

To Boile a Capon with Oranges and Lemmons

From Master Bishop Geoffrey d'Ayr

(From 'The Gud Huswives Jewel' by Thomas Dawson, 2nd Edition, 1596)

1 Capon, Boiled in Water, Drained, Boned, Diced.

Reserve Broth.

3 Lemons, Peeled and Segmented

6 Oranges, Peeled and Segmented

4 Whole Cloves

8 Prunes

4 Dates

Pepper, to Taste

Ground Mace, to Taste

Sugar, to Taste

3 Cups White Wine

Put fruits, wine, spices into a pot and boil. Add strained broth from cooking capon. When sauce-like (i.e. thickened slightly) add diced capon and serve over soppes.