



Coney or Malard in Celvy

Take cony, henne, or malard and rost them til they be almost enough, or els chope them and fry them in freche grece; and fry onyons minced and put them in a pot and cast there to freche brothe and half wyne, clowes, maces, puouder of guinger and pepper, and draw it with benyggar; and when it is boild cast therto thy licour and pouder opt guingere and bemugar and seeson it, and serbe it.



1 rabbit (or duck or chicken), whole or cut up
3-4 onions, sliced or chopped
2 tbsp. cooking fat
2 slices wholemeal bread, toasted
1 cup each chicken stock and red wine
1/4 tsp each ginger, black pepper
1/8 tsp mace
Pinch ground cloves
Salt to taste
1 tbsp. wine vinegar



- 1 -Roast meat until brown, then cut up, or brown pieces of meat in the fat.
- 2 -When it is sufficiently brown, add onions to the pan and cook until soft.
- 3 -Meanwhile, soak toast in broth, and then blend into a smooth sauce.
- 4 -Combine wine, vinegar and spices.
- 5 -Add the toast-thickened broth to the meat and onion mixture, along with wine and vinegar, and spices.
- 6 -Let the meat stew in this sauce until done, or long enough for the flavours to blend (roughly 30 minutes for pieces browned in fat, and 10-15 minutes for roasted meat. Always ere on the side of caution - overcooking does not harm this dish.)

