

## Sauces

### **Cameline sauce/Sawse Camelyne** Forme of Cury 149 (Pleyn Delit Vol 2 #48)

*Take raysons of courance & kyrnels of notys & crustes of brede & powdour of gynger, clowes, flour of canel; bray it wel togyder and do perto salt. Temper it up with vyneger, and serve it forth.*

2 tbsp breadcrumbs

1/3 cup vinegar or 1/2 cup red wine

1/2 tsp salt, or to taste

1/2 tsp ground ginger

1/2-1 tsp ground cinnamon

Optional: 1/4 cup each currants and walnuts; 1/2 tsp nutmeg and/or 1/4 tsp cloves

Grind all dry ingredients in a mortar and pestle til fine. Moisten with vinegar or wine until you reach the consistency you would like. If you add too much wine, and the sauce is too liquid, you can simmer it to reduce the volume.

Very good with rich meats (Venison, beef etc)

### **Green Sauce/Verde Sawse** (Forme of Cury 144) (Pleyn Delit Vol 2 #50)

*Take parsel. mynt. garlek. a litul serpell and sawge, a litul canel. gyngur. piper. wyne. brede. vynegur & salt grynde it smal with safroun & messe it forth.*

2-3 Tbsp fresh, finely minced Parsley

2 tsp each fresh, finely minced Thyme, Sage or savory

1 tsp each rosemary and/or mint (or other herbs you like)

1/8 tsp each ground Ginger, Pepper (or to taste)

1 clove garlic (or to taste)

1/4 cup fine bread crumbs or two slices diced dry bread

1 Tbsp each vinegar (preferably white wine vinegar) and white wine

1/2 tsp salt (or to taste)

Grind all the greens with the salt in a larger mortar and pestle, moistening with the wine and vinegar if the mixture is too stiff. When it is a more or less uniform green paste add the other spices to taste. Serve very soon as the greens will oxidize and turn brown if left too long.

Good with most meats.

### **Sharp Pepper Sauce/Pevre Gresse** (Two Anglo Norman recipe collections # 19)(Pleyn Delit Vol 2 #51)

Take a bunch of grapes and put them in a mortar with a little salt; crush the fruit well, then pour off the juice; put ginger and pepper and a little bread in a mortar and grind well, then mix with the juice. (Translated from old French)

I make this with these proportions

1 cup white grapes

1/2 tsp salt

1 Tbsp white wine vinegar

1/4 tsp each ground ginger, pepper (or to taste)

2-3 slices of bread, crusts removed, diced, or about 1/4 cup bread crumbs.

Good with Beef, hot or cold

**Lumbard Mustard** Forme of Cury 150

*Take Mustard seed and waishe it & drye it in an ovne, grynde it drye. farse it thurgh a farse. clarifie hony with wyne & vynegur & stere it wel togedrer and make it thikke ynowz. & whan pou wilt spende perof make it tynne with wyne.*

1/4 cup clear honey

2 oz mustard seed (or same of finely ground mustard)

1 Tbsp wine vinigar

3 Tbsp red wine

Optional 1/8 tsp (total) strong spices (eg: pepper, cinnamon, clove)

Grind the seeds finely. Warm the honey, then mix all the ingredients together. Note that the sauce will be far more liquid when it is still warm than it will be when it cools to room temperature.

A good strong mustard for pork, ham, or other meats.

**Pink Garlic Sauce** (Libro de Arte Coquinaria 157)

Take black grapes and crush them very well with your hands into a pot or other container; boil them for half an hour; then strain this grape must, with which you will moisten the garlic sauce; the same can be done with cherries. (Translated from old Italian)

I use these proportions:

1 generous pound cherries and/or darkest red grapes you can find (you can combine them)

1/2 cup almonds

3 cloves garlic (or more to taste)

1/4 cup fresh breadcrumbs

Salt to taste

You can coarsely chop the fruit in a food processor after pitting the cherries if you wish, I use a mortar and pestle. Put the fruit and juice in a non reactive pot and boil for for 30 minutes. Carefully press the warm fruit thru a fabric lined colander to get the maximum amount of thick sweet juice. Grind the almonds and garlic together in a mortar (or in the food processor again), until they are smooth and then add the breadcrumbs and grind again. Moisten them with the juice until you reach a good consistency.

This is our one departure from northern European recipes, try it and you will see why! it is

very good with roast meats.

**Sage Sauce/Saugee** (from Two Anglo-norman culinary collections)

Pleyn delit version:

12 Sage leaves, minced or 2 Tbsp dried sage (if using dried 1-2 tsp minced parsley is optional)

4 hard boiled eggs

¼ cup vinegar (white wine, cider or malt)

½ tsp salt

⅛-¼ tsp ground ginger

optional: pepper, galingale, cloves, and/or cinnamon

Separate yolks and whites of boiled eggs. Blend or process the yolks, sage, parsley (if used), vinegar and seasonings. Separately, chop the whites as finely as possible; stir into yolk mixture, and if it seems too thick, add a little more vinegar.

Serve with cold chicken or pork (1.5 lbs to serve 4-6 people)

**Sage Sauce** (Harleian MS 279) (Gode Cookery)

3 hard cooked eggs

1 tsp ginger

½ tsp galingale

½ tsp clove powder

1 Tbsp plus 1 tsp crumbled sage leaves

5 Tbsp red wine vinegar

In a bowl, combine all the spices with the yolks. Mix thoroughly until the mixture resembles a course paste. Add red wine vinegar. Stir. Mince the egg whites and add to the yolk mixture.

Stir.

Serve with chicken or fish hot or cold (2 chicken legs suggested)