



A MADRONE CULINARY GUILD RECIPE

Minces

Original recipe text:

And when the heart of the cabbage, which is in the midst, is plucked off, you pull up the stump of the cabbage and replant it in fresh earth, and there will come forth from it big spreading leaves; and the cabbage takes a great deal of room and these cabbage hearts be called Roman cabbages and they be eaten in winter; and when the stumps be replanted, there grow out of them little cabbages which be called sprouts and which be eaten with raw herbs in vinegar; and if you have plenty, they are good with the outer leaves removed and then washed in warm water and cooked whole in a little water; and then when they are cooked add salt and oil and serve them very thick, without water, and put olive oil over them in Lent.

- translated by Eileen Power. *The Goodman of Paris (Le Ménagier de Paris). A Treatise on Moral and Domestic Economy by A Citizen of Paris (c. 1395).*

A note from the Guild: This recipe was published in our 1982 cookbook, "Ye Cure for ye Bite of a Mad Dog," which has been retired. We, like most cooks in the late 1970s researching medieval food, presumed the text described brussels sprouts, when a close reading shows the recipe is for cooking the hearts of cabbage. The first written mention of brussels sprouts in European cookery is in 1587.

Recipe: Serves 6-8

2 lbs. brussels sprouts

Water

2 Tbsp. olive oil

Salt

Instructions:

Wash and trim the brussels sprouts, cook them just covered with water in a pot until tender. Drain thoroughly, add oil and salt, gently stir to coat the sprouts, and serve.

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