

# **B**eef Bokenade

Take fayre beef of the rybbys of the fore quarterys, boyle hem in faire water or ells in good fressh broth, and smyte hem in peces, and pike hem clene; And drawe the same broth through a streynour, And cast there-to parcelly, isoppe, sauge, maces and clowes. And lete boyle til the flessch be ynogh; and then set hit fro the fire, and aley hit up with rawe yokes of eyren, and caste thereto powder ginger, and vergeous, and a little saffron and salte, and ceson hit vppe and serbe it forth.



2-3lbs beef, cut into cubes  
1 tsp sage  
1/2 tsp cloves  
4 egg yokes  
1/2 tsp ginger  
1 pinch saffron  
1 tbsp. parsley  
1 tsp hyssop  
1/4 tsp mace



- 1 -Put the beef into a large pot along with water to cover – about 8 cups.
- 2 -Bring to a boil, raise pot or reduce heat, and simmer for 30 minutes.
- 3 -Skim off and discard any scum that forms on the surface. Add parsley, sage, hyssop, cloves and mace. Stir well and simmer for another 30 minutes, or until the beef is tender.
- 4 -Temper the egg yolks in a separate bowl by slowly whisking in a cup or two of the broth from the pot.
- 5 -Add the remaining ingredients to the pot along with the egg mixture and stir.
- 6 -Remove from the heat and serve as soon as it comes back to the boil.

If hyssop is unavailable leave it out. Verjuice can be simulated with 1/2 cup wine & 1/8 cup lemon juice.

