

Chicken Recipes

Chicken in Cumin sauce/Hennys in Bruet (Diversa Servisia 7) (Pleyn Delit vol 2 #71)

Hennys in bruet schullyn be schaldyd & sodyn wyþ porke; & grynd peper & comyn, bred & ale, & temper it wyþ þ selue broþ & boyle it, & colowre it wyþ safroun & salt it, & mes it forþe.

Hens in broth shall be scalded and boiled with pork; and grind pepper and cumin, bread and ale, and mix it with the same broth and boil it, and color it with saffron and salt it, and serve it forth.

1 boiling fowl, about 3 lbs, cut up, or 6 chicken legs
2 strips bacon, blanched in boiling water for a few minutes
1 cup ale or beer (English 'bitter', if available), or ½ cup each ale or beer and chicken broth
1-2 slices bread (white or whole wheat)
1 tsp ground cumin
¼ tsp ground pepper
1 tsp salt, or to taste
optional ¼ tsp ginger, pinch saffron

Chop bacon into small pieces and cook in a frying pan over medium heat until it has rendered a good deal of fat and is brown and crisp; remove and reserve bacon pieces, and brown the chicken in the fat. Meanwhile, steep spices and bread in ale or beer (and broth, if used).

When chicken is sufficiently brown, arrange it in a flameproof or oven proof pan and add the bacon. Blend sauce ingredients- adding a little more liquid if it looks too thick- and pour over chicken. Cover tightly, and simmer over low heat or in a 350 over about 30 minutes, checking every 10 minutes to see whether more liquid is required, and to stir. Salt to taste.

Chicken (or rabbit) in Onion Sauce/Coney or Malard in Cevy (A Noble Boke of Cookry
1468)(Pleyn Delit vol 2 #84)

To mak cony or malard in cevy tak cony henne or malard and rost them till they be almost enoughe or els chope them and fry them in freche grece and fry onyons mynced and put them in a pot and cast ther to freche brothe and half wyne **clowes** maces pouder of guinger and pepper and draw it with venygar and when it is boiled cast ther to thy licour and pouder of guingere and venygar and session it and serue it.

1 Chicken or Rabbit, whole or cut up
3-4 onions, sliced or chopped (1 ½ - 2 cups)
2 Tbsp cooking fat
2 Slices bread (preferably whole wheat), toasted
1 cup each chicken broth, Red wine
¼ tsp each ginger, pepper
⅛ tsp mace
pinch ground cloves
salt to taste
1 Tbsp wine vinegar

Roast meat until brown, then cut up, or brown pieces of meat in the fat. When it is sufficiently browned, add onions to the pan and cook until soft. Meanwhile, soak toast in broth, and then blend into a smooth sauce. Combine wine, vinegar, and spices. Add the toast- thickened broth to the meat and onion mixture, along with wine and vinegar, and spices. Let the meat stew in the sauce until done, or long enough for the flavours to blend (20 minutes for pieces browned in fat, and 10-15 minutes for roasted meat. But over cooking will not hurt this stew.