

# The Book of Sent Soví

## Medieval recipes from Catalonia

Edited by Joan Santanach

Translated by Robin Vogelzang



# Contents

## INTRODUCTION

- I The Dawn of Catalan Cuisine, 11
- II Recipes and Recipe Books, 13
- III The Content of the *Sent Soví*, 20
- IV The Present Edition, 29

TRANSLATOR'S NOTES, 31

## THE BOOK OF SENT SOVÍ

Taula de rúbriques, 34

*Table of Rubrics*, 35

Pròleg, 40

*Prologue*, 41

- I Salsa de pago, 42  
*Peacock Sauce*, 43
- II Salsa blanca, 46  
*White Sauce*, 47
- III Si vols fer salsa camillina, 48  
*If You Want to Make Camel Sauce*, 49
- IV Llimonea, 50  
*Lemon Sauce*, 51
- V Mig-Raust, 52  
*Half-Roast*, 53
- VI Salsa d'oque, 54  
*Goose Sauce*, 55
- VII Sosenga, 56  
*Meat Sauce*, 57
- VIII Salsa salvatgina, 58  
*Sauce for Game Meat*, 59

- IX** Si vols fer salsa a tota carn, 60  
*If You Want to Make Sauce for Any Kind of Meat, 61*
- X** Alidem ab ous, 62  
*Parsley Sauce with Eggs, 63*
- XI** Alidem, 64  
*Parsley Sauce, 65*
- XII** Geladia, 66  
*Gelatin, 67*
- XIII** Si vols fer escabetx, 68  
*If You Want to Make Fish in Vinegar Sauce, 69*
- XIV** Salsa de peix, 70  
*Fish Sauce, 71*
- XV** Brou de gallines, 72  
*Chicken Broth, 73*
- XVI** Ametllat, 74  
*Almond Broth, 75*
- XVII** Salsa de bolets, 76  
*Mushroom Sauce, 77*
- XVIII** Allos quesos, 78  
*Garlic Cheese, 79*
- XIX** Mostalla, 80  
*Mustard, 81*
- XX** Salsa verd, 82  
*Green Sauce, 83*
- XXI** Sols, 84  
*Vinegar Dressing, 85*
- XXII** Oruga, 86  
*Arugula, 87*
- XXIII** Celiandre, 88  
*Coriander, 89*
- XXIV** Brou de gallines, 90  
*Chicken Broth, 91*
- XXV** Almadroc, 92  
*Cheese Sauce, 93*

- XXVI Genestada, 94  
*Broom Pudding*, 95
- XXVII Salsa de Congre, 96  
*Eel Sauce*, 97
- XXVIII Ordiat, 98  
*Barley Cream*, 99
- XXIX Ordiat, 100  
*Barley Cream*, 101
- XXX Ordiat en altra manera, 102  
*Barley Cream in Another Manner*, 103
- XXXI Avenat, 104  
*Oat Cream*, 105
- XXXII Avenat en altra manera, 106  
*Oat Cream in Another Manner*, 107
- XXXIII Amidó, 108  
*Starch*, 109
- XXXIV Llet d'ametlles, 110  
*Almond Milk*, 111
- XXXV Farines, 112  
*Porridge*, 113
- XXXVI Albergínies, 114  
*Aubergines*, 115
- XXXVII Morterol, 116  
*Meat Stew*, 117
- XXXVIII Freixures, 118  
*Pluck (Lungs, Heart, and Liver)*, 119
- XXXIX Freixures de cabrit, 120  
*Kid-Meat Pluck*, 121
- XL Tripes de moltó, 122  
*Mutton Tripe*, 123
- XLI A farcir cabrit, 124  
*To Stuff Kid*, 125
- XLII Per farcir porcell, 126  
*For Stuffing a Piglet*, 127

- XLIII** Resoles, 128  
*Fritters*, 129
- XLIV** Llesques de formatge, 130  
*Slices of Cheese*, 131
- XLV** Bunyols, 132  
*Cheese Fritters*, 133
- XLVI** Espatla de moltó farcida, 134  
*Stuffed Mutton Shoulder*, 135
- XLVII** Panades d'aucells, 136  
*Bird Turnovers*, 137
- XLVIII** Panada de llampresa, 138  
*Lamprey Turnovers*, 139
- XLIX** Pastanagat, 140  
*Carrot Purée*, 141
- L** Lletugat, 142  
*Lettuce Purée*, 143
- LI** Espàrrecs, 144  
*Asparagus*, 145
- LII** Cirons tendres, 146  
*Tender Chickpeas*, 147
- LIII** Cabrit en ast, 148  
*Roasted Kid*, 149
- LIV** Sèmola, 150  
*Semolina*, 151
- LV** Perdius en olla, 152  
*Boiled Partridge*, 153
- LVI** Porriol, 154  
*Onion Sauce*, 155
- LVII** A farcir polp, 156  
*To Stuff Octopus*, 157
- LVIII** Llet malcuïta, 158  
*Milk Custard*, 159
- LIX** Arricoc, 160  
*Mutton Stew*, 161

- LX** Salsa granada, 162  
*Grainy Sauce*, 163
- LXI** Nous confites, 164  
*Candied Walnuts*, 165
- LXII** Salsa de cervo, 166  
*Pepper Sauce*, 167
- LXIII** Salsa blanca, 168  
*White Sauce*, 169
- LXIV** A farcir capons, 170  
*To Stuff Capons*, 171
- LXV** Almadroc, 172  
*Cheese Sauce*, 173
- LXVI** Perdius en ast, 174  
*Roast Partridge*, 175
- LXVII** Formatjades, 176  
*Cheese Cream*, 177
- LXVIII** Espinacs, 178  
*Spinach*, 179
- LXIX** Porrada, 180  
*Leek Purée*, 181
- LXX** Menjar blanc, 182  
*White Dish*, 183
- LXXI** Morterol de cabrit, 184  
*Kid-Meat Stew*, 185
- LXXII** Freixures de porcell, 186  
*Piglet Pluck*, 187

## APPENDIX I

Missing recipes from the *Sent Soví* tradition included  
in the *Llibre d'aparellar de menjar*, 189

- (26) Menjar blanc, 190  
*White Dish*, 191

- (29) Agràs a peix frit d'estiu, 192  
*Sour Grape Juice with Fried Summer Fish*, 193
- (35) Llentilles, 194  
*Lentils*, 195
- (37) [Panades de farina], 196  
*[Flour Turnovers]*, 197
- (41) Resoles de cabrit, 198  
*Kid Resoles*, 199
- (45) [Bunyols sense formatge], 200  
*[Fritters without Cheese]*, 201
- (46) Crespells, 202  
*Fried Dough*, 203
- (47) Farcir capons e gallines, 204  
*Stuffing Capons and Chickens*, 205
- (50) Panada de polls, 206  
*Chicken Turnover*, 207
- (52) Panades de peix, 208  
*Fish Turnovers*, 209
- (53) Carabasses, 210  
*Squash*, 211
- (56) Cols verds ab brou de moltó o de gallines, 212  
*Green Cabbage with Mutton or Chicken Broth*, 213
- (57) Cols ab greix de vaca, 214  
*Cabbage with Beef Grease*, 215
- (66) Agràs mestrejat, quan no en pot hom haver d'altre, 216  
*Masterful Sour Grape Juice, When There Is No Other*, 217
- (67) Col porrea, 218  
*Cabbage with Leeks*, 219
- (68) Torrons melats, si en vols fer, 220  
*If You Want to Make Some Honey Nougat*, 221

## APPENDIX II

Parallels between the Valencia MS Index and the three  
recipe collections, 223

BIBLIOGRAPHY, 229