

Some Recipes from Due Libre B, Worked out by Elizabeth, Cariadoc and Rebecca

XXXXII

If you want to make a pie of chickens, one can do it in four ways. Take them and dismember them and fry them in lard and get boiled shoulder meat beaten very well and good cheese with it and good finest spices and eggs that you need, and put the chickens and these things together, and make the pie, and annoint it of the top with yolks of egg with saffron, and to all these things one must give salt.

Chicken 16 oz

Lard 3T

Pork shoulder 3/4 lb

Cheese: 2.5 oz grated parmesan

4 Eggs

2 Egg yolks

Saffron 10 threads

Salt 1/4 t

Pie crust: 3c flour + 1c water + 1/4t salt

1/4 t ginger

1/8 t cloves

1/8 t nutmegs

1/8 t pepper

1/8 t galingale

1/4 t cinnamon (cassia)

Knead together 3c flour, 1 c water and 1/4 t salt, roll out to about a 10" circle, use it to line a 9" greased pie pan. With a fork prick the shell on the bottom and along the bottom edge so as to minimize lifting from steam underneath. Bake 25 minutes at 350°.

Cut pork into several chunks, boil in 2 c water for about half an hour. Drain it.

Dismember the chicken to the smallest coherent pieces, fry in the lard at medium high for 5-10 minutes until brown. Put into the pie crust.

Mash the pork in a large mortar then combine it with eggs, spices, cheese and salt. Use this to fill in the pie crust under and between the pieces of chicken--the endoring looks better on chicken than on mashed pork mixture. Grind the saffron in a small mortar, add egg yolks, stir together so the saffron colors the egg yolks, use the mixture to paint the top of the tart.

Bake 1/2 hour at 350 degrees. Serve.

It works better with boneless chicken quarters, since then you can cut the pie without running into chicken bones, but pretty clearly that isn't how the original was done. It may

have used a bigger pie and smaller chickens, which would reduce the problem. Or the pie might have been eaten out of the crust rather than cut in wedges in the modern fashion.

LXVIII

He who wants to make nochi, take flour and bread crumbs, and put in a little water, and take the eggs and break them with it, and get a wet slice and put it to boil, and when they are cooked, draw them forth and throw on them enough cheese.

1/2 c Whole wheat Flour
1/2 c Bread crumbs
2 Eggs
3T water
1/2 oz parmesan Cheese finely grated.
1/4 t salt

Combine everything except the cheese, roll out, cut into pieces about 1"x1"x1", boil for 1/2 hour. Sprinkle on the cheese and serve it.

LXVII

He who wants to make lesanga, take good white flour and boil it in capon broth. If it is not so much, put in some other water, and put in some salt to boil with it, and dump it in a broad, flat bowl, and put in enough cheese, and throw over it the cuttings of the fat of the capon.

Flour 2 1/2 c
1 c water
Enough chicken broth to boil the pasta in
1 1/2 c grated parmesan cheese
About 1/2 c rendered chicken fat (Schmaltz)

Knead together flour and water, roll it out as two approximate circles about 10" in diameter, cut each into about five pieces. Boil the pieces in chicken broth for about ten minutes. Spread on each piece about 2 1/2 T grated parmesan cheese and 1T rendered chicken fat and serve it.

LIII

If you want to make torteli of meat of fresh mixed pork, boil it so that it is cooked, and beat it with a knife so that it is very good, and take the pot and boil it and grind it in a mortar and put in up to six eggs that are boiled and mix with the meat and put in good spices and put in some good dry, grated cheese, and you want to make this pie in a pie-shell [skin--another possible translation for the word] of lasagna and one should not boil it in meat broth and it should be given for dish with a long meat pottage of pepper, and it is good

Filling:

1 lb pork shoulder
4 hard boiled eggs.
2 t ginger
1.5 t pepper
t cinnamon
¼ t cloves
2.5 oz grated parmesan cheese.

Tortelli skins: 5c flour, about 2c water.

Boil the pork shoulder, cut into several pieces, for about half an hour.
Cut it up and beat it, using the back of a knife (or a mortar and pestle). Combine with eggs, spices, and cheese to make the filling for the tortelli.

Knead together flour and water, roll it out and cut it into about 60 pieces, each about 2"x3". Place a small amount of the filling in each, fold the pasta around it, and boil in water for about ten minutes.

As some support for this interpretation, note the final comment about serving it with a pottage, which makes more sense for small filled pastas going in the pottage than for a pie.