

To Make a Frycace of Clode Mutton or Veale

From Master Bishop Geoffrey d'Ayr

"From a Booke of Cookrye" by AW London 1591

12 lbs Stew Lamb meat, or veal cued

3 lbs butter

11 gallon white wine

Salt

Ground ginger to taste

Fry meat in butter till brown. Add wine, salt and ginger and cook until stewed. Serve with slices of toasted bread or boiled/baked rice.

Remember 1 unit rice and 2 units waited _3 units cooked rice. Best way to make simple rice is in a disposable baking pan in a 350-degree oven. Put rice, water, and butter and salt in pan. Place in oven and remove when done. This saves on clean-up time and is the least likely to produce burned rice.