little pepper into the mortar, and mix it well with the parsley and the bread. And then cast in honey, which should be melted, in the mortar, stirring constantly in one direction until the honey incorporates itself with the sauce in the mortar; and if the sauce should be very thick, thin it with a little watered vinegar, so that it should not be very sour; and having done that, take two smooth pebbles from the sea or river, and cast them in the fire; and when they shall be quite ruddy and red, cast them with some tongs in the mortar in such a manner that they are quenched there; and when all this is done, taste it for flavor. And make it in such a manner that it tastes a little of pepper, and a little sweet-sour, and of parsley; and if any of these things is lacking, temper [the dish] with it.

**157. SAUCE OF HORSERADISH AND OF CLARY SAGE**

*SALSA DE RABANO VEXISCO Y DE GALLOCRESTA*

In the same manner as the parsley, you can also make sauce from the root of the horseradish. And the same from the leaves of clary sage.

**158. LOMBARDY SOPS**

*SOPAS A LA LOMBARDA*

Make broth from good meat which should be quite fat; and cast much saffron into it, that it should be quite yellow and very deep in color; and the broth should be well-salted; and then take slices of bread, removing the crust, and toast them and scrape off the burnt part, and scald these sops with the said broth; and when they are scalded, place them in an iron casserole, making a layer of sops and another layer of buttery cheese of Parma, or of Aragon, or of Navarra; and so fill all the casserole; when it is full, set it on the fire to cook over good coals or in the oven, and cook it little by little; and as it cooks, cast in that broth, from time to time, fatty and yellow, by spoonfuls inside the casserole, sprinkling it over the sops; and when it is more than half cooked, cover the casserole or frying pan with an iron lid which should be laden with coals on top; and cook it in this way for an hour, looking and ascertaining occasionally that it should not dry up too much, and that it should be well supplied with said broth, which should be the fattest; and when you put it on the table, do it in such a manner that they go dry. And having done this, prepare dishes or if you wish to make plates of them, let it be as you wish.

**159. GOOD GUALATINA SAUCE**

*SALSA GUALATINA BUENA*

You will take apples that are sour, and also sweet ones, and then make almond milk the night before. And prepare the apples the night before, and cut them small, just like a finger; and you must blend the almonds with good meat broth; and set the apples to soak with the said milk the night before; and take cinnamon, and cloves, and ginger according to the quantity that you wish to

make and set these spices to soak the night before in rosewater; and in the morning take a little rice flour, and set it to cook with the almond milk; however, do not cast in the apples until it is half cooked, and the spices likewise; and when the sauce turns thick, cast in the best broth that you have, and let it cook completely; and the spices should be tied with a thread.

**160. MARINATED MUTTON**  
*ADOBADO DE CARNERO*

You must take breasts of mutton, and cook them in a pot with your salt; and when it is almost half cooked, remove it from the pot, and cut them into pieces the size of two fingers; and then gently fry it with bacon fat. And then take honey and all spices, and put it in a little pot; and take grated hard bread and cast it inside that honey and the spices; and let there be a greater quantity of cinnamon than the other spices; and then take the best pot-broth and cast it inside, and then the fat which is necessary, according to the quantity of the bread and the meat; then cast in a good cup of white vinegar because the sauce of this pottage needs to be sweet-sour; and cook all this. And while it boils, cast in the meat with a little saffron, because this sauce needs to be deep in color; then prepare dishes of the said pottage, and upon them cinnamon. However you should cast in pears, and quinces which should be cut and have first been brought to a boil, and set them on the meat.

**161. PEPPER SAUCE FOR WILD GAME**  
*PEBRADA PARA SALVAJINA*

You must take a few almonds, and pine nuts, and hazelnuts. And everything should be toasted and ground well in a mortar; and after it is ground, grind with it a crustless piece of bread soaked in vinegar in such a manner that it is not very sour. And then strain it and put it into the pot, and take a piece of wild game and grind it very well in a mortar. And when it is well-chopped, cast it into the said sauce and put pepper to it.

But when you strain the almonds and the other things, also strain many hard-boiled eggs -- only the yolks -- and set all this to cook on the fire. And upon giving it to a boil, remove it from the fire; and it is cooked. And this sauce needs to be a little strong with pepper, and likewise the color. And do not put in any other thing, because if you put in any other thing it would not be called pepper sauce.

**162. BASTARD (126) CAMELINE SAUCE**  
*BASTARDA CAMELINA*

You will take a few toasted almonds. And grind them well with a toasted bread with the livers of some fowl which they will be eating. And all this should be well-ground, and strained with juice of sour pomegranate, and broth, and with much cinnamon, and with a little of the other spices except saffron; and when all this is strained, let it go to the fire. And this sauce must be sweet-sour. And when it is cooked, cast in enough fat, and sugar and cinnamon on top.

**163. LARDY BROTH OF WILD PIG**  
*CALDO LARDERO DE PUERCO SALVAJE*

You will take a piece of wild pig or wild boar. And cut it into slices like two fingers; and make thin slices of fatty bacon. And lay them across the pieces of wild boar, as many as you desire. And put it in a pot over the coals to gently fry. And when it is almost half-cooked -- with a cut onion -- cast in all spices except saffron and cinnamon, all mixed with the onion; and then cast in a little red wine and a little vinegar. And leave it to cook very well. And cast in all chopped herbs. And in this way the lardy broth is made. And when you wish to make some pieces of boiled pig,

and the lord wishes to eat some lardy broth, make it in this manner. When the piece is scalded and is well-cleaned of hair, set it to cook in the water which should be half wine and half water. And you also can cast in all whole spices because they give flavor and odor to the broth and likewise cast in all herbs. And let it be good with salt and everything. And some cast in onion, and do not call it bad.

**164. CAPIROTADAS (127) OF TRUFFLES**

*CAPIROTADAS DE TOFERAS O CRIADAS DE TIERRA O TURMAS (128)*

You will take truffles or *criadas de tierra*, and scald them well with boiling water; and give them a boil with that same water; and then peel off the first peel or membrane, and cut them in round slices. And gently fry them with good fat bacon. And then take a few almonds, and pine nuts, and hazelnuts, and toasted bread, and grind all this, and with the fattest broth strain it quite thick; and when it is strained, set it inside a pot, and cast in all ground spices, and put in a little sugar, and set it to cook. And when it boils, put in the truffles so that they will finish cooking with this sauce. And when the truffles or *criadas* are cooked, prepare dishes, and cast sugar and cinnamon on them, and a little broth, which should be thick, from the pot. And if you wish to eat them fried without the sauce, do this: when they have been gently fried, cast in a little pepper and vinegar; and so they cook the truffles; but above all they are better when they are roasted between two hot cinders, and soaked in vinegar; and these are the truffles.

**165. POTTAGE CALLED PEACH DISH**

*POTAJE LLAMADO PERSICATE (129)*

You will take the peeled peaches, and cut them into slices, and cook them in good fat broth; and when they are cooked, take a few blanched almonds and grind them; and when they are well-ground, strain them rather thick with that broth. And then cook this sauce with sugar and a little ginger, and when it is cooked, cast in enough pot-broth or that which falls from the roasting-spit. And let it stew well for a little; and then prepare dishes, and upon each one cast sugar; and in this same way you can make the sauce of quinces in the same manner; but the quinces need to be strained with [the] almonds, and they should not be sour, and likewise the peaches.

**166. GOLDEN SOPS**

*SOPAS DORADAS*

Take a loaf of bread and make slices of it. And toast them moderately, so that they do not burn, and take good broth and cook it in a separate pot with all your provisions, and skim it well, and then have ready grated cheese, and when you want to eat take some egg yolks, and blend them with the best fatty beef broth of the pot. And cast in a little ginger and then take those toasts, and soak them in the broth, and when they are done soaking, remove them from that broth; and prepare dishes of those slices of bread or sections; and cast upon them the broth with the eggs. Then cast the cheese on them. And these are called golden sops.

**167. BUSAQUE OF RABBITS**

*BUSAQUE DE CONEJOS*

You will take the rabbit, skinned and well-cleaned of its hair, and being opened, set it to roast, and when it is roasted, cut it to pieces and gently fry it a little, and take toasted bread, well burnt, and toasted almonds, and grind them well, and strain them with the juice of the rabbit, and put in all common spices, and make this sauce which should be a little sour, and cook it; and when it is cooked, cast in the rabbit and let it finish cooking, and if you wish cast in some onions, all this

shall be according to your pleasure and will. But you must cook them first with the rabbits and then strain the onions with the other things and let it finish cooking.

**168. MIRRAUSTE (130) OF PEARS WHICH CAN BE GIVEN TO SICK PEOPLE**

*MIRRAUSTE DE PERAS Y PUEDESE DAR A ENFERMOS*

Take the most tender pears, and peel off their skin and cut them into four quarters and remove the pips and the core. And then cook them in good meat broth, which should be well-salted, and grind peeled almonds; and when they are well-ground, blend them with the broth from the pears. And if this broth does not suffice, take the broth of mutton, and strain it quite thick through a woolen cloth; and when it is strained, put this milk in the pot. And then take a little rice flour, and blend it with that milk and set it to cook on the fire with a good quantity of sugar. And take a little bit of fine whole cinnamon and tie it with a thread and put it into the pot. And send everything [to the fire] to cook; and when it turns thick, and if you do not have milk to cast in, cast in the best and fattiest pot-broth, and let it cook a good hour; and when you know that the flour is cooked, remove it from the fire.

And if by chance, it tastes of smoke, or of charring, or of burning, take a little leaven which is quite sour and tie it in a linen cloth; and make the pot boil constantly; and cast it in so that everything boils together; and know that if the pot does not boil, it will not as swiftly remove the taste of the smoke nor of the scorching; and this you can do in all sauces and pottages; and when the sauce or pottage shall be made, put in those pears which were cooked in the said broth and a little rosewater. And prepare dishes, and upon them cast fine sugar. And this sauce is good for invalids.

**169. QUINCES COOKED IN THE POT**

*MEMBRILLOS COCIDOS EN OLLA*

Take a casserole or pot, and the cover which should have many small holes; and the pot should be new so that the food does not absorb any other flavor. And cast the quinces in, well-cleaned, and then fill [the pot] with almonds and boiled wine, so that it becomes in the manner of thick honey, like ointment; and with these quinces put certain little splinters of cinnamon, and cloves of gilofre, and nutmeg, and the best mace, and grains of paradise; and with all this put it over the coals with little fire up to the neck, and cook it at your pleasure; and it should be covered; and when it is cooked, cut them cleanly and remove the core, and then put them on a plate, and [cast] upon them sugar, and cinnamon, and cloves of gilofre.

**170. PARSLEY DISH**

*PEREJILADA*

You must take a great quantity of parsley, and cloves, and being well-mixed, grind it very vigorously with a crustless piece of white bread; and strain it in such a manner that all the juice comes out very thick; and cast in a great strength of ginger, and of cinnamon, and grind it all together; and if you wish to cast in sugar, let it be according to your will; and make it be quite thick and quite green, and do not make it boil because it would lose all its greenness; and then cast on sugar or honey.

**171. POMEGRANATE JUICE**

*ZUMO DE GRANADAS*

You will take the seeds of the pomegranates and crush them in a mortar in such a way that you do not break the seeds; and strain them through a clean linen cloth; and put in it the juice of toasted almonds and pine nuts. And you can cast in a little rosewater; and from this juice you can make



sweet cameline sauce. And if you wish to make it sour, cast in red wine and vinegar, and all spices, and more cinnamon than the other spices, and cook it before you strain it.

**172. GOLDEN GRATONADA OF THE ENTRAILS OF KID**

*GRATONADA DORADA DE ASADURA DE CABRITO*

Take the entrails and the head of the kid, and set it to cook. And remove the head in such a manner that the brains are not lost; and when it is cooked, remove it from the pot, and cut the entrails small, in the manner of a few fingers; and take fresh pork grease, and the head split into two parts, gently fry them, and all this with that grease; and take egg yolks, and the best ginger, and cinnamon, and good herbs; and chop everything together very well. And then set aside the fat of the frying pan at one end, and cast all this in the other part of the frying pan; and little by little grease it with two feathers; and when it is well fried, take it out and then cast in the entrails just as they are, chopped small, and gently fry them in this way. And if you wish, cast in a dozen or two of eggs beaten with , it will be better. And cast it into the frying pan and then stir it, moving it well with a spoon. And if you wish to gently fry chick peas, everything is good; and then take the yolks of beaten eggs, and a little ginger mixed with the eggs and well-beaten in a dish; and then put it into the frying pan upon the other food, and then stir it all, in such a way that everything mixes very well; and when it is cooked, take it from the frying pan and put it on a large plate; and on top of the food, [cast] sugar and cinnamon.

**173. SAUCE WHICH IS CALLED CINNAMON OF MUST**

*SALSA QUE SE LLAMA CANELA DE MOSTO*

You must take raisins and black grapes and all the crumb of a little loaf; and take grapes according to the quantity of the sauce which you wish to make, and put them in a pot to cook with sweet red wine which should be good and fine and very strong and very red, and temper it as you see fit; and boil it vigorously until the raisins and the grapes are all consumed and turned into broth; and then strain all this through a woolen cloth; and after it is strained, set it to cook a little in a small pot so that it turns thick and has the color of gold; and then take sugar and cinnamon; and it must taste a little of nutmeg, and of cloves, and of ginger, and this is served with roasted or fried fowl.

**174. PASTRY OF ROAST HEN ON THE SPIT**

*EMPANADA EN ASADOR DE GALLINA ASADA*

You must take a very plump hen, and remove the wings and the feet and the neck, and stuff it entirely with the yolks of hard-boiled eggs, and cinnamon and cloves stuck in the egg yolks, and raisins, and blanched almonds, and cooked meat from a calf or a kid, and finely chopped, and mint and parsley, also raw egg yolks. And spices which are fine and saffron-colored; and with all this, mixed with the raisins and almonds, stuff it inside the hen and then sew it up so that none of the stuffing falls out; and then put it on the spit and roast it. And when it is almost roasted, take a large plate and cast upon it a little rice flour which is very fine, and goat milk, and raw egg yolks, and sugar, and cinnamon, and other spices which are fine and saffron-colored; and beat this all together vigorously. And thin the said dough with the milk; if you have no milk, take rosewater and a little pot-broth, and mix it all together. And then, with some hen feathers, spread the said dough over the hen and rub it. And anoint it, and be careful that you do not thin it too much because it will not be able to cling to the flesh of the hen. And anoint it enough times that this dough or sauce forms a crust on the hen as thick as the crust of a *empanada*; and if you wish, you may put wholesome herbs, such as parsley, marjoram and mint, well then you may do it; and turn the spit in such a manner that the said dough stays upon the hen.

**175. TREBALLA (131) WHICH IS CALLED WHITE SAUCE FOR GEESE**

*TREBALLA QUE DICE SALSА BLANCA PARA ANSARONES*

You must take blanched almonds, and the white [meat] of a chicken, and a clove of garlic, that it is barely scented with garlic, and a crustless piece of bread soaked with broth, and grind it vigorously. And then strain it through a woolen cloth, and take yolks of hard boiled eggs and cast upon them ginger and cinnamon and sugar, and a little verjuice, so that it is barely scented, and then set the geese to roast and when they are half-roasted put a casserole beneath them to catch the juice of the geese and when it has all come out, mix it with said dough or sauce in a pot and when it becomes thick prepare dishes and when they go to the table cast sugar on them, and cinnamon on top.

**176. LARDY BRUET IN A VERY GOOD FASHION**

*BROETE LARDERO DE MUY BUENA FACCIÓN*

You will take the breasts of mutton or the flanks, and give them a boil, so that they lose the color of blood; and then make pieces as big as your thumb. And take very fatty bacon and make little slices of it, small and thin as a feather; and cast each piece lengthwise along that cut bacon. And then take the bacon and melt it; and when you have extracted all the grease, gently fry the said meat with it; and then put it into a pot with the broth of another pot; and then take a hen's liver, and a little mutton, and make everything boil together. And then take toasted bread, and grind everything together; and strain everything through a woolen cloth; and then blend it with good pot-broth mixed with verjuice and vinegar, and small spices, and give it the color of a hare; and this is very good sauce.

**177. POTTAGE IN GOOD FASHION**

*POTAJE DE BUEN MODO*

Take a good fat hen, and cook it; give it only one boil, and cut it to pieces; and then take melted fatty bacon, and gently fry it [the hen] in such a manner that it does not lose its whiteness; and then cast in good broth, and cook it slowly in this broth; and then take yolks of hard-boiled eggs, and blanched almonds ground with a crustless piece of bread soaked in broth; and strain everything together, and then cook it in a separate pot in such a manner that it does not come apart or separate, and a little verjuice, but no vinegar, and sweet spices. And when it is almost cooked, take egg yolks tempered with rosewater, and mix it all together.

**178. POTTAGE CALLED JOTA**

*POTAJE LLAMADO JOTA*

You will take chard, and parsley, and mint, and borage, and put everything to cook so that it comes to a boil; and then put it on a chopping-block, and chop it small with spices; and when it is well-chopped, strain it through a woolen cloth, and put it in a pot; and you must give it a boil in such a manner that it does not lose its greenness. And do not cover it until the hour of dinner, and if you wish to cook it the night before, make it in the same manner, but you must put in some bacon from fresh pork and fry it to extract the juice; and with that juice, gently fry the above-mentioned things; and with pot-broth in the manner of spinach, and then prepare dishes, and upon each dish put a piece of that bacon which you have gently fried.

**179. EMPEROR'S SAUCE**

*SALSА DE EMPERADOR*

You will take hen's livers roasted in the coals, and take toasted almonds and grind them with the livers and with a crustless piece of bread, and temper everything with good hen's broth and when it

is well-ground take eighteen or twenty raw egg yolks and grind them with the said almonds which should be about a handful, and three livers of capons or hens and grind it all together in a mortar, and strain it through a sieve just like peacock sauce, (132) after straining it, set it to cook in a clean pot with little heat stirring it constantly with a spoon, and cast in plenty of sugar, and a little mustard, and five or six ground cloves, and ginger according to your will. And it must be a little sour with the juice of oranges or of unripe grapes or of pomegranates. And it should taste a little of all the said spices, and more of ginger. And it must be thick, like peacock sauce, and it should have a dun color; and prepare dishes; and cast sugar and cinnamon on top of them.

## **HERE ENDS THE FOODS FOR MEAT DAYS**

### ***DEO GRATIAS***

This book was printed for the second time in the city of Logrono by Miguel de Eguia; distributed by Diego Perez Davilla, mayor of the said city. And it was finished in the year 1529, on the 24th of November.

## **PART 2**

### **TREATISE ON COOKING AND PREPARING FOODS IN THE TIME OF LENT**

#### *TRATADO PARA GUIJAR Y APAREJAR LAS VIANDAS DEL TIEMPO CUARESIMAL*

We have spoken, and in the briefest way that we could have done, of the art of cooking in regard to the foods and dishes for meat days. Although the foods that you can make for meat days are infinite, many of them can be made in Lent, because in the chapters on those foods where I say to blend them with meat broth, those sauces or pottages can be thinned with salt, and oil, and water, but first you have to give it a boil; and in this manner, it is as good as meat broth if it is well-tempered with salt, and if the oil is very fine. And in this manner, many foods which are served for meat days can be made in Lent, and this is nothing but the custom of men to alter foods from one thing to another. And because of this, it seems to me that I have spoken enough on this topic of dishes for meat days; and it is a reasonable thing to talk of the foods for the season of Lent — in the best and briefest [way], as God guides us and strengthens us — for the benefit of human bodies and the honor of the houses of the princes, and great lords, and knights, and persons of whatever estate and condition they may be, according to what they will see in the progress of the following treatise. And first, to prepare a *empanada* of lamprey or of whatever other fish, to boil or to roast or for a casserole; and other foods, according to what we will say.

#### **180. OF lamprey in crust**

##### *DE LAMPREA EN PAN*

The lamprey needs to be alive, and scald it with hot water, and in this way you will make it clean and white, and then take toasted bread, so much so that it is all black, and grate off the burnt part. And take the lamprey and open it. And catch that blood and keep it, and remove from it the intestine that it has. And through the mouth pierce it

with a knife in such a manner that you do not cut it at all, but only prick it, and remove the bile by means of the head. And leave it so that this blood strains out well, and similarly strain the blood from the holes that the lamprey has, and carefully keep all the blood, and anoint it completely with its own blood. And then take your spices which are long pepper, and galingale, and nutmeg. And all this should be well-ground and mixed with that blood. And then return to anointing the lamprey with it. And put a nutmeg in the mouth. And place a clove of gilofre inside each hole that it has. And then take the lamprey, and put it in a *empanada* in the form of a *rosca*. (133) And give it a cut in the center of the spine, because otherwise it could break the *empanada*. And being put in your *empanada*, well anointed with its own blood, with the spices and everything, cover the *empanada*. And cook it in the oven. And then take toasted bread with vinegar and red wine and its own remaining blood. And mix everything together, and strain it very well. And this sauce should not be very sour, but only a little, and for this one puts in the wine. And when the *empanada* is cooked, take this sauce and cast it into the *empanada*. And these *empanadas* of lampreys are better eaten cold rather than hot. And if it is cold, do not cast sauce on it. And the lampreys are not good to eat until the month of January.

### **181. Salmon Pie**

#### *SALMON EMPANADO*

You must take the salmon, well-cleaned and washed, and take your spices, which are long pepper, galingale, and ginger, and all this well-ground with salt, but in such a manner that there is not too much spice, but moderate; then make the *empanadas*, and put the salmon inside. And cast the spices on top and beneath, and all over. And then cover the *empanada* and let it go to the oven to cook; and when it is cooked, if you wish to eat the salmon cold, make a hole in the *empanada* under the bottom crust so that the broth comes out, because with it, it cannot be kept well.

And you must know that the salmon ought to be eaten in the month of October when it starts to get cold.

### **182. Salmon Casserole**

#### *CAZUELA DE SALMON*

You must take the clean and well-washed salmon, and put it in a casserole with your spices which are galingale, and a little pepper, and ginger, and saffron, and all of this well-ground, and cast upon the fish with salt, and a little verjuice or orange juice. And let it go to the fire of coals, and then take blanched almonds, and raisins, and pine nuts, and all herbs. That is, *moraduj*, which is called marjoram, and parsley, and mint. And when the casserole is nearly half-cooked, cast all this inside.

### **183. Trout in crust or roasted or boiled**

#### *TRUCHA EN PAN O ASADA O COCIDA*

The trout must be scaled, and if you wish to make it in crust, cast in pepper and a little ginger. And if you wish to cook it in some other manner, such as roasted or boiled, cause water to boil in a casserole, and cast in the trout. And when it is almost half cooked, cast in a little salt so that it should have good flavor. And then cast a half glass of vinegar into the casserole, because the vinegar will make it firm, so that it shouldn't break; and eat it with pepper, and with a little broth of the pot or of the casserole itself. And if they want to eat it roasted, it must be eaten with orange juice and water and salt

and a little oil, and all the good herbs; and prepare the plate of the roast trout. And cast this juice on top of everything. And know that the best morsel of it is the snout.

**184. Barbel (134) in crust**

*BARBO EN PAN*

Take spices which should be pepper, ginger, and salt, all well-ground, and make the *empanadas*. And put the barbel in them, well-cleaned and washed, with the said spices, and carry them to the oven. And if you wish to cast in a little orange juice or rosewater, it will not lose anything; and before the *empanada* goes to the oven, cast in a little oil.

**185. Barbel in casserole**

*BARBO EN CAZUELA*

After the barbel is well-cleaned and washed, cut it into round pieces about two fingers in thickness; and take the spices which are pepper, ginger, and saffron and salt, all well-ground; and put the barbel in the casserole with the spices, and the salt, and a little oil, and let it go to the fire over good coals; and then take raisins, and almonds, and a little dry coriander, and all the good herbs; and all this should go into the casserole and cook it until it is well-cooked.

And if you want to eat the barbel boiled, take a pot with water; and when it boils, cast the barbel inside; and make your thin sauce, which is vinegar, and all spices, and all good herbs; and when the barbel is cooked, have ready the plate with the foods and cast on the said juice with the said herbs; and make it in such a manner that it is just a little sour and colored with saffron.

**186. Shad in crust**

*SABOGA EN PAN*

The shad needs to be fresh and very well scaled and clean. And then put it in the crust. And take the spices for the shad which are pepper, and a little ginger, and salt, all well-ground, and cast upon the shad; and being put in the *empanada* with oil, let it go to the oven to cook. And if you want to eat it cold remove the broth, because to eat any sort of *empanada* cold, it is necessary to remove the broth, because with it, it is not possible to preserve it well.

And if you wish to eat it boiled or roasted (however, it is not desirable to eat it boiled in any fashion, but rather in crust or roasted), and if you wish to roast it, you need not remove the scales, but rather open it and put it on your grill. And before you put it upon the fire, grease the grill with oil, so that it does not stick to it. And put it on the fire, and do not give it much fire at the beginning, but turn it little by little, and each time you turn it, grease the grill with oil. And then make your thin sauce with orange juice, and oil, and a little water, and salt, and all the herbs cut quite small; and put it on your plate; and [cast] your sauce over it. And in this manner you cook freshwater fish.

**187. Swordfish in crust**

*EMPERADOR EN PAN*

Take the swordfish, and being well-cleaned and washed, cut it into pieces or rounds; and make the *empanadas* in the manner that you wish; and take the spices which are long pepper, and ginger, and salt, all well-ground, and cast it upon the rounds of the swordfish. And being put into its *empanadas* with its spices, and its preparation, let it go to the oven to cook. And when they wish to eat, cast a little juice of oranges or

unripe grapes, mixed with rosewater, and before putting it in the oven, cast on a little oil.

**188. Swordfish in casserole**

*EMPERADOR EN CAZUELA*

After cleaning and washing the swordfish well, make of it slices or rounds as thick as two fingers; and take spices well-mixed with good herbs which are *moraduj* which is marjoram, and parsley, and mint, and set it to cook over the coals or in the oven; and when it begins to boil, cast in blanched almonds and raisins. And let everything cook together, and cast in a little verjuice or orange juice. But before it is put in the oven, cast in a little oil.

**189. Swordfish on the grill**

*EMPERADOR EN PARRILLAS*

Cut the swordfish as if you were going to roast it, and remove everything that is inside; and set it to roast on the grill, greasing it with oil, little by little. Then make your light sauce which is orange juice, and pepper, and oil, and salt, and a little water; and you will put all this in a small pot, and when they want to eat, put it on a plate; and cast on the said sauce with the other herbs: parsley, and mint, and marjoram.

**190. Sturgeon in crust, which is pike (135)**

*ESTURION EN PAN, QUE ES SOLLO*

After cleaning and washing the sturgeon well, make it into round pieces of two fingers in thickness, and put it in the crust with its spices, which are long pepper, and a little ginger, and salt, all ground, and cast on top of the sturgeon; and put the said pieces in your *empanadas* with all your preparation; and let it go to the oven. And if they wish to eat it cold, remove the broth. And if they wish to eat it hot, cast in a little orange juice and a little pepper. And before it goes to the oven, cast in a little oil.

**191. Sturgeon or pike in casserole**

*ESTURION O SOLLO EN CAZUELA*

Clean the sturgeon very well and cut it into rounds as big as a hand; and then take the spices which are pepper, ginger, and a little saffron; and take all herbs, parsley, and marjoram, and mint and a little dry coriander, and let all this be well-mixed. And then put the sturgeon in the casserole with the said spices, and salt, and oil, and the herbs, and let them go to the fire over coals; however, the casserole should be well covered; or if not, let it go to the oven, and cast in oil.

**192. Sturgeon, which is pike, grilled or boiled**

*ESTURION, QUE ES SOLLO, EN PARRILLAS O COCIDO*

Take a pot with water and salt, and all herbs: parsley, and mint, and marjoram. And when all this has boiled, you shall cast in the head or the tail of the sturgeon, or whatever you desire, so that it boils. Then cast in a little oil; and when the fish is nearly cooked, remove half the water; and then take all spices and a good glass of vinegar, and cast it all into the sturgeon; however, let it not have much water, because with that broth you have to make the pottage for that dish; and cast finely shredded or chopped herbs on top and a little ground ginger.

And if you wish to eat the sturgeon roasted, take the part from near the stomach, which is the middle of the body and grease it little by little with oil. And then roast it on the fire over coals. And then make your orange juice, and oil, and pepper, and salt, and a little water, and all the good herbs cut small; and when they want to eat, put the food on the plate; and cast on the juice with the herbs on top of the said fish.

**193. Dentex (136) in crust**

*DENTOL EN PAN*

You must take the dentex, and being well-cleaned and washed, make it into rounds through the middle, and then make *empanadas*, and take your spices: pepper, and salt, and ginger, and a pair of slivers of whole cinnamon; and then put the fish in the *empanada* with the spices, and splinters of cinnamon, all together, and cover it. And let it go to the oven, and before you put it on the table after it is cooked, take a little orange juice, and the liver of the same dentex. And roast it in the coals with a toasted bread soaked in the orange juice. And put it inside the *pastel*; but before the *empanada* goes to the oven, cast in a little oil.

**194. Dentex in casserole**

*DENTOL EN CAZUELA*

Take the dentex, and after cleaning and washing it well, make rounds as big as your hand. And then cast in your spices, which are saffron, and pepper, and nutmeg, and a little salt, all well-ground; and cast it upon the fish, and put it in the casserole with all your preparation; and when the said dentex is half-cooked, cast in all herbs and a little orange juice. And if you wish to put in raisins and almonds afterwards, you can do so; however, cast in a little oil because these things always need a little oil.

**195. Boiled Dentex**

*DENTOL COCIDO*

Take a dentex, clean and washed, make pieces of it; and take the head, and cook it with water, and salt, and good herbs; and then take the dentex and let it go to cook; and you will take chestnuts, and apples, and almonds, and a good piece of its own flesh and a crustless piece of bread, and all this is well-ground and blended with its own broth and strained through a woolen cloth; but when you strain the almonds and all these things, also put bread soaked in orange juice or in vinegar. Then you will take all spices, but not saffron and cinnamon; and then cook this sauce; and you will cast it in that broth that was with the fish that was boiled; and when the sauce boils, put it into the pot; and when you want to eat, prepare the plate with the food, and cast on top of it all herbs, finely cut; and if you do not wish to make this sauce, take vinegar and all spices, and the cut herbs, and all this should be mixed when the fish is boiled, only in water and salt; and prepare the plate and cast that light sauce on top.

And know one thing, that every time you cook a fatty boiled fish, you should cast in a glass of vinegar to cook because it will make it firm, and protect it from becoming stained.

**196. Bonito in crust**

*PALAMIDA EN PAN*

Take the bonito, and after scaling and cleaning it, cut in into round pieces as big as four fingers, and then make the *empanadas*. And take the spices which are pepper, and

ginger, and salt, and all this well-ground; and you can put saffron if you wish; and then cast these spices upon the fish, and put it in your *empanadas* and let it go to the oven to cook. And the time to eat the bonito is the month of March; and when you have it to send it to the oven, cast on a little oil.

**197. Bonito in Casserole**

*PALAMIDA EN CAZUELA*

If the bonito is small do not bother to cut it; if it is large and thick, make of it pieces as big as three fingers; and then take the spices: know that they are pepper, and ginger, and galingale, and saffron, and salt. And all this being well-ground, cast it on top of the slices of bonito; and then cast in all herbs which are: marjoram, and parsley, and mint, upon the casserole, and let it go to the oven with all its preparations upon good coals; and let the casserole be well covered; if not, put it in the oven; and then cast in a little verjuice, and orange juice, and oil.

**198. Bonito on the grill**

*PALAMIDA EN PARILLAS*

Take the bonito and clean it and wash it, and if it is small, do not bother to make pieces of it, but above all the large fish is better than the small one, in such a manner that if it is thick cut it into round pieces. And let them go upon the grill, greasing it first with oil; and being put over the coals, greasing it bit by bit with your oil; and make your light sauce with herbs, and a little pepper, with orange juice and salt and oil, all well-mixed; and when they wish to eat, prepare the plate with the food, and cast this light sauce on top.

And if you wish to eat it boiled, it is not as good as the other way.

And if by chance, your lord wishes to eat it boiled, make it in this manner. Cook it with water, and salt, and your spices, except saffron, and with all the good herbs; and when the fish is cooked, and your lord wishes to eat it make this light sauce. Take vinegar, and all the spices, and blend it with the vinegar; and then prepare the plate, and cast this sauce on top.

And if you wish to make sauce with almonds you can do so.

**199. Fresh conger eel in crust**

*CONGRIO FRESCO EN PAN*

The conger eel needs to be scalded, and cut it with a knife because there are many who flay it, and it is worth more scalded than flayed; [when it is] clean and washed put these spices: pepper, more than the others, and a little ginger, and salt, and all this should be well-ground. And then cut the conger into pieces so that it does not break the *empanada*, because there are some which are big and others which are little. And in this way, according to [the size of] the conger you must make the *empanada*; and place it inside like a ring or a spiral; and cast on these spices, and the salt on top, and then cover it; and let it go to the oven to cook with your oil.

**200. Conger eel in casserole**

*CONGRIO EN CAZUELA*

Take conger eel, well-cleaned, cut into pieces, and put it in a casserole with your spices mixed with salt; and cast them upon the fish with all the finely shredded herbs, and with a little oil, and raisins, and almonds, and pine nuts; and let it go to the oven to cook.



### **201. Boiled conger eel**

#### *CONGRIO COCIDO*

The small conger eel is not good except for roasting; and if it is very thick, you can make a boiled plate of it; and so take the conger eel, well cleaned, and scald it with boiling water; and then cut it into thick pieces; and then put a pot with water on the fire; and when the water boils, cast the conger inside; and cast in a lot of salt because it gives the fish flavor.

And consider, do not forget that when you cook a thick fish, cast in enough salt and a good cupful of vinegar, because vinegar makes the fish firm; and always do this to keep it firm within the broth and to give it flavor; and when the conger is cooked, make the sauce for boiled conger.

First, take almonds which have not been peeled, and grind them in a mortar with a few hazelnuts, and with a crustless piece of bread; and all this should be well-ground, and blended with white vinegar, and with broth; (137) and strain it quite thick through a woolen cloth; and this sauce needs to be sour; and then cast in all spices, and all herbs cut small; and when they want to eat, make the sauce boil with all this; and then throw away the broth in which the conger was cooked, and cast the sauce on top of the boiled fish.

### **202. Conger eel on the grill and on the spit**

#### *CONGRIO EN PARILLAS Y EN ASADOR*

If the conger eel is small and you want to roast it on the spit, it is not necessary to cut it into pieces, only pass [the spit] through the middle; and doing this as is customary; and then take a cane and break it in half, and make it so that one piece is at one end and the other [piece] at the other [end]; and tie it with a thread, in such a manner that it cannot fall, and grease it frequently with oil; and if you make it on the grill, cut it lengthwise according to the measure of the grill; and in this way make it according to your pleasure; and then make your thin sauce with orange juice, and with pepper, and salt, and oil, and with all the good herbs cut small; and this should be put into a small little pot; and when they want to eat, cast the food on the plate, and cast on the aforesaid sauce.

### **203. Moray eel in crust**

#### *MORENA EN PAN*

If the moray eel should be alive, take care that it does not bite you because its bite is poisonous; and it being alive, flog it well (138), because the fish bones all descend to the tail; and then scald it just like the conger eel, neither more nor less; and then wash it well with cold water and cut it into pieces; and take your spices: ginger, a little galingale, and salt, and all this should be well-ground and cast upon the cut-up moray; and make the *empanadas*; and cast a little oil inside and cover them, and let them go to cook in the oven. And being cooked, cast on a little orange juice.

### **204. Moray eel in casserole**

#### *MORENA EN CAZUELA*

Prepare the moray eel just like the conger eel; and cut it into pieces; and cut off the tail, because the fish bones always descend to the tail; and then take the spices which are necessary, and all the good herbs finely shredded or cut, and salt, and almonds, and

raisins, and pine nuts; and let all this go into the casserole with a little oil; and the almonds should be scalded; and let it go to the oven to cook.

### **205. Moray eel on the grill**

#### *MORENA EN PARRILLAS*

Scald the moray eel just like the conger eel; and if it is alive, flog it vigorously because all the fish bones will descend to the tail; and if you want to fool your companion, give him the tail to eat; (139) and then remove the head, and cut it into pieces as large as a palm; and then grease the grill with oil. And set the moray to roast; and frequently grease it well with oil.

And there are also many who grease it with garlic and oil. But each one cooks it according to his appetite. Because there are many lords who do not eat garlic and oil, and others who do eat it. And returning to the topic of making the thin sauce which is customarily made for roasted foods, which is orange juice, and ginger, and oil, and a little water. And put all this into a little pot with salt, and all the good herbs cut small; and when they want to eat, put the food on the plate; and cast your sauce on top.

### **206. Tunny or tuna in crust**

#### *TOÑINA EN PAN O ATUN*

The tunny or tuna needs to be fresh; and cut it into round, thin wheels of three fingers [in thickness], and then wash it very well, and cast upon the wheels: pepper, and salt, and ginger, and a little saffron; and all this should be well-ground; and then make the *empanadas* and cast a little oil inside and cover it, and let it go to the oven; and if they wish to eat it cold, remove the broth, as I have said in other chapters, because with the juice you can not keep it long.

And tuna is commonly eaten in this manner.

### **207. TUNA OR TUNNY IN CASSEROLE**

#### *ATUN O TOÑINA EN CAZUELA*

Take the eyes of the tunny, and the best of the entrails which are eaten from it and put it in a casserole with raisins, and almonds, and pine nuts, and a little oil, and orange juice, and take all these spices and all herbs which are: parsley, and mint, and marjoram, and all cut very small; let them go into the casserole with the aforesaid spices; and the almonds should first be scalded; and let it go to the oven.

The royal sauce is made with garlic and oil.

### **208. Boiled tuna or tunny**

#### *ATUN O TOÑINA COCIDA*

Take the head and the tail of the tunny, which is suitable to boil; and if not, from the part that you desire; set a large pot on the fire with water and much salt, and when the water boils, cast in the tunny and when it is cooked cast in a cup of vinegar into the pot because it will sustain it, so that it does not break in the pot with the broth; and then make this sauce.

Take a few almonds which should not be peeled and grind them with a crustless piece of bread. And take the liver of the tunny, or if not, a good piece of the tunny. And blend it with white vinegar, and strain it thickly through a woollen cloth; and then take all the spices, which are: pepper, and ginger, and a little saffron, all very well-ground and blended with good white vinegar, and cast it in the sauce; and this sauce needs to be

made with vinegar, and not too much but moderately; and when you want to eat, then cook this sauce quickly; and having put the food on the plate cast the sauce on top; however, let the herbs be already in the sauce when you want to cook it.

**209. Tunny on the grill**

*TOÑINA EN PARRILLAS*

Take from the tunny the part near the belly, well-cleaned, and grease it with oil; and also grease the grill, and set [the tuna] to roast over a few coals, and grease them from time to time with oil; and then make your thin sauce with water, and salt, and oil, and orange juice, and pepper, and all the good herbs shredded or cut small; and when they want to eat, put your fish on the plate and cast that sauce on top; and if you wish to make another sauce, such as arugula or another, let it be according to your pleasure.

**210. mullet in crust**

*LISA EN PAN*

After scaling and cleaning the mullet well, take spices, which should be pepper, and salt, and a little ginger; and all this should be well-ground and sprinkled over the mullet; and make the *empanadas* in the same shape as the mullet, or however you wish; and your *empanadas* being made with your spices within, and all your provisions with your oil, cover the *empanada*; and leave your hole on top of the cover and through it cast the oil inside, and carry it to cook in the oven.

**211. mullet in casserole**

*LISA EN CAZUELA*

The mullet being well-washed and cleaned, put it in a casserole with your oil, and all common spices, and all the good herbs cut finely or shredded; and cast all this in the casserole with the mullet; and if the mullet is very large and thick, make pieces of it; and if you wish to eat it with rice it is very good, and with your spices; and if they eat it with rice, cast in a half spoonful of fat. (140)

**212. mullet on the grill**

*LISA EN PARRILLAS*

The mullet being very well-cleaned and washed without scaling it, grease it with oil; and also grease the grill and set [the mullet] on it, and a few coals beneath, and grease it frequently with the oil; and then make your light sauce with orange juice, and oil, and salt, and water, and all herbs; and all this [being] together, put it in a little pot; and when they want to eat, put the fish on a plate, and cast that sauce on top.

**213. Boiled mullet**

*LISA COCIDA*

The mullet being washed and well-cleaned, set it to cook in a casserole with water and salt and make it boil, and cast in a little oil, and when it is cooked make your sauce with a few almonds, and a crustless piece of bread, all this should be well-ground, and strain it with vinegar and with your broth from the mullet, and then cast in all common spices, and all the shredded herbs and cook all this, and then cast it over the mullet.

Or you can make the thin sauce with vinegar, and common spices, and with your crumbled herbs, and cast all this in a little pot; and when they want to eat, prepare the

fish on your plate and cast this sauce on top.

But as for me, I tell you that I would prefer the mullet in crust, or in casserole, or on the grill than in any other manner; and I do not think that anyone will say the contrary.

**214. Escorfenó(141) in casserole**

*ESCORFENO EN CAZUELA*

This fish is not good except in casserole or boiled; and if you want to roast it, take the *escorfenó*, and after cleaning and washing it, cut it into pieces if it is very thick or large; and take all herbs, and shed them finely, and put everything inside the casserole with a little oil, and let it go to the oven; then cast in raisins, and almonds and chestnuts, and everything should go together into the casserole; and you can put in something sour if you wish.

**215. Boiled *escorfenó***

*ESCORFENO COCIDO*

Take the *escorfenó* and scald it; and then put a pot on the fire with water and salt, and cook it; and when the water boils, cast the fish inside; and if you wish to make a sauce for it, make it as for the mullet.

And you must know one thing: that all the sauces that are for fresh fish should not be sweet, but sour, because the fish is already sweet by itself.

But for fried fish it is well to make the sauce sour and sweet; but for the boiled, sweetness is not good; and then make your thin sauce with vinegar, and all the common spices; and everything should be prepared in a pot; and when they want to eat, prepare the plate with the fish; and cast this thin sauce upon the sauce.

**216. Sardines in casserole**

*SARDINAS EN CAZUELA*

You must take the thickest fresh sardines, and wash them with many waters; and then take pepper, and a little ginger, and saffron, and all this ground. Then take raisins, and almonds, and pine nuts, and all the good herbs, which are parsley and mint. And then take the sardines and the spices, and all mixed, and with the almonds, and raisins, and pine nuts, casting it all into the casserole with a good quantity of oil, and let it go to the fire over coals; and if not, to the oven.

But they are better over coals, because in the oven they cook above and below and throughout; and the sardines, to be made in this manner, should not endure the heat of the oven, but rather coals, and few of those, because they will cook at your pleasure; and if you wish to eat them in another manner, such as fried, they should be eaten with pepper, and a little vinegar or orange juice; and if you want to eat them roasted, they should be eaten with orange juice, and oil, and salt, and a little water, and pepper, and all the herbs except *moraduj* which is marjoram, which is also called *malgilana*.

**217. CHUB Mackerel (142)**

*BISOLES EN CAZUELA*

Open the mackerel, and having well-cleaned and washed them, take all common spices, and all the herbs except marjoram. Then take raisins, and almonds, and pine nuts, and toasted hazelnuts, and all this together with the herbs; and with the other things, put it in the casserole with a little oil; and when the mackerel are half cooked, take a few hazelnuts and new raisins cleaned of their seeds, and grind it all together, and let it go

into the casserole; and if you wish to cook them in another manner, such as roasted, you must cook them in the same manner as the sardines; and doing it in that manner, you cannot err.

**218. BOGUES (143) in casserole**

*BOGAS EN CAZUELA*

Scale the bogues; and being cleaned and washed, take all common spices, and all the good herbs finely cut, and take raisins and almonds, and dates cut into quarters if you have them, and put all this in the casserole with your oil; and when it is nearly half cooked, take a few chestnuts, and an equal amount of walnuts, and a crustless piece of bread, and grind it all very well; and strain it with a little vinegar and water, and then cast it into the casserole; and when they want to eat, put the bogues on the plate, and cast the sauce on top with all the things that were there; and if they want to eat them boiled and roasted, and also fried, eat them with vinegar and pepper.

But this fish is better in casserole than in any other manner.

**219. ANCHOVY in casserole**

*SAITON (144) EN CAZUELA*

The anchovy is commonly bitter, and because of this you must remove the head together with the intestines and wash it, and clean it well, and then take all common spices, and also put in raisins, and almonds, and pine nuts; and the almonds must be scalded and blanched; and then mix them (145) with the raisins, and almonds, and pine nuts, and with all the good herbs, and with the fish. And let everything be mixed in the casserole with a little oil. These casseroles are better to cook in the house than in the oven; and for the most part, they should be eaten in the month of April.

**220. Wolffish in crust**

*LOBO DE MAR (146) EN PAN*

Wash and clean the wolffish, and cut it in pieces, in such a manner than you can make a *empanada* of it; and take your spices: long pepper, and ginger, and salt, and everything being well-ground, cast it over the pieces of fish. And then finish your *empanadas*, and cover them and let them go to the oven with a little oil.

This fish is good in the months of June, July and August.

And if you want it in casserole, cut it in pieces as I said; and take a casserole, and common spices, and all the cut-up herbs and salt. And let all this go inside the casserole with the fish, with a little oil to cook in the oven.

And if you want to eat it roasted on the grill, divide it in half, in such a manner that it is opened from the top towards the bottom, and grease it with oil; and put it upon your grill and [with] coals underneath; and make your light sauce with orange juice, and pepper, and oil, and a little water, and all good herbs, well-crumbled with scissors, or a knife, or with your hands. And when the casserole is cooked, cast this on top.

**221. Good escabeche**

*BUEN ESCABECHE*

Take a crustless piece of bread soaked in white vinegar, and take blanched almonds, and toasted hazelnuts, and pine nuts, and grind everything together until it is well-ground; and when it is ground, blend it with fish broth, and then strain it through a woollen cloth; and then take a few raisins with the seeds removed, and grind them well with the other

things, and set it to cook. And cast in the pot all fine spices and saffron, because the sauce ought to be very deep in color, and sweet in taste, and black; however, the sweetness should be from honey. And when it is thick, remove it from the fire; and then take the fish when it is cold, and put it on a plate, and cast the *escabeche* on top.

However, this sauce should be eaten with pandora or dentex before any other fish; and when you cook it, cast on the *escabeche*. And when it is cold, put a little ground cinnamon on top; and then stick in some pine nuts, point upwards, all around the plate, and shredded parsley.

And this sauce is commonly served cold, but [served] hot it is not bad.

## **222. PANDORAS**

### *PAJELES*

Pandoras are cooked fried and roasted and boiled; but the best way of eating them is fried with your orange juice and pepper, or in *escabeche* with your vinegar and the oil in which they are fried; and vinegar, and pepper, and ginger, and saffron, and cloves, and a few bay leaves upon the fish, and orange juice, and your honey.

## **223. PIKE**

### *SOLLO*

The pike, which is sturgeon, is a large fish, and it has very good flesh in the manner of veal; and thus it is eaten in marinade with your watered-down white vinegar, and salt, and oregano, and a ground clove of garlic for one who eats it; and you can cast in some crushed cloves, and crushed ginger, and with this marinade one customarily eats pike roasted on the grill or in another manner; and it can be eaten in casserole, and boiled, etc., as is described above in the chapter on sturgeon.

## **224. SEA BREAM**

### *BESUGO*

The sea bream is eaten boiled with your orange juice, and your broth, and pepper, and ginger if they want it. It is also cooked roasted on the grill with your oil, and then your orange juice, and your pepper, and fried with your oil and orange juice and pepper.

And also in *escabeche* like the pandora.

## **225. Pottage of squid and cuttlefish**

### *POTAJE DE CALAMARES Y JIBIAS*

Squid and cuttlefish should be very well-washed and clean; and then gently fry them -- and not completely -- and when they are almost half cooked, take them out of the frying-pan. And put them in a pot; and then take blanched almonds, and raisins, and pine nuts; and then take a few toasted almonds, and grind them and strain them with a little vinegar watered down with fish broth if you have any; if not, cast in a little water so that it will not be very strong; and when the raisins and the almonds are slightly fried with the squid or the cuttlefish, take them and finish gently frying them [the fish], however they must be cut into pieces, and when this is done, prepare dishes.

## **226. OCTOPUS**

### *PULPO*

Octopus is a very hard fish, and because of this it is flogged and beaten a great deal; and

then wash it well, and put it in a pot to cook with an onion, and a little oil; and do not cast in salt because this fish by itself is salty enough, nor water either, because by itself it makes enough water. And this water becomes like a reddish broth; and if you want to cast in a few spices it will be better, and seal the pot well so that no manner of vapor comes out of it; and remove the intestine that it has in its head; and when you set it to cook, put in a little water.

And eat this fish with parsley sauce (147)

And similarly this fish is eaten after being well-beaten and flogged, cut to pieces, and roasted on a spit, repeatedly greased with garlic and oil; and then [served] with your orange juice, and water, and salt, and oil, etc.

It is also eaten in dishes, made into a pottage, cut into small pieces and gently fried with your onion, and oil, and honey, and spices, and your sourness from vinegar, and a crustless piece of bread and your almonds ground with the bread, and blended with your broth, and strained, and cooked in your pot; and then prepare dishes, etc.

### **227. VARIALES (148) in casserole**

#### *VARIALES EN CAZUELA*

Wash the *variales* well; and with all spices, and all shredded herbs put everything in a casserole with the *variales*; and cook it all with a little oil over a fire of coals; and these things always need raisins, and almonds, and pine nuts; and you can cook it in the house; and cast in a little water.

### **228. CLAMS in casserole**

#### *TALLINAS (149) EN CAZUELA*

You must take the clams, and put them inside a casserole with cold water; and leave it there for a good while because in this way they will open, and the dirt will come out of them that they have inside the core; then stir them a lot and put them in a little pot. And let them go over a few coals; and then cast in three *blancas* of common spices or seasonings, and let them cook little by little; and see that you do not cast in salt; and let it cook; and cast in a little oil, and all the shredded herbs; and if you wish to eat the clams with almond milk, gently fry them a little with the aforesaid herbs; and then cook that milk; and cast it into the clams which should be gently fried with pepper.

### **229. HOW OYSTERS ARE COOKED**

#### *COMO SE GUISAN LAS OSTIAS*

Oysters are eaten fried with oil, and your pepper, and saffron, and your spices, and orange juice; and cast into your *escabeche* with your bay leaves.

And they are eaten roasted with your pepper.

And they are eaten boiled in your water, and oil, and spices gently fried first with your onion and oil in a frying-pan; or the onion gently fried alone in the frying pan; and cast in the pot with vinegar to taste, and some good herbs.

And they can be cooked in a casserole with your water and oil and spices and good herbs with onion gently fried in your frying-pan, and cast within, and your little taste of vinegar.

### **230. PELAYA (150) AND FLOUNDER OR SOLE**

#### *PELAYA Y LENGUADOS O ACEDIAS*

Scale the *pelaya* well and open it through the side; and when you want to fry it, cast on

a little salt, and heat the oil; and when it is hot, cast in the *pelaya*. And just as it shrinks or withdraws, turn it promptly to the other side, and press your hand(?) over it so that it does not return to shrinking; and when it is well fried, it needs to be eaten with pepper and cut lemons; and then take a little of your oil with which it was fried, and as much again of vinegar, and put it on top of the *pelaya*, and upon the other things.

And know that the *pelaya* is a royal fish, and it is as good to eat cold as hot; and they are very good in *escabeche* with your bay leaves. And it is a species of flounder, and the sole also, except that they are bigger than the flounders, but their meat is not as good to eat.

### **231. FRIED DOLPHINFISH (151)**

#### *LAMPUGAS FRITAS*

Scale the dolphinfish, and open it, and wash it, and fry it in oil; and take a little of your oil, and a little vinegar, and heat it well, and cast it on top.

And you must know that the *pelaya* and the dolphinfish are no good except fried.

The hake is a fresh fish that is eaten with pepper, and your shredded parsley on top; and it is also eaten with your parsley sauce; it is also eaten fried in oil with your pepper, and orange juice; and it is eaten in crust with your pepper and oil; and at times in casserole with your oil and spices, etc.

### **232. DRIED OR CURED CONGER EEL**

#### *CONGRIO SECO O CECIAL (152)*

You must take the conger eel which should be very good and very white, and cut it into pieces as big as a hand. And wash it two or three times in a good manner with hot water. And then tie it with a thread. And set it to soak in cold water which is very clean. And it must be cooked with this same water. And this must be done the night before you cook it. And in the morning, early in the morning, set it to cook in a clean pot with the water in which it soaked. And cast into the pot a good spurt of oil which should be good, and an onion cut up with a small handful of parsley, and a quantity of heads of garlic, well-cleaned of their primary skin or rind; and then take a few almonds, and as many hazelnuts, and as many walnuts, which should all be toasted. And grind them all together in a mortar, with a crustless piece of toasted bread soaked in the broth of the aforesaid conger. And a piece of the same conger, and the parsley, and the onion, and the garlic; and all this mixed and ground together and blended with the broth of the conger; and then strain it through a woolen cloth or a mill which is a press. And when it has been strained, cast in half an ounce of common sauce. (153) And then set it to cook on the fire. And stir it constantly in one direction without ever resting. And when it is cooked, and you want to prepare dishes, make the sops very thin, and stew them or steam them with the broth. And then remove them from that broth. And cast the sauce over the sops; and put them on the table; and the conger also with its separate plate.

And there are some who serve it as soon as it is cooked, and others who cast the sauce on top, but the best way is as I said before.

### **233. HAKE WHICH IS CURED FISH**

#### *MERLUZA QUE ES PESCADA CECIAL*

You must take the cured fish which is the hardest and whitest that you can get, because it is good, and set it to soak the afternoon before if it is not soaked, and then scale it, and wash it. And make slices of it like a hand, and then set it to cook in cold water. And



when it is almost cooked, remove it from that water in which it was cooking. And gently fry it a little, because the fish or hake is of such a quality that the more it is fried the harder it becomes; and then toast a few almonds. And grind them in a mortar with a crustless piece of bread soaked in vinegar, because this sauce needs to be sour and sweet; and strain everything, and after straining it, cast in a few spices, except saffron. And cast in a little cinnamon. And all this should be cast into the sauce with sugar or honey. And cast in the sugar or honey according to the quantity of the sauce; and let it go to cook on the fire; and the fish having been put on the plate, cast a little of the oil in which it was fried into the sauce; and then cast this sauce over the fish.

### **234. SALTED TUNNY FROM THE FLANK WHICH IS CALLED 'SORRA' IN VALENCIA**

#### *TOÑINA SALADA DE LA IJADA QUE DICEN 'SORRA' EN VALENCIA*

Cook the tunny from the flank with cold water; and when it is cooked, remove it from that water. And put it in other cold water, and wash it very well. There are those who eat it in this way with only orange juice or arugula.

And if you wish to eat it at your pleasure do it in this way. Take the flank of the tuna, and cut it in round slices. And put it in a casserole and cook it over a few coals with a little oil inside. Then take raisins, and almonds and pine nuts. And gently fry all this with the tunny in the casserole. And then grind in a mortar a few raisins, and almonds; and when they are ground, strain them with a little vinegar and water; and put this sauce over the slices of tunny and the other things; and put to it a good amount of ground cinnamon and honey and sugar. And then let all that cook a good while with the aforesaid slices of tunny.

And you can also make dishes of these if you wish, and if not make a large platter in this manner.

When the flank is good, and cooked with all your preparations, you can make a plate of it itself, without cutting it, but rather your whole pieces; and cook that sauce, and when it boils, cast it on top.

And if you want it cut, do it in this manner. When the tunny is cooked, cut it, and gently fry it with a little oil; and cast on the sauce; and let it cook a little while; and cast on a little shredded herbs; and prepare dishes.

### **235. LOBSTER**

#### *LANGOSTA*

It seems to me that I have talked enough of many kinds of foods, and of the differences between them; and of serving and preparing all kinds of cooked dishes, and foods for meat days as well as for Lent. And although some say that the Lenten foods are not as advantageous as those for meat days. To this I say, that it is but the choice of individuals -- because there are lords who are more pleased with some foods than others -- and diverse appetites of individuals; but because one desires that it should be so, I have made all my efforts to put in this present book all that I have known and achieved; and because there are some who do not know a certain thing, I want to speak of the lobster, because the blancmange cannot be made without it or without the pandoras; and if the pandoras are not fresh, make it from lobster; which if you do not have it you cannot make the perfect blancmange, as I will tell in the following chapter.

### **236. BLANCMANGE OF FISH**

### *MANJAR BLANCO DE PESCADO*

You must take the lobster and the pandoras, and although they are by necessity of different qualities, they are required; but the lobster is much better than the pandora; and from these two take what seems to you to be best, and cook it in a separate pot; and when it is almost half-cooked, remove it from the pot and set it to soak in cold water; and then take the best of the white meat of the lobster, and you must cook it more vigorously. And put them on a plate and shred it thus like threads of saffron. And cast rosewater over this shredded white meat. And then for eight dishes take four pounds of almonds, and a pound of flour, (154) and a pound of rosewater. And then take two pounds of fine sugar, and take the blanched almonds, and grind them in a mortar in such a manner that they do not make oil; and to avoid this, moisten the pestle of the mortar frequently in rosewater. And when they are ground, blend them with lukewarm water, which should be clean. And when they are strained, take a very clean kettle which has not been recently tinned, nor which is made of copper, and take the shreds of the lobster, and let it go into the pot with that rosewater. And then cast in the milk which you made. And not all of it, but that which you know will suffice for the beginning; and afterwards add the milk in two turns rather than in one; and if you cast in everything together you cannot well know if the blancmange will thicken. In the same manner you put in the flour little by little so that it doesn't clump; and beat it or stir it constantly with a stick until it is cooked; and then prepare dishes. And upon them cast fine sugar; and in this manner the blancmange of fish is perfectly made.

### **237. BLANCMANGE OF GOURDS**

#### *MANJAR BLANCO DE CALABAZAS*

Take the most tender of the gourds and prepare them, well-scraped with a knife until they are white, and then cut them into pieces as big as your hand, and set water on the fire. And when it boils, cast in the gourds. And when they are cooked, remove them. And put them into a clean cloth. And then make almond milk according to the quantity of the gourds. And squeeze them very well, in such a manner that all the water comes out. And then put it in the pot or kettle where you must make the blancmange; and cast the gourds into the milk; and cast in the sugar that you see is necessary; and let it go to the fire; and before you cast in the gourds, sprinkle them with rosewater; and these gourds need to be beaten a lot; and let them have a good fire so that they boil well; and stir them constantly in such a manner as if they were thick gourds; (155) and when you see that they are thoroughly mushy, let them cook a little while; and then cast on the rosewater; and let it come off the fire; and then prepare dishes, and upon each one cast fine sugar.

And know one thing: that in these foods you cannot have a measurement, but rather according to the discretion of the one who cooks it; because the gourds by their nature are all water; and no one can well say what is required, only the same one who cooks it.

### **238. BROOM-FLOWER DISH**

#### *GINESTADA* (156)

Take blanched almonds and extract the milk from them; and it would be better with goat milk; and take the spices the night before which are: whole cinnamon, and ginger, and cloves, all whole; and put them to soak in rosewater; and then take for each dish: two ounces of rice flour and one ounce of sugar; and for five dishes, take a pound and a half of almonds; and then in the morning take the milk; and put it in the pot where it must

cook; and cast in the flour little by little; and stir it constantly so that the flour does not clump with the milk; and so let it go to the fire with your provisions to cook; and when you see that it is half-cooked, take peeled almonds and cut them into four quarters; and take dates, and cut them in the same manner; and pine nuts, and mix all this together; and when the sauce is half-cooked cast all this inside; and then take a little saffron, and grind it well; and blend it with a little rosewater; and cast it in the pot, because this sauce should have a lot of color; and leave it to cook a good while with all these things until it is cooked; and let it be on a day of eggs (157), because you will take beaten egg yolks. And when you want to remove the sauce from the fire, cast the yolks inside; but in order to be called *ginestada*, there is no need for eggs; and prepare dishes and cast sugar and cinnamon upon them.

### **239. FARRO OF RICE FLOUR**

#### *FARRO DE HARINA DE ARROZ*

For twelve dishes: take three pounds of almonds, and two pounds of rice flour, and one pound of rosewater, and two pounds of sugar and a half ounce of whole cinnamon; and then take the almonds and peel them, and grind them well, and make thick milk; and cast half of the milk into the pot; and the pot should be well tinned, because these things cannot be made well if it is not a very good pot; and then cast in the flour, and stir it constantly so that it does not clump; and cast in more milk if it is necessary; and then cast in half of the sugar, and the cinnamon tied with a thread; and let it go to the fire, stirring constantly in one direction; and when it lacks milk cast in what will make it like blancmange; but don't cast in too much; and if you want to see when it is cooked, remove a little with a spatula; and put it on one edge of the plate; and when it is cold it will make a little bit of water; then you will know that it is not cooked, and because of this, cook it a little more; and when it is cooked, remove it from the fire; and let it sweat a little; then prepare dishes, and cast fine sugar on them.

### **240. WHEAT STARCH**

#### *ALMIDON*

Starch is made in this way. Take the starch which is fresh, and clean, and white; and for six dishes take a pound of starch, and a pound of sugar, and a pound and a half of almonds, and a pound of rosewater; and then cast the starch into a pot which should be well tinned; and half an ounce of whole cinnamon with it; and then cast in the rosewater and let it soak in that water; and then grind those peeled almonds in a mortar, and strain them with lukewarm clean water; and after straining them, cast half of the milk into the pot and cast in eight ounces of sugar, and blend them well with a spatula of wood; and then let it go to the fire to cook, and stir it constantly in one direction, and if it has need of milk, cast it in little by little until you know that it has enough; and taste it for flavor to see if it lacks anything; and if it lacks something, cast it in; and taste it for the flavor of salt and for everything; and if you see that it makes water it is not cooked; and when it does not make any [water] then it is cooked, and remove it from the fire.

And if by chance it tastes of smoke, take a little bit of very sour leaven, and tie it in a clean cloth; and when you cook, put in this leaven so that it boils vigorously with it; and with this, smoke is removed from such foods, etc.

### **241. ROYAL FAVA BEANS**

#### *HABA REAL*

You must take the whitest favas that have not been eaten by weevils, and remove the skins, in such a manner that they are left white and clean, and cook them in clean cold water; and when you have given them a boil, remove them from the fire; and throw away the water, and drain them in such a way that no water remains; and then take clean blanched almonds and extract milk from them, but goat milk would be better; and put the favas into the pot where they must cook; and then cast in the milk that is necessary, and fine sugar; and let them go to cook on the fire; and stir them with a *haravillo* with both your hands like someone who makes wax candles between his hands; and in the manner of making gourds; and don't take your hand away from them until they are cooked; and taste them for salt, and for sugar, and for all things; and when they are quite mushy, cast in two splinters of sound cinnamon; and let it cook well; and when they are well-cooked, and mushy, remove them from the fire. But when you cast in the cinnamon, cast in a little rosewater; and then prepare dishes; and upon them [cast] fine sugar.

In these matters of stews and pottages, I have given you advice that when you taste smoke you can remove it with a little sour leaven in this manner. Put the leaven in a cloth of very clean white linen; and when the pot boils, cast in that cloth with the leaven inside the pot; and let it boil continually; and so the smoke will be removed; and also if it is very salty, take a cloth of white linen and wet it in cold water; and when it boils, stir the pottage with your *haravillo*, and the cloth will move with it through the pot, well stirred with the pottage. And set it upon some coals. And cover it very well while the cloth is inside. And upon the cover put a good double-handful of salt. And likewise under the pot; and then remove that cloth; and take another cloth soaked in rosewater; and cover the pot with the cloth; and cast the cover on top of the cloth. And so salt is removed from these kinds of pottages. And the smoke, and everything, and this is done secretly so that no one sees it.

## **242. GROATS**

### *GRAÑONES*

You must take the wheat, the whitest and the most select that you can find, and washed with cold water and then crush it in a thick cloth with a pestle of a mortar. And give it vigorous blows upon a wooden bench, or if not, in a mortar. And if you want to make it more quickly, cast in a little salt in grains, because the salt will flay it, and peel off the skin. And when you see that it is well-cleaned of the bran, wash it very well; and put it in a pot in cold water to cook on the fire. And if it lacks water, always add it; but it is better not to add it, but to cast it in all at once, and not too much, if that can be. And all this must be done the night before. And when you know that it is cooked, remove it from the fire and put the pot inside a basket of bran; and cover it with a cloth; and then in the morning take blanched almonds and extract the milk from them; and if you can have goat milk it will be better; and then take the groats and remove that wheat which was on top. And then cast in the milk, and set it on the fire to cook; and watch that it does not burn; and let it cook in this way very well; and if you want to make a separate dish for your lord, take only the liquor that is on top of the pot, because that is the best; and upon the dish cast sugar and cinnamon.

## **243. MIRRAUSTE (158) OF APPLES**

### *MIRRAUSTE DE MANZANAS*

You must take the sweetest apples and peel off their skin, and quarter them; and remove

the core and the pips. and then set a pot to boil with as much water as you know will be necessary; and when the water boils, cast in the apples. And then take well-toasted almonds and grind them well in a mortar; and blend them with the broth from the apples; and strain them through a woolen cloth with a crustless piece of bread soaked in the said apple broth; and strain everything quite thick; and after straining, it cast in a good deal of ground cinnamon and sugar; and then send it to cook on the fire, and when the sauce boils remove it from the fire; and cast in the apples which remain well drained of the broth; but see that the apples should not be scalded; so that you can prepare dishes of them; and when they are done, cast sugar and cinnamon on top.

And here ends the present book.

### **DEO GRATIAS**

This book was printed for the second time in the city of Logrono by Miguel de Eguia; distributed by Diego Perez Davilla, mayor of the said city. And it was finished in the year 1529, on the 24th of November.

### **FOOTNOTES**

(1) The spice mix for *clarea*, recipe 3, does not contain pepper. In the 1525 edition, the title of this recipe is *Pimientas de Clarea*. The word seems to be used here as a synonym for "spices".

(2) The name comes from the Catalan *Mig-Raust*, meaning "half-roasted". It can also be made with chickens, partridges, or doves. Platina says, regarding *Mirause* of Catalonia, "I do not remember having eaten a better dish" See also recipes 149, 168, 243.

(3) The *Libre del Coch* and the 1525 *Libro de Cozina* call for 4 oz. ginger, 3 oz. cinnamon, 1 oz. pepper, 1/2 oz. each of cloves, nutmeg, and mace, and 1/4 oz. saffron.

(4) The earlier versions specify 1/4 oz. of grains of paradise and 1/2 oz. of saffron.

(5) These are very different proportions from earlier versions. The 1525 edition calls for 5 oz. ginger, 6 oz. cinnamon, 1/8 oz. grains of paradise, and 1 oz. cloves.

(6) A measurement approximately equivalent to two liters.

(7) The sleeve was a long cloth bag, used to strain the wine so that no spice sediment remained in it.

(8) A spiced wine drink, sweetened with sugar or honey.

(9) Barbara Santich suggests that this recipe title is a misnomer, and an indication of Italian influence on Catalan cooking. A very similar blend of spices – minus the sugar -- is found in an anonymous Venetian cookbook of the late 15th century. It is called *specie dolce*, "sweet spices". Several recipes in that cookbook call for dishes to be topped with sugar and unspecified spices before serving. Santich theorizes that *specie dolce* was the spice blend which was sprinkled with the sugar. The Italian name *specie dolce*, "sweet spices", may have been mangled in translation to become the Catalan *polvora de duch*, "powder of the duke".

(10) The *Libre del Coch* has a second recipe for this spice mix, *De altra polvora de duch*, which contains 2 oz. ginger, 1/2 drachm galingale, 1 oz. cinnamon, 1 oz. long pepper, 1 oz. grains of paradise, 1 oz. nutmeg, 1/4 oz. fine sugar. The *Libre de Sent Sovi* gives yet another recipe: 1 pound sugar; 1/2 oz. cinnamon; 3/4 oz. ginger; 1/4 oz. total of cloves, nutmeg, galingale, and cardamon.

(11) Spices, unlike other ingredients, are weighed in apothecary measurements, in which there are 12 ounces in a pound.

(12) There seems to have been some differences between Catalan and Castilian measurements. The *Libre del Coch* specifies that a drachm weighs 2 *diners*, whereas the Spanish versions say that

3 *dineros* weigh a drachm. Both sources say that a *diner/dinero* weighs the same as a scruple.

(13) *Escudilla*, "a bowl". See the glossary for a full explanation of this word.

(14) *Estameña*, a woolen cloth used for straining.

(15) *En buen punto*, literally, "to a good point".

(16) Pigeons and doves are taxonomically identical, and are all members of the family *Columbidae*, which includes stock doves, woodpigeons (also called ring-doves), rock doves (also called rock pigeons), and turtledoves. "Pigeons" is the generic term for members of this family. *Palomino* means a young male wild pigeon (or a young pigeon of undetermined gender). It is not clear if Nola is referring to a specific species in the recipes for *palominos*. I have translated it as "squab", which is a word used for young pigeons and doves of all kinds.

(17) See also recipes 90, 138, 143, 236, 237.

(18) Ie., if you don't have goat milk, take the four pounds of almonds and make almond milk.

(19) The word used here is *desatar*, which means "to untie, undo, unfasten". The already shredded chicken breasts are to be stirred and beaten in the broth until they nearly dissolve, giving the blancmange its desired smooth texture.

(20) The word used here is *requeson*, which the RAE defines as curds formed from cooking the leftover whey after cheese has been made. A soft, freshly-made whey cheese (such as ricotta) would be appropriate.

(21) Ie., avoirdupois ounces, of which there are 16 in a pound, not the apothecary ounces which are used to measure spices.

(22) Refers to the feet of sheep, especially when used as food. The Spanish word translates literally as "hands".

(23) Ie., cut them into individual portions.

(24) *Freixura* is Catalan for "entrails".

(25) *Pardo* is a grayish-brown color – "dun" is the closest English equivalent. *Pardilla* is the Spanish name for the European robin, whose back and wings are dun-colored.

(26) The name comes from *mortero*, "mortar", because the ingredients are finely ground. There are several such recipes in the *Libre de Sent Sovi*. The ingredients vary, but usually include ground meat and organ meats, liquid (generally broth or almond milk), and eggs and bread as thickeners. The earliest mention of the dish is in *Arte Cisoria* (1423), which states that chopped hog's liver is served in *morteruelo*, and indeed, the modern Spanish version is a kind of hog's liver patÉ. Other parallel medieval recipes include "mortrews" (England), *mortereul* (France), and *mortadelle* (Italy).

(27) To bard is to cover meat or poultry with a wide, thin piece of bacon or pork fat. The barding fat is tied in place with string during cooking, and is then removed. Its main purpose is to baste the meat or poultry during roasting and protect it from drying out.

(28) The name comes from *ginestra*, the broom plant. This yellow-flowered shrub is the "sprig of broom", the *planta genesta* that gave the Plantagenet dynasty their name and emblem. Most recipes for *ginestada* call for large amount of saffron to color it yellow. This particular one gives the cook the option to leave it white. See also recipe 238.

(29) This refers both to hulled cracked barley, and to the boiled dish made from it.

(30) This refers both to partly-ground wheat, and to the boiled dish made from it.

(31) *Almodrote* is a garlic-cheese sauce. In the *Libre de Sent Sovi*, it is an accompaniment to roast pork, partridges, or chicken.

(32) Mentioned in *Arte Cisoria* as a dish that can be made with roasted hens, partridges, or doves, usually layered between slices of bread. The etymology of the name is a bit uncertain, but may derive from *capirote*, "hood", because the sauce covers the dish just as a hood covers a head. See also recipe 164 for a version made with truffles.

- (33) *Pater noster*, the opening words of the Lord's Prayer in Latin. The partridges are to be placed on the coals for the short time that it takes to recite this prayer. Similar instructions appear in other medieval and Renaissance cookbooks. See also recipes 48 and 130.
- (34) *Geladia* or *giladea* is archaic Catalan for "gelatin".
- (35) Spikenard (*Nardostachys jatamansi*) is a flowering plant, related to Valerian. Its aromatic root was used in the ancient world as an ingredient in perfume, and as a flavoring in certain medieval recipes. It should not be confused with American Spikenard (*Aralia racemosa*).
- (36) Both galingale and spikenard are among the spices that were often used to flavor meat jellies. I have found no other references to adding them at the last moment to ensure that the jelly congeals.
- (37) *AnsarÛn* is the term for a young adult goose.
- (38) I.e., whole raw eggs, and not the yolks alone.
- (39) Pies filled with meat or fish. For a detailed discussion of pies and crusts, see the glossary.
- (40) I.e., very finely minced. See recipe 47.
- (41) From the Spanish *liebre*, "hare".
- (42) In the 1726 RAE dictionary, *tornillo* is defined as a screw or a bolt. In this text, it refers to some kind of stirring implement, possibly spiral-shaped.
- (43) Thin, short noodles.
- (44) This seems to be a scribal error, repeating the opening phrase of the previous recipe. Rice often needs to be rinsed and to have foreign objects removed from it; noodles do not.
- (45) Similar recipes appear in the *Libre de Sent Sovi*, which recommends *Puriola* as a condiment for roasted hens, capons, partridges, and rabbits, and for roasted or grilled fish.
- (46) The same recipe is found in the *Livre de Sent Sovi*, under the name of *arricoch*. Grewe believes it is an ancestor of the modern French "haricot of mutton". The haricot recipes in medieval French cookbooks call for small pieces of mutton, stewed with onions and herbs. However, the French recipes use beef broth (sometimes mixed with wine) rather than almond milk. The name of the recipe has no known meaning in Catalan or Spanish. The French name is believed to come from the verb *haricoter*, "to cut into small pieces".
- (47) *Recaudo* (Catalan, *recapte*). It means collection, supply, materials. Nola uses it in the sense of necessary ingredients.
- (48) Perez says this is an alternate spelling of *verdines*. According to the RAE, *verdin* is a word that describes the green color of newly-sprouted plants. However, Leimgruber says that it is a mistranslation of the original Catalan *vernls*, meaning "varnish". The white layer of almond milk covers the green broth like a coat of varnish.
- (49) Although the recipe does not specify, it would appear that the almond milk which is set aside is later poured on top of the parsley-almond milk mixture. The green coloration of the *broete*, under its concealing layer of white makes it a soteltie, a medieval "surprise" food.
- (50) *Madres de clavos* or *madreclavos*: literally, "mothers of cloves", these are cloves which have remained on the tree for two years.
- (51) Catalan name of *Fulica atra*, the common coot.
- (52) "Roast" the liver in a pot with broth? In every other instance where liver is roasted, the recipe specifies "on the coals". Possibly it should say "cook" instead, or perhaps the liver is meant to be first roasted and then simmered in the broth. Either would be consistent with procedures followed in other dishes. The *Libre del coch* says "cook".
- (53) This is the first instruction to cook something for a specific amount of time. Like most medieval cooks (and many modern ones), de Nola usually says to cook an item until it is done, or is of a certain consistency. Some recipes instruct us to cook something for the length of time it take to say certain common prayers, such as a *Paternoster*.

- (54) The exact meaning is unknown. Grewe believes it is of Arabic origin. There are several recipes for *alidem* in the *Libre de Sent Sovi*. The common thread is that all of them are thickened with beaten eggs.
- (55) Possibly this recipe was intended for a day of abstinence, when the Church permitted eggs and dairy, but not meat products. Unlike the other recipes for egg-thickened pottages, it doesn't specify broth as the liquid. Instead, it calls for water, oil, and salt – the mixture which Nola recommends as a broth substitute in his chapter on Lenten foods.
- (56) *Torta* means a round cake or pie. This is a recipe for an omelet, which is usually called *tortilla*.
- (57) The word used here is *tortilla*.
- (58) The recipe title tells us that this is a dish made with almond milk. The text of the recipe takes it for granted that the cook will know to add liquid – probably broth – to the ground almonds before straining them through the cloth.
- (59) There are several recipes for "Jussell" in 14th and 15th century Anglo-Norman cookbooks. All of them are a dish of broth thickened with eggs. Several include bread and parsley and/or other green herbs. None include cheese. In the glossary to *Curie on Inglysch*, Hieatt & Butler say the dish is "probably so-called from the 'juice' in the sense of broth."
- (60) *Agraz* means "unripe grapes". It is also used as a shortened version of *zumo de agraz*, "juice of unripe grapes" (ie., verjuice).
- (61) In most of the recipes for chard, Nola uses the Catalan name, *bledas*. Here he also identifies it by the Spanish name, *acelgas*.
- (62) The consumption of animal products was prohibited as part of the Lenten fast. This often included dairy foods. A dispensation to eat dairy during Lent could sometime be obtained.
- (63) Ie., the very best.
- (64) There is a similar recipe in the 15th century French cookbook, *Du Fait de Cuisine*. It is a concentrated chicken soup, to which is added gold coins and a selection of gemstones.
- (65) *Tres horas y media gruesas* – this is an odd phrase. The last word means large, fat, or heavy. The phrase would be literally translated as "three and a half large hours". The meaning seems to be that the hen should cook for at least that amount of time.
- (66) *Sulsido* (or *solsido*) apparently comes from the Catalan verb *sulsir*, meaning to be consumed or dried up.
- (67) The recipe title is confusing. *Torta* means a round cake or pastry, but this is a chicken broth.
- (68) Ie., strain the chicken breasts coarsely enough so that no meat is left behind.
- (69) The fat contained in the ovary of a bird.
- (70) Apparently, each marzipan is placed on a separate piece of paper. A similar technique is used in Granado's recipe for *bizcochos* – the biscuits are baked on small squares of paper.
- (71) *Credo*, a Latin prayer. The casserole is to be returned to the oven for the length of time it take to recite the *Credo*.
- (72) *Ordi* is Catalan for "barley".
- (73) A sturdy, coarse fabric woven from the fibers of the hemp plant.
- (74) The theory of humors, which dominated medieval medicine, held that every food or herb had an inherently cold or hot nature. A 1530 Spanish medical manual by Luis Lobera de Avila explains that melon seeds, being cold and humid, are good for reducing fevers. He also asserts that they will expel kidney stones.
- (75) From the Arabic *talbina*, a kind of gruel. It was made with milk or almond milk, flour or other starches, and honey.
- (76) The electuary, a conserve used for medicinal purposes, eventually evolved into a confection.
- (77) "*Agras dulces*", literally "sour-sweet". Varieties of pomegranates are classified by their flavor



as sweet, sour, or semi-sweet.

(78) Lobera de Avila says that pomegranates have a cold nature and will counteract fevers.

(79) *Giroflina* seems to be derived from [*clavos de*] *girofle*, the Catalan /Spanish name for cloves. Perhaps, though the recipe does not specify, the dominant spice flavor in this sauce should be clove?

(80) Possibly the best-known sauce in European medieval cuisine. Its name comes either from its signature flavoring – cinnamon (*canel*) – or from the fact that it is camel-colored. See also recipes 109, 162, 171.

(81) Some varieties of pomegranates have a pale rind which is nearly white. These tend to be particularly sweet in flavor.

(82) A redundant instruction, but that's what the text says. Take a *migajon* and remove its crust.

(83) "*Hiniesta o retama*" – both are words for the broom plant.

(84) How are we to "gently fry" the onion in broth??

(85) A sweet white wine.

(86) Possibly the wine produced in San Martin de Valdeiglesias, in the province of Madrid. Antonio de Guevara, a 16th century bishop, described it as the best wine in Spain.

(87) Apparently a scribal error. The *Libre del Coch* says, "and when the casserole is nearly cooked..."

(88) See recipe 2.

(89) Apparently, the sauce is cooked until it is reduced by half.

(90) Spanish coins. At this time, one *maravedi* was worth three *blancas*.

(91) See recipe 7.

(92) *Estrujados*, the same word that is used in Spanish to describe pressed grapes.

(93) Grewe points out that this dish appears in the Anonymous Andalucian manuscript under its original Arabic name of *muhshi*.

(94) *Haz*, which can mean a face or visage, the facing of a building, or the right side of fabric. The meaning here is to make a coating or crust on the top of the eggplant mixture in the casserole.

(95) See recipe 6.

(96) *Escabeche* is a method of preserving food – primarily fish – in a vinegar-based sauce. Santich says the name and the dish come from the Arab *sikbaj*, though the basic technique dates back to Roman times. Apicius gives a brief recipe: "To Preserve Fried Fish. The moment they are fried and taken out of the pan, pour hot vinegar over them." See also recipes 148, 221, 222, 224, 229, 230.

(97) The feminine pronoun at the end of *majarlas* ("grind them") indicates that Nola is referring to the almonds (*almendras*). When the almonds are half-ground, then the softer pinenuts and garlic are added to the mortar.

(98) Although Nola assures us that this is "very good food," there is an old Spanish proverb, *vender gato por liebre*, "to sell cat as hare", meaning to deceptively substitute a less desirable item. The *Manual de mugeres*, a 16th century household manual, says that eggs fried in cat grease are a remedy for asthma.

(99) Colman Andrew suggests that this may have been a bundle of herbs, to flavor the roast.

(100) *Fruta de sarten*, literally, "fruit of the frying-pan", is the term for fritters and pancakes. It is sometimes shortened to *fruta*.

(101) Irazno says this is *alburnia* (also spelled *albornia*), which is a large bowl-shaped vessel of glazed earthenware.

(102) The 1726 RAE dictionary says it refers to little *empanadas*, especially those which are made from a sweet dough with a filling of marzipan or other sweets.

(103) Perez and Irazno both transcribe this as *Brusalino*, though the fourth letter clearly has the

cross-bar of an *f*. The *Libre del Coch* says *de brofolins*. Leimgruber says this comes from the Catalan *br'fol*, "buffalo", and that it refers to Italian cheese made from buffalo milk.

(104) Possibly this refers to Caciocavallo, an Italian cheese made from cow's milk.

(105) *Toronja* is the modern Spanish word for "grapefruit", but the grapefruit as we know it was not developed until the 17th century. The word in the *Libre del Coch* is *toronges*, which is Catalan for "oranges".

(106) *Xativa* or *Jativa*: a city in Valencia.

(107) *Almojabana* comes from the Arabic word for cheese. Similar recipes for cheese-dough fritters appear in the anonymous 13th century Andalusian cookbook.

(108) A kind of fritter, still popular in Spain today.

(109) A recipe for *Casquetes* appears in the *Libre de totes maneres de confits*, a 14th century Catalan confectionary manual. The ground, toasted nuts are mixed with cinnamon, ginger, nutmeg, mace, and cloves, and are then cooked in honey and rosewater. They are then combined with leavened dough and are deep-fried in oil. The fried *casquetes* are next placed in a separate kettle containing honey and rosewater, then removed to a serving dish, where they are sprinkled with sugar and cinnamon.

(110) *Biscochar*, to bake twice. The Spanish *biscocho*, the Italian *biscotti*, and the English biscuit are all so-named because they are baked twice. This fritter recipe uses crumbs of grated *biscochos* as an ingredient. There are two recipes in Diego Granado's *Libro del Arte de Cozina* (1599):

#### *BIZCOCHOS* — Biscuits

Take twelve eggs, and remove the whites from four of them, and with a little orange-flower water beat them a great deal, and grind a pound of sugar, and cast it in little by little, always beating quickly, and cast in flour, or powdered wheat starch, and beat it with force. Having cast in the said flour, when they see that it is necessary, and very fine, and the dough must remain white, just as for fritters, and then cast it in your pots, and carry them to the oven, and when half-cooked remove them, and dust them with well-ground sugar, and cut them to your taste, and return them to the oven, and let them finish baking a second time: and if they wish when they beat them, cast in as much white wine as an eggshell, it will be good.

#### *PARA HAZER BIZCOCHO* — To Make Biscuit

Take a dozen eggs, and ten of them without whites, and beat them in a kettle with one hand, and after they are well-beaten cast in a pound of well-ground sugar, and beat it well together with the eggs, and cast in a pound of very well-sifted wheat starch, and a little anise, and salt, and beat it a good while, and have a small oven of good temper, and make your squares of papers with your wafers underneath, and cast them there, and dust them with sugar on top, and watch them moment by moment, until they are done, and before watching them prick them with a knife, and if it comes out wet they are not cooked.

(111) Paint?? There is no mention of a glaze here, and tongs are not the usual implement to apply one to pastry. Perhaps it should say "to pinch".

(112) *Hojaldrar*, to make leaf-pastry. (The prefix *hoja* means "leaf".) This is an early form of puff-pastry, made from a lard-based dough which is rolled out thin. The "stick for making leaf-pastry" is apparently some kind of rolling-pin.

(113) *Blancmange* is used as a filling for this fritter. See recipes 9 and 143 for instructions on making it.

(114) Leimgruber says this is an adaptation of the Italian word *ravioli*.

(115) Apparently, the shredded chicken breast is cooked in the milk until it is "dissolved", and then the ground rice and sugar are added to thicken and sweeten the dish.

(116) This is a meat-pie filling which is cooked in a pot, rather than baked in a crust. Similar recipes for crustless "pot pies" appear in Platina and the anonymous Neapolitan collection.

- (117) Compare to recipe no. 26.
- (118) See also recipes 8, 168, 243.
- (119) The *Libre de Sent Sovi* says that arugula sauce is served with roasted beef or pork.
- (120) *Panes*. Plural of *pan*, which means bread, but can also refer to something shaped like a loaf of bread. The meaning here is not completely clear, but possibly arugula leaves were gathered or sold in loaf-like bundles.
- (121) Presumably this means a quarter ounce.
- (122) If arugula is not harvested when young and tender, its leaves become furry on the underside.
- (123) A unit of weight used in Aragon, equal to 123 centigrams.
- (124) The *Libre de Sent Sovi* says that mustard is served with fresh boiled beef or pork.
- (125) A wine-vessel and/or unit of measurement for wine. It varied in size from region to region.
- (126) "Bastard" means false or imitation. I don't know what makes this recipe "false". There are many variants of cameline sauce in medieval European cookbooks. The one thing they all have in common is a large amount of cinnamon.
- (127) See also recipe 42.
- (128) These are all terms for truffles.
- (129) *Durazno* is the Spanish for "peach", but *Persico* ("Persian") is the word for the peach tree. The Latin name, *prunus persica*, means Persian plum, because the fruit was introduced to Europe from Persia.
- (130) See also recipes 8, 149, 243.
- (131) According to Leimgruber, *treballa* comes from the Catalan verb *treballar*, "to work" or "to labor". One of its meanings is to prepare something by handling it in a forceful manner, such as kneading bread dough.
- (132) See recipe 7.
- (133) A ring or spiral shape.
- (134) The barbel (*barbus spp.*) is a bottom-feeding fish found in swift-flowing rivers.
- (135) Sturgeon and pike are not related. Sturgeons belong to the family *Acipenseridae*; pike to the family *Esocidae*.
- (136) *Dentex dentex*, a fish related to the sea bream.
- (137) Presumably fish broth, since this is a Lenten recipe.
- (138) The recommended method of killing a moray eel is to hold it by the tail and striking its head against a stone or other hard surface. The *Larousse Gastronomique* insists that for the best flavor, all eels should be kept alive until just before cooking.
- (139) Alan Davidson, in *Mediterranean Seafood* says of the moray eel, "avoid the bony tail".
- (140) *Manteca*, translated here as "fat", usually refers to lard, and sometimes to butter. Lard would be strictly prohibited during Lent. Butter might be permissible during Lent, if one had a dispensation from the Church; it would also be allowed on less stringent fast days outside of Lent. It is also possible that the recipe variation with rice and fat was only cooked on meat days.
- (141) Perez says this fish is unidentified. Leimgruber says it is the red scorpionfish (*Scorpaena scrofa*).
- (142) Perez says that this is an unknown fish. Grewe, in the appendix to the *Libre De Sent Sovi*, identifies *bisol* (pl. of *bis*) as *Scomber japonicus colias*.
- (143) *Boops boops*, a member of the sea bream family.
- (144) This is a Catalanism. The *Libre del coch* says *saytÛ* (modern spelling, *seitÛ*), which is anchovy.
- (145) "Mix them" (*mezclarlas*) seems to refer to the spices; the pronoun *las* is feminine plural, so it cannot refer to the anchovy, which is a masculine noun. It might also mean the blanched almonds, in which case the instructions are a bit redundant.

<sup>(146)</sup> *Lobo de mar* -- literally, "sea wolf". *Lobo* is the Spanish name for the ocean catfish, also known as wolffish, *Anarhichas lupus*.

<sup>(147)</sup> Perhaps recipe 156 or 170?

<sup>(148)</sup> The *Libre del Coch* uses *varrals*, which Leimgruber says is a variant of *verat*, the Catalan word for a kind of mackerel. Leimgruber says *verat* is the chub mackerel, Davidson and Grewe each identify it as the Atlantic mackerel.

<sup>(149)</sup> Perez says that *tallinas* is an unknown word, and mentions that *tollina* is a term used in the tuna fisheries of Andalusia to describe a variety of small tuna. However, this recipe is clearly for a bivalve, not a finfish. Irazno defines *tallinas* as *pechinas* -- scallops -- which is more plausible. Granado's *Libro del Arte de Cocina* has a recipe "To cook *tallinas* with the shell and without it". Again, the recipe clearly describes a bivalve, and he concludes by saying that one can cook *pechinas* and other shellfish in this manner. This would indicate that *tallinas* and *pechinas* are separate species.

*Arte de Cortar* gives instructions for "carving" oysters, and says that *almejas* (clams) and *tellinas* are served in the same way (Villena, 167). The 1726 RAE dictionary identifies *telinas* as clams. Leimgruber identifies the Catalan *tellines* as a member of the genera *Donax*. These are known in English as wedge clams or coquina clams.

<sup>(150)</sup> *Pelaya* is Catalan for "flounder". Here, it seems to refer to a different variety of flounder.

<sup>(151)</sup> This fish is *Coryphaena hippurus*, the common dolphin. Many people know it by the Hawaiian name of *mahi-mahi*. It is not the familiar sea mammal.

<sup>(152)</sup> *Cecial* refers to dried fish which are air-cured.

<sup>(153)</sup> This probably refers to the spice mix in recipe no. 1

<sup>(154)</sup> This would be rice flour, the standard thickener for blancmange, not wheat flour. See recipes 9 and 143.

<sup>(155)</sup> See recipe no. 54.

<sup>(156)</sup> See also recipe no. 39.

<sup>(157)</sup> Eggs were prohibited during Lent. There were other fast days throughout the year, when meat was prohibited, but eggs and dairy were permitted.

<sup>(158)</sup> See also recipes 8, 149, 168.

## GLOSSARY

### ***Azumbre***

A unit of liquid measure, about 2 liters.

### ***Blanca***

A Spanish coin, of small value.

### ***Bruet***

Translation of *broete*. The Catalan word is *broet*, a variant of *brou*, "broth". I have translated it as "bruet", which is the equivalent term from medieval English cookbooks.

### ***Cazuela***

Translated as "casserole". A round cooking vessel, wider than it is deep. They came in various sizes.

### ***Cedazo***

A sieve. There were different kinds. Some recipes specify a horsehair sieve or one made of silk.

### ***Cheese of Aragon***

Many of the recipes call for *buen queso de Aragon*, "good cheese of Aragon". It's not clear if Nola is referring to a specific type of cheese. This may be a general recommendation to use cheeses from that region, just as a modern cook might say, "and add a splash of good French wine".

## **Cocer**

This verb can mean "to cook", in the general sense of preparing food with the application of heat. Many of the recipes say, "and when it is cooked..." (*cocido/cocida*), whether the item in question is a soup, a casserole, a pie, a roast, or a fritter. It also has the more specific meaning of cooking food in liquid. I have sometimes translated *cocido* as "boiled" when appropriate.

## **Crustless piece of bread**

*Migajon*. A chunk of bread (or even the entire loaf), minus the crust. There is no exact English equivalent.

## **Desatar — Destemplar**

Nola uses both of these verbs to refer to combining liquid and solid ingredients, such as mixing ground almonds with broth to make almond milk, steeping saffron threads in a sauce, or adding egg yolks to liver paste. *Desatar* means "untie, undo, unfasten". *Destemplar* means "infuse" or "untemper". I have translated these terms as "blend" "thin" or "dissolve", as appropriate.

## **Deshacer**

Literally, "undo" or "unmake". It is used to describe foods that are so thoroughly cooked that they are almost dissolving. I have generally translated *deshecho* as "falling apart" or "mushy".

## **Dinero**

A unit of weight, derived from a coin of the same name. The Spanish text says that three *dineros* are equal in weight to one drachm; the Catalan text says that two *diners* equal one drachm.

## **Dish (See *Escudilla*)**

## **Empanadas and pasteles**

Pastries filled with meat or fish.

The 1726 RAE dictionary says an *empanada* is made with bread dough, and that the word comes from "*en pan*", meaning "in bread". It describes a *pastel* as having a bottom crust made of a lard pie-dough, and a top crust of *hojaladre*, leaf-pastry.

Villena, in his 1423 carving manual, *Arte Cistoria*, includes both *pasteles* and *empanadas* in his list of foods that a carver must know how to serve.

Granado, in *Libro del Arte de Cozina* (1599), gives several recipes for meat and fish pastries. His *pastel* of meat in "*oxaldre*" has a bottom crust of flour and water, kneaded for half an hour until it is firm, and a top crust of leaf-pastry. Granado suggests coloring it with beaten eggs or saffron-tinted water before baking, or greasing it with a bacon rind immediately after it comes out of the oven. He recommends using whole-wheat flour for the *pastel*, because leaf-pastry made of it is less likely to break than one made of white flour, although it isn't as tasty. This pastry is able to serve as a storage container – Granado says it will last 3 days in summer and 8 in winter. His recipe for a meat *empanada* has a top and bottom crust made of well-sifted flour (ie., white flour), cold water, salt, and a little lard. It is colored before baking with eggs or saffron.

Granado's fish-day version of the *empanada* has a crust made of dough from coarsely-sifted flour. The fish-day *pastel* is more delicate, being made of white flour, water, and salt. He adds that one can make it of better quality by adding eggs and butter to the dough.

It is not clear what kind of crust Nola would have used in his various pastry recipes. Certainly, he knew of leaf-pastry, because recipe 138 mentions a rolling-pin used to make it. Recipe 48 mentions both *pasteles* and *empanadas*. It is not clear if Nola is using the two terms interchangeably, or if he is offering the cook a choice between different kinds of crust.

## **Escudilla**

*Escudilla*, "Dish" is used in three ways in the text. First, it refers to a bowl. Second, it is

used as a synonym for "a serving". Many of the recipes say, "and this will make *x* number of *escudillas*". Lastly, it is a measurement of volume, much like 19th century recipes call for a "wineglass" or a "teacup" of a certain ingredient. A recipe for preserved dates in Granado calls for "three pounds of water, or three *escudillas*" (Granado, 395) which seems to indicate that the *escudillas* of that time held about 16 fl. oz. Studies of 15th and 16th century Iberian pottery found at archeological sites show that *escudillas* varied in size, with rim diameters ranging from 8 cm. to 15 cm. (about 3-3/8 to 6 inches), but 13-14 cm. (about 5-1/4 to 6 inches) seems to have been the most common. A modern bowl in my kitchen, whose shape and proportions are similar to illustrations of medieval *escudillas* has a rim diameter of 13-1/2 cm. and a capacity of 600 ml. (about 20 fl. oz.).

There is also a verb, *escudillar*, meaning "to dish out".

### **Estameña**

A woolen cloth for straining food.

### **Farro**

This refers both to peeled barley, and to the boiled dish made from it.

### **Fideos**

A form of noodle.

### **Fine spice**

*Salsa fina*. This phrase is repeated in recipe after recipe: "Take fine spice... take all fine spices... take all fine spices except saffron..." In some cases, Nola goes on to specify which particular spices are meant for that recipe. These include: cinnamon, cloves, ginger, grains of paradise, mace, nutmeg, and saffron. In other recipes, when he says "all fine spices," without further detail, it's not clear if he intends the cook to add all of the spices above, or simply to use his own judgement.

Another possibility is that *salsa fina* may sometimes refer to a blend of spices. Spice mixtures, such as those in recipes 1-6, were common in medieval cooking. The *Libre de Sent Sovi* gives a recipe for a pound of spice mixture called *salsa fina*: 7 oz. ginger, 1-1/2 oz. cinnamon, 1 oz. pepper, 1 oz. cloves, 1/4 oz. mace, 1/4 oz. nutmeg, 1-1/2 oz. saffron. (Spices were measured in apothecary pounds, which contained 12 oz. This formula adds up to 12-1/2 oz.) Nola's *salsa fina* may have been a similar blend.

### **Finger**

Many of the recipes use "finger" (*dedo*) as a way of indicating size. "Cut them into pieces the size of two fingers..." The *dedo* was an actual unit of measurement in medieval Spain: 1/48 of a *vara*. The *vara*, which was divided into three feet (*pies*), varied in length from locale to locale, but was slightly smaller than the modern yard or metre. A *dedo* was somewhere between 1/2 inch and 3/4 inch (about 1.6 cm).

### **Fritter**

*Fruta de sarten*, literally, "fruit of the frying-pan", is the term for fritters and pancakes. Often shortened to *fruta*. Translated as "fritter". It also can mean the uncooked fritter dough or the ingredients for the fritter, which I have translated it as "fritter-stuff".

**Fruta de sarten** (see **Fritter**)

### **Grease/anoint**

*Untar*. The primary meaning of this verb is "to grease" – i.e., to coat something with fat. In a few instances, Nola uses it *untar* to describe coating food with some other substance, and then I have rendered it as "to anoint".

### **Haravillo**

A kind of implement for stirring/beating food. Its description and the meaning of its name are unknown. It appears in those recipes in which the food (such as boiled gourds and eggplant) is

to be so well-stirred that it is nearly pureed, with not a lump remaining. Several of the parallel recipes in the *Libre de Coch* use the term *estrijol*, which in Catalan means a brush with iron bristles, used for currying horses.

### **Hemp-tow**

*Cañamazo*. A sturdy, coarse fabric woven from the fibers of the hemp plant.

### **Manteca**

This word means animal fat – most commonly lard – but it can also mean butter. In recipe 138, Nola calls for *manteca de vacas*, and this I have translated as "cow's butter". Where *manteca* appears without any further description, I have generally translated it as "lard". However, in recipe 211, *manteca* is to be added to the rice that accompanies the fish. Since this is a recipe for Lent, when lard would be prohibited, I have translated the word as "fat".

### **Maravedi**

A Spanish coin. The value of a *maravedi* was altered several times during the Middle Ages. A law 1497 law set the value of one *maravedi* equal to three *blancas*.

*Dinero* – a coin, and also a unit of weight.

### **Orange juice**

*Zumo de naranjas* refers to the juice of bitter oranges, not the sweet variety. It is used in many recipes (along with vinegar, verjuice, lemon juice, and sour pomegranate juice) to add a sour flavor to food.

### **Paleta** (see **Spatula**)

### **Poultry**

Medieval recipes for chicken are often specific about the age and gender of the bird to be cooked.

*Capon* – capon, a castrated male

*Gallina* – hen, a mature female. The preferred choice for making soup, as they are flavorful, but generally too tough for roasting. Many of the recipes call for *caldo de gallina*, and I have translated this literally as "hen's broth".

*Pollo/Polla* – young chickens. I have translated *polla* as "pullet", and *pollo* as "cockerel" when it refers to a young intact male. In Spanish, the masculine noun is also used for the generic, so I have translated *pollos* as "chickens" when it refers to young fowl of mixed or unspecified genders.

### **Salsa**

The modern meaning of the word is "sauce", and Nola frequently uses it in that sense. However, he also uses it to mean "spice". The phrase *salsas finas* "fine spices" appears over and over, sometimes with a list of which spices should be included. In recipe 106, he instructs the reader to add "all manner of fine spices, which are: good ginger and good cinnamon and saffron and grains of paradise, and nutmeg, and mace...".

### **Salseron**

A sauce of a more liquid consistency than a *salsa*. Translated as "thin sauce".

### **Salsilla**

A delicately-flavored sauce. Translated as "light sauce"

### **Semola**

This refers both to partly-ground wheat, and to the boiled dish made from it.

### **Sofreir**

To pan-fry food slowly over low heat. There is no exact English equivalent. Translated as "gently fry".

### ***Solsido/Sulsido***

A concentrated broth of meat or poultry. The word does not appear in the RAE dictionaries, and is probably a Catalanism. The Catalan word used in the *Libre del Coch* is "*solsit*", which apparently comes from the verb *solsir-se*, meaning "to be consumed" or "to dry up".

### **Spatula**

*Paleta*, literally, "little shovel". According to the RAE, this kitchen implement is a flat disc attached to a long handle. It is usually made of iron, though in several recipes, Nola specifies a *paleta* made of wood. Diego Granado, who reprinted 55 of Nola's recipes in his 1599 cookbook, substituted the term *espatula*. The RAE defines *espatula* as a particular kind of *paleta*, used by apothecaries to mix ointments.



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