

Vegetables

Stewed Cabbage/Caboches in Pottage (or soup) (Forme of Cury 6)(Pleyn Delit vol.1 #14)

Take Caboches and quarter hem and seeth hem in gode broth with Oynouns y mynced and the whyte of Lekes y slyt and corue smale and do þer to safroun an salt and force it with powdour douce.

1 head Cabbage, sliced or shredded

2 onions, thinly sliced or minced

2-3 leeks, washed and chopped

½ tsp salt (or to taste)

2-4 cups beef broth or stock

¼ tsp each ground cardamom and coriander

optional: 1 tsp sugar; pinch ground saffron

Bring all ingredients to a boil and simmer 5-20 minutes, depending on how finely the cabbage is shredded.

Buttered Greens /Buttered Wortes (Harl. 4016) (Pleyn Delit vol.2 #32)

Buttered Wortes. Take al manor of good herbes that thou may gete, and do bi ham as is forsaide; putte hem on þe fire with faire water; put þer-to clarefied buttur a grete quantite. Whan thei ben boyled ynough, salt hem; late none otemele come ther-in. Dise brede small in disshess, and powre on þe wortes, and serue hem forth.

2-3 lbs beet greens, spinach, or other greens, plus some parsley

2-3 leeks

2 Tbsp or more butter

4-6 slices bread, diced and lightly toasted

Blanch greens and leeks in a large pot of boiling salted water 3-4 minutes- no more. Drain in a colander; squeeze out excess water with a potato masher or broad spoon, then chop roughly by running a knife through the mass in a colander. (if your greens have been sitting on a display table all day and are wilted already, forgo the previous steps!) Combine with butter and ½ cup fresh water in a pan; stir, cover, and leave over very low heat for another 5 minutes. Salt to taste and serve, mixed with toasted bread cubes.

Greens Braised with Bacon/Black Porray (Menagier de Paris) (Pleyn Delit vol.1 #12)

Black porray is made with stripes of spiced bacon. The porray should be picked over, washed, then cut up and blanched in boiling water, then fried in fat from the bacon slices; then you moisten it with boiling water-yet some say that if it is washed in cold water it is darker and more black- and you should set upon each bowl two slices of bacon. (Translated from old French)

2 lbs beet, dandelion or other greens (such as spinach)

6-8 slices bacon Or 7 oz/200 g very fatty pork belly

Pick over and wash the greens, then chop them and boil for 3-5 minutes in a large pot of boiling water; drain, and run cold water over them, then roll in paper towelling to dry as much as possible. (If your greens have been sitting on a display table all day and are wilted already, forgo the previous steps!) Meanwhile, fry the bacon strips until brown and crisp, and set aside. Add the greens to the fat left in the frying pan and stir, over medium low heat, for several minutes, until well wilted and dark in colour. While the Menagier calls for adding water at the moment before serving, this is not really necessary unless you wish to serve this as a soup.

Serve with the bacon strips arranged over the top of the greens, if it is to be served as soup, add boiling water and crumble the bacon.

This is a great way to get our fellas to eat their greens- bacon apparently makes everything better, even spinach!