

## Feast Menu

### First Course

Olives (ACEITUNAS)  
Roasted Cheese (QUESO ASADERO)  
Roasted Eggplant (BERENJENAS EN CAZUELA)  
Sage Omelette (TORTA DE HUEVOS QUE SE DICE SALVIATE)  
Bread (PAN)

### Second Course

Barded Capons (EMBORROZAMIENTO DE CAPONES)  
    Rosemary Sauce (ROMERATE PARA CUATRO ESCUDILLAS)  
Pottage of Noodles (POTAJE DE FIDEOS)  
Another Modern Pottage / Chard (OTRO POTAJE MODERNO)

### Third Course

Lardy Broth of Wild Pig (CALDO LARDERO DE PUERCO SALVAJE)  
Saffron Rice (ARROZ DEL AZAFRÁN)  
Carrot Casserole (CAZUELA MOJI / CARIOTA)  
Cabbage with Bacon (PENCAS BE BERZAS)

### Fourth Course

Nougat (TURRON)  
King's Bread (ROSCÓN DE REYES)  
Oranges (NARANJAS)

### Beverages

Spiced Honey Water (CLAREA DE AGUA)  
Grape Juice (JUGO DE UVA)

## Feast Recipes

### Beverages

#### CLAREA DE AGUA

Ruperto de Nola's Libro de Cozina, 1529 edition, Vincente Cuenca translation and (modified) redaction  
To an *azumbre* of water, four ounces of honey; add the same spices as the other clarea; boil the water with the honey and then add the spices off the fire.

*Note: 1 azumbre = approx 2 liters*

#### Spices for Clarea

*Cinnamon three parts, cloves two parts, ginger one part, all ground and passed through a sieve and for an azumbre of white wine add an ounce of spices with a pound of honey, well mixed and passed through a sleeve of heavy linen enough times that the wine comes out clear.*

#### Spiced Honey Water

3 oz cinnamon, ground

2 oz cloves, ground

1 oz ginger, ground

1-1/2 lbs honey

12 liters water

Boil the honey and water together, skim off the foam, then remove the pot from the fire and add the spices. Let steep overnight, and then strain them out through some fine cheesecloth.

*Note: This can be made in 6 batches. Blend the spice mixture well. This will make a total of 6 oz of spices. For each ounce of the spice mixture, use ¼ lb honey and 2 liters of water.*

*Note: Each 2-liter batch serves 8 people during feast*

## First Course

### Sage Omelette

#### TORTA DE HUEVOS QUE SE DICE SALVIATE

*Take some sage leaves, and grind them quite vigorously; and take a good quantity of eggs, and beat them and mix them with the sage; and then take a frying pan, and cast in lard in such a manner that after melting there is a finger's breadth or more in the frying pan; and if there is no lard, take common oil which is sweet and very good, the same quantity; and when the lard or oil boils, cast in the eggs with the sage, and make of them an omelet (57) which is well-cooked; and this omelet should be two fingers thick, or more. And when it is well-cooked or fried, cast it on a good plate with much sugar above and below; and this omelet should be eaten hot.*

#### Sage Omelette (Serves 16)

Scant ¼ tsp Sage, ground

8 ea Eggs

3 tbsp Olive Oil

Garnish: Sugar

Fried Sage Leaves

1. Heat 1 tsp olive oil in omelet pan.
2. Beat eggs well with sage.
3. Pour just enough eggs into pan to coat bottom and cook until eggs are set (just a minute or two).
4. Roll cooked egg into a "tube" shape and remove to warming dish.
5. Before serving, cut each roll of egg into 1½ to 2" sections.

## Roasted Cheese QUESO ASADERO

*Whatever sort of cheese that is buttery or fit for roasting is good: that which they make in Lombardy or Parma, or Brufalino (103) or Cascavallo (104) or cheese from Aragon and Navarre. And in some parts of Castile they make it very good. Take this cheese, and grate it well if it can be grated. And if not, cut it small or as you wish. And take meat broth which is very fatty, and put it in a casserole. And cast the cheese in with it. And put it on the fire, stirring it constantly with a stick. Then take for each dish of broth, a well-beaten egg yolk. And cast them into the cheese, constantly stirring with a spoon. And cast in a piece of sugar to cook. And when the cheese forms thongs it is done; cast upon it ground sugar.*

### Roasted Cheese (Serves 16)

1/4 cup butter  
1/4 cup cream cheese, cubed  
1/4 lb. Manchego cheese, grated or diced  
2 tbsp. "fatty" broth (chicken, beef, or vegetable)  
1 egg yolk, well-beaten

Garnish: sugar

1. In a saucepan over medium heat, beat together butter and cream cheese.
2. Add in broth, blending well.
3. Fold in the grated/diced Manchego cheese, stirring constantly until cheese is melted.
4. Beat the egg yolk into the cheese mixture and cook until the cheese mixture forms "thongs".
5. Serve with "ground" sugar on the side.

## Roasted Eggplant BERENJENAS EN CAZUELA

*Take eggplants and peel off the skin very well, and cut each one of them into three or four pieces and cook them in good mutton broth, with a pair of onions; and cook them until they are well-cooked; and being cooked, take them out of the pot and chop them very finely on a chopping block, and then cast on them good cheese of Aragon, grated, and some egg yolks. And resume chopping with your knife as if it were for stuffing for kid, and cast fine spice upon it and put all these spices in the casserole, well-mixed: ginger, mace, nutmeg and green coriander and parsley; and then take the casserole to the oven; and when it is cooked, cast sugar and cinnamon on top.*

### Roasted Eggplant (Serves 32)

2 eggplants  
Meat Broth  
2 onions  
1 c. Queso de Aragon, grated or finely diced (aka Queso Tronchon)  
2 egg yolks  
Fine Spice (ginger, cinnamon, pepper, cloves, mace, nutmeg, saffron)  
1 tsp. green coriander, freshly ground  
1 tbsp. fresh parsley, minced  
Garnish: Cinnamon Sugar

1. Boil eggs. Peel them, and then separate the yolks and the whites. Discard the whites and finely chop the yolks.
2. Prepare a hot fire in a grill or heat the broiler. Put the eggplant on the grill or in a shallow pan set under the broiler (turn on the exhaust fan). Grill or broil the eggplants until they're completely blackened and soft, carefully turning them every few minutes with tongs; the eggplant takes about 14 min. under the broiler. Wrap them snugly in a paper grocery bag so they steam.
3. While eggplants are steaming, chop onion and simmer in meat broth.

4. After 20 min., unwrap the eggplants and peel off the skins. Remove the eggplant stems but leave the seeds (unless they're unpleasantly large).
5. Finely chop eggplant. Add the onion and broth mixture as well as the grated/diced cheese and the finely chopped egg yolks.
6. Blend in spices and herbs. Pour mixture into oven-safe casserole and bake until the cheese is melted and bubbly.

Bread (Donated by Whole Foods)

## Second Course

Barded Capons (EMBORROZAMIENTO DE CAPONES)

*After the peacocks or capons are half-roasted on the spit, take good fatty bacon and make wide slices the size of the peacock or capon breasts, and put this slices on the breasts in such a way that they cannot fall off. And after they are well-fastened, return them to the fire to roast; and before you put it on the fire, put the head of the capon in such a manner that it will not burn. And put the head with the beak stretched out lengthwise inside the carcass; you can cover peacock and capons with white paper well-fastened over the bacon.*

### Barded "Capons" - Redaction (12 servings)

3.6 lbs chicken thighs and legs (.3# per person)

½ c salt

¼ tsp black pepper, freshly ground

12 strips bacon (fatty)

1. Preheat the oven to 425°F.
2. Wrap the chicken pieces with the bacon and place the pieces, skin side down in a large roasting pan.
3. Sprinkle with the salt and pepper.
4. Bake in preheated oven for 30 minutes.
5. Turn the chicken pieces and bake 15 minutes more or until pieces are fork-tender.

Rosemary Sauce

ROMERATE PARA CUATRO ESCUDILLAS

*You will take a pound of almonds and rub them very vigorously with a rough hemp-tow, and then grind them in a mortar with a piece of toasted bread (without crusts) soaked in white vinegar, but it is better in rosemary water; then blend it with good meat broth and strain it through a woolen cloth; and then taste it for flavor [to see] if it tastes of rosemary; and if it does not, put in a little of the herb, which should be well-ground and dry, but take care that you don't cast in much, so that for each little bit that you cast in take a taste; and then set it upon the fire until it turns thick; and then remove it from the fire, and let it rest; and prepare dishes, [cast] upon them sugar and cinnamon.*

### Rosemary Sauce – Redaction (8 Servings)

2 tbsp almonds, ground

2 tbsp bread crumbs, toasted

1 tbsp vinegar, white wine

½ tsp rosemary

1 ½ c. bouillon, chicken

Salt, to taste

garnish – cinnamon sugar

1. Lightly toast the bread until dry and golden brown on both sides, and sprinkle it with vinegar.
2. In a food processor, combine the almonds, rosemary, bread, and stock and blend until smooth. Season with salt if necessary. Strain through a sieve into a small saucepan and cook over gentle heat, stirring, until the sauce comes to a boil. It should be fairly thick even before cooking. Simmer for a few minutes and serve hot.
3. This recipe makes enough sauce to accompany one roast chicken – one spoonful per serving is sufficient, but quantities can be doubled if desired.

### Pottage of Noodles POTAJE DE FIDEOS (43)

*Clean the fideos of their filth, and when they are well-cleaned (44) put a very clean pot on the fire with good fatty hen's broth or mutton broth that is well-salted; and when the broth begins to boil, cast the fideos into the pot with a piece of sugar; and when they are more than half cooked, cast goat or sheep milk into the pot with the hen's broth or mutton broth; or instead of that, almond milk, for that can never be lacking; and cook everything well together, and when the fideos are cooked, remove the pot from the fire and let it rest a little while; and prepare dishes, casting sugar and cinnamon upon them; but as I have said in the chapter on rice, many say that with pottages of this kind which are cooked with meat broth that one should not cast in either sugar or milk, but this is according to each one's appetite; and in truth, with fideos or rice cooked in meat broth, it is better to cast good grated cheese upon the dishes.*

#### Pottage of Noodles (serves 16)

8 oz fideo noodles (or vermicelli, broken into small pieces)  
2 c. chicken broth  
¼ c. olive oil  
½ c. grated Parmesan cheese

1. Bring broth and water to a boil and cook noodles in boiling broth 4-6 minutes (or until noodles are tender).
2. Let sit off the heat about 15 minutes, during which time most of the liquid gets absorbed.
3. Toss with olive oil.
4. Mix in the cheese.

**Note:** For larger quantities, reduce the proportionate amount of broth: for three times this amount, for example, use two and a half times the amount of broth.

### Another Modern Pottage (Chard) OTRO POTAJE MODERNO

*Take the fleshy leaves of the bledas (61) which is chard, and clean them very well; and give them a brief boil with water and salt, so that they come out half-cooked. And then remove it from the fire, and remove more than half of the broth; and return it to cook on the fire with a little good sweet oil; and when they are cooked, taste them for salt; and then prepare dishes and cast good grated cheese upon them, and also cast some of this cheese beneath them; and they are good for Lent, if you have a dispensation. (62)*

#### Chard "Pottage"

2 bunches Chard  
Salted Water  
2 tbsp Olive Oil  
Grated Cheese

1. Cut the stems and ribs out of the chard
2. Wash and rip into pieces.
3. In a heavy pot, put the chard and enough water to cover them.
4. Salt the water

5. Boil, stirring from time to time until chard is bright green.
6. Pour out about 2/3 of the water.
7. Add olive oil
8. Cook on medium until chard is fully cooked and starting to turn dark.
9. Serve in bowls with cheese on the side.

## Third Course

Lardy Broth of Wild Pig

CALDO LARDERO DE PUERCO SALVAJE

*You will take a piece of wild pig or wild boar. And cut it into slices like two fingers; and make thin slices of fatty bacon. And lay them across the pieces of wild boar, as many as you desire. And put it in a pot over the coals to gently fry. And when it is almost half-cooked -- with a cut onion -- cast in all spices except saffron and cinnamon, all mixed with the onion; and then cast in a little red wine and a little vinegar. And leave it to cook very well. And cast in all chopped herbs. And in this way the lardy broth is made. And when you wish to make some pieces of boiled pig, and the lord wishes to eat some lardy broth, make it in this manner. When the piece is scalded and is well-cleaned of hair, set it to cook in the water which should be half wine and half water. And you also can cast in all whole spices because they give flavor and odor to the broth and likewise cast in all herbs. And let it be good with salt and everything. And some cast in onion, and do not call it bad.*

Lardy Broth of Wild Pig – Serves 8 (as part of multi-course feast)

4 lb pork roast  
 8 slices fatty bacon, thinly sliced  
 2 onions  
 1 tsp cloves, ground  
 ½ tsp ginger, ground  
 ½ tsp pepper, ground  
 ¼ tsp dry coriander, well-ground  
 1 c. Marsala wine  
 ½ c. red wine vinegar  
 1 Tb. fresh parsley, minced  
 Salt to taste

Bourbelier of Wild Pig

Menagier p. M-23

*First you must put it in boiling water, and take it out quickly and stick it with cloves; put it on to roast, and baste with a sauce made of spices, that is ginger, cinnamon, clove, grain, long pepper and nutmegs, mixed with verjuice, wine, and vinegar, and without boiling use it to baste; and when it is roasted, it should be boiled up together. And this sauce is called boar's tail, and you will find it later (and there it is thickened with bread: and here, not).*

3 lb pork roast	1/8 t cinnamon	1/2 t pepper (rounded)	1 c wine
about 60 whole cloves	1/8 t cloves	1/8 t nutmeg	1/2 c vinegar
1/4 t ginger	1/4 t grains of paradise		(verjuice)

Preheat oven to 450°. Stud roast with whole cloves, baste with a mixture of the remaining ingredients, then put into oven. Immediately after putting it in, turn oven down to 350°. Roast meat 1 hour 45 minutes (for this size roast), basting every 15 minutes.

Rice Casserole in the Oven

ARROZ EN CAZUELA AL HORNO

*Clean the rice well of stones and filth, and wash it with two or three [changes of] cold water and then with hot water. And after it is well-washed, set it to dry on a wooden chopping block in the sun or by the heat of the fire. And when it is dry, clean it again in such a manner that it is very*

*clean; then take a very clean casserole and cast in good meat broth which is fatty, and set it to boil on the fire; and when it begins to boil, put in two or three threads of saffron so that the broth becomes quite yellow. And when the broth is quite yellow, cast in the rice bit by bit, stirring it with a stick or with a large spoon; and when the rice is in the casserole cast in whatever quantity of broth that seems necessary to you to so that it cooks no more and taste it to see that it is well-salted and fatty; and put it to cook in the oven; and a little before it finishes cooking, remove it from the oven and cast some whole fresh egg yolks over the rice. And then return the casserole to the oven to finish cooking; and it is cooked when you see that the rice has made a good crust on top; and then prepare dishes, and in each one put one or two of the egg yolks which were upon the rice; and if by chance the oven was not prepared, put the casserole on a coal fire and put an iron lid full of coals on it; and in this manner it will come out of there as if it had been cooked in the oven, and perhaps better because it remains nearer for sampling, and this is good rice.*

Oven-baked Rice Casserole (serves 6)

1 c. rice  
2 c. water  
1 tbsp. olive oil  
½ tsp. salt  
1 pinch saffron

Additional olive oil  
4 eggs

1. In a pot over the stove, add the rice, water, olive oil, salt, and saffron. Bring to a rolling boil. Cover, reduce heat to simmer, cook until rice is tender and liquid is absorbed, about 18 minutes.
2. Pour the cooked saffron rice into a well-greased casserole dish (use the additional olive oil). Crack the eggs into the top of the dish – separating each egg. Cover the dish with aluminum foil. Return to the oven and cook until the eggs are set.
3. Dish up the rice and add one egg to each dish.

Cazuela Cariota (Carrot Casserole)  
CAZUELA MOJI

*Take eggplants, neither very big nor very small, but middling, and open them in the middle and cast them to cook with your salt; and when they are well-cooked, drain them with a cloth which is rough; and then chop them a great deal, and cast them in a frying-pan or kettle and cast in a good deal of oil; and take toasted bread and grate it, cast it there within, and cast in aged grated cheese; and when it is stirred for a good while over the fire, have ground dry coriander, caraway, and pepper, and cloves, and a little ginger, and stir it over the fire; and cast in some eggs, and stir it over the fire until it is hard; and then take a casserole, and cast in a little bit of oil, and place it in [the casserole]; and beat some eggs with pepper, and saffron, and cloves, and some of the same toasted bread that is contained in the casserole, and some of the grated cheese; and make it thick and place it on top in the manner of a facing (94) and put your yolks on it; and coagulate it in the oven or with a cuajadera, which is an iron pot-lid with coals on top, and when it is coagulated, remove it from the fire; and cast on top of it a dish of honey which is very good and your duke's powder (95). This same casserole can be made from chard or carrots.*

Spain – 1510 “Maria Gonzalez’s Egg and Cheese Casserole with Carrots”  
From “A Drizzle of Honey”, page 80

Serves 4  
Vegetable/Egg Mixture  
2 lbs. Carrots  
2 c. Vegetable Broth  
1 tbsp. Olive Oil  
4 Eggs

- ¼ tsp Saffron Threads, crushed
- Spice Mixture
  - ½ tsp. Pepper
  - ¼ tsp. Cumin, ground
  - ¼ tsp. Caraway Seeds, ground
  - ¼ tsp. Coriander Seeds, ground
  - ¾ tsp. Cinnamon
- 1 c. semi-soft Farmer Cheese, cubed
- ½ c. Parsley, chopped

1. Boil the carrots in the vegetable broth for 10 minutes, or until fork-tender. Drain, reserving 2 tbsp. of the liquid. Cool. Mash the carrots.
2. Preheat the oven to 350 degrees Fahrenheit. Pour the olive oil into a deep 8-inch diameter ovenproof casserole. Place the casserole in the oven until the oil is very hot, about 5 minutes. At the end of that time you should be ready to bake the casserole.
3. Meanwhile, separate the eggs. Place the yolks in a medium bowl and beat them until creamy. Set the whites aside to beat later. Add the saffron to the egg yolks, if you're using it.
4. Stir the ingredients for the spice mixture together and add them to the egg yolks. Add the mashed carrot mixture and combine thoroughly. Add the cheese and parsley and mix.
5. In a medium bowl, whip the 4 egg whites until stiff. Fold them into the carrot mixture. Take the casserole out of the oven. Pour the mixture into the casserole dish and return to the oven.
6. Bake 30-35 minutes, or until the casserole is set and golden brown.

## Cabbage with Bacon PENCAS BE BERZAS

*You will take the fleshy leaves of cabbages which are clean and set them to cook with good fatty broth; and take pork grease or lardo, which is melted bacon; and take two onions and cut them in the fashion of a cross, and set them to cook with the fleshy leaves of the cabbages; and when the cabbages begin to fall apart, turn them with a haravillo until they turn yellow, and they shall be thoroughly mushy and they will be thick. Then remove them from the fire, and let them rest before preparing dishes.*

### Sauteed Cabbage with Bacon (Serves 8)

- 6 bacon slices, chopped
- 6 cups thinly sliced cabbage (1 small head)
- ½ c. bouillon, vegetable
- Salt and freshly ground black pepper to taste

1. In a large skillet cook bacon over medium heat, stirring, until crisp and transfer with a slotted spatula to paper towels to drain. Drain all but 2 tablespoons bacon drippings.
2. In skillet cook cabbage with broth, stirring occasionally, until golden. Add salt and pepper. Cook cabbage until crisp-tender.
3. Remove from heat and sprinkle bacon over cabbage. Toss to combine and transfer to a serving dish.

## Fourth Course

### Nougat TURRON

A traditional candy served at Twelfth Night celebrations in Spain. Turrón is described as being the Spanish word for nougat, made with honey and almonds. This nougat was brought to Spain by the Arabs during the Moors occupation of the country. The modern recipe calls for honey, sugar, egg whites, ground almonds, and lemon. The Arabic recipe for Hulwa (from Ibn al-Mabrad p.19 via Cariadoc's Miscellany) follows:

*Its varieties are many. Among them are the sweets made of natif. You put dibs [fruit syrup], honey, sugar or rubb [thick fruit syrup] in the pot, then you put it on a gentle fire and stir until it takes consistency. Then you beat egg white and put it with it and stir until it thickens and becomes natif. After that, if you want almond candy you put in toasted almonds and 'allaftahu; that is, you bind them. walnuts, pistachios, hazelnuts, toasted chickpeas, toasted sesame, flour. [apparently alternative versions]. You beat in the natif until thickens. For duhniyyah you put in flour toasted with fat. As for ... (other versions.)*

Hulwa - Honey version:

1 c honey  
1 egg white  
3 c or more nuts

This makes 25-40 hulwa, depending on size.

1. Bring the water to a boil, stir in the honey, continuing to heat. When it is dissolved and reasonably clear, turn it down to a simmer and put the top on the pot for two or three minutes (this is to let the steam wash down any honey on the sides of the pot).
2. Take the top off, boil gently until the temperature reaches the hard ball stage (280° -290° F).
3. Beat the egg white until it is just stiff enough to hold its shape. Pour the honey syrup into the egg white, beating continuously. You now have a thick white mixture; this is the natif. Mix it with chopped nuts (we have used almonds and walnuts) or toasted sesame seeds, or some mixture thereof.
4. Squeeze the mixture into balls and set them aside to cool. Note that as the natif cools, it gets harder and less sticky, so you have to work quickly; the hotter you get the syrup before combining it with the egg white (and hence the less water ended up in it), the faster this happens and the dryer the hulwa ends up. If you get past 290°, the syrup may crystallize on you as or before you pour it; if so, give up and start over.

**Note:** *Honey requires a higher temperature than sugar to get the same effect. Also note that natif made from honey will be stickier than natif made from sugar). So use a higher ratio of nuts to natif and have the nuts chopped more finely; this helps reduce the stickiness. You may want to roll the honey hulwa in sesame seeds or ground nuts, also to reduce stickiness.*

## Spanish King's Bread

### ROSCON DE REYES

This recipe is from Penelope Casas' *The Food and Wines of Spain*. Almost every country has a version of Epiphany bread or cake, and this is a Spanish version.

Spanish King's Bread

Yield: 1 bread ring (2 small rings)

Prep Time: 4 1/2 hours

1 package dry yeast  
3/4 cup warm water (100° to 110°)  
1 Tablespoon orange-flower water or strong tea  
1/2 teaspoon grated lemon rind  
6 cloves  
1/4 pound butter  
1 Tablespoon lard or shortening  
1/2 cup sugar  
1/2 teaspoon salt  
2 eggs  
1 Tablespoon brandy or cognac  
1/2 cup milk, scalded and cooled  
5 cups unbleached flour  
Candied fruit slices  
1 egg, slightly beaten

1 1/2 Tablespoons sugar, preferably coarse

Dissolve the yeast in 1/4 cup warm water. Simmer the remaining 1/2 cup of warm water with the orange-flower water or tea, lemon rind and cloves for 10 minutes, covered. Cool. Discard the cloves. Cream together the butter, lard, sugar and salt. Beat in the 2 eggs, then add the brandy, milk and water-and-lemon mixture and softened yeast. Gradually mix in the flour with a wooden spoon until a soft and slightly sticky dough is obtained. Knead on a floured working surface, adding more flour as needed, about 4 minutes, until smooth and elastic. Place the dough in a large oiled bowl, turn to coat with the oil, cover with a towel and place in a warm spot, such as an unlit oven, to double in size, about 2 hours. Punch down the dough and knead about 5 minutes. Insert a good luck coin. Shape the dough into a large ring, pinching the ends to seal. Place on a lightly greased cookie sheet. Decorate with the fruit slices, pushing them down slightly into the dough. Let the ring sit in a warm spot for about an 1 hour, or until doubled in size. Brush with the egg, which has been mixed with a teaspoon of water, sprinkle with sugar and bake at 350° for 35 to 40 minutes, or until a deep golden brown.

*Recipe Source: Recipes for a Holy Family by Holy Family Academy, Manassas, VA, Morris Press, 1999*

#### Fine Spice SALSA FINA

This phrase is repeated in recipe after recipe: "Take fine spice... take all fine spices... take all fine spices except saffron..." In some cases, Nola goes on to specify which particular spices are meant for that recipe. These include: cinnamon, cloves, ginger, grains of paradise, mace, nutmeg, and saffron. In other recipes, when he says "all fine spices," without further detail, it's not clear if he intends the cook to add all of the spices above, or simply to use his own judgment.

Another possibility is that "Salsa Fina" may sometimes refer to a blend of spices. Spice mixtures, such as those in recipes 1-6, were common in medieval cooking. The *Libre de Sent Sovi* gives a recipe for a pound of spice mixture called "Salsa Fina": 7 oz. ginger, 1-1/2 oz. cinnamon, 1 oz. pepper, 1 oz. cloves, 1/4 oz. mace, 1/4 oz. nutmeg, 1-1/2 oz. saffron. (Spices were measured in apothecary pounds, which contained 12 oz. This formula adds up to 12-1/2 oz.) Nola's "Salsa Fina" may have been a similar blend.

#### Fine Spice Mixture

7 oz. ginger  
1.5 oz. cinnamon  
1 oz. pepper  
1 oz. cloves  
.25 oz. mace  
.25 oz. nutmeg  
1.5 oz. saffron.

#### Duke's Powder POLVORA DE DUQUE (9)

*Half an ounce of cinnamon, one eighth of cloves, and for the lords cast in nothing but cinnamon, and a pound of sugar; if you wish to make it sharp in flavor and [good] for afflictions of the stomach, cast in a little ginger. (10)*

*And the weights of the spices in the apothecary shops are in this manner: one pound is twelve ounces (11), one ounce, eight drachms; one drachm, three scruples; another way that you can more clearly understand this: a drachm weighs three dineros, a scruple is the weight of one dinero, and a scruple is twenty grains of wheat. (12)*