



East Kingdom Cooks Guild, *Field Research Division*

Brunissende de Brocéliande, Lêretochter bî Juliana von Altenfeld

Dele mele bullito co le noci, detto nucato

Also described as spice honey nut crunch....

Source: *Libro della cucina del secolo XIV* (Francesco Zambrini, Editor)

Original recipe: *Togli mele bullito e schiumato, con le noci un poco peste e spezie cotte insieme: bagnati la palma de la mano coll'aqua et estendillo :lassa fredare a dà mangiare. E puoi ponere mandole e avellane in luogo di noci*

Translation (the medieval kitchen recipes from France and Italy: Odile Redon, Françoise Sabban & Silvano Serventi) Take honey, boiled and skimmed, with slightly crushed walnut and spices, boiled together: wet the palm of your hand with water and spread it out; let it cool, and serve. And you can use almonds or filberts in place of walnuts.

What I did:

- Crush almonds (1 Lb) with mortar and pestle
- Boil 1 pot of honey (1 Lb) and skim the impurities on the surface of the boiling liquid.
- Add one teaspoon of the powdered (mortar) spice mixture (1/3 ginger, 1/3 black pepper, 1/6 cinnamon and 1/6 cardamome)
- add the almonds
- keep boiling (low fire) until one drop put on a cold plate solidified
- Add another teaspoon of spice mixture
- Spread it (using towel soaked with lemon juice to smooth the surface)
- let it cool and solidify
- break in pieces
- bring it here to be tasted ☺