



# Roa Broth

Take the lire of the boor oper of the roo, perboile it. Smyte it on smale peces; seep it wel half in water and half in wyne. Take brede and bray it wip the self broth and drawe blode perto, and lat it seeth tohydre with powdour fort: of ginger oper canell and macys, with a greete porcioun of vyneger, with raysouns of corauns.



2½ lbs venison meat, cut in chunks  
1½ - 2 cups red wine  
½ cup olive oil : ½ cup red wine vinegar  
2-3 onions, coarsely chopped  
½ tsp thyme : 1 tsp cinnamon : 2 tsp salt  
1 tsp ground black pepper  
¼ tsp ground mace  
2-4 tbsp lard or other rendered fat  
2-3 slices whole wheat bread  
1½ - 2 cups water  
¾ cup currants : ¾ cup chopped parsley



- 1 -Marinate the meat by mixing wine, vinegar, olive oil, onions and seasonings (except parsley) and pour this mixture over the meat. Cover and leave for as long as possible.
- 2 -Remove the meat from the marinade and dry. Stain the marinade over the bread in a bowl and leave to soak while browning the venison in the fat. As pieces brown remove them to a stew pot.
- 3 -When all are browned, blend the soaked bread and add it to the pot along with the water, the marinade liquid and any blood or meat juices from the browning pan.
- 4 -Bring to a boil then raise from the heat and simmer for 1 hour. Then add the currents and parsley and cook for 30 minutes more.
- 5 -Taste for seasoning : salt, pepper, cinnamon and vinegar can all be used to alter the taste of the dish.

This 'broth' is called a 'bruet' (thick stew) in later versions of the recipe.

