

# On preparing carrots and parsnips

From Master Bishop Geoffrey d'Ayr

From Plaina, Vennice, 1475

6 pounds Parsnips (cleaned and diced)

6 pounds Carrots (cleaned and diced)

2 heads Lettuce (cored, washed and  
chopped)

Salt & Pepper

Ground Coriander

1 quart Red wine

In effect, a "boylt salat". Put cleaned, diced carrots and parsnips in a pot of boiling water. Bring back to a boil and drain. Place carrots and parsnips in cold water with chopped lettuce and bring to a boil. Remove from the heat and drain.. Mix remaining ingredients with the hot vegetables toss and serve.