

## Sauces in 14th Century French Cookbooks

	Mustard	Jance	Cameline	Green Sauce	Verjuice	Piquant	Green Garlic	White Garlic	Black Pepper	Yellow Pepper	Cold Sage	Own Sauce
<b>Red Meat</b>												
Venison	salted		boiled/roast						boiled			
Boar	salted		boiled						boiled			"Bourbulleys"
Beef	salted						boiled	boiled				
Pork	salted			boiled	roast	roast ("fat")						roast (w/ drippings)
Piglet			roast							roast		
Rabbit			roast			roast						
Veal			roast		roast (pasty)							
Kid			roast		roast							
Lamb			roast									
Mutton	salted		roast	boiled	roast							roast shoulders (w/blood)
Sausages	yes											
"numbles"												like lamprey
<b>Poultry</b>												
Goose		roast					roast	roast	roast			special sauce
Capon		roast										
Hen/Cockerel												
Pullets			roast		roast (pasty)						roast	
Peacock												roast (w/ liver)
Partridge			roast									
Swan										roast		
Pheasant			roast									
Pigeons												
small birds												"own sauce" - au jus?
Heron			roast									
<b>Fish</b>												
Pike	salted		"galantine"	boiled	roast							
Eel	salted				grilled/roast		roast/boiled					
Mullet	salted		saute/pasty		roast							
Barbel	fried								boiled	boiled		
Roach				boiled	roast							
Brochet		fried										
Sardines	Fried											
Herrings	salted											
Lamprey												roast
Ray												garlic cameline w/ liver
Turbot				roast								
Salmon			roast									
Generic Fish	salted					fried						
bass				boiled								
Shad	boiled		roasted	boiled								
Carp				boiled								
Bream				roasted/boiled	roast			pasty				
Chub				boiled	roast							
Trout			boiled									
Pimpernels					roast							
Loach	boiled											
Waymel	boiled											
"small fry"				boiled			boiled	boiled				
Lamprill	boiled		pasty/fried									
Mackerel	salted		roast/pasty									
Hake												ray sauce
Cod	salted	sauteed										
salmon			roast							roast		
flounder				sauteed								
sole				sauteed	fried							"own sauce"
anchovies	roasted											
smelt	fried	pasty/fried					pasty/fried					
cuttlefish					fry		fry					
oyster							boil-fry					
cockel								saute				
mussels					boil		boil					