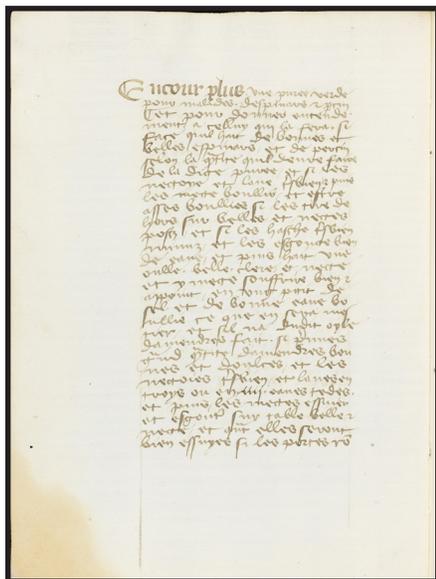


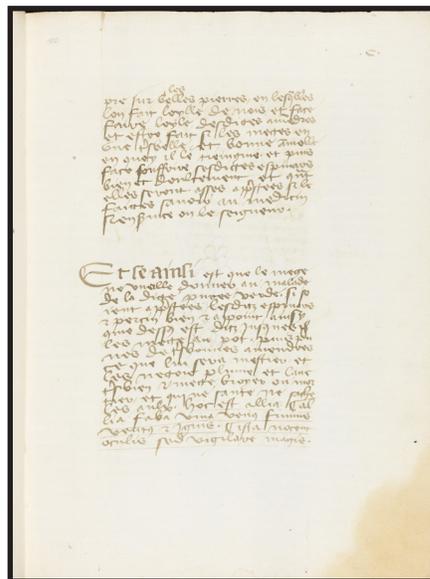
SPINACH RECIPE

from *Du fait de cuisine*, 1420

by Maître Chiquart



Sion, Switzerland, Médiathèque Valais, S 103:
Maître Chiquart, *Du fait de cuisine*, 1420 f. 99v.
<http://www.e-codices.ch/en/mvs/cuisine/99v>



Sion, Switzerland, Médiathèque Valais, S 103:
Maître Chiquart, *Du fait de cuisine*, 1420, f.100r.
<http://www.e-codices.ch/en/mvs/cuisine/100r/0>

“Further, a Green Puree of spinach and parsley for the sick. To instruct the person who will be doing it, have him get good fine spinach and parsley in the amount that he is to be making of that puree; he should clean them and wash them carefully, then set them to boil. When they have boiled, he should take them out onto good clean chopping blocks and chop them up very fine, and drain them. Then he should get a good bright clean kettle and put them to sautee nicely in it, with a little salt and whatever boiled almond oil is necessary. If he does not have good almond oil made up, get a great quantity of good sweet almonds, clean them well and wash them in three or four changes of warm water, then let them drain and dry on a good clean worktable. When they have dried, take them to be broken up /100r/ on the good stones used for making walnut oil, and have oil made from the almonds; after that, put it into a good jar that will hold it. Then sautee the spinach and parsley lightly. When they’ve been nicely prepared, let the doctor know. They are served up to the lord.

If it should happen that the doctor does not wish to give that Green Puree to the sick person, the spinach and parsley are prepared nicely as is said above up to the point where he puts them into the pot. Then he should get a suitable quantity of good almonds; he should clean, skin and wash them carefully and put them to be ground in the mortar. That mortar should not smell of garlic. Here is what you should know about garlic: Garlic, beans, wines, coitus, smoke, wind and fire: those hurt the eyes, but late nights hurt them more. /100v/ He should grind them up and moisten them with good fresh water; put them through a good clean strainer, making milk of them, and put that into a good pot. Then he should set it to boil quite gently on a good bright little fire, or on good coals, putting in a very little salt; when the milk boils, put the spinach and parsley in, along with a little almond oil, and cook them nicely. When they’re well cooked, do as is said above and let the doctor know. ”

— Excerpt from Terence Scully’s *Du fait de cuisine/ On Cookery of Master Chiquart* (1420)
English translation of original manuscript.

SPINACH INGREDIENTS

- 1 cup blanched, peeled almonds
- 3 cups boiling water
- 1 bunch parsley
- 2 large handfuls washed baby spinach (5 oz)
- 2 tbs almond oil (food grade)
- ½ tsp salt

SPINACH DIRECTIONS

Pound the almonds in a mortar until completely pulverized or use a food processor. Add the water. You can also use a blender at this point.

Strain the almond milk through a fine-meshed sieve into a small pot and bring to the boil. Chop the parsley and add to the pot with the spinach. Cook for 5 minutes.

Remove all the greens and chop finely on a cutting board, then return to the pot. Add the oil and salt. Cook down until reduced and thick, another few minutes. Be sure to taste.

Guaranteed to quench the fires of lust and cure the bilious. Do not to add any garlic either; Chiquart warns against it in no uncertain terms. This suggests that he thought most people probably would add garlic.

