

The Taste of the Fire

The Story of the Tudor Kitchens at Hampton Court Palace



Recipe example one – BUKNADE

Page 16



BUKNADE

Take veel, keed, or hen, and boyle hem in faire water or elles in good fress brot, and smyte hem in peces, and pike hem clene; And drawe the same brot thorg a streynour, And cast there-to parcelly, Isoppe, Saugé, Maces and clowes, And lete boyle til the fless be ynog; and then set hit fro the fire, and aley hit vp with rawe yolkes of eyren, and caste thereto poudér ginger, and vergeous, & a litel saffron and salte, and ceson hit vppe and serue it fort.

Take veal, kid or chicken and boil in water or stock until half cooked. Remove and drain from the liquid then cut up into bite-sized pieces. Place in a clean pan with chopped sage, hyssop, mace and cloves and strain the liquid from the first cooking into the new pan. Cook slowly until the meat is completely cooked, then add ground ginger, saffron, salt and verjuice. Finally thicken with egg yolks and when these are cooked through and the dish is as thick as you want, serve.

The Taste of the Fire

The Story of the Tudor Kitchens at Hampton Court Palace



Recipe example two – PERRE

Page 17



PERRE

Take grene pesyn, and boile hem in a potte; And whan they ben y-broke, drawe the brot a good quantite thorg a streynour into a potte, And sitte hit on the fire; and take oynons and parcelly, and hewe hem small togidre, And caste hem thereto; And take pouder of Canell and peper, and caste thereto, and lete boile; And take vynegur and pouder of ginger, and caste thereto; And then take Saffron and salte, a litull quantite, and caste thereto; And take faire peces of paynmain, or elles of suc tendur brede, and kutte hit yn fere mosselles, and caste there-to; And then serue hit so for.

Take some peas and boil them in water until well cooked and very soft. Pass them through a sieve to create a puree and remove the husks then return the puree to the heat. Add some finely chopped onions and parsley, ground cinnamon and pepper and continue to cook. Next add ground ginger, vinegar, saffron and salt along with a small quantity of fine white bread. Continue cooking until the bread is completely incorporated into the puree, and then serve.