

Original Receipt:

Cryspels

Take and make a foile of gode past as thynne as paper; kerue it out wyt a saucer & frye it in oile; oþer in grece; and þe remnaunt, take hony clarified and flamme þerwith. Alye hem vp and serue hem forth.

Interpretation:

Crispels

I rolled out pastry dough as thin as possible and then cut leaves from the dough. Using olive oil, I then fried the leaves until they were crispy brown and placed on a baking rack. Given the honey was previously purified I did not take the step to boil it and skim. Considering how delicate the pastry dough was I decided to drizzle honey on the pastry leaves and sprinkle the cinnamon to serve.

Although the receipt does not call for cinnamon, I decided to add it for entry to the competition. Cinnamon was a known spice to travel the spice road and given the tendency for honey and cinnamon to have medicinal properties, I felt it was reasonable to add it.

Ingredients:

Pastry dough

Olive oil

Honey

Cinnamon

Source:

THE FORME OF CURY editor Gustavus Brander, attribute to the Mastercooks of Richard II (1390) A ROLL OF ANCIENT ENGLISH COOKERY.

Compiled, about A.D. 1390, by the Master-Cooks of King Richard II, Presented afterwards to Queen ELIZABETH, by EDWARD Lord STAFFORD, And now in Possession of GUSTAVUS BRANDER, Esq.

Gode Cookery Presents Medieval Receipe Translations James L. Matterer

<http://www.godecookery.com/mtrans/mtrans38.htm>



A copy of the original text

Source: <http://www.pbm.com/~lindahl/foc/>

fort and safrōn with pyn⁹ & salt. take & close lifull
Ball⁹ ī foiles¹ of sawge. wete it with a batō of ayren
& fry it. & sūe it forth.

Cryspes^m.xx.
VIII. II.

Take flō of pandemayn and medle it with white
grece ou the fyr in a chawfōⁿ and do the batō p^o
queyntlich^o p^urg^h p^y syngōs. or thurgh a skymō.
and lat it a litul^p quayle^a a litell so p^o p^o be hool p^{inne}.
And if p^o wilt colō it wip alkenet yfoōdyt. take hē up
& cast p^{inne} sug, and sūe hē forth.

Cryspels.

xx.
VIII. III.

Take and make a foile of gode Past as thynne as
Pap. kerue it out & fry it in oile. o^o ī p^r grece and

¹ foiles. leaves.

ⁿ Cryspes. Mf. Ed. N^o 26. *Cryppys*, meaning *Crisps*, Chaucer having *crisp*, by transposition, for *crisp*. In Kent *p* is commonly put before the *s*, as *haps* is *hasp*, *waps* is *wasp*. V. Junius. V. *Hasps*, and *Haspe*, and *Wasp*.

^o chawfō. chaffing dish.

^o quentlich^l. nicely.

^p a litul. Dele.

^a quayle. an cool?

^o p^o grece. Dele *the*.

þ remnant^s, take hony clarified and flaunne^t þw^t, alye hem up and sūe hem forth.

Tartee.

xx.
VIII. IIII.

Take pork ysode. hewe it & brāy it. do þto ayren. Raisōns sug^g and powdō^o of gyng^g. powdō^o douce. and smale bridd^g þamong & white grece. take prunes, safroñ. & salt, and make a crust ī a traþ & do þ^g Fars^u þin. & bake it wel & sūe it forth.

Tart in Ymbre^s day.xx.
VIII. v.

Take and pboile Oynōns p̄sse out þ waṯ & hewe hē smale. take bredē & bray it ī a morṯ. and temp it up w̄ Ayren. do þto butt^g. safroñ and salt. & raisōns corañs. & a litel sug^g with powdō^o douce. and bake it ī a traþ. & sūe it forth.

Tart de Bry^s.xx.
VIII. VI.

Take a Crust ynche depe in a traþ. take zolkes of Ayren rawe & chese ruayn^s. & medle it & þ^g zolkes to-

^s þ remnant, i. e. as for the remnant.

^t flaunce. French *flan*, *cuillard*.

^g þ Fars, r. þ Fars.

^s Ymbre. Amber.

^s de Bry. Qu. *Brie*, the country.

^s Chese ruayn. Qu. of Roisen. V. ad 49.