

Fritters

Tansy cake

from (Liber cure Cocorum) (Pleyn Delit vol. 2 #10)

For a tansy cake. Breke egges in bassyn and swyng hem sone, Do powder of peper þer to anone. Þen grynde tansy, þo iuse owte wrynge, To blynde with þo egges with owte lesyng. In pan or skelet þou shalt hit frye, In buttur wele skymmet wyturly, Or white grece þou make take þer to, Geder hit on a cake, þenne hase þou do, With plater of tre, and frye hit browne. On brode leches serve hit þou schalle, With fraunche mele or oþer metis with alle.

1 cup blanched Tansy, sorrel, spinach or other greens (parboiled 1-5 minutes, depending on greens)

1 cup light cream

3 eggs

1 cup fine breadcrumbs

1/8 tsp each ground nutmeg, ginger

Drain greens and squeeze out excess water with your hand. Blend or process with all the other ingredients until smooth; if batter is too thick, thin with cream or milk. Cook as small thin pancakes.

Herb fritters/Frytour of Erbes

from (Forme of Cury 156) (Pleyn Delit vol. 2 #8)

Take gode erbys. grynde hem and medle hem with flour and water & a lytel zest and salt, and frye hem in oyle. and ete hem with clere hony.

1 package yeast

1 1/4 cups water

1 cup flour

3-4 TBSP mixed green herbs (parsley, sage etc)

1/4 tsp salt

optional : honey, as a sauce

Dissolve yeast in 1/4 cup lukewarm water, stirring. Then mix in flour, rest of water, finely chopped herbs, and salt. Cover (a bit of plastic wrap is fine) and set in a warm place (eg, the back of the stove, if you are cooking something on the front burners at the time) for about an hour. then drop by spoonfuls into fairly hot oil and fry, turning once if you are not using deep fat.

Parsnip fritters/Frytour of Pasternakes [of skirwittes, & of apples]

from Forme of Cury 154) (Pleyn Delit vol. 2 #9)

Take skyrwats and pasternakes and apples, & parboile hem, make a batour of flour and ayrenn, cast þerto ale. safroun & salt. wete hem in þe batour and frye hem in oile or in grece. do þerto Almaund Mylk. & serue it forth.

2-4 Parsnips (depending on size) peeled and sliced

1 package yeast, dissolved in 1.4 cup lukewarm ale or beer

$\frac{2}{3}$ cup lukewarm beer or ale (in addition to that used to dissolve the yeast)

1 cup Flour

2 beaten eggs

$\frac{1}{2}$ tsp salt

optional 2 oz ground almonds and $\frac{1}{2}$ -1 cup water (for sauce); pinch saffron

If a sauce is desired, draw up almond milk from almonds and water, adding ground saffron if you wish to colour it. Dissolve the yeast; then stir in the rest of the beer or ale, flour, salt and eggs. Leave in a warm place to rise for about an hour. Parboil parsnips in salted water; drain. Stir parsnip slices into the bowl of batter, to coat each piece. Fry the fritters and drain on paper.

Variation: Use Carrots, parboiled for 5 minutes or Apples, without parboiling.