



A MADRONE CULINARY GUILD RECIPE

Cauliflower Tourte from Scappi

Original recipe text:

Scappi Book V recipe 104 for the Cauliflower.

To prepare a cauliflower tourte:

Get the whitest part and parboile it in a fat broth. Beat it a little with knives, together with a little mint, marjoram and a grated old cheese and ground provatura, pepper, cinnamon, cloves and sugar; if you were to put a little saveloy stuffing in with it, that would not be bad, add in in eggs. With that mixture make a double shelled tourte, the upper one being like jalousie louveres. Bake it an oven rather than braising it.

You can do with the stalk of a savoy cabbage the same way, putting more of the saveloy mixture with it than with the other one, and more spices and less sugar.

- Opera dell'arte del cucinare by Bartolomeo Scappi

Recipe: Serves 16 (makes two pies)

- 1 head Cauliflower (~2 lbs)
- 1 qt Vegetable broth, organic
- 1/4 cup Butter
- 1/3 tbsps Salt, coarse
- .15 oz Fresh mint
- .2 oz Fresh marjoram
- 3 oz Parmesan cheese
- 4 oz Mozzarella cheese
- 2 Eggs
- 1 tsp Black pepper, ground
- 1 tsp Cinnamon
- 1/4 tsp Cloves, ground
- 2 tbsps Sugar, by volume
- 1 tsp Salt, table
- 4 Pie crust, handmade
- 1 Egg yolks

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Instructions:

Heat oven to 350°.

Clean fresh herbs, and chop finely.

Chop cauliflower into small (1") size pieces.

Remove stems almost entirely. (You should end up with about 1 ¼ lb cauliflower per head).

Line two 8" pie pans with bottom crusts.

Bring broth, butter & coarse salt to boil. Add cauliflower. Boil until just tender, about 10 minutes.

Meanwhile, Mix herbs, cheese, eggs, spices, table salt and sugar together in a bowl.

When cauliflower is cooked, drain well.

Add cauliflower to herb/cheese mix; chop any larger chunks as you mix to get a smoothish mixture.

Stir up well and dump half into each pie crust.

Top with secondd crusts (decorated and slashed so they will vent).

Paint with egg yolk.

Bake for 45 minutes.

Serve hot.