

Meister Eberhard is a text that belongs into a south German context, most likely associated with the court of Bayern-Landshut during its ascendancy in the first half of the 15th century. AFAIK we know nothing about the putative author other than that he most likely was part of the kitchen staff there. The text contains an eclectic mix of recipes and dietetic advice heavily cribbed from a variety of sources, including the (unattributed) writings of St Hildegardis Bingensis. (I'm still trying to figure out where he gets the rest from, - I suspect the Salernitan Regimen Sanitatis and the Tacuinum, but I haven't got good texts for these right now)

the text is here

<http://staff-www.uni-marburg.de/~gloning/feyl.htm>

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<<T>>

Hienach volgt vonn dem kochenn vnd hat gemacht meyster
Eberhart ein koch herczog Heinrichs zu
Landshut.

Hereafter follows (a text) about cooking, and Master
Eberhart, a cook of Duke Henry of Landshut made it.

<<R1>>

Zum ein salsenn von weichselnn zu machen.
Item wiltu machen ein gutte salsenn von weichselnn,
so thue die weichsell in einen hafenn vnd

secz die auff ein glut vnd lafl sie siedenn vnd
lafl dann wider erkaltenn vnd streich sie durch ein
tuch vnd thue sie dann wider in den hafenn vnd
secz sie auff ein glut vnd lafl sie wol sieden
vnd rurr sie, pifl sie dick wirt, vnd thue dann
honig dar an vnd geribens prot vnd negellein vnd
gut gestu:ep vnd thue sie in ein fefflein. Sie
pleibt dir gut drew oder vier iar.

To make a sauce of tart cherries.

If you wish to make a good sauce of tart cherries, put the
cherries into a pot and place it on the embers and let them
boil. Then cool down again and pass them through a cloth, put
it back into the pot, place it on the embers and let it boil
well until it thickens. Then add honey and grated bread and
cloves and good spice powder and put it into a small cask. It
will stay good three or four years.

Redaction: Take

250 grammes of tart cherries (from a jar) or
350 grammes of fresh tart cherries
50 grammes of honey
fine fresh breadcrumbs from two slices of wheat bread
ground cloves
ground cinnamon
ground ginger

Clean and stone the fresh cherries or strain the jarred ones
(in that case, keep the juice). Place in a pot with some
water (as little as you can get away with) and boil until
soft, then process (in a mortar, blender, food processing
mill or through a coarse cloth). Return to the boil (add
liquid if necessary - you want a fluid consistency at this
point) and add honey (more with fresh cherries, less with
jarred ones which are usually sweetened already) and spices
to taste. Then add breadcrumbs, stir and remove from the fire
once it thickens. Pour into a storage container or serving
dish and let cool. The sauce will set into a semi-jelly.
Adventurous minds may vary this sauce with other spices as
the exact seasoning was left unspecified. Cassia buds and
galingale worked for me, but (non-period) pimento, grains of
paradise or even plain pepper will harmonise, too.

<<R2>>

Ein gutte salsen zu machen in der fastenn.

Item nym merrich vnd zustofl den in einem mo:erserr
vnd nym mandelkernn oder nufl vnd zustofl die auch
vnd geufl ein wein dar an. Merrich bricht den
stein garr serr, wenn man in isset in der kost.

To make a good sauce for Lent.

Take horseradish and pound it in a mortar and take almonds or
nuts and pound those, too, and pour some wine to it.
Horseradish breaks the stone very well if it is eaten with
your diet.

Redaction:

300 grammes blanched ground almonds
1 horseradish
1/2 bottle red wine

Clean, peel and process the radish. Add the almonds and enough wine to make a liquid paste. (Note: this is 'very period' and only recommended for hardcore horseradish fans)

<<R3>>

Item ein andre salsenn.
Saluia, petrocilinus, menta vnd pfefferr, das soll man zustossen mit essig, das ist ein salsen, die macht lustig zu essenn.

Another sauce

Sage, parsley, mint and pepper, that is to be pounded with vinegar, this is a sauce that gives you a good appetite.

Redaction:

Dried sage, parsley, and (pepper)mint
Coarsely ground black pepper
White wine vinegar
(olive oil if desired)

Stir the herbs into the vinegar (be generous - the result should resemble a paste more than a modern 'Italian dressing'). Add pepper to taste. For a more modern flavor, mix two parts vinegar with one part olive oil (when we served that for feast, we had to fight to get most of it out of the kitchen - everybody kept dipping bread morsels).

<<R4>>

Item ein essenn von gebratenn arbeissenn.
Nym gesotenn arbeyfl vnd slach sie durch ein tuch oder durch ein sib vnd slach vil eyerr darzu, als vil der arbeifl sein, vnd seud es in putternn vnd steck es an einen spifl vnd brot sie wol vnd beslach sie mit eyernn vnd mit kraut vnd gib es hin. Versalcz es nit.

Item a meal of roasted peas

Take boiled peas and pass them through a cloth or through a sieve. Stir as much egg into it as there is peas and fry it in butter. Then place it on a spit and roast it well, cover it with egg and greens and serve it forth. Do not oversalt it.

<<R5>>

Ein holder mufl zu machenn.
Nym holderplut vnd zureib die in k,e milch vnd nym mel vnd mach ein mus dar aufl. Das ist gut zu dem haupt vnd den synnenn.

To make elderflower /mus/

Take elderflowers and grind them in cow's milk and take flour and make a /mus/ [may mean mousse, pudding or porridge] from this. This is good for the head and the senses.

<<R6>>

Ein gut mus zu machenn.

So nym nufl kernn vnd stoff die clein vnd streich die durch mit einerr sussen milch vnd mit susser semell brosem, die wol gesotenn sein, vnd thue schmalcz dar an genug vnd rurr es ab mit eyer totternn vnd wurcz es wol vnd versalcz es nit.

To make a good /mus/

Take nuts and pound them small and pass them through a cloth with sweet milk. Add crumbs of sweet /semell/ (fine white bread) that has been well boiled, add enough lard and stir in egg yolks. Spice it well and do not oversalt it.

Redaction:

200 grammes ground nuts (hazelnuts go well)
1/2 liter milk
1 sweet milk bun or piece of brioche
2-3 egg yolks
1-2 tblsp butter
sugar or honey
a pinch of saffron

Soak the bun in the milk until it comes apart easily and tear it into small pieces (or process it). Add the nuts and mix. Bring mixture to the boil briefly, then add the butter and sweeten to taste (carefully). Bring back to the boil, stir in egg yolks and saffron powder and pour into a serving bowl. The sweetening is dictated by modern tastes, but sugar might well have been covered by 'spice it well'. Cinnamon, cloves, and aniseed also harmonise but I must admit I haven't dared use salt, pepper, mustardseed or their ilk. You may want to add a few tblsp rice flour with the bun and nuts to thicken the mix.

<<R7>>

Wiltu machen ein gebraten mufl vonn vischenn.

So nym per visch, die peyfl in essig vnd wurff die in ein mandelmilch, die mit reyfl sein wol gemengt, vnd ein wenig schmalcz dar an, das wellig sej. Versalcz es nit.

If you want to make a fried /mus/ out of fish.

Then take small (?) fish, marinade them in vinegar and throw them in almond milk well mixed with rice, and add a little molten lard. Do not oversalt it.

<<R8>>

Item ein essenn vonn einer lebern eins kalbs.

Nym ein lebern von einem kalb vnd hack sie clein vnd w,rcz sie wol vnd nym dann einen hewrigenn

speck vnd weinperr vnd leg das necz furr dich
vnd bestreich es wol mit totternn vnd nym dann
die lebern vnd slach ein necz dar v::berr vnd
verspeil das wol vnd leg sie auff ein rost vnd
lafl sie pratenn vnd beslach sie halb mit totternn,
die rot sein, darnach an der andernn
seitenn mit grunen tottern vnd peterlein vnd
versalcz es nit.

A dish made from the liver of a calf.

Take the liver of a calf and chop it finely, and add fresh
bacon and raisins. Place a net in front of you and slather it
with egg yolk, then take the liver and fold the net over it
and tie it together well. Place it on a griddle and let it
roast, cover it half with egg yolks that are red, and
afterwards (cover it) on the other side with green yolks and
parsley, and do not oversalt it.

<<R9>>

Wiltu machen ein meyschen kuchenn.

So nym auff zehen eyer vnd zuslach sie wol vnd
nym darzu peterlein vnd rurr es vndereinander
vnd nym einen morserr vnd secz auff ein kolenn
vnd thue dar ein einen l^ffel vol schmalcz
vnd lafl es heyfl werdenn vnd geufl die eyerr darein
vnd lafl es kul pachen vnd thu es also gancz
auff ein schussel. Versalcz es nit.

If you want to make a May cake.

Take ten eggs and beat them well. Add parsley and stir it in,
then take a mortar and place it on the coals and put into it
a spoonful of lard and let it get hot. Pour in the egg and
let it bake at a gentle heat, then turn it out onto a bowl in
one piece. Do not oversalt it.

Redaction:

10-12 eggs
1 small bunch fresh parseley (or 3 tsp dried)
1 tsp lard or butter
salt and pepper to taste

Place lard in a metal or ceramic bowl. Put into in an oven
heated to c. 150°C (350°F) until the lard has melted and the
bowl is hot. Meanwehile, beat the eggs with the parsley. When
the bowl is ready, open the oven door and our the egg batter
into the hot bowl quickly. Return to the oven immediately and
bake 20-35 minutes (test doneness by inserting a stick or
knifeblade). Remove from oven, cool on a wire rack for 10
minutes and turn out onto a plate. Serve sliced for
breakfast.

This is also a good way of providing pseudo-scrambled eggs
for more people than you have pans or time to make.

<<R10>>

Item wiltu machen ein essen in dem meyen, das
heyflt ein gesp^t.

So nym einen fliessendenn kefl vnd schneid den
in vil schnittenn, die d,nn sein, vnd nym darzu
sechs eyer vnd slach die auff den kefl vnd nym
meichflige putternn in ein pfannen vnd thue den
kefl mit den eyernn vber das fewrr vnd zeuch es
ey dar mit auff, das es slecht werr, vnd richte
es an vnd versalcz es nicht.

If you want to make a dish in May that is called /gesp^ht/
Take flowing cheese and cut it into many thin slices, and
take six eggs and break them over the cheese. Melt May butter
in a pan and place the cheese with the eggs over the fire and
cook it gently so that it is smooth, and serve it forth and
do not oversalt it.

<<R11>>

Item einen fladenn zu machenn von fischenn,
welcherlej sie sind.
So nym ein dicke mandelmilch wol gemengt mit
reifl mel vnd thue dar ein einen apffel oderr
zwenn vnd ein wenig wurcz vnd seud es in einem
ofen vnd lafl es pachenn vnd versalcz es nit.

To make a flan of fish, whatever kind
Take thick almond milk well mixed with rice flour and add to
it an apple or two and a little spice. Place it in an oven
and let it bake, and do not oversalt it.

<<R12>>

Wiltu machen morchen vmb weihennachtenn.
So nym ein teick aufl weissem brot vnd aufl ein
wenig melbs vnd schla eyer dar an vnd mach
zwen knebel vnd wurff die in den teick vnd
zeuch sie darInnen vmb vnd leg sie in ein
schmalcz, das nit zu heyfl sej, vnd wenn es
ein wenig gepack, so nym es her wider aufl vnd
schneyd es dann mitten auff dem knebel auff von
einander vnd full es dann mit ein geruntenn
eyernn vnd zeuch es durch einen linden straubenn
teick, leg es in ein schmalcz vnd lafl es
pachenn vnd secz die morchen dar ein vnd lafl
sie pachenn.

If you want to make mushrooms around Christmas
Take a batter made from white bread and a little flour and
break eggs into it and tie two large knots and throw them
into the batter and move them around in it and put them into
lard that is not too hot. When they are baked a little, take
them out again and cut it open across the middle of the knot
and fill it with hard-boiled eggs and dip it into a mild
batter, place it in lard and bake it, then put the mushrooms
in there and let them bake.

<<R13>>

Wiltu machen ein gestroczttes gepachens.
So mach ein teyck von eytell eyernn vnd wurcz
in wol vnd mach in gel vnd warmm duczent gutter

helmm in den teick, das sie nafl werdenn,
vnd nym sie dann her aufl vnd pack es in einem
schmalcz vnd versalcz nit.

If you want to make /gestroczttes/ fritters
Make a batter of plenty of eggs and season it well, and color
it yellow. Throw a dozen good /helmm/ (mushroom caps?) into
the batter, so that they are wet (covered in it), and then
take them out and bake them in lard, and do not oversalt it.

<<R14>>

Wiltu machen gut kuchenn vonn eyerrn.
So nym eyer, wie vil du wilt, vnd zu slach die
wol vnd schneid semel funf lot dar vnter vnd
thue dar ein weinperr vnd schmalcz in ein pfannen,
des genug sej, vnd geufl die eyer dar ein
vnd lafl es packenn ynnenn vnd aussenn. Do mit
slach es auff ein panck vnd hack dar vnter gut
wurcz vnd schneid es zu scheubenn vnd richt es
an.

If you want to make a good cake out of eggs.
Take eggs, as many as you want, beat them well and cut into
it five /lot/ [a unit of weight differing widely by region]
of fine white bread. Put raisins into the batter. Heat lard
in a pan, so that it is enough, and pour the egg into that
and let it bake inside and out. With that lay it on a board
and chop some spices onto it, cut it into slices and serve
it.

Redaction:

2-3 eggs
4-6 slices fresh white bread or toast
2-3 tblsp raisins or currants
butter
sugar, cinnamon and orther spices to taste

Beat the eggs. Remove the crust from the bread and grind or
process it into fine breadcrumbs. Stir into the egg batter
until it is thick. Add the raisins. Pour the batter into a
hot buttered pan and fry until done (do not stir). Turn the
thick flan out onto a plate or board and sprinkle it with
sugar and spices to taste while hot. Serve sliced.

<<R15>>

Item ein essenn von milch kuchenn.
So soltu sie clein schneyden.

A dish out of milk cake.
You should cut them up small

[Transl. There is a gap in the text here. Probably the recipe
continues somehow]

<<R16>>

hafen vnd geufl ein wasserr dar an vnd deck es

zu vnd lafl siedenn, so wirt es sich strecken
in dem glafl, das man sicht sein fufl vnd flugel
vnd den gannczen p^httich. So ist es
gerecht.

...pot and pour water to it and cover it and let it boil, so
it will stretch inside the glass jar, so that you can see its
foot and wing and the whole body. That way it is well done.

[Transl. This is the tail end of what looks like a Çchicken
in a jar' recipe. See Sabina Welserin for comparison]

<<R17>>

Wiltu machenn dreyerlej essens an einem visch.
So nym ein hecht vnd slach vmb das mittel teyl
ein nafl tuch vnd leg in auff ein rost vnd salcz
in vnd lafl in pratenn vnd das foderr teil bespreng
mit melb vnd begeufl mit schmalcz, das
heyfl sej, vnd das tuch begeufl mit heissem
wein, vnd das hinder teyl prett sich selbs
auff dem rost.

If you want to make three dishes out of one fish.
Take a pike and wrap a wet cloth around its middle part and
lay it on a griddle. Salt it and and let it roast, and the
front part you must dust with flour and pour molten lard
over. Pour hot wine over the cloth. The hind part roasts by
itself on the griddle.

<<R18>>

Item vt scito coquantur carnes.
Recipe aliquas pecias de vino et pone in ollam
ad carnes crudas es sic coquantur.

How meat is cooked properly (or: knowledgeably)
Take several /pecia/ of wine and put them into a pot to the
raw meat and thus it is cooked.

<<R19>>

Item ad extrahendum sal de cibo nimis salsato.
Recipe de farina frumenti in vna pecia lini panni
et dimitte bulire intus.

How to extract salt from food that is salted too much.
Put wheat flour into a vessel through a linen cloth and put
the food into it /bulire/ (while boiling?).

<<R20>>

Item ad appetitum comedendi valet illa salsa
facta cum aleo.
Et appone piper ad triginta grana et hoc simul
tunde, et jeiunus per duos dies comede. Etiam
appone de saluia tria folia cum sale modicto.
Vel accipe aleum cum bibenella et fac succum.

This sauce made with garlic aids the appetite for food

Take up to thirty grains of pepper and crush it, and leave it with /jeiunus/ (juniper?) for three days. Also take three leaves of sage and a moderate measure of salt, add garlic and pimpernel and make juice (of it).

(it is not quite clear whether this is one recipe or two)

<<R21>>

Item wiltu swarcz fisch machenn.
So lafl die visch siedenn an die stat vnd nym
dann gestossenn negellein vnd thue die dar an
vnd lafl sie dann noch ein guttenn wal thun.

If you want to make black fish.
Let the fish boil till they are done, then take ground cloves
and add them to it and boil it up once again.

<<R22>>

Item vonn hechtenn wirt garr scho:enns vnd lawters
gestanndenn, also das es durchsichtig wirt.

Pikes make good and pure jelly that becomes transparent.

<<R23>>

Wiltu einen guten stockfisch machenn.
So lafl in siedenn als ein kalb fleisch vnd lafl
in ein siedenn auff halben wogk vnd seig dann
die brue dar vonn vnd schu:et den stockvisch heraufl
vnd erclaub in wol vnd nym dann ein pfannen
vnd thue smalcz dar ein vnd lafl es warmm werdenn
vnd leg dann den stockvisch in die putternn
vnd lafl sie dar ynnen erhiczenn vnd nym
dann ingwerr vnd saffran mit des visch bru:e vnd
ferb das do mit ein vnd geufl es v:eber den stockvisch
in die pfannen vnd lafl es ein wal oder
drej thun. So ist er gerecht.

If you want to make good stockfish.
Let it boil as long as veal and let it boil at a simmer. Pour
off the broth and take out the fish and pick it apart well.
Then take a pan and put lard in it, let it warm up, then
place the stockfish into the butter and let it heat up in
there. Take ginger and saffron and the broth of the fish and
color it with that, pour it over the stockfish into the pan
and let it boil up once or three times. That way it is well
done.

Redaction:

250 grammes salt cod
saffron, pepper, ginger, and salt
rice flour or breadcrumbs
butter or lard

Soak the salt cod (the less desirable tail-end cuts do well
in this recipe) in freshwater until it is soft and well
desalinated, regularly changing the water. (There are as many

methods of soaking cod as there are cooks. I let mine stand in a bowl in the fridge for 36 hours). Place it in vigorously boiling water (this need not be salt water - the fish is often salty enough) and boil until white and flaky (no more than 2-5 minutes). Take out the fish with a strainer, let it cool, then pick out all the bones (it is important that this is done carefully. Do not be afraid of breaking up the flakes - it all falls apart anyway).

While the fish cools, take about half the broth (about 200 cc per person) and bring it to the boil again. Add saffron (a pinch per portion) and ground ginger (about 1/4 tsp per portion). Taste - you may need extra salt. White pepper adapts the dish to more modern tastes. You may want to thicken the sauce (I used rice flour and breadcrumbs on various occasions).

Now heat butter or lard in a pan and drop in the cod bits. Fry briefly, then add the sauce and let it boil in the pan for a minute or two.

The resulting dish has an attractive gold color that must have appealed to contemporaries and answers the charge made by some that there is no period light summer cuisine. It can be served on rice or, as a breakfast or lunch dish, with French bread. For modern tastes it is a bit uniform but can be easily livened up with some vegetables (I added raisins to the sauce, which is at least peri-oid and surprisingly good).

<<R24>>

Item hienach volgt, wie man ein ganfl pratenn soll.

So lafl sie vor zwenn oder drej tag wol hungernn, das die b^sen predenn, die in ir sein, her aufl genn, vnd soll sie dann nernn mit kornn, vnd darnach t^tte sie vnd prate sie pej dem fewerr. Vnd du solt dar ein stossen saluia vnd ander gut wu:ercz, das der safft dar durch gee, vnd man soll sie besprengenn mit wein oder mit essigk, das das schmalcz do vonn trieff. Wann das genfl schmalcz soll man nit essenn, wann es macht den menschen kranck, wann die feistenn kumbt von b^ser feuchtigkeit. Vnd wer gesund ist, der soll die gans also gebratenn essenn, so schadt sie dester mynderr. Wer aber kranck ist, der soll wenig do von essenn. Wenn man sie kocht vnd seudt in wasser, so ist sie vngesund, wann dann so m,genn die b^sen preden nit heraufl genn von verhinderung wegen des wassers.

Here follows how to cook a goose.

Let it starve for two or three days so that the bad /preden/ that are within it go out. Then it should be fed on grain. Kill it and roast it by the fire. You shall stuff it with sage and other good spices, so that the juices go through it, and it should be sprinkled with wine or with vinegar, so that the fat drips away. Goose fat should not be eaten as it makes people sick, because the fatness (of the goose) comes from bad moisture. Those who are healthy should eat goose roasted

this way, so it does less damage. Those who are ill should eat little of it. If you cook it by boiling in water, it is unhealthy, because then the bad /preden/ can not go out of it, being prevented by the water.

<<U25>>

Hienach volgt vonn den kuchenspeisen, warr zu sie gut sein.

Hereafter follows of cereals and their uses

<<R25>>

Item reyfl kelt vnd hiczigt nit vnd speist serr, vnd wenn mans wol seudt mit milch, so macht es vil plutz, vnd doch so schadt es den lewten, die den grymmenn in dem leib habenn, vnd stupfft vnd wirt nit schier verdewt.

Rice neither chills nor heats and nourishes well, and if you boil it well in milk, it makes much blood, but it is harmful to people that have grumbling in the body, and it constipates and is not digested well.

<<R26>>

Hirfl zu essenn kelt vnd derrt vnd stopffet vnd speist nit wol, vnd das selb thut auch der habernn vnd spelt.

Eating millet chills and dries the body and constipates and does not nourish well, and oats and spelt do the same

<<R27>>

Gerstenn blewet vnd keltet vnd speist nit wol vnd schadt allen den lewtenn, die geprestenn habenn, vnd von kalter natur kumbt oder das grymmenn in dem leib hat. Aber hiczigenn lewtenn vnd die do gern cleiner wurdenn, den ist sie gut. Vnd wenn man sie isset oderr trincket mit venchel samenn, so ist sie gut furr etlichenn gebresten an der brust, vnd spricht Auicenna, das gerstenn wasserr schadet dem magen, der do kalt ist. Es ist auch rittigenn lewtenn garr nu:ecz.

Barley causes wind and chills and does not nourish well and does harm to all people with illnesses coming from a cold nature, or who have grumbling in the body. But to people of a hot nature, or those who would like to be smaller (lose weight?), it is good. And if it is eaten or drunk with fennel seed it is good against all kinds of diseases of the chest, and Avicenna says that barley water damages the stomach, as it is cold. It is also good for feverish people.

<<R28>>

Linflenn sein bescheidenlich heyfl vnd derren vnd machenn vil plutz. Vnd so man sie seudt mit essig, so erleschenn sie die enzu:endung des plutz. Vnd

wer sie dick isset, dem machen sie vinsterr
awgenn, do vonn sie vast derrent. Auicenna
spricht, das sie schadenn dem magenn vnd blewend
vnd stopffend.

Lentils are moderately hot and dry out and make much blood.
If they are boiled with vinegar, they extinguish the
inflammation of the blood. Those who eat much of them get
dark eyes because they dry out the body so much. Avicenna
says that they damage the stomach and cause gas and
constipate.

<<R29>>

Die kichernn hiczenn vnd plewend vnd machenn
prunczen vnd machenn den frawenn ire recht zu
vier wochenn einfl komenn, als es sein soll. Vnd
spricht Auerrois, das sie prechenn den stein,
der do leyt in den lendenn oder der do leit in
der blosenn, vnd auch die br,e, mit der sie gesotenn
werdenn. Vnd darczu sein die swarczen kichernn
pesserr dann die weissenn. Vnd Galienus
spricht, das bru von kichernn, so man sie seudt,
die ist der lebern gut, wann es reinigt sie vnd
die nyren, do der stein wechst, den schleim vnd
treibt vil vnflatz vonn dem menschenn.

Chickpeas heat up and cause gas and make much piss and make
the women's right come up once every four weeks, as it should
be. And Averroes says they break the stone that lies in the
loins or in the bladder, and so does the broth that they are
boiled in. And the black chickpeas are better for this than
the white ones. And Galen says that the broth of chickpeas,
if they are boiled, is good for the liver, as it cleans it
and the kidneys in which the stone grows of phlegm and drives
much uncleanness out of the body.

<<R30>>

Arbeiflen br,e hat die selben krafft, aber nit
als krefftigklichenn, do vonn so man kichernn
nit hat, so seudt man arbeifl. Kichernn oder arbeifl,
die grun sein, so soll man nit essenn,
wann sie machenn dem menschenn bo:ese feuchtigkeit.
(xxx)

Pea broth has the same power, but not as strongly, and when
you have no chickpeas, boil peas. Chickpeas and peas that are
green should not be eaten, as they cause bad moisture in
people.

<<R31>>

Ponn bleen vnd machenn we in dem leib vnd den
swindel in dem haubt. Vnd spricht Rasis, der vil
vnd dick isset die pon, die werdenn irre in
irenn synnen vnd etwenn vnsinig vnd erseufczenn
garr tieff vnd wenenn, das in etwas preste oderr
vnrecht sej, vnd verirren die lewt in irenn synnen
vnd in irer consciencz. Etwenn wissen die selben

lewt nit, warvmb sie allso tieff erseuffczenn.
Galienus spricht, das ponn gut plut machenn, do
von so mu:egen sie starck lewt wol essenn, aber
man sol sie wol siedenn. Oder werr sie isset mit
essig, so sie wol gesotenn sein, oder sie rohe
isset, dem machenn sie b^se feuchtigkeit in dem
magenn vnd in den dermen vnd bleen, vnd do von
kumbt grosser sichtag.

Beans cause gas and pain in the body and make dizzy in the
head. Rhazes says that those who eat much beans become
confused in their senses and eventually go crazy and sigh
deeply and think that something presses on them or is wrong,
and they confuse people in their senses and consciousness.
Then people themselves do not know why they sigh. Galen says
that beans make good blood and strong people should eat them
freely, but they should be boiled well. To those who eat them
with vinegar, when they are boiled well, or those who eat
them raw, they cause bad moisture in the stomach and the guts
and cause gas, from which comes great illness.

<<R32>>

Rubenn, spricht Auerrois, hiczigenn vnd machenn
feuchte vnd machen winde in dem leib vnd vnkeusch
vnd sch^n awgenn.

Turnips, says Averroes, heat up the body and cause moisture
and gas in the body and unchastity, and pretty eyes.

<<R33>>

Czwiffel sind heyfl in dem vierdenn grad vnd
feucht in dem dritten grad vnd machenn vnkeusch
vnd thund we in dem haubt. Vnd so man sie roch
isset, so machenn sie b^se feuchtigkeit vnd bringenn
grossen durst dem menschenn.

Onions are hot in the fourth degree and moist in the third
and cause unchastity and headaches. To those who eat them raw
they cause bad moisture and great thirst.

<<R34>>

Knoblauch ist heyfl vnd truckenn auff dem mittel
des vierden grads vnd habenn die eigenschafft
als zwifel vnd dar zu vertreibt er die wind oder
das bleen in dem leib vnd sein schad, wenn man
sie isset, wann sie bringenn grosse hicz vnd b^se
feuchtigkeit vnd richenn auff in das haubt.
Doch schadt knoblauch in den kaltenn lanndenn mynnder,
vnd so die zeit kalt ist, dann in dem summerr
oder heissenn landen, als dann spricht der meysterr
Rasis.

Garlic is hot and dry in the middle of the fourth degree and
have the properties of the onion, and in addition it drives
out gas and pressure in the body, and its damage, when it is
eaten, is that it brings great heat and bad moisture and its
vapors rise up into the head. But garlic does less harm in

cold countries and cold seasons than in the summer, or in hot countries, according to Master Rhazes.

<<R35>>

Als kraut macht bofl plut, das ist melancolei vnd traurigkeit vnd bofl gedennckenn vnd trawm an lattich vnd oxsen zungenn.

All greens make bad blood, that is melancholy and sadness and bad thoughts and dreams except for lettuce and oxtongue [plant type?]

<<R36>>

Lattich kelt, vnd der in gesotten isset, dem macht sie pesser plut dann ander kraut vnd macht schloffenn, wie man in isset roch oder gesotenn, vnd ist gut, dem die sonne we hat gemacht in seinem haubt oder die enczinndet magenn habenn. Vnd wer sie isset mit essig, den macht sie hungurig vnd lustig nach der speyfl. Sie ist auch hiczig vnd derret vnd schadt dem haubt, dem gesicht vnd dem magenn vnd macht vil b^ser trawm. Man sol sie siedennmit czweyenn wassernn, so schadend sie dester mynder, also schreibt Avicenna.

Lettuce chills, and to those who eat it boiled it makes better blood than other greens, and it causes sleep, whether eaten raw or boiled, and is good for people who have been hurt in the head by the sun or who have an inflamed stomach. Those who eat it with vinegar are made hungry and desire food. It is also hot and dries and damages the head, the sight and the stomach and causes bad dreams. It should be boiled in two waters to make it cause less damage, writes Avicenna.

<<R37>>

Ko:elkraut ist hiczig vnd derret vnd macht wol singenn. Das safft, das von im kumbt, ist gut gedruncken grunckenn lewtenn vnd macht bo:es plut, vnd spricht Rasis, das sie macht schwerr p^fl trawm. Es macht zu stul gen vnd erweicht die prust vnd die keleenn, vnd gepewtet Orbasius den menschen, die das gesu:echt in den lendenn habenn, auch an hendenn vnd an fussenn, das sie sullen k^l essenn.

Cabbage is hot and dries out the body and makes people sing well. The juice coming from it is good to drink for sick people and makes bad blood, and Rhazes says it causes many bad dreams. It causes bowel movements and softens the chest and the throat, and Orbasius orders people who have a disease [the dropsy?] in the loins or hands and feet to eat cabbage.

<<R38>>

Mangolt vnd m^lt sein der eygenschafft, das sie den leip weichen vnd zu stul machenn genn

vnd speisen wol vnd sein gut furr die gel sucht
vnd ist gut den lewtenn, die enczundt lebern
haben. Vnd besunder m^lt kelt vnd macht feuchtigkeit.
Aber mangolt ist pesserr vnd bringt
nit alsouil feuchtigkeit in dem menschen. Mangolt
pleter ziehenn serr auff die wundenn
gelegt.

Chard and arroche ('Spanish spinach') have the property of softening the body and cause bowel movements. They nourish well and are good against jaundice and for people who have inflamed livers. Especially arroche chills and causes moisture. Chard is better and does not cause as much moisture in the body. Chard leaves placed on wounds draw out pus strongly.

<<R39>>

Benet ist gut vnd nu:ecz der kelenn, der lungenn,
dem magen vnd auch der lebern vnd
macht bescheydenlich zu stul genn vnd ist
garr ein gut vnd gesund speyfl.

/Benet/ (pears ?) is good and helps the throat and lungs and the stomach and also the liver and causes bowel movement moderately. It is a good and healthy food.

<<R40>>

Mandel kernn, die do su:efl sein, die sein bescheydenlich
hiczig vnd bringenn bescheydenlich
feuchtigkeit von dem menschen. Vnd
spricht Auerrois, das sie machen wachflenn das
hirnn vnd sufllich schlaffenn. Do von sein
sie nu:ecz den menschen, die do serr studirnn
oder wachenn vnd durr sein wordenn zu sere. Man
soll sie schelen vnd mit weiflemm prot essenn,
so man sust nit mer essenn wil. Vnd wer zucker
dar zu isset an brot, das ist noch pesserr, wan
so machenn sie vil plutes, das gut ist. Rasis
spricht, das sie salbenn die kelenn vnd machenn
sie glatt vnd sein gut den lewtenn, die schneydet
das wasserr von hicz. Sie machenn den menschen
wol prunczen, vnd das selb thut auch mandelmilch,
doch werdenn sie kawm verdewet. Auerrois
spricht, das mandel garr rein vnd sauber
macht die weg vnd die gelider, do das wasserr
auff von dem menschen get, vnd sein gar nu:ecz
magernn lewtenn. Vnd das ^l, das do von kumbt,
ist gut furr den krampff. Vnd der den ruckgrat
do mit salbet, den beh,t es vnder weilen, das
er an im in seinem alter nit krump wirt.

Almonds which are sweet are gently hot and gently drive out the moisture from the body. Averroes says that they cause the brain to grow and people to sleep sweetly. Therefore they are of use to people who study hard or are awake often and have become too thin. They should be shelled and eaten with white bread by people who do not want to eat anything else. If you

eat sugar with them that is even better, because they make much blood, which is good. Rhazes says that the salve the throat and make it smooth and are good for people who suffer pains when passing water because of a hot disposition [?]. They make people piss well, and almond milk causes the same, but they are hardly digested. Averroes says that almonds clean and purify the paths and members through which water passes from the body and are useful to thin people. And the oil that comes from them is good against cramps. And those who anoint their backbone with it it will protect in time from becoming bent in old age.

<<R41>>

Granat o:epffel, n,chternn gessenn, die leschen den durst vnd vertreyben vber gele vnd machent den menschen hungern. Rasis spricht, das sie vertreyben den ritenn vnd machenn den die speyfl zu dem mund aufl fert, das im die speyfl beleibt, vnd kelt die lebern. Auerrois spricht, welche zeit man iflt, das sie dann die speyfl nit lassenn verderben in dem magenn. Vnd der sie zu hinderst iflt, so lassen sie die andern speyfl nicht auf richenn in das haubt.

Grenadines, eaten on an empty stomach, slake the thirst and drive away excess gall and cause hunger in people. Rhazes says that they drive out the fever and cause those, who have their food coming (back) out of their mouths, to keep it down, and chill the liver. Averroes says that, when eaten at mealtimes, they do not let food spoil in the stomach. If they are eaten last they do not let the vapors of the other food rise up into the head.

<<R42>>

Nufle hiczenn vnd derren vnd werden kawm verdewt. Sie schadenn dem magen vnd machenn die speyfl zu dem mund aufl faren vnd zu stul genn. Aber die grunen, die schadenn mynder. Werr ir zu vil isset, den schlecht das parlifl oder der slack an der zungenn, wann sie machen ein swere zungen, Auicenna spricht, sie schaden nicht, so es garr kalt in dem winter ist. Auerrois spricht, mefllich gessenn schadenn allen lewtenn, die do hiczig s,cht oder gebresten furchten musen oder offt gewynnen. Wer sie mit feigenn iflt, so sein sie gut furr vergiffte l,fte vnd furr alle giffit.

Nuts heat and dry the body and are hardly digested. The damage the stomach and cause food to be thrown up (lit: out at the mouth) and bowel movements. But the green ones are less harmful. Those who eat too many of them are struck by paralysis [palsy?] or the stroke to the tongue, as they make a heavy tongue. Avicenna says that they are not harmful when it is a cold winter. Averroes says that, eaten in measure, they cause harm to all people who need to fear hot diseases

or often get them. Eaten with figs, they are good against poisonous air and all kinds of poison.

<<R43>>

Haselnufl machenn das hirnn wachflenn vnd thun dem haubt we. Ipocras spricht vnd Auicenna, wenn sie gebratenn sein, so sein sie gut furr den hustenn vnd machen serr aufl werffenn. Haflelnufl pleen in dem leib vnd machenwinde in dem gederm vnd werden kawm verdewt dann recht nufl. Doch speysen sie wol.

Hazelnuts make the brain grow and the head hurt. Hippocrates and Avicenna say that, when fried, they good against the cough and cause phlegm to be driven out. Hazelnuts cause gas in the body and wind in the intestine and are less well digested than true nuts (walnuts). But they nourish well.

<<R44>>

Nespel machen veste in dem leib vnd vertreiben v::ber gele. Man soll sie essenn hindenn nach, so man sust nit merr essenn wil.

Medlar fruit harden the stomach and drive out excess gall. They should be eaten after the meal, when people do not want to eat any more.

<<R45>>

Kesten die thun auch gleich als die nespelnn. Sie laflenn sie speifl nit auff in das haupt riechenn, das thun auch pirnn vnd kefl, so man sie an der lecze hinden nach ift.

Chestnuts do the same as medlar fruit. They also stop the vapors of the food from going up to the head. Pears and cheese also do this when eaten last.

<<R46>>

Maulperr die schadenn serr dem magenn vnd allermeyst die, dy nit wol zeittig sein. Mann soll sie essenn, ee das man anndre speyfl n,czt, so machenn sie zu stul genn vnd keltenn auch.

Mulberries do great harm to the stomach, most of all those that are not ripe. They should be eaten before using other food, so that they cause bowel movement and chill the body.

<<R47>>

Pflawmen sein zweyerlej, weifl vnd swarcz, vnd sein ped der natur, das sie keltenn vnd feucht machenn, so sie zeittig sind, vnd vertreiben v::brige p^se hicz, die von hicziger vber gell kummet, vnd machen zu stul genn. Aber sie krenckenn ein wenig des magens m,t, vnd die sein weyfl vnd sein peflerr dann die swarczen. Auicenna spricht, so sie grosserr vnd veister sind, so sie ye pesser sind. Man soll sie essen,

ee das man ander speyfl ist vnd sunderlich,
so der mensch nit mag zu stul genn.

Plums are of two kinds, white and black, and both are of a nature that they chill the body and cause moisture, if they are ripe, and drive out leftover (?) bad heat that is caused by hot surplus gall and cause bowel movement. But they slightly sicken the disposition of the stomach, the white ones being better than the black. Avicenna says that the bigger and thicker they are, the better. They should be eaten before other food, especially if the person (in question) can not have bowel movements.

<<R48>>

Kirschen amerellen habenn auch die natur vnd wesen
als die pflawmen, vnd man soll die am erstenn
essenn.

Sweet cherries also have the nature and properties of plums
and should be eaten last.

<<R49>>

Pfirsing die kelten vnd machenn feucht, die p^{fl}
vnd schedlich ist, doch bringt sie lust zu der
speyfl. Vnd werr pfirsing nach ander speyfl isset,
das verderbt die ersten speyfl in dem magenn. Vnd
dar vmb wer sie wil essenn, der soll sie vor
anndern speysen essenn, so sein sie n,cz furr
den b^senn geschmack des munds, der do kumbt
von dem magen, vnd der rauch, der
von in kumbt, der sterckt das hercz. Vnd wer do
wasser preut aufl den pfirsing pleternn, das to:et
die wurmm in den oren, so man es dar ein tropfft.
Wer vil vnd offt pfirsing isset, der wirt offt
ritig, doch sein sie nu:ecz den lewtenn, die serr
in dem magenn enczundet sein, die serr genn oder
serr arbeiten, so soll man sie n,chternn vnd
bescheidenlich essenn.

Peaches chill the body and cause moisture that is bad and
harmful, but they raise an appetite for food. If you eat
peaches after other food, that food will spoil in the
stomach. Therefore if anyone wants to eat them, he should do
so before other food, that way they are good against the bad
taste in the mouth coming from the stomach and the vapors
from them strengthen the heart. And if you squeeze the juice
from peach leaves, that will kill the worm in the ears if you
drip it in. He who often eats much peach will often become
feverish, but they are good for people who have an
inflammation in the stomach, who walk or work much. Those
should eat them on an empty stomach, and moderately.

<<R50>>

Ku:ettenn stopfft merr dann die pirnn vnd sterckt
den magenn vnd macht lustigk zu essen. Wer sie
aber nach ander speyfl isset, den machenn sie zu
stul gen, vnd der smack, der von in get, der

sterckt das hercz vnd ist gut furr allen geprestenn
des herczen. Vnd wenn man sie prett, spricht
Auicenna, so sein sie nuczerr den lewtenn vnd
der natur den, die dy speyfl nit m,gen behaltenn,
den sie oben aufl fert vnd truncken lewtenn
vnd sterckenn den magenn, der vil b^serr feuchtigkeit
in im hat, vnd macht den menschenn fr^lich.
Auicenna spricht, vnd der ein syroppel aufl
dem safft macht vnd den trinckt, das bringt den
gelust wider zu essenn der speyfl, ob er in miteinander
verloren het.

Quinces cause greater constipation than pears and strengthen
the stomach and increase the appetite. Those who eat them
after other food will will have bowel movements, and the
vapor that comes from them strengthens the heart and is good
against all diseases of the heart. If they are fried, says
Avicenna, they are of more use to people of the nature that
may not hold in their food but have it come out at the mouth
(lit: at the top) and to drunk people, and (they) strengthen
the stomach that has much bad moisture and make people happy.
Avicenna says that he who makes a syrup of the juice and
drinks it, that will bring him back the desire to eat food
even though he may have lost it altogether.

<<R51>>

Pyren, die do roch sein, die keltenn vnd derren
vnd stopffen den leib vnd benemenn den durst.
Rasis spricht, der sie vor ander speyfl iflt, so
tr,ckenn sie die speyfl nyder, das sie nit aufrichenn
in das haut. Sie sind aber rauch vnd nit
s,fl, so soltu sie bratten, aber zumol nit essenn.

Pears which are raw chill and dry and constipate the body and
take away the thirst. Rhazes says that for him who eats them
before other food, they press down that food so it can not
smell up into the head. If they are rough and not sweet,
however, you shall fry them and otherwise not eat them.

<<R52>>

O:epffel, die do sufl sein, machenn nat,rliche feuchtigkeit.
Aber sawerr ^pffel die kelten vnd derrent,
obdu der naturlichenn hicz zu vil hast vnd
ob du newrr dar an schmeckst, so stercken sie das
hercz vnd das hirnn. Auch machen sie wind in dem
leib. Auerrois spricht, ^pffel safft sterckt den
magenn, doch wer vil ^pffel isset, dem werden sein
zieh adernn gekrenckt vnd wirt ritig. Auicenna
spricht, wer ^pffel isset, der sol nicht dann den
safft ein slindenn. Alle ^pffel, die nit guttenn
geschmack habenn, sein schedlich.

Apples which are sweet cause natural moisture. Sour apples,
however, chill and dry if you have too much natural heat, and
if you only taste them they strengthen the heart and the
brain. They also cause wind in the body. Averroes says that
apple juice strengthens the stomach, but those who eat many

apples will sicken at their /zieh adernn/ [some type of blood vessel] and become feverish. Avicenna says that he who eats apples should not gulp down the juice afterwards. All apples that do not have good taste are harmful.

<<R53>>

Weintraub, die so s,fl sein vnd weyfl vnd dunen pelg habenn, die dewet man leichtiglichenn, wenn sie sufl sein, vnd spricht Raflis, das sie schier veist machenn vnd pleen vnd hiczenn vnd macht vnkeusch. Sie schadenn der blosen, man solsie auch nit essen, sie sein dann vor dreyenn oder vier tagenn gebrochenn. Alle merr trawbenn sein n,cz den menschen, den wee ist in irem gedermm, vnd den nyren vnd die blosen reynigt sie vnd speiflenn wol. Auerrois spricht, das sie hicz bringen vnd feuchtigkeit vnd sein n,cz der lebern.

Grapes that are sweet and white and have thin skins are easily digested if they are sweet, and Rhazes says that they make people very fat and cause gas and heat up the body and cause unchastity. They harm the bladder and should not be eaten unless they were picked three or four days before. All the more grapes are good for people who have pain in their intestines, and they clean the kidneys and bladder and nourish well. Averroes says that they bring heat and moisture and are good for the liver.

<<R54>>

Veigen. Das pest obs, spricht Auerrois, sein veigenn, wann sie reynigenn den magenn vnd machenn zu stul genn vnd bringenn hicz vnd feuchtigkeit. Auicenna spricht, das sie b^fl plut machenn, vnd darvmb wer ir vil isset, der wirt grindig vnd vol lewfl. Doch so sein sie n,cz der lebern vnd dem milcz, so sie verstopfft sein, vnd den nyern vnd dye blosen reinigt sie vnd thut den weg auff, do die speyfl soll ein genn. So man sie isset mit nussen oder mit mandel lang dar vor, ee man isset, die sein n,cz der prust vnd furr die reuhen in der kelen. So man sie in wasser seudt vnd sie trucken iflt mit nuflenn, so sein sie furr alle vergifft gut.

Figs. Averroes says that figs are the best fruit because they clean the stomach and cause bowel movements and bring heat and moisture. Avicenna says that they cause bad blood, wherefore people who eat too many of them get skin diseases and lice. But they are good for the liver and the spleen, if they are clogged up, and they clean the kidneys and bladder and open the way where the food is to go in. If they are eaten with nuts or almonds long before eating (the main meal), they are good for the chest and against roughness in the throat. If they are boiled in water and eaten dry, with nuts, they are good against all poisonings.

<<R55>>

Eyer, die do frisch sein von einem hun, die sein die pestenn. Der totter hicziget bescheidenlich vnd speiflt wol, aber das weyfl kelt vnd macht schleim vnd bofl plut vnd ein bo:ese speyfl. Weiche hennen eyerr gesotten in wasserr sein dewig vnd sein n,cz den lewten, die krafft los sein wordenn, vnd den lewten, vonn den vil pluts get. Gebratenn eyer manchenn den tampff in das haubt auff genn. Weich hennen eyer gesotenn sein gut den lewten, die das abnemenn haben, die do heiser rauch in der kelenn sein vnd nicht wol etmenn mugenn oder die plut zu dem mund aufl werffenn.

Eggs which are fresh from the chicken are the best. The yolk heats moderately and nourishes well, but the white chills and causes phlegm and bad blood and (is?) a bad food. Soft chicken eggs boiled in water are good for people who have lost their strength and for people who are losing much blood. Fried eggs make the vapors go up into the head. Soft boiled chicken eggs are good for people who suffer from weight loss or are husky or have a rough throat and can not breathe well, or who throw out blood at the mouth.

<<R56>>

Kefle, der do ist weder zu jung oder zu alt, ein wenig gesalczenn vnd feist, der ist gut, doch so der kefl newer ist vnd nit gesalczen, so er pesser plut macht. Galienus spricht, do sol man sein wenig vnd seltenn essenn, wann er macht den stein pey den nyren vnd in der bloflenn. Auicenna spricht, aller kefl, er sei alt oder new, gesalczenn oder vngesalczenn, schadt dem magenn. Doch der sein ein wenig isset nach der speyfl, spricht Rasis, das es des magens mund stercke vnd den menschen dar nach machet lustig zu essenn vnd dewet die ander speyfl. Das sprechenn auch all annder meysterr.

Cheese that is neither too old nor too young, slightly salted and fat, is good, but if it is newer and unsalted, it makes better blood. Galen says that it should be eaten little and rarely, as it causes stones in the kidneys and bladder. Avicenna says that all cheese, be it old or new, salted or unsalted, is bad for the stomach. But if you eat a little of it, says Rhazes, it strengthens the mouth of the stomach and raises an appetite and digests the other food. All the other medical authorities say the same.

<<R57>>

Milch, die do sufl ist und frisch, die keltet vnd macht feucht vnd ist n,cz den lewten, die das abnemenn haben oder die durren hustenn oder die do scheydet das wasserr, so sie prunczen, vnd den lewten, die do husten, den soll man honig

dar czu thun, wann das macht, das die milch
schierr wirt gedewet. Also spricht Auicenna,
milch macht durren lewten gut plut vnd gut naturr
vnd schadt allen den lewtenn, die den ritenn
oderr das grymmenn in dem leib habenn oder
kranck zu adernn oder andernn sichtagenn habenn,
die von kelten komet. Auff milch soll nyemand
wein trinckenn, er horr dann auff. Es spricht Auicenna,
auff milch soll man nit ander speyfl essenn,
sie sey dann verdewet. Werr susse milch isset, der
soll zu hant dar auff nit arbeiten, noch schlaffenn,
sunder er soll sust rwenn, anders
er wird die milch in im zu essig vnd
schadt dem magenn vnd allenn gelidernn. Nymant
soll milch vnd fisch v::ber ein mol essenn,
wann es bringt ausseczigkeit. Vnd vnder aller
milch ist keine pesserr dann frawenn milch vnd
darnach geyfl milch, Auerrois spricht vnd Auicenna,
darnach rinder milch. Es spricht Rasis,
jung lewt, die hiczig sein, den ist milch schad,
wann sie wirt zu hant in in gelbe, aber altenn
lewtenn ist sie gesund. Milch mit honig oder
zucker gemischt vnd die gessenn, das ist gut,
wann die milch wirt do von dester ee verdewet.
Auicenna spricht, sie macht feucht vnd benymbt den
grind an dem leib.

Milk that is sweet and fresh chills and causes moisture and
is good for people who suffer from weight loss or dry cough
or those /do scheydet das wasserr/ (who suffer cutting
pains?) when they piss. People who cough should have honey
added, which causes the milk to be digested well. Avicenna
says that milk causes good blood and nature in dry people,
but it is harmful to all who have the fever or gru,mbling in
the stomach or have diseases of the blood vessels or other
illnesses caused by cold. After milk, nobody should drink
wine but stop drinking. Avicenna says that nobody should eat
other food after milk before it has been digested. Those who
eat sweet milk should not work with their hands nor sleep
afterwards but otherwise rest. Otherwise the milk will turn
to vinegar and harm the stomach and all limbs. Nobody should
eat milk and fish at the same time as this causes leprosy.
Among all milk there is none better than womens' milk, and
then goats' milk according to Averroes, but according to
Avicenna it is cows' milk. Rhazes says that milk is harmful
to young people that are of hot nature as it /wirt zu hant in
in gelbe/ (is immediately turned into gall?), but for old
people it is healthy. Eating milk mixed with honey or sugar
is good as it is the better digested for it. Avicenna says
that it causes moisture and takes away skin diseases from the
body.

<<R58>>

Milch ist gut allenn den, die geprestenn haben
an der lungenn. Milch, von der die putter benomen
ist, der dick dar ein ein gl,end eysen
stest vnd das trinckt, es sterckt in, hat er ein

enczindete lebernn oder ist er wundt in dem gedermm
oder gut plut von im von v::briger hicz zu
der nasenn oder anders, wo vonn v::beriger hicz
er genist.

Milk is good for everybody who has lung diseases. Milk from
which the butter has been taken and which has been heated
well with a red-hot iron, if drunk, strengthens those who
have inflamed livers or pain in the intestines or lose good
blood because of excessive heat, through the nose or
elsewhere where they suffer excessive heat.

<<R59>>

Item alle grune sawre milch ist vndewig vnd macht
den menschen vnlustig zu essenn.

Also all green, sour milk is indigestible and causes loss of
appetite.

<<R60>>

Item molcken vertreibt hicz vnd v::bergelle vnd
ist gut grindigen lewten vnd den, die geschwulst
haben.

Also whey drives out heat and excess gall and is good for
people who suffer from skin diseases and those who have
swellings.

<<R61>>

Item putternn von der milch gemacht krennckt den
magenn vnd macht den menschen vnlustick zu essenn,
wer sein vil isset.

Also butter made from milk harms the stomach and causes loss
of appetite if eaten in large quantities.

<<U62>>

Hienach volgt ein capittell von den vischenn.

Hereafter follows a chapter about fish

<<R62>>

Item die fisch, die do ganngenn sein in steinigenn
vnd flissendenn wassernn vnd vil sch,ppenn
haben vnd weder zu grofl noch zu clein sein vnd
nicht zu feist als ele vnd salmm, die sufl sein
vnd nicht v::bel schmeckenn, die sein die pestenn,
die do frisch vnd nit faul sein. Yedoch soltu wissenn,
das alle gr,n fisch kalt vnd feucht sein
vnd vndewig vnd machen durst vnd b^ses plut vnd
machen einen b^sen magen vnd vil schleims in
dem magenn vnd schadenn allenn menschen, die
do sichtagenn habenn, die von kelten komenn.
Doch sein sie nucz den lewten, die hiczig vnd
d,rr sein.

Also the fish that live in stony and running water and have plenty of scales and are neither too large nor too small nor too fat, like eel and salmon, and that are sweet and do not taste bad, those are the best, provided they are fresh and have not gone bad. But you shall know that all green fish are cold and moist and indigestible and cause thirst and bad blood and a bad stomach and plenty of phlegm in the stomach and harm all people who have diseases caused by a cold nature. But they are good for people who are hot and dry by nature.

<<R63>>

Item alle visch, die in pfuczigen oder stendenn wassern gen, die sein b^{fl}. Alle gesalczenn visch sein vngesund, vnd man soll ir wenig essenn. Doch die visch, die newlich gesalczenn sein, die sein vnder den die pestenn.

Also all fish that live in dirty or standing water are bad. All salted fish are unhealthy and you should eat little of them. But those who have recently been salted are the best among them.

<<R64>>

Also spricht Auicenna, frisch fisch, alls hie vor geschriben stet, die sein die pestenn, so man sie macht in ein sulczenn, do ein wenig essigs ynnenn ist, die sein gesund. All visch brue die machen zu stul genn.

Avicenna says that fresh fish, as described above, are the best if they are cooked in a sauce that has a little vinegar in it. This way they are healthy. All fish broth causes bowel movements.

<<R65>>

Item alle krebs sein gut, die in einem frischenn wasser gegangen sein, vnd sein n,cz allenn den, die das abnemen habenn oder sust verswinden ann dem leib, vnd speyflt wol.

Also all crustaceans which live in fresh water are good and help people who suffer from weight loss, and nourish well.

<<R66>>

Item alle visch sein gesunder gebrotenn dann gesotenn, die bringenn dem menschen den schloff als der ol.

Also all fish are healthier fried than boiled. They cause people to sleep like owls.

<<R67>>

Item es spricht Gardianus, man soll alle visch sieden mit wein oder essig oder wurczen, wann das zeucht die b^{sen} feuchtigkeit darvonn.

Also Gardianus says that all fish should be boiled with wine or vinegar or spices, as this draws the bad moisture out of them.

<<U68>>

Hienach volgt ein capitell von dem prot.

Hereafter follows a chapter about bread.

<<R68>>

Es spricht Rasis, das vnter allem kornn weicz das pest ist, vnd darvmb das prot, dastu isset, das soll sein von weicz vnd soll sein scho:en vnd wolgepackenn vnd etwas gesalczen vnd wol gedeflmet vnd soll eins oder zweyerr tag zu dem mynsten alt sein. Doch wifl, das das schⁿ prot, das ein wenig cleyen hat, macht zu stul genn. Avicenna spricht, du solt nymmerr warmm brot essenn, wann es swebt oben in dem magenn vnd mag nit verdewet werdenn. Ein yetlich brot, das im wasser gesotenn ist vnd nit tesem hat, das macht den stein vnd we in dem leib vnd in der lebern. Auch brot, das in der pfannen gepackenn ist als kuchlein, das thut wee in dem leib vnd mag nit wol verdewet werdenn. Als brot, das alt gepackenn ist, das bringt grossenn sichtagenn. Ru:ockenn prot das ist das pest nach dem weissenn vnd macht zu stul genn. Ander brot ist nit gesund noch gut, wann es speyflt nit wol.

Rhazes says that among all the grain, wheat is best. Therefore the bread you eat shall be made from wheat and be pretty and well baked, slightly salted and well /gedeflmet/ (?) and at least one or two days old. But know that good bread with a little bran in it causes bowel movement. Avicenna says that you should never eat warm bread because it hovers high in the stomach and can not be digested. Any bread that is boiled in water and does not have /tesem/ (?) causes stones and pain in the body and the liver. Also, bread that is baked in the pan like cakes causes pain in the body and can not be digested well. All bread that is old causes great illness. Rye bread is the best after the white and causes bowel movement. Other bread is neither healthy nor good as it does not nourish well.

<<U69>>

Hienach volgt ein capittel vonn dem fleisch.

Hereafter follows a chapter about meat

<<R69>>

Item fleysch ist ein speyfl, do des menschenn leib allermeist von gespeiflt wirt vnd in feist vnd starck machen, doch ist es nit gut den lewtenn, die ritig sein oder sust vol plutz sein. Wifl, das als fleisch alter tier oder die do iunge tier in in tragenn vnd auch alter vogel als alte hunerr vnd alte hannenn vnu:ecz ist vnd als veists fleisch,

wann das schavmet in dem magenn vnd macht den menschen
vnlustig zu essenn. Als gepratenn fleisch
das speyst wol vnd ist gesund, doch wirt es kawm
verdewt vnd ist den menschen gut, den vil
vil plutz enget vnden an. Vnd man soll kein ander
speifl essenn, wenn man das selbig isset,
spricht Rasis. Gebraten fleisch an dem das
ist ein grobe speyfl vnd macht sat vnd wirt kaum
verdewet vnd macht veist in dem leib, so es mager
ist. Gesottenn fleisch ist das gesundest, wie man
das bereittenn mag. Doch thut man ein wenig essigs
in das wasserr, darInnen es seudt, so ist es
nu:ecz den lewten, die ein heisse lebernn habenn
oder die zu vil rubeam coleram habenn oder das
vbergel haben.

Also meat is the food that most nourishes the human body and makes it fat and strong, but it is not good for people who are feverish or otherwise full of blood. Know that all meat of old animals or those who bear young in them and also of old birds, all old chickens and cocks, and all fat meat is useless because it foams in the stomach and causes loss of appetite. All roast/fried meat is nourishes well and is heralthy, but it is badly digested and is good for people who are tightened below by too much blood [suffer from constipation?]. When eating it, you should eat nothing else, Rhazes says. Roast/fried meat is coarse food and stills the hunger and is badly digested and makes you fat, in the body, if it is lean. Boiling meat is the healthiest way to prepare it. If you add a little vinegar to the water it is boiled in, it is good for people who have a hot liver or too much red gall, or excess gall.

<<R70>>

Jungh,ner. Es spricht Auerrois, das vnder allenn vogelnn ein junge henne, die do feist ist, der gesundest vogel ist vnd hat die eygenschafft, das die machet gut naturr, vnd die bru:e do von thut das selb vnd ist nu:ecz den ausseczigenn menschen. Vnd vnder allen hennen, die nye kein ey geleit, die sein gut. Die anndern sein nit gut. Das hirnn der jungenn hennen macht wachflenn des menschen hirnn vnd macht gut synne vnd wert das plut von der nasen, von dem gepresten des hirnes.

Young chickens. Averroes says that among all birds a young hen that is fat is the healthiest bird and has the property of making a good nature. Its broth does the same and is good for lepers. Among all hens, those that never laid eggs are good. The others are not. The brain of young hens makes the human brain grow and sharpens the senses and prevents nosebleeds caused by diseases of the brain.

<<R71>>

Rephun est frigide nature atque domestica galina perdice frigidior est. Caro eius infirma non est sed fragilis. Et comesta sanos non multum ledit.

Infirmis autem non valet quia facit sleymig. Accipe fel eius et veteris aruine commisce et in cuius cute pediculae exterius de sudore carnis crescunt illi se cum eo sepe pervngant et cutem eius pertransit et ulterius non crescunt. Rephuner sein gar gesund. Vnd spricht Rasis, das sie die eygenschaft habenn, wie man sie isset gesotenn oder gepratenn, so vertreiben sie die b^sen feuchtigkeit von dem magenn vnd all faul speyfl vnd stopffenn sie den leib.

Partridges are frigid by nature, though not as frigid as domestic chickens. Its meat is not bad, but tender. Eating it does not harm healthy people, but it is not good for the sick and causes phlegm. Take its gall and mix it with old lard and /in cuius cute pediculae exterius de sudore carnis crescunt illi se cum eo sepe perungant/ (?) and it passes through the skin. You will not find better [?]
Partridges are very healthy, and Rhazes says of them that if they are eaten boiled, they will drive the bad moisture and any rotten food out of the stomach. They also cause constipation.

<<R72>>

Pirckhunn eandem naturam habet sicut etiam diotum praeter hoc quod caro ipsius melius valet tam infirmis quam sanis ad comedendum quam caro praecedentis.

Greyhens are of the same nature as those described above, except that their flesh is better to eat for both healthy and sick people than that of the preceding.

<<R73>>

Awerhun calidum et aliquantulum humidum est et ideo tam infirmis quam sanis in comestione bonus est. Et si madenii aut aly vermes homines comedunt vesicam vehimes puluerisa et de tali puluere in locum ulterum pone et cum gustauerint morientur.

Woodgrouse is hot and a little moist and is therefore good food for both healthy and sick people. If maggots or other worms are eating a man, take its bladder and strongly pulverise it. Take of that powder and put it into the place, and once the worms taste it they shall die.

<<R74>>

Durteltaub ist ein edle speifl, wann, also spricht Averrois vnd Raflis, sie machen gut synne vnd gut gedechtnufl. Aber annder taubenn machenn enczundt plut vnd den ritenn. Jung taubenn, spricht Rasis, die stercken naturlich hicz. Aber alt tawben sein n,cz den menschenn, die den b^sen sichtagenn haben oder die das parlifl geschlagenn hat. Man soll sie mit speck, mit wachalternn vnd salbej fullen vnd pratenn.

Turtledove is noble (quality) food because it sharpens the senses and the memory, say Averroes and Rhazes. Other doves cause inflamed blood and fever. Rhazes says that young doves strengthen natural heat, but old doves are good for people who have bad diseases or have been struck by paralysis [palsy?]. They should be filled with bacon, juniper and sage and roasted.

<<R75>>

Item staren vnd fasant vnd alle vogel, die wachaltermn
essenn, die sein alle gesund, die sein
hiczig vnd machenn vnlustigk zu essenn vnd b^hse
materig. Vnd das thun auch alle wasser vogel,
die in dem wasser wonent als reyger vnd wild entenn
vnd mancherley vogel.

Also starlings and pheasants and all birds that eat juniper are healthy, they are hot and cause loss of appetite bad body fluids [bad humors]. The same is also caused by all waterfowl such as herons and wild ducks and many other birds.

<<U76>>

Hienach volgt ein capittel von allerley fleisch der
tier.

Hereafter follows a chapter about all kinds of animal meat.

<<R76>>

Nun will ich sprechenn zu dem erstenn, das zigenn
fleisch vnd jung hennen fleisch das aller
pest ist, also spricht Averrois vnd Raflis, das
in im selber kein poflheit hat vnd macht gut plut
vnd ist doch nit gut den lewtenn, die grofl arbeit
haben, noch kein ander zart speifl, wann mang starcker
arbeiter verdirbt do von in dem leib, als in
m,ssig gengernn vnd kranckenn lewten verdirbt
starck speyfl.

Now I will first say that goat meat and the meat of young hens is the best of all. Averroes and Rhazes say that there is no badness in it and it makes good blood, but it still is not good for people who work hard, and neither is any other fine food, because a hard worker will have it rot in his body, as coarse food rots in idle and ill people.

<<R77>>

Wideren fleysch vnd hemlen fleisch, die do jung
sein vnter ein jarr oder jerig sind, die sein darnach
die pestenn vnd kalbfleysch, das do jung ist
vnder eim jarr oder jerig oder das do sawget.

Meat of rams that are under a year or one year old are the best after this, as is veal from calves that are under a year or one year old, or those that suckle.

<<R78>>

Item rindt fleysch speyst serr vnd macht dick vnd

grob plut vnd ist nucz den lewtenn, die do grofl
arbeit thun, vnd schadt allen menschen, die do
melancolici sein vnd vil trawriger trawm vnd gedencken
haben.

Also beef nourishes well and makes much and coarse blood and
is good for people who work hard. It is bad for people who
are melancholy and have many sad dreams and thoughts.

<<R79>>

Sweins fleisch, es sej wild oder zam, das dewet
man schierr vnd speist serr wol, aber es macht
schleyem vnd ist ein grobe speyfl. Vnd das pest an
dem swein das sein die fufl, das maul, die oren
vnd der zagell.

Pork, be it from wild boars or domestic pigs, is well
digested and it nourishes well, but it makes phlegm and is a
coarse food. The best parts of a pig are the feet, the mouth,
the ears and the tail.

<<R80>>

Item du solt kein marck, es sej in vogelnn oder
anderenn tieren, essen, wann es macht den swindel
in dem haubt vnd ein b[^]se gedechtnufl, dastu der
ding vergissest, die du vor geh[^]rt oder geleflen
hast.

You shall eat no marrow, whether it is of birds or other
animals, as it causes dizziness in the head and a bad memory,
so that you forget things which you heard or read earlier.

<<R81>>

Vnder den wilden tieren ist kein gesunder tier
nit dann rechgeyfl vnd rechb[^]ck, wann sie beh[^]tenn
den menschen vor dem ritenn, als do spricht Albertus,
vnd treibt aufl vnsermm leib den regen
wurmm.

Among the wild animals thgere is no healthier one than the
roe and roebuck, says Albertus, because they protect men from
the fever and drive the rain worm [?] from the body.

<<R82>>

Item eins altenn hirschen fleysch vnd hasen
fleisch macht melancolej, p[^]fl trawm vnd p[^]fl gedennckenn.
Doch eins hasen gebrotenn genert den
menschen, den das parlifl geschlagen hat.

The meat of an old deer or hare causes melancholy, bad dreams
and bad thoughts. But roast hare nourishes people who have
been struck by the paralysis [palsy?].

<<R83>>

Item eins ygels fleysch ist gut ausseczigenn
menschen. Wer seine dermm derret vnd zu puluer
macht vnd sein ein wenig isset, den macht

es prunczen, ob er sust nit mag.

The meat of a hedgehog is good for lepers. Those who dry its intestines and grind them to a powder and eat a little of that are made to piss, even if they can not do so otherwise.

<<R84>>

Eichhornn fleysch ist gesund. Wifl auch, das yeczlich fleysch, souil das iunger ist, alsouil ist es auch gesunderr. Es soll auch weder zu feist noch zu mager sein.

Squirrel meat is healthy. Know also that any meat is the healthier the younger it is. It should also be neither too fat nor too lean.

<<R85>>

Item das hercz an einem yetlichenn tier ist vndewig vnd speist nit wol. Aber das hirnn kelt vnd macht vnlustig zu essenn vnd schadt dem magenn, vnd soll man es nymmerr anders essenn dann vor ander speyfl.

The heart of any animal is indigestible and does not nourish well. The brain chills and causes loss of appetite and harms the stomach. It should never be eaten except before other food.

<<R86>>

Item das haubt ist ein grobe speifl, es speiflt vast vnd hiczigt vast, es bringt den grymmen in dem leib vnd den ritenn vnd sterckt das plut, vnd soll man es nymmerr essenn dann in dem wintter, so grosse kelt ist.

The head is coarse food, it nourishes well and heats the body greatly, brings grumbling in the stomach and fever and strengthens the blood. It should never be eaten except in winter, when it is very cold.

<<R87>>

Item die lebernn, das milcz vnd die nyren aller tier die sein vndewig vnd bringenn dem menschenn vil sichtagenn.

The liver, spleen and kidneys of all animals are indigestible and bring many diseases to men.

<<R88>>

Von viererley speyfl soltu nu:eczen oder essenn vnd du solt auch wissenn, yssest du hiczige speyfl als pfefferr, czwifelnn vnd knoblauch, die verprennenn dir dein plut, auch krebs. Issestu aber dinck, die serr k,lenn, als lattich vnd wurczelnn vnd die dem geleich sein an kelten, die t^ttenn dir dein plut vnd machenn es gerynnenn. Sein aber die ding zu wesserig an in selbs, die

du issest, als kurbifl, dy machenn dir faul plut
in dem leib. Sein sie aber vergifftig als swamenn,
so t^tten sie dich, machenn sie aber zu
vil feuchtigkeit in dem menschenn, so wirt faul
materig in im als czwifell, pfirsing vnd dem
geleich.

You shall use and eat many foods, and you shall know that if
you eat food that is hot in nature, like pepper, onions and
garlic, they will burn your blood. Crustaceans do the same.
If you eat things that chill you much, though, such as
lettuce and root vegetables and things that are equal to them
in coldness, they will kill your blood and cause it to clot.
If the things you eat are by nature too watery, such as
squashes, they will cause the blood to rot in your body. If
they are poisonous, like mushrooms, they they kill you, but
if they (only) cause much moisture in the body, rotten matter
like onion, peach and such will accumulate.

<<R89>>

Item derrent aber die dinck zu serr als pfefferr,
peterlein vnd encian vnd ysopp, wiewol dise ding
gut sein, so man sie vermischt mit anndern guttenn
dingenn, die feuchtigkeit bescheidenlich
bringen, doch der sie vil vermischt, so krencken
sie des menschen krafft vnd speyflen auch
nit.

But if the things dry out the body too much, such as pepper,
parsley, gentian and hyssop, although these things are good
if they are mixed with other things that cause moderate
moisture, they will make you ill and not nourish you if you
mix in too much of them.

<<R90>>

Ist es aberr, dastu issest zu feiste ding, es
sej visch oder fleysch, so swymbt es dir oben in
dem magenn vnd macht, das sich die speyfl nit verdewt.
Issestu aber die speyfl serr gesalczenn,
so speist sie dir nit vnd verprennt
dir dein plut vnd verderbt dir den magenn vnd
die speyfl darInnen vnd krenckt dir dein gesicht.
Ist sie aber zu sufl, so beschliessenn sie dir
dein leib vnd andere gelider, so von vil grosser
schedenn kummenn. Sein aber die ding pitter, die
du issest, noch speissen sie dich nit vnd machen
dir weder fleysch noch plut vnd kumbt dir zu
schadenn.

But if it is that you eat too fat things, be they fish or
flesh, they qwill float up in the stomach and cause the food
not to be digested. If you eat food that is too heavily
salted, it will not nourish you and burn up your blood, spoil
your stomach and the food in it and damage your eyesight. If
the food is too sweet, it will close up your body and limbs,
which causes great harm. But if the things you eat are

bitter, they will not nourish you and make neither flesh nor blood (in the body), and you will come to harm.

<<R91>>

Item efligt aber die speyfl zu serr, das zu vil essigs darInnen ist oder ser schmeckt als essig, so macht sie dich alt vnd schier sterbenn.

And if the food "vinegars too much", be it that there is too much vinegar in it or that it tastes too much like vinegar, it will make you age and die.

<<R92>>

Item stopffet dich aberr die speyfl zu sere, die du issest, vnd ist das nit seuerlet als ku:etenn, so ist es dir schad. Dar von spricht ein grosser meyster.

But if the food you eat constipates you too much, and it is not sour like quinces, it will harm you. A great authority speaks of this.

<<R93>>

Die speyfl, die dem menschenn wol kummenn, das ist eins lemleins fleysch, das ein jars alt ist oder darvnderr, zigen fleysch vnd kalb fleisch vnd einfl saugendenn kelbleins vnd huner, die etwas grofl sein vnder einem jarr vnd die keine eyer gelegt habenn, vnd koppawn, rephuner vnd weiche eyerr vnd sch,ppet fisch, die in flieflendenn wassernn sein ganngenn, vnd all clein vogel, die man gemeinglich isset, vnd weiczen brot, das mit roflinenn ist gemacht vnd das czweyer oder dreyer tag alt sind vnd ein wenig gesalczenn ist.

The food that is good for people is the meat of a lamb that is a year old or less, goat meat and veal and the meat of a suckling calf, and chickens that are a little big (grown up?) and under a year old, and have not laid eggs yet, capon, partridges and soft eggs and scaly fish living in running water, all small birds that are commonly eaten, and wheat bread made with raisins, two or three days old and slightly salted.

<<U94>>

Hienach volgt ein capittel vonn dem getranck.

Hereafter follows a chapter about drink.

<<R94>>

Item dein tranck soll sein alter wein, der lautter sey, vnd kein newenn wein, der do tr,b sej, vnd solt den wein mit ein wenig wasser mischenn. Aber in dem winter lafl den wein ein wenig warmm wernn, ee dann du in trinckest in dem winter, das ist von Sandt Katherina tag pifl zu Sandt Peters tag, so die st^rch komenn. Dein speyfl soll auch warmm

sein vnd nit kalt, vnd solt dann essenn fleysch
vnd speifl, die serr vnd fast speyflt als hamel
fleisch eins iars alt. Wiltu aber essenn rintfleysch,
hasenn, hirflenn vnd sweynenn fleysch, ob
dir diser tier fleysch anders nit schadenn, als
vor geschriben stet vonn disen tieren n,czen vnd
schadenn. Auch soltu zu der zeit mer essenn dann
zu keiner zeit des gannczen jars, wann von der
ewssernn kelt wirt die nat,rlich hicz ynnen behaltenn
in dem magenn vnd in dem herczen, in der
lebern vnd nymbt die dewende crafft z, vnd wirt
starck.

Your drink shall be old, clear wine, not new, opaque wine,
and you shall mix it with a little water. But in winter let
the wine warm up a little before you drink it in winter,
which is from St. Catherine's day (25 November) to St.
Peter's (21 February?), when the storks return. Your food
shall also be warm and not cold, and you should eat meat and
food that nourishes strongly and well, such as the meat of a
one-year-old ram. If you want to eat beef, hare, deer or
pork, these meats will not harm you otherwise than it is
written that they help and harm above. Also, in this time you
shall eat more than at any other time of the year, because
the outside cold causes the natural heat to be kept inside
the body, in the stomach, heart and liver, and the digestive
power increases.

<<R95>>

Item in dem summer, das ist vonn Sandt Vrbans
tag pifl auff vnserr frawen tag den erstenn, so
soltu essenn die speyfl, die dich nit zuserr
speyflt, noch zu sat macht als zigenn fleysch
oder eins iungen lemleins oder einfl sawgendenn
kalbs oder eins hemels, der nit ierig sey, vnd
iungs cleins kraut als penet oder lattich gesotenn
vnd etwenn ein wenig zu vesper
zeit, so du wol magst essenn dar auff zu
stund an rohenn lattich mit essig.

In summer, which is from St. Urbanus' Day (25 May) to Our
Lady's Day the first (8 September), you shall eat food that
does not nourish you too much nor is too filling, such as
goat meat, the meat of a young lamb, a suckling calf or a ram
less than a year old, and young, small greens such as boiled
/penet/ or lettuce, and perhaps for vespers, if you want, you
may eat raw lettuce with vinegar at that time.

<<R96>>

Item hastu nit ein zu kaltenn magenn, so du anhebst
zu essenn in dem fru:emol, so magstu rettich,
kirschenn oder amerellenn essenn vnd darauf
ander speyfl, wann dise ding keltenn dich
vnd machen dich feucht, als dich die zeit macht
heyfl vnd durr vnd machenn dich sweyssenn, vnd
die kirschen verswendenn in dir die vbergelle.
Doch soltu ir nit zu vil essenn, dastu den

magenn nit zu serr keltest, der besunder zu
der selben zeit kalt vnd kranck ist.

If you do not have too cold a stomach when you go to eat
breakfast, you may eat horseradish, tart or sweet cherries
and other food afterwards because these things chill you and
make you moist while the season makes you hot and dry, and
they cause you to sweat, and the cherries drive out the
excess gall. But you shall not eat too much of them so that
you do not chill your stomach too much, especially if it is
cold and sick at the time.

<<R97>>

In dem herbste, das ist von vnserr frawen tag
gepurt pifl zu Sandt Katherina tag, so soltu ein
wenig obs essenn, vnd waf du von obfl issest,
das soll etwas messiger hicz bringenn als mandel
vnd gru:en nufl messig geessenn.

In autumn, which is from the Day of Our Lady's Birth (8
September) to St. Catherine's Day (25 November), you shall
eat a little fruit. The fruit you eat should cause a little
less heat than almond and green nuts eaten in measure.

<<R98>>

In dem lenczenn, das ist vonn Sandt Peters tag,
so die st^rch komenn, pifl zu Sandt Urbans tag,
so soltu messig sein mit essenn vnd zarte speyfl
essenn, dann vor in dem winter hastu dich vberessenn.
Item du solt auch wissenn, welche zeit
in dem iarr dir schad ist kummenn in deynen magen
von feistemfleisch oder fischenn, so soltu
dar auff essenn pirnn oder kefl, nach den vischen
n^ufl vnd pirnn, nach dem fleisch kefl vnd
pirnn. Doch soltu nymmer essenn grⁿ obs dann
an dem tag, so du serr gegangen hast, vnd wenn
du grosserr hicz in dem magenn enpfindest. Vnd
in dem summer soltu ir wenig essen oder ein gut
weil dar auff nichcs anders essenn. Wann es
spricht Avicenna, wie wol das grun obs als pflawen
vnd krichenn vnd kirschen, die do sawer sein,
vnd amerellen wie wol die nu:ecz sein vnd den lewten,
die do grofl arbeit habenn vnd der vil colera
hat, das hicziget den magen, doch macht sie
des menschenn plut wasserig vnd faul. Dar vmb
spricht er, das die menschenn, die mancherley
vnd vil obs essenn, das sie dick den rittenn gewynnen.
Vnd das tut kein ander obs dann das grun
ist merr, dan ich hie genent hab, vnd ist nyemand
gesund, als der selbig meyster meynt, wann
es macht alwegenn des menschen plut faul etc.

In spring, which is from St. Peter's Day, when the storks
return (21 February?) to St. Urbanus' Day (25 May), you shall
eat in measure and eat fine foods, because you have overeaten
in winter. And you should know at what time of the year (this
time of the year?) it is harmful to you to get fat meat or

fish into your stomach. You should eat pears or cheese afterwards, after fish nuts or pears, after meat cheese or pears. But you shall never eat green fruit, except on a day when you have walked much, and when you feel great heat in your stomach. In summer, you should eat little of it, or eat nothing else for a good while afterwards. Avicenna says that though green fruit such as plums, sloes and tart and sweet cherries are good for people who work hard and have much gall that heats the stomach, they make people's blood watery and rotten. Therefore he writes that people who eat much and diverse fruit get bad fevers. No fruit does this more than the green fruit I have listed here, and it is healthy to no one, as the same authority says, as it always causes people's blood to rot etc.

<<R99>>

Item wilf auch, das zarte warme speyfl den menschenn lenger in gesuntheit behelt dann grob kalt speyfl. Als rintfleisch, sweynenn fleisch vnd hirfl die sein den schad, wann man mag sie nit liederlich verdewenn. Also ist einem starckenn menschenn, der einen gutten magenn hatt vnd ser arbeit vnd zart speyfl ist, junge huner, zigenn vnd kalpfleysch dick geessenn ist in vngesund, wann es verdirbt vnd fault in dem magenn.

Also know that fine, warm food keeps people in good health longer than coarse, cold food will. All beef, pork and millet are harmful, because they are digested badly. Eating plenty of fine foods such as young chicken, goat and veal is unhealthy for a strong man who has a good stomach and works hard, because it will rot in his stomach.

<<R100>>

Item hastu feist fleysch gessenn, das dir v::bel bekummenn ist, so ifl dar auff pirnn vnd kefl. Item hastu versalczne speyfl gessenn, dar auff soltu essen sufl ^pffel. Du solt nymmerr zart speyfl vnd grob vber ein tisch essenn, oder du solt die zartenn speyfl vor essenn als weiche eyer, iunge huner vnd clein vogel, wider, rintfleysch, sweine fleysch noch wilpret. Gesotenn oder gepratenn fleysch soltu nymmer essenn, annders die zart speyfl swymt ob der grobenn vnd fault dann in dem magenn. Auicenna spricht, nach grosser arbeit oder so der mensch fast ist gangenn vber felt, so soll er keynen visch darnach essenn. Auch spricht Auicenna, das kein ding schedlicherr vnd boser sej, dann ob einem tisch mangerley speyfl essenn vnd lanng dar ob siczenn als visch, fleysch vnd krebs etc.

If you have eaten fat meat that did not agree with you, eat pears or cheese afterwards. If you have eaten oversalted food, eat sweet apples afterwards. You shall never eat fine and coarse food at the same meal, or you shall eat the fine

foods beforehand such as soft eggs, young chickens, small birds (and neither) ram, beef, pork nor venison. You shall never eat boiled or roast meat because the fine food will float up on the coarse inside the stomach and rot. Avicenna says that after hard work, or if someone has walked far afield, he should eat no fish. Avicenna also says that nothing is more harmful than to eat many different things, such as fish, meat, crustaceans etc, at the same meal and then linger long (over the table).

<<U101>>

Hie nach volgen etliche o:el, warczu die gut sein vnd wie man die bereitten vnd machen soll.

Hereafter follow several oils, what they are good for and how they are prepared.

<<R101>>

Item also mach rosen ^l. Nym iij lb. pawm^ls vnd j lb. rosen pleter vnd thue das in ein glafl oder in einen hafent, der glesen sey, vnd mach das oben gancz eben zu vnd henck das an die sunnen dreyssig tage vnd darnach tr,ck es durch ein tuch. Das o:el ist zumol gut furr alle hicz, die dem menschen kumbt in der kranckheyt, so man die wipron vnd die stirnn do mit bestreicht, magstu nit gehaben pawmol, so nym gut meyen puttern vnd ein vncz wachs, zu lafl das allererst vnd thue es dann zusammenn. Mann sagt, das es pesser sej dann das erste.

Make rose oil thus. Take 3 pounds of olive oil and 1 pound of rose petals and put that into a glass or a pot made out of glass and close the top tightly and hang it out in the sun for thirty days and then pass it through a cloth. The oil is mainly good against all kinds of heat that comes from sickness, if you rub it over the brows and forehead. If you do not have tree oil, take good may butter and an ounce of wax and melt it first and then mix it. It is said that the latter is better than the former.

<<R102>>

Lilgen ^l das hat geleich die selbenn krafft vnd ist auch gleich zu den dingen gut als das rosen^l.

Lily oil has the same power and is good for the same uses as rose oil.

<<R103>>

Barrago heyflt gruntletliche, das macht man als das rosen^l, das hilfft furr aller hand seuchenn, die von hicz komenn, wann es ist vil kelter natur dann das veiol ^l oder rosen ^l.

/Barrago/ is called /gruntletliche/ (?). It is made like rose oil. It helps against all kinds of diseases that are caused

by heat because its nature is much colder than that of violet oil or rose oil.

<<R104>>

Item barrago heyflt scharlay, darvmb heyflt das ^1 barragmatum oleum von des scharlas plumen, das macht man geleich als vor geschriben stet, das ist ein teyl wermerr dann das annder von naturr vnd ist gut den, die an der quartan arbeitenn, vnd alle des herczenn tragheit vnd das vnderstanden zweyfel an den synnen vnd doch nit garr vnsinig sein.

/Barrago/ is (also) called /scharlay/ flower, therefore the oil of the /scharlas/ flower is called /barragmatum oleum/. It is made the same way as described above. It is one part warmer by nature than the others and is good for those who suffer from quartan fever and all weariness of the heart and whose senses are in doubt, but who are not quite insane yet.

<<R105>>

Oleum iusquiani macht man also. Iusquianum heyflt pilsenn. F,lle einen hafenn mit dem samenn, der locher hab, der new ist, vnd die k^plichen vnd pleterr zu schnittenn, nym einen andernn hafenn vnd grab den vurr die erden vnd secz den ersten locheretten auff den die erden vnd stopff es wol zu, das nichtz dar ein felt, vnd deck dann die erden v::ber die czwenn hefen vnd lafl die ein iarr stenn. Wenn das jarr vmb kumbt, so nym her aufl, so vindestu schon vnd lauterr ^1 in dem vndersten hafenn. Das ^1 ist garr gut zu allerley seuchenn, die von hicz komenn, wann es kelt serr.

/Oleum iusquiani/ is made thus. /Iusquianum/ means mushrooms. Fill a pot that has holes with the seed and the heads and leaves cut up, take another pot and bury it in the ground and put the other one with holes on top and cover it well, so that nothing can fall in, and then cover both with earth and leave them standing for a year. When the year is over, take them out and you will find fine and clear oil in the bottom pot. This oil is good against all diseases caused by heat, because it chills strongly.

<<U106>>

Ich hab yeczund gesagt von den ^len, die kalter natur sein, nun will ich sagen von den, die heysser naturr sein.

I have spoken of the oil that are of a cold nature. Now I will speak of those that are of hot nature.

<<R106>>

Lor^ll das mach also. Nym lorberr vnd auch die pleterr, ob du sie gehalten magst, stoff sie vnd seud sie mit wasserr serr, vnd das ^berst nymbt

man ab vnd behelt es, das ist gut furr die kalten
gicht vnd furr alle seuchenn, die von kalten
dingenn komenn, wann es ist heyfl in dem dritten
grad.

Laurel oil is made thus. Take laurel berries and leaves, too,
if you have them, grind them and boil them strongly in water,
and take off the (oil floating to the) top and keep it. This
is good against the cold gout (arthritis? rheumatism?) and
all diseases that are caused by cold because it is hot in the
third degree.

<<R107>>

Oleum puleginum das macht man vonn poley, das
ist heyfl in dem vierden grad. Nym poley, so er
pluet, vnd seud den mit ^l, als hie vor geschriben
stett, vnd temperir es pej dem fewrr. Ye lengerr
es seudt, ye pesser es wirt. So soll mans
dann aufl zwingenn vnd behaltenn.

/Oleum puleginum/ is made from /poley/ [menta puleagina, Ger:
Polei/Flohkraut. Fleawort?] which is hot in the fourth
degree. Take /poley/ when it is in flower and boil it in oil,
as is described earlier, and temper it before the fire. The
longer it boils, the better it gets. Then you press it out
and keep it.

<<R108>>

Oleum sambucum. Sambucus heyflt holderr, der ist
heyfl an dem drittenn grad. Das ^l mach man von
holderr plut vnd seudt es auch, als ir vernomenn
habt, mit ^l vnd ist gut als die andernn,
die heyfl sein. Auch ist ein ander ^l von holder,
das ist kalter naturr, das macht man von den
pernn, die man v::ber mer bringt, der vindt man
hie nicht.

/Oleum sambucum/. /Sambucus/ means elderflower, which is hot
in the third degree. Make the oil from elderflowers which are
boiled in oil, too, as you heard before, and it is good for
the same things as the others which are hot. There is also
another oil of the elder, of cold nature, which is made from
the berries. These are brought in over the sea as they are
not found here.

<<R109>>

Oleum nardinum das fleuflt in Indea aufl einem stein
nit als man sagt. Mann macht es also. Man nymbt
spicanardi gancz vnd seudt in in wasser mit ^l,
als ir vor vernomenn habt, zu einem stampfftenn
wein vnd lest es darnach czweinczig tag darInnen
ligenn. Wenn dann die krafft gancz in das ^l
kumbt, so ring es aufl vnd behalt es. Es hilfft
furr alle seuchenn, die von kalter naturr komenn,
vnd hilfft zu der dewung.

/Oleum nardinum/ does not flow from a stone in India, as people say. It is made thus. You take whole spikenard and boil it in water with oil, as you heard before, add it to a freshly pressed [?] wine and let it lie in there for twenty days. When the force has passed into the oil entirely, wring it out and keep it. It helps against all diseases that come from a cold nature and aids digestion.

<<R110>>

Oleum ruteleon macht man von den rautenn, als die schelhein mit den rawtenn pleternn sol man zu sammenn siedenn mit einem senfften wein vnd ^l, vnd lafl es czweinczig tag also darInnenn stenn, so ring es dann aufl vnd behalt es. Es ist gut vnd heyfl in dem vierden grad.

/Oleum ruteleon/ is made from rue. The shells are boiled together with the rue leaves in mild wine and oil. Let it stand for twenty days, wring it out and keep it. It is good and hot in the fourth degree.

<<R111>>

Oleum castreleon. Castorium macht man also. Die bibergeyl soll man siedenn in ^l mit sanfftem wein. Man darff das nit ringenn, wann die pibergeyl zufert all garr. Das ^l ist gut epilepticis. Epilepsia ist ein seuch in dem hirnn vnd verirret den menschen seinerr synne. Auch ist es gut furr das gicht, es sterckt vnd gibt crafft allen gelidernn.

/Oleum castreleon/. /Castorium/ is made thus. The castoreum is boiled in oil with mild wine. It must not be wrung because the castoreum falls apart entirely. The oil is good for epileptics. Epilepsy is a disease of the brain and confuses the senses of people. It is also good against the gout and fortifies and gives strength to all limbs.

<<R112>>

Oleum anetileon. Anetum heyflft tille, des samen zu stoff man ein teyl in o:el zu einem senfften wein vnd ring das aufl. Das ist gut, als ich vor gesprochen, als man hie vernomenn hat. Also soll man machen die ^l, es sey von kraut oder vonn czelchein, von plumen oder von wurzelnn. Item wer do wil machenn oleum muscatellinum oder nardinum oder ruteleon oder welcher hand es sey, der nem das kraut, plumen oder holcz vnd stoff das nit vnd leg es in ^l drey stund alsouil zusamt denn weine vnd lafl es darynnen ligen dreyssig tag vnd faulen. Ye lenger es ligt, ye pesser es wirt. Dann so ring man es durch vnd behalt das ^l.

/Oleum anetileon/. /Anetum/ means dill, the seeds of which are /ein teyl/ (one part?) ground with oil (and added?) to mild wine and wrung out. This is good as I said before and

has been heard here. Thus shall the oil be made, be it from the greens or the shells the flowers or roots. Also, those who want to make /oleum muscatellinum/ or /Nardinum/ or /ruteleon/ or whatever kind it be shall take the greens, flowers or wood and do not grind it, and put it into oil for three hours and as much wine as oil and solids together [?]. Let it lie in there and rot for thirty days. The longer it lies, the better it gets. Then it is wrung out and the oil is kept.

<<R113>>

Item wenn man von samenn will ^l machenn, so soll man den samen stoffenn vnd in sieden, wie vor gesagt ist, so ist meyenn putternn gut darzu, wann sie ist gut vnd heylsam. Dar vmb werr des ^ls nit mag gehabenn, der nem meyen putternn.

If you wish to make oil from seed, grind it and boil it as described above. May butter is good for this because it is good and healthy. Therefore those who have no oil can use May butter.

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