

Medieval Buknade Pottage

Pottages were a mainstay of medieval meals. Because of the expensive spices, this one is for a noble's table. During this era veal or kid could have been used instead of chicken.

Ingredients

2 to 3 sprigs fresh parsley

2 to 3 sprigs fresh hyssop (optional)

2 to 3 sage leaves

5 cups chicken stock

pinch ground mace

pinch ground cloves

pinch salt

pinch pulverized saffron strands

12 oz. chicken meat

3 to 4 egg yolks

1/2 to 1 tsp. apple cider vinegar

white pepper to taste

ground ginger to taste

Utensils

knife and cutting board

measuring cup

measuring spoons

cookpot **or** microwave-safe

dish

small mixing bowl

eggbeater **or** fork

ladle

serving bowls

This dish is seasoned to taste. Make the chicken stock. Premade chicken stock or bouillon cubes can be bought in the store. Remove the skin from the chicken and completely cook it in a microwave-safe dish in the microwave oven or in boiling water in a cookpot on the stove over

medium high heat. When the chicken is cooked, let it cool and cut it into small thin slices.

Finely chop the parsley, hyssop, and sage leaves, discarding the stems. The dish can be prepared up to this point in advance. In the cookpot place the stock, parsley, hyssop, sage, mace, cloves, saffron, and salt. Simmer on the stove for a few minutes, then add the chicken meat. In a small bowl, separate the eggs and beat the yolks to a liquid consistency. Add a little of the heated stock to the eggs while beating them. When the meat is thoroughly heated, reduce the heat to the lowest possible setting and stir in the egg yolks. Continue to stir until the mixture is blended and the liquid is slightly thickened. Add the vinegar, white pepper, and ground ginger. Ladle into serving bowls, and serve hot.