

Recreation of a medieval Italian dish found in *The Medieval Kitchen: Recipes from France and Italy*.

It is an Italian 15th century recipe titled "Ravioli in tempo di carne" originally found in Maestro Martino's *Libro de arte coquinaria*.

Given the recipe name instructs this dish to be eaten when meat is allowed, that Martino's cookbook was quite popular during the 15th century, and that pasta was so ingrained in the daily life of medieval Italian people (it is included in the Tacuinum Sanitatis, albeit in the 16th century), I would imagine the dish was eaten by people great and small. I can not, however, point to any conclusive evidence to support this.

Translation of original recipe (copied from The Medieval Kitchen)

**Ravioli for Meat Days.** To make ten platefuls: take a half libra of aged cheese and little of another fat cheese and a libra of fat hog's tripe or calf's head, and cook it in water until very tender. Then chop it well and take nice herbs, thoroughly chopped, and some pepper, cloves, and ginger; and if you add the chopped breast of a capon, so much the better. And mix all these things together. Then make the dough very thin and enclose the mixture in the dough as it should be. And these ravioli should be no larger than half a chestnut; and cook them in a broth of capon or good meat, colored yellow by saffron when it boils. And let them boil for a time [it takes to say] two parternosters. Then serve and put on top of grated cheese and sweet spices mixed together. You can make similar ravioli with breast of pheasant, partridge, and other birds. (pg 60, *The Medieval Kitchen*)

For this dish I stuck very close to recipe laid out in *The Medieval Kitchen*, the only difference is I made my own version of chicken stock and didn't follow the one laid out by the book. I also doubled the recipe. I did use salt pork belly and not lean salt pork- mostly because that's what I found in the store. I also used slightly more pork than called for (total of two ounces more) once again due to that being the size found in store.

I did use all modern conveniences when cooking. Stock was made overnight in a crock pot, pasta was rolled on a modern hand crank pasta roller, filling was mixed in a food processor, filling was deposited onto pasta using an icing bag, and an electric range was used to cook filling and boil pasta in stock. I did make my own pasta dough and farmer's cheese. Digital scale was also used to measure weights and separate dough into equal parts.

Pasta dough:

3 cups flour, 4 eggs, pinch salt, small amount water

I mixed the flour, eggs and salt in a large bowl until just sticking together, then I turned it out on a floured counter and knead it until it came together and was no longer crumbly. I then divided it into two ounce balls and rested in plastic bags so they didn't dry out.

Filling:

24 oz salt pork belly, 2 cups parmesan cheese, 8 ounces farmer's cheese, 4 skinless boneless chicken tenders , half cup chopped parsley, quarter cup chopped mint, half teaspoon black pepper, pinch cloves, pinch ginger

I cooked the salt pork in water for an hour to soften and added the chicken in the last half hour or so to cook through. I mixed the (homemade) farmer's cheese with the chicken and pork in the food processor then added most of the parmesan cheese, spices, and herbs to the processor to make a very sticky, but well combined mixture.

I had made a farmers cheese the day before by heating a half gallon of whole milk to 180 degrees adding a third cup white vinegar, letting rest for 15 minutes, then straining in cheesecloth overnight in the fridge.

The pasta was then rolled out into thin strips, the mixture piped onto the pasta, then the pasta was folded over the filling and sealed and cut into ravioli.

I chilled the ravioli in the fridge overnight and cooked them in broth this morning.

Chicken Broth

4 chicken legs, 2 chicken thighs, 2 onions, 10 cloves garlic, 20ish threads saffron

I roughly chopped the onions and combined with the chicken pieces and whole garlic cloves in the crock pot and filled with water. I let it cook overnight (approximately 12 hours) in the crock pot then removed all meat and vegetables in the morning.

The stock was brought to a boil with the saffron and the ravioli was cooked for around 5 minutes. Then the ravioli was removed from the broth, added a little broth back into the pasta and garnished with the remaining parmesan cheese, and a sweet spice mixture made from equal parts ground ginger, ground cinnamon, powdered bay leaves and ground cloves (not quite an equal part of cloves).

This dish would usually be served in a large bowl or turren, but due to the nature of this event, I chose to serve it in individual cups so it is easier (and less messy) for consumption.

Main Source

*The Medieval Kitchen: Recipes from France and Italy*

Odile Redon - Françoise Sabban - Silvano Serventi - University of Chicago Press - 1998

Internet Sources:

[http://commons.wikimedia.org/wiki/File:6-alimenti,\\_pasta,Taccuino\\_Sanitatis,\\_Casanatense\\_4182.jpg](http://commons.wikimedia.org/wiki/File:6-alimenti,_pasta,Taccuino_Sanitatis,_Casanatense_4182.jpg)

<http://ierioggiincucina.myblog.it/2013/04/11/maestro-martino-menu-medievale1/>

[http://en.wikipedia.org/wiki/Tacuinum\\_Sanitatis](http://en.wikipedia.org/wiki/Tacuinum_Sanitatis)

<http://www.maestromartino.it/eng/maestromartino.html>



Women preparing pasta, including stuffed pasta.

Cathleen Hoeniger, "The Illuminated *Tacuinum sanitatis* Manuscripts from Northern Italy ca. 1380-1400: Sources, Patrons, and the Creation of a New Pictorial Genre." *Visualizing Medieval Medicine and Natural History, 1200-1550*. Edited by Jean A. Givens, Karen M. Reeds, and Alain Touwaide. Ashgate, 2006. Pp. 51-81.

Image found at  
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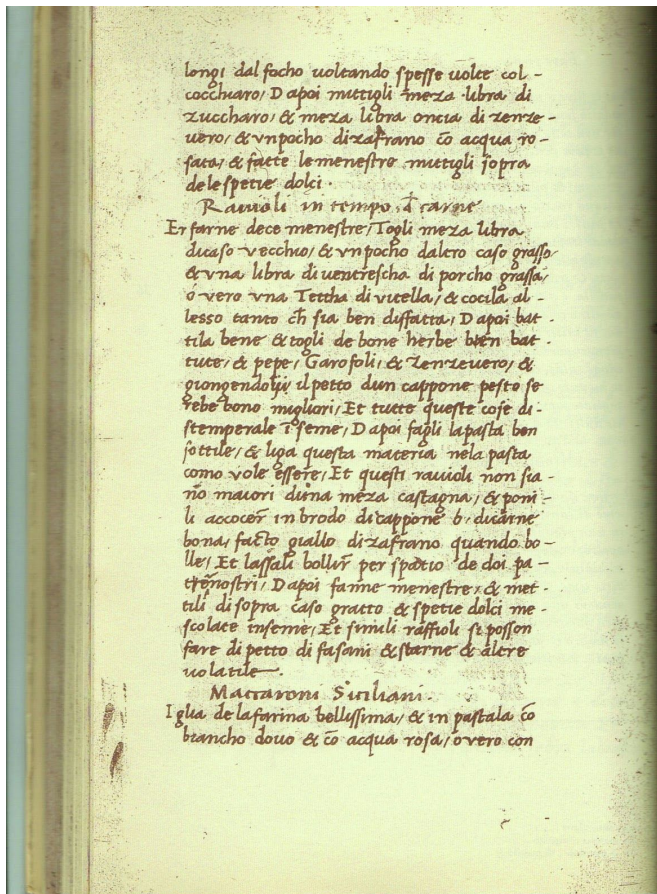


Image from reproduction of manuscript of Maestro Martino's *Libro de arte coquinaria*, Ravioli in tempo di carne.

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