

ROASTED ONION SALAD

The Medieval Kitchen: Recipes from France and Italy by Odile Redon, Françoise Sabban, Silvano Serventi, tr. By Edward Schneider. Univ. of Chicago Press. 2000.

Of Onion Salad. Take onions; cook them in the embers, then peel them and cut them across into longish thin slices; add a little vinegar, salt, oil and spices, and serve.

--*Libro della cucina del secolo XIV* (also in Platina, *De Honest Voluptate et Valendine* Book IV #17 with boiled wine replacing vinegar.)

Redaction

2 pounds medium red or other sweet onions (about 6)

Olive Oil

Wine Vinegar (red or white, they both work well)

Scant 1/3 teaspoon Fine Spices (see below)

Salt & Pepper to taste

Roast unpeeled onions in the hot embers of a fireplace or bbq grill or wrap them in foil and roast them in a 500 degree oven until they are very tender (about 1 hour.) Unwrap them and let them cool enough to be handled. Peel them and slice them very thin. BE CAREFUL - they are very slippery!

Put the sliced onions in a serving bowl and season them with salt, pepper and the spice mix. Add a little olive oil and vinegar to taste. Mix and serve room temperature or slightly warmer.

Fine Spices for all foods. Take an onza of pepper and one of cinnamon and one of ginger, and half a quarter (onza) of cloves and a quarter of saffron.

Redaction

2 rounded Tablespoons freshly ground black pepper

2 rounded Tablespoons ground cinnamon

2 rounded Tablespoons ground ginger

1 1/2 Tablespoons saffron threads, loosely measured and crushed to a powder in a mortar or your fingers

3/4 teaspoon ground cloves

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