Contents

LANDSKNECHT FOODWAYS 6

Why this book? 7
The Landsknecht Army 9
The Camp Market 11
Sutlers, Pedlars, and Camp Followers 14
The Field Kitchen 16
The German Larder 21
- Bread 21
- Meat 22
- Fish 22
- Eggs and Dairy 23
- Vegetables 24
- Seasonings 25

Lords' Fare, Peasants' Fare 26
Drink 28
Of Tableless Table Manners 30
Hygiene 32

RECIPES 33

Historical Cooking in Modern Kitchens 34
Bread: Leavened and Unleavened 36
Butter and Lard 39
Cheese Soup 40
Krautsuppe (Soup of Greens) 43
Pea Soup 44
Mus 47
- Cereal Mus 47
- Bread Mus 48

Curly Mus 51
Eier im Schmalz 52
Eierkuchen 55
Arme Ritter (French Toast) 56
Mustard Eggs 59
Bread Pancakes 60
Pea Fritters 63
Dried Pears in Pepper Sauce 64
Roast 67
Hungarian Roast 68
Boiled Mutton in Vinegar 71
Boiled Meat 72
Pan-Fried Meat 75
Wildpfeffer (Venison in Pepper Sauce) 76
Fürhess 79
Bratwurst 80
Filled Stomach (Meat Pudding) 83
Stuffed Cabbage 84
Boiled Chicken 87
Roast Chicken in the German Style 88
Chicken with Lettuce 91
Steamed Capon 92

Broiled Fish . . . 95
Stockfish . . . 96
Bread Pudding Cooked in a Stomach . . . 99
Green Tart of Chard . . . 100
Grünkern Porridge . . . 103
Lentils . . . 104
Pea Porridge . . . 107
Kraut (Leafy Greens) . . . 108
Rüben . . . 111
Leeks in Milk . . . 112



Mus of Apples or Pears . . . 115
Apple (or Pear) Mus . . . 116
Mus of Dried Apples . . . 116
Storable Sauces . . . 119
Sauce of Tart Cherries . . . 119
Garlic Sauce . . . 120
Green Sauce from Dried Herbs . . . 121
Ziseindel (Apple Sauce) . . . 122
Berry Sauces . . . 124
Cowberry Sauce . . . 124
Raspberry Sauce . . . 125
Mustard . . . 127
Triget . . . 128
Electuary of Quinces . . . 131
Spiced Vinegar . . . 132
Strauben . . . 135
Crooked Fritters . . . 136
Krapfen . . . 139
Krapfen Dough . . . 139
Apple Filling . . . 141
Herb Filling . . . 142
Meat Filling . . . 145
Waffles . . . 146
Almond Tart . . . 149
Roast Apples . . . 150
May Dish . . . 153
A Night Drink . . . 154
Salt Herring with Onions . . . 157
Scala Vini . . . 157
Further Reading . . . 158
Introductory Works . . . 158
Sources . . . 158