



From the East Kingdom Cooks Guild, *Field Research Division*

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Cooking workshops

🌿 *Mustard sauce* 🌿

For this workshop, something very easy to prepare: mustard. The original text is, as indicated, from *Le Ménagier De Paris*. As often in period recipes, there is almost no indication of the volumes to be used. So, again the rule applies: adjust to taste.

Moutarde: *Le Ménagier De Paris*, circa 1393

SAULCES NON BOULIES.

MOUSTARDE. Se vous voulez faire provision de moustarde pour garder longuement, faites-la en vendenges de moulx doux. Et aucuns dient que le moust soit bouly. *Item*, se vous voulez faire moustarde en un village à haste, broyez du senevé en un mortier et deffaites de vinaigre, et coulez par l'estamine; et se vous la voulez tantost faire parer¹, mettez-la en un pot devant le feu. *Item*, et se vous là voulez faire bonne et à loisir, mettez le senevé tremper par une nuit en bon vinaigre, puis le faites bien broyer au moulin, et bien petit à petit destremper de vinaigre: et se vous avez des especes qui soient de remenant de gelée, de claré, d'ypocras ou de saulces, si soient broyées avec, et après la laisser parer.

Translation: *MUSTARD. If you wish to store mustard to be kept for a long time, do it at wine-harvest in sweet must. And some say that the must must be boiled. Item, if you want to make mustard in a village hastily, grind some mustard-seed in a mortar and soak in vinegar, and strain; and if you want to make it ready faster, put it in a pot in front of the fire. Item, and if you wish to make it well and at leisure, put the mustard-seed to soak overnight in good vinegar, then have it ground fine in a mill, and then little by little moisten it with vinegar: and if you have some spices left over from making aspic, broth, hypocras or sauces, they may be ground up with it, and then leave it until it is ready..*

A personal remark, once your mustard is ready, if it's too thick, it is still possible to adjust the consistency by adding vinegar. Alternatively, if it's too liquid you can add ground/powdered mustard to make it thicker.

An even simpler version with the modern redaction by Pani Jadwiga Zajaczkowa:
Brown Mustard from Rumpolt

<http://gallowglass.org/jadwiga/SCA/cooking/recipes/brownmustard.html>

Marx Rumpolt, Ein New Kochbuch, c. 1581:Brown Mustard Sauce

Brown mustard made up with clear vinegar/ is also good.

1-2 cups mustard seed

3-4 cups white wine vinegar

1. Grind the mustard seed to get 2-3 cups ground brown mustard
2. The day before the feast, mix with white wine vinegar to make a running sauce.

Much more about mustard sauce can be found on that site (Pani Jadwiga Zajaczkowa) <http://www.gallowglass.org/jadwiga/herbs/Mustards.html>

Also consult the site of Lady Serena da Riva

<http://www.loggiaserena.com/SCACookingPages/SCAFood.htm>

Including her comparative study on German mustards

www.loggiaserena.com/Resume/Documentation/CookingExamples/Honeyand%20MustardAS.pdf

Other useful references:Le ménagier de Paris :

- in French : <http://gallica.bnf.fr/scripts/ConsultationTout.exe?E=0&O=N083111>

- translated: <http://www.daviddfriedman.com/Medieval/Cookbooks/Menagier/>

East Kingdom Cooks Guild discussion group:

<http://groups.yahoo.com/group/EKCooksGuild/>

Jadwiga's Recipes: <http://gallowglass.org/jadwiga/SCA/cooking/recipes/recipes.html>