



Blancmanger

Take faire almondes, and banche hem, and grynde hem with sugour water into faire mylke; and take ryse and seth. Whan they beth wel y-soode, take hem vppe, and caste hem to the almondes mylke, and lete hem boile togidre til thei be thikk. Then take the brawne of a Capon, and tese hit small, and caste thereto, and then take sugur and salt, and caste thereto, and serue hit forth in maner of mortrewes.



1 pound chicken
4 cups cooked white rice (about 1½ cups pre-cooking)
½ cup almond milk
1 cup water
2 teaspoons sugar
½ teaspoon salt
¼ teaspoon ginger
¼ teaspoon white pepper



- 1 -Boil rice until cooked.
- 2 -Boil chicken until very tender and allow to cool. Tease meat apart with forks until well shredded.
- 3 -Put meat into a large pot with remaining ingredients and cook over medium heat until thick. Serve hot.

The dish called Blancmanger in the middle ages was not much like the modern dessert of the same name. This dish, a slightly sweet casserole of chicken and rice, was served all across Europe and appears in just about every medieval cookbook. While often described as being suitable for the infirm it still found its place on the menus of coronation banquets and wedding feasts.

