

Defending the Gate Feast:

SALMON IN DOUGH

This recipe is from the German Cookbook, “Ein Buch von gutter spise” in its High German and a translation:

19. *Diz ist ein gut spise von eime lahs* (This is a good food of a salmon)
Nim einen lahs. schabe im abe die schupen. spalde in und snit in an stücke.
hacke peterlin selbey. Nim gestozen yngeber pfeffer enys saltz zu mazen.
mache eynen derben teyk noch der groeZZe der stücke. und wirf daz krut uf die
stücke. und bewirke sie mit dem teyge. kanst du sie gestemphen in ein forme daz
tu. so mahtu machen hechde. förheln brasmen und backe eigliches besunder in
eime teyge. ist ez aber eins fleischtages. so mahtu machen hüenre, rephüenre,
tuben und vasande mahtu machen. ab du hast die formen. und backe sie in
smaltze oder siut sie in den formen. nim von den brüsten der hüenre oder ander
gut fleisch. so wirt die kunst dests bezzer und fersaltzez.

Take a salmon. Scrape off the scales. Split it and cut it into pieces. Cut parsley (and) sage. Take ground ginger, pepper, anise. Salt to mass. Make a dough (possibly freshly made as opposed to sourdough) also the size of the piece (of salmon). And throw the herb on the piece. And surround it with the dough. Stamp it in a form if you can. Thus you may make pike (and) trout. And bake individually in a dough. However, if it is a meat day, then you may make hens, partridge, pigeon and pheasant. If you have the forms, and bake them in fat or boil in the forms. Take from the breasts of the hens or other good meat. So will the art be the better and do not oversalt.

There are 101 recipes considered to be this cookbook that were written into the *Michael de Leone's house book*, also called the "Würzburger Liederhandschrift". It is thought that this manuscript was created between 1347-1355 by Michael de Leone's Schreiber Syselher and supplemented by other's notes until about 1354. Originally it was 2 volumes, but only the 2nd volume was preserved and a few pages of the 1st volume. The “book of Gutter Spise” is in the 21st chapter. Some of these recipes are also contained in other cookbooks of the 14th and 15th centuries.

In making this delicious dish to prepare and serve, let us look at the basics. Salmon is descaled and cut up. It is mixed with parsley, sage, ginger, pepper, anise and salt. It is wrapped in a dough and baked. The dough is thought not to have been a sour dough, so it was probably a short crust of flour, fat (butter or lard), and water. This

is the basic of a pie crust, so that is what I went with. To serve about 8 people, using about 32 oz of salmon, make enough pie dough for a double crust.

My recipe for Pie Crust:

2 c flour

1 tsp salt

6 TBSP Crisco (I like the butter flavor), Lard, or 1 stick butter

8-14 TBSP iced water

Mix the flour and salt. Cut in the fat with 2 knives until the chunks are about pea size. Add iced water and stir. You will add enough ice water to make the dough without loose flour. But you also want to mix quickly and not overwork or warm the dough, lest you have a tough crust.



Store your pie crust in the fridge until you are ready to make your Salmon Pies.

To make the Salmon filling:

32 oz salmon filets (amount to serve 8), cut into bite size bits

A bunch of fresh parsley, chopped fine (about 1 cup)

Several sprigs of fresh dill or sage, chopped fine (about ¼ cup)

1 tsp ginger

1 tsp nutmeg

1 tsp cardamon

1 tsp coriander

1 tsp salt

½ tsp pepper

Mix these together. Divide it into 8 portions. This will make 8 “hand pies”

Preheat the oven at 350 degrees F.

Divide the dough into 8 balls. Roll out each portion into about a 7 inch circle.

Place 1/8th of the salmon mixture on the circle, and fold over. You can wet the circle edges with water to get a better seal. Roll and crimp the edges to make them neat. Repeat this with all the dough and salmon. Place the little pies on a greased cookie sheet to bake. Brush a beaten egg wash over the top of the pies for more color. Bake for about 40 minutes, until the crust is golden brown.



As an option, you may actually bake the salmon as a single large pie and cut to serve. Roll out your top and bottom crusts. Line the pie pan. Add 2 eggs to the



salmon mixture to keep the filling from falling out of the crust when you cut it. Put the salmon mixture in the pie crust. Dot the top with some slices of butter. Top the pie with the second crust. Cut

some slits in the top. Again, you may brush the top with an egg wash. Bake for about 60 minutes, until golden brown.

You may make this dish the day before and serve cold, or reheat it for the feast.

STUFFED EGGS

The recipe for Stuffed eggs is found in the Libro de Arte Coquinaria, compiled by Maestro Martino of Como, cook to Cardinal Trevisan, Patriarch of Aquileia, in the 15th C, there is a chapter on preparing eggs. Here is the one for Stuffed Eggs:

Making stuffed eggs Boil eggs whole in water, until they are well solidified; when cooked cut them in half, take all the yolks out, being careful not to break the white. Of those yolks, you will mash a part with some raisins, a bit of good aged cheese and a bit of fresh cheese; add parsley, marjoram and mint chopped thin, adding one or two egg whites, depending on how much you want to make, with strong or sweet spices, as you like. This mixture, well tossed together, will be made yellow with saffron. Then place it inside the whites, frying them in hot oil; and to add a pleasant sauce, you will take some of the remaining egg yolks with raisins. Mash them together, then add agresto or sapa, that is cooked wine; you will transfer this to a casserole with a bit of ginger, cloves and lots of cinnamon, making this sauce cook a little. And when it's time to serve the eggs pour this sauce on top.

When you look at it, there are boiled eggs cut in half. The yolk is removed and mashed with raisins, aged cheese, fresh cheese, parsley, marjoram, mint, and saffron. The recipe fries them in oil and pores over them a sauce of wine, egg yolk and raisins, flavored with ginger, cloves and cinnamon. So, it is like a deviled egg with a sweet spicy wine sauce. We have tried these several ways, and they are good as stuffed eggs without the mint or frying them, or the sweet spicy wine sauce. Here is our redaction:

Boil eggs, or as another recipe says, Make Eggs “dived” with the shell. Eggs are placed in cold water. Boil them for the time required to say one Pater Noster or a bit more, and take them out. This does make an egg boiled less hard than we usually do, so I would recommend boiling the egg for a minute, then cooling it in cold water, then peeling it.

Using 8 hard boiled eggs. Cut them in half, take out the egg yolks and mix them with:

½ c ricotta cheese (this is the fresh cheese. It acts like we would use mayo)

¼ c parmesan cheese, grated

1 TBSP parsley, chopped finely

1 tsp marjoram, chopped finely

1 tsp salt

2 TBSP raisins, chopped finely

Take the egg yolk mixture and refill the hole in the egg whites, like you would deviled eggs. Sprinkle the tops with Powder Douce. Refrigerate until you are ready to eat them.



POWDER DOUCE:

Mix together

½ tsp ginger (or cinnamon)

½ tsp nutmeg

½ tsp black pepper

1 tsp white sugar

Put into a bottle with a shaker lid and add this to your spice cabinet.

Sources:

Ein Buch von guter spise, Alia Atlas, 1993, <http://www.medievalcookery.com/etexts/buch.html>

Mastro Martino's Libro de Arte Coquinaria, Translated by Lisa, <https://shainer.github.io/downloads/libro-de-arte-coquinaria-english-translation.pdf>