



## To Prepare a Roast of Lamb

By THL Genevieve de Valois

One of my first A&S entries was dish a Roast Lamb and below are some excerpts from the documentation for that entry.

Lamb has been a staple meat dish throughout history and for many cultures. The recipe I chose to prepare this roast is timeless. It is in the Platina VI as "Haedus in Alio." The recipe reads:

Grease a kid, or a quarter of one, with lard and cleaned garlic cloves; put it on a spit and turn it by the fire. Baste it often with sprigs of bay or rosemary and the sauce I shall now describe. Take verjuice and the juice of the meat, the yolks of two eggs well beaten, two cloves of garlic well pounded, a pinch of saffron and a little pepper, and mix this and pour into a dish. With this you baste what you are cooking. When it is done, put it in a dish and pour some of the sauce over it and sprinkle with finely chopped parsley.

A similar recipe was listed in The Good Hous-Wiues Treasurie 1588, as "Buttes' Way of Seasoning a Lamb."

Cut a clove of garlic in half. Energetically rub the cut end over every inch of lamb. Sprinkle with salt and pepper. Place in a roasting pan with a whole onion. Liberally sprinkle with whole rosemary and ground sage. Roast as usual.

There is a Spanish version of this dish listed in the Book of Cooking By Ruperto de Nola Logrono, 1529. The recipe called: CARNERO ADOBADO (Marinated Mutton) is as follows.

Take a piece of mutton, and make little pieces of it, and cast it to cook in an earthen pot, with the broth of the pot. And after cooking it well, take saffron, and garlic cloves, and pepper, and blend it with a taste of vinegar and cook it a little with that; and then take egg yolks without the whites, and beat them very well and cast them within; and stir it in one direction until it is thick; and cast in your taste of honey and then remove it.

These are just a couple of very similar recipes for the preparation of lamb. I am certain that many other similar period recipes could be found with further research. It appears to me that these are some of the most common ingredients for the preparation of this and similar dishes.

For my preparation, I chose a 3 pound Roast of Lamb and prepared it by Platina's Method. I rubbed the surface of the lamb with garlic and Olive Oil (in place of lard). I then placed it in the oven to roast. After it had cooked for about 35 minutes I pulled it out and brushed it with a mixture consisting of rosemary, saffron, pepper, garlic, eggs, Red Wine Vinegar (in place of verjuice) and the pan drippings. I then placed it back in the oven to roast and re-basted every 10-15 minutes until the roast was done. Then I sprinkled it with parsley and it was done.

The roast of lamb turned out to be a delectable treat and was enjoyed by all. I highly recommend this method of preparation to anyone who is interested in experimenting with period recipes.

### **Bibliography**

Aresty, Esther B. The Delectable Past. Simon and Schuster , New York. 1964.

Hieatt, Constance B., Brenda Hosington and Sharon Butler. Pleyn Delit: Medieval Cookery for Modern Cooks. University of Toronto Press, Canada. 1997.

Carroll-Mann, Robin, Ed. Book of Cooking, Ruperto de Nola Logrono, 1529  
<http://www.florilegium.org/files/FOOD-MANUSCRIPTS/Guisados1-art.html>