



Salomene

Take gode wyne, an gode pouder & bread y-ground, an sugre, an boyle it y-fere; than take Trowtys, Rochys, Perchys, other Carpys, other alle these y-fere, an make hem clene, & aftere roste hem on a grydelle; than hewe hem in gobettys: whan they ben y-sothe, fry hem in oyle a lytil, then caste in the brwet; and whan thou dressist it, take Maces, Clowes, Quybibes, Gelofrys; and cast a-boue, & serbe forth.



4 fish fillets (ideally perch, trout or roach)
1/2 Cup red wine
1/2 Cup water
1/8 Cup sugar
1/2 tsp powder fine
1/2 slice bread, crumbed
Olive oil
Mace
Cloves
Pepper
Salt



- 1 -Rinse fish fillets, place in a baking bowl and bake in a covered pot for 15-20 minutes.
- 2 -Put wine, water, bread crumbs and fine spice powder in pan and bring to the boil. Lift to a medium heat and simmer for about 20 minutes.
- 3 -Remove the fish from the pot and fry in a skillet in olive oil for about 10 minutes.
- 4 -Sprinkle with salt, pepper, cloves and mace to taste.
- 5 -Serve hot topped with the sauce.

Fish dishes that will please the majority of people can be hard to find and medieval ones are even harder to come by. This recipe makes a light dish while the combination of wine and spices removes all trace of fishiness. Perfect for fussy re-enactors.

