

Chicken-in-a-Rock

From Master Bishop Geoffrey d'Ayr
(From "An Old Icelandic Medical Miscellany"
Translated by Duke Caridadoc of the Bow)

Take small Chickens and lightly salt. Either rub with ground sage or (if you can get whole, fresh leaves) whole, washed leaves dotted over them. Wrap in a few thin slices of bacon or salt pork.

Make a simple, stiff dough of flour and water, rollout and wrap the Chicken in it completely.

Put the whole Chicken on a greased baking tray and bake at 400 degrees for 1 to 2 hours. Crust will be dark brown to black. Break open with a hammer, extricate the Chicken and serve. The cooked dough is edible (if you like slightly burnt Philadelphia soft pretzels).

Measurements are pointless here - you do this by trial and error -a bigger bird means more dough and longer cooking time.