



## From the East Kingdom Cooks Guild, *Field Research Division*

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### *How to serve squirrels*

Many in the Canton have wondered what could be the use of these proud although annoying creatures. Gladly, French cooks in the 14<sup>th</sup> century had an answer.

**Escurieux:** Le Ménagier De Paris, circa 1393 in the chapter "Menues choses" (small things)

**ESCURIEUX soient escorchiés, effondrés, reffais  
comme connins, rostis, ou en pasté : menpiés à la ca-  
meline ou à la sausse de hallebrans en pasté.**

Translation: "*Squirrels are skinned, gutted, trussed like rabbits, roasted or put in pastry: eat with cameline sauce or in pastry with wild duck sauce.*"

The German of the 16<sup>th</sup> Century though similarly:

From From Marx Rumpolt, Ein New Kochbuch, c. 1581

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[http://clem.msced.edu/~grasse/GK\\_game1.htm](http://clem.msced.edu/~grasse/GK_game1.htm)

Von einem Eichhorn kanstu nemmen zum Gebraten/ eynmachen/ vnd in ein Pasteten eyngeschlagen/ vnd kalt lassen werden/ so ist es gut vnnd wolgeschmack.

Translation: "*From a squirrel you can take to roast/ prepared /and folded into a pie/ and let get cold/ so it is good and well tasting.*"

So, now, you know what a period use would be.

Cook them, preferentially in a pie

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Useful references:

Le ménagier de Paris :

- in French : <http://gallica.bnf.fr/scripts/ConsultationTout.exe?E=0&O=N083111>

- translated: <http://www.daviddfriedman.com/Medieval/Cookbooks/Menagier/>

East Kingdom Cooks Guild discussion group:

<http://groups.yahoo.com/group/EKCooksGuild/>

And thanks to the Sca-cooks mailing list:

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