

I chose to translate Libro B, of Anonimo Meridionale: Due Libri di Cucina, edited by Ingemar Boström. My translation is my own, although his edition had a very useful glossary which I have made much use of. This glossary is old Italian to modern Italian.

I have written a brief glossary of my own in English, for Italian words both modern and old, although in the case of the old words with a direct translation to a common word in modern Italian, I have sometimes included the modern Italian as well. My notes and introduction I have written twice, first in English, second in Italian.

About Libro B: Please note that Libro B gives a table of contents that includes about twice the recipes that are actually included in the collection. I do not know why, but suspect that parts of the original manuscript were irrecoverable.

I have also guessed that it was originally a collection of recipes from different sources because it contains recipes of wildly varying complexities. It ranges from recipes like #69, gnochì, which is three lines and begins with "take flour and bread crumbs, and put in a little water" to recipes like #95, eucabam, which is a little over four times the length and gives quantities for everything. I don't know for certain that it is a collection, but it would not be unusual for a cookbook of the period.

Finally, my goal in doing this translation was to make the source accessible to English-speakers who did not speak Italian. Therefore, I have focused on conveying the exact meaning of the Italian insofar as I was able to rather than making the translation elegant. This may sometimes lead to awkward phrasing in English, for which I apologize, but if I cannot make it both beautiful and true, I would prefer the latter.

Ho deciso di tradurre Libro B del Anonimo Meridionale: Due Libri di Cucina, a cura di Ingemar Boström. Il mio traduttore è il mio, ma ho usato molto il glossario della sua edizione, che è molto utile. Questo glossario è dall'italiano antico all'italiano moderno.

Ho scritto un piccolo glossario del mio in inglese, per le parole italiane moderne e antiche. Ma, se le parole italiane antiche hanno le traduzioni dirette alle parole italiane moderne, qualche volta ho scritto la parola nell'italiano moderno anche. Ho scritto le mie note e la mia introduzione due volte, prima nell'inglese, secondo nell'italiano.

Anche, Libro B è incompleto. L'indice ha 129 ricette, ma ci sono solo 65 scritti. Non so perché, ma penso che una parte del manoscritto sia stata perduta.

Penso che Libro B è una collezione delle ricette delle diverse fonti, perché le ricette sono molto diverse. Alcuni sono come gnochì, che è molto corta e comincia con "togli farina e mollica di pane, e metterace uno poca de acqua", quando alcuni sono come Eucabam, che è molto lungo e dà le quantità per quasi tutti. Certamente questa idea è possibile; non so se è vera, ma penso che sia vera.

Finalmente, con questa traduzione, vorrei rendere questo libro di cucina disponibile alle persone che parlano inglese ma non parlano italiano. Perciò, ho fatto la mia traduzione così letteralmente come posso. Se l'inglese non è bello, mi dispiace. Ma se è bello, non è vero, ed io preferisco vero.

## Due Libre glossary

Abassare, v: To abase, to depress.

Adreto, Areto, adv: Probably adritto, which means directly.

Alesandrine, adj: Alexandrian, from Alexandria.

Alquanti, adj: Alcune. Some.

Altrieri, n: I am translating this as “l’altro ieri”

Altre sì, conj: Also, else, moreover.

Amandola, n: Almond.

Anguilla, n: Eel.

Apollinos, n: The name of a dish.

Apparecchiare, v: To prepare, or set a table.

Ascazare, v: To crush or squeeze.

Atturare, v: To stop or damn up.

Bagnare, v: To wet.

Barbari, n pl: Barbarous, meaning in this context unknown - maybe connected to Barbary?

Bastardo, n: A bastard, a mongrel, or a kind of wine called Bastardo.

Battere, v: To beat, to chop.

Battuto, adj, past participle of Battere: Beaten.

Battuto, n: Sometimes used for chopped herbs, I have generally interpreted it as such. Occasionally used for beaten things, such as fish, herbs, other meat, or combinations of the above, but this use is generally clear from context.

Berlice: I cannot figure out what this means.

Bietuli, n pl: Beets (beet greens?)

Blamancere, n: Name of a dish. There is a similar dish in another early cuisine called Blancmange.

Bo, n: Bue, an ox.

Borragine, n: Borage. An herb.

Borvi, n: Name of a dish, we don't know what.

Branzebero, n: Not a clue, sorry.

Brascia, Brace, n: Coal(s), or ember(s).

Brodetto, Brodicto, n: Fine broth.

Brusciare, v: To burn. I have translated as “to toast.”

Borvi, n: Name of a dish.

Budelli, n pl: Guts.

Burlare, v: Gettare (to throw).

Cacciare, v: Gettare (to throw).

Calcicare, v: To thrust, to ram.

Calcinelli, n pl: A kind of little shellfish; see note.

Caldume, n: “A soultry and faint heat”. Name of a dish, I am extremely dubious about the dictionary definition.

Camelino, n: “A kind of dainty sauce in Italy.”

Camillina, adj: “Cameline sauce” is found in several other early cookbooks, so I am guessing that that is what it is. Also, see above.

Cantare, v: To sing. As everyone knows. However, I refuse to believe “Acantate de porre” is “to sing

of beets.” Not that I have any better ideas, mind.

Capone: Capon, or a kind of shellfish. I have translated it as capon, which seems to fit in context.

Capra, n: Goat.

Capriccio, n: Kid (young male goat).

Carus, n: The name of a dish.

Casciata, n: Dish with cheese.

Cascio, n: Cheese.

Castagnata, n: “Castagna” is chestnut; this is something made with chestnuts.

Castrone, n: Ewe-mutton.

Catino, n: Milk pan, broad flat bowl, dish, platter or tray.

Cauli, n pl: Cabbages.

Cenamo, n: Cinnamon.

Çencone, n: Ginger.

Cenere, n: Cinders, ashes.

Cervellato, n: Salsiccia, sausage.

Cesame, n: Probably the name of a dish which is made with fish.

Ciascuno, pronoun: Qualqu’uno, each one, every one.

Cimere, n: Tops, crests.

Ciorate, n pl: Carota is carrot, so ciorate might be carote - carrots. But that is a guess.

Ciudere, v: To close, to enclose.

Civero, n: Potentially civy or civet? Stew.

Cogliere, v: To gather, to collect.

Colare, v: To strain.

Conciare, v: To dress, to attire.

Condotto, n: Ditch, conduit, or sink.

Confetto, past participle: Preparato.

Convenevolmente, adv: Conveniently, decently.

Coprire, v: To cover.

Coriando, n: Coriander.

Corte, n: Court. Pane de corte=court bread, unusually fine bread?

Corteccia, n: Skin, rind or hide.

Cotoge, n: I have translated this as quinces, from “Cotogni.”

Coçarda, Cozzarda, n: Unknown.

Crepa, n: Name of a dish.

Crosta, n: Crust.

Cucche, n pl: “Cocche” is given as “berries as of Bay or Juniper”

Cumere, n: Something you make with eggs.

Da cunque, conj: I am guessing “Dunque”, which means (therefore?)

Dabelli, phrase: I am translating this as “da ab elli”; give to them. It is a guess.

Dattare, v: Same as Dattere, dates.

De: Of. Also used for con, “with”.

De fora inenti, phrase: De should be of, fora could mean “holes” or “forth” or be the verb “forare”, to pierce or make hollow, and inenti my best guess is Inentro, within or inwardly, although Enante, a kind of wild grape, would be my second best guess. I can't really make sense of it with any combination of these interpretations, though.

Decota, adj: Not sure, but decotto is “boiled in, decocted”.

Derrata, n: A good handful, a good penny’s worth.

Dessilare, v: To unsalt, to make fresh. I’m guessing it’s also Dessilo.

Destructo, adj: Dissolved, destroyed.

Discarole, adj: Discolored, a guess on my part, from "discolorare" to discolor. The differences in spelling are not immensely beyond par for this manuscript.

Donde, n: Whence, from whence, whereupon, whereby.

Electa, n: Name of a dish.

Empire, Empiere, v: To fill.

Et, conj: Normally “and”, also used for con, “with”. Note that it is consistently “et” rather than the modern Italian “e”.

Eucabam, n: Name of a dish.

Fabricare, v: To build, frame or forge.

Fegato, n: Liver.

Fiadune, n: Egg-pie or custard, or honey-comb.

Fiatre, v: To breath.

Ficatelli, n pl: Liverings, a kind of meat.

Fino, adj: Fine.

Fora, n: Front, forth, holes.

Formento, n: Wheat.

Forare, v: To bore, to pierce, to make hollow.

Fornire, v: To furnish, to deck, to garnish.

Foro, n: Hole.

Furno, n: Oven.

Fusticello, n: I am guessing fork, from "forchetta", because "ett-" and "ell-" exchange often. It is not a very good guess.

Gaçone (Gacione?), n: Name of a dish.

Galanga, n: Galengale, we’re guessing.

Gallina, n: Hen.

Garofano, n: Clove.

Gelatina, n: Meat jelly.

Gienca, n: Heifer, runt, steer, yearling, or bullock.

Gioncata, Ioncata, n: Lit: Rushes. Also any “junket”, but properly fresh cheese or cream.

Giongere, Giungere, v: To add, to join unto.

Gnochì, n: Not really modern gnocchi (no potato during this time period) but close enough.

Grana, n: Grain to die scarlet

Grancio, n: Crab.

Granelli, n pl: All matter of grains or kernels.

Grano, n: Any kind of grain or corn, or a grain weight.

Grasso, n: Fat, oil or butter.

Grattare, v: To grate.

Grosta, n: Crust, or the name of a dish?

Infondere, v: To infuse.

Isopo, n: Hyssop.

Lampreda, n: Lamprey

Lattamolo, n: The name of a dish.  
Laudo, n: The name of a dish. Possibly related to Latin "Laudare", to praise.  
Lesagne, n: Broad, flat noodles flavored with cheese, butter and/or spices. Not modern lasagna.  
Lessare, v: To boil meat.  
Levanese, adj: Probably Eastern, from "levante: East"  
Lonza, Lonche n: Loin.  
Lucanica, Locanica, n: Any kind of pudding.  
Macinare, v: To mill, or grind as corn.  
Magrare, v: To make or grow lean.  
Maiurana, n: Marjoram  
Mangiare, n: Food or meat. I have translated this often as "a dish of"  
Mangiare, v: To eat.  
Medola, n: Marrow, pith, core, substance.  
Melarancia, n: Orange  
Menestrare, v: To "kiche up", which I am guessing means "to cook up" from context and from the English word "kitchen", a place where one cooks. (Also from the Italian cucina/cucinare; a kitchen/to cook.)  
Mescolanza, n: Mixture, or salad of diverse herbs.  
Miliaccio, n: Dish with millet.  
Minuta, adv: Small as dust, minute.  
Minute, n: An herb.  
Minutelli, n pl: Giblets.  
Mitade, n or adj: Half, half of.  
Mollica, n: Crumbs, crumbling.  
Mondare, v: To shell, to clean.  
Moriada, adj: Unknown.  
Mortimolo, n: Name of a dish.  
Mortia, n: Name of a dish. "Mortita" is "a kind of meat like jelly." I have also been told it means "a kind of salted provisions."  
Muliazeto, n: Name of a dish.  
Nicto, adj: Probably netto, "clean".  
Noce moscata, n: Nug-meg.  
Nocciola, n: Any kind of small nut.  
Obitelli, n pl: Unknown. However, Abitello is "any kind of small weed".  
Oca, n: Goose or gander.  
Odoricti, adj and n pl: There are several related words meaning "savory" or "Odiferous", however. Since I doubt they are calling their chicken smelly, I'm going with the first meaning. Also used as a noun; going with the first translation it *might* be savory/fragrant herbs, but I don't want to rely on it.  
Ola, n: I am guessing that this is a misspelling of olio. It would not be unusual. It also stands for  
Pentola, pot.  
Omge, adj: Guessing omne, omni.  
Onda, n: A wave or billow.  
Overo, conj: Or else.  
Padestia, Padella, n: Frying pan.  
Pancia, n: Paunch or belly.

Panniccia or Paniça, n: A dish of panic. See below.

Panico, n: A grain called panic, according to my dictionary. I am told this is a name used for “broomcorn millet.”

Paparo, n: Young goose or gosling.

Passo, adj: Withered, dried.

Passo, n: Step.

Pastelli, n pl: Fine little pastries.

Pecora, n: Sheep.

Pentola, n: Earthen pot or pitcher, or cauldron.

Perverata, n: Meat pottage of pepper.

Peso, Piso, n: Weight.

Petrosilli, n pl: Stone parsley. The modern Italian translation gives it as “parsley.”

Petto, n: Breast.

Pigliare, v: To take.

Pignato, n: Pot to boil meat in.

Pignocio, n: Pine nut.

Polpa, n: Brawn, pulp, or pith.

Polverizzare, v: To pulverize, to bray or reduce to dust.

Premere, v: To press, to weigh down, to suppress.

Pugne, n pl: Plural of Pugno, a fist or handful.

Quatragesima, n: The fasting season of lent.

Quillies, n: The name of a dish.

Radice, n pl: Roots.

Rechesta, n: Giblets.

Reforsato, adj: Not sure. “Renforzata” is re-enforced or fortified, so guessing fortified. They say “piccante”, which is sharp or tart.

Renfuso, n: Name of a dish.

Renfuso, adj: No clue, but it applies to tenches.

Riverso, adj: Reversed, inside out.

Roffoffoli, n: The name of a dish. “Roffolato” is “a kind of meat made of swine’s flesh and much pepper.”

Saffranare, v: To color or dress with saffron.

Saffrano, n: Saffron.

Salare, v: To salt, to pickle, to brine

Samucato, adj: Probably sambucato, an "elder-tree color" or green.

Sapore, n: Relish, savour, sauce.

Scalogne, n pl: Scallions.

Scudella, n: Dish or pottanger.

Sicomo, conj: Sicome.

Soctopei, n: The name of a dish.

Sognaçcio, n: Tallow.

Sottile, adj: Small.

Spica, n: Clove (of garlic), ear (of corn).

Spine, n pl: Sharp fish-bones.

Spoia, Spoglia, n: Pie-shell, or skin.

Stamegna, n: Collander.

Starna, n: Partridge.

Stemperare, v: To temper or moisten.

Strignere, v: To bind, to wring.

Strutto, adj: Destroyed, consumed, melted or thawed.

Suco di gienche, n: Sounds like "juice of heifers" which makes no sense. I speculate that it may either be meat broth from cooking heifers, steers, bullocks, or any of the listed things, or that it may be "milk of heifers". However, this is just speculation, and they do use other words for both milk and meat broth, so it seems unlikely.

Sumaco, n: Sumac.

Suso: Upon, over or above.

Tagliatura, as Tagliamento, n: A cutting, a slice.

Tagliere, n: Trencher or square.

Tale, adv: Such, such that, to that point.

Tenca, n: Tench (kind of fish.)

Testo, n: A baking-pan.

Tigete, ?: Unclear. Could be either a noun or verb, I was unable to find either in my dictionary.

Tomagele, n: Not sure, but "Tomacelle" is "hog's pudding."

Tovaglia, n: Table-cloth. I have assumed that in this dialect, it is used as "Tovaglietta" (napkin), and translated it as such, because you're not straining things with a tablecloth!

Tritare, v: To mince, to slice, to crumble, to bruise.

Tuorlo, n: Yolk, of an egg.

Turare, v: To stop, dam up or muffle.

Ungere, v: To anoint, to smear.

Untu, Unto, adj: Greased.

Vacca, n: Cow. Also a kind of fish.

Vascello, n: Vessel.

Vì, pronoun: There, in that place, to it.

Vino vermeggio, n: Red wine.

Ventricchi, n pl: Gizzard.

Voci, n pl: Unknown. Voconie is cherries or figs.

Vone, ?: Unknown. Best guess is shortening of "ne voglio" - "I want of it."

Zenzero, n: Ginger.

## Notes about ingredients.

### Calcinelli

My Italian-English dictionary gives "Calcinello" as "a kind of small shellfish." It does not say which kind. However, Calcinellus is one name given in the Latin book "Prodromus faunae mediterraneae, sive Descriptio animalium maris Mediterranei" by Julius Victor Carus for a kind of shellfish called (then) by the Latin name of scrobicularia piperata. It is presently known as scrobicularia plana, or "peppery furrow shell." My guess is that this is what "Calcinelli" refers to, however I am not certain. Wikipedia does say that they are not considered edible.

The herb "holy Mary"

There are a lot of herbs by that name, and we were unable to find one that was clearly the right one.

### Ravioli

I have no clue what “asoprese” means; it's not in any of my dictionaries. But there is a similar recipe collection, the Neapolitan Recipe Collection (I used the edition by Terence Scully, I do not know whether there is another) which has a similar, if much more detailed, recipe for ravioli, which says to put them to cook in fatty capon broth. I don't know whether or not this is related.

"Tallow of the sugar"

Tallow is rendered fat. Could this possibly be sugar melted and then cooled for a similar effect?

### **Special note on spelling and language.**

#### Spelling

The concept of consistent spelling seems to have been invented after this book was written. Like English cookbooks from the same time, one word may be spelled many different ways. For example, *salsiccia* is spelled "solcicie" or "salciçe" or "salziçe" among others. I have guessed what modern Italian word these correspond to as best I can.

There are a few consistent rules. For example, "tt" is often replaced with "ct", as in "lacte" (*latte*), "micti" (*mitti*, likely *metti*), or "dicti" (*detti*). "i" and "e" also switch back and forth, as seen in the proceeding examples. "Gio-" and "Io-" seem to be interchangeable. Also, "o" and "u" are sometimes interchangeable, for example in "capitulo (*capitolo*)." Gender is not consistent either; the same word may be given in either of two genders. For example, "pignato" and "pignata" seem to mean the same thing. If this is a collection with recipes directly transcribed from the original source, this may be explained as different dialects. Double consonants and single ones are often interchanged. (See “odoricti” and “odoriti”, bearing in mind that “odoricti” = “odoritti”)

#### Latin

The author knew Latin, and either wanted to look educated or liked using it; at any rate, he drops Latin phrases in occasionally, such as “et fiet bonum” (and let it be good), or “expliciunt” which I have translated as “explanatory.” This makes it difficult to read without knowing Latin.

Also, the Italian is somewhat latinate. Among other things, the subjunctive *sia* is used without a triggering phrase for “let it be”, as in Latin. Either my Italian is lacking (which it is), or the subjunctive in general is used very oddly, in ways that do not always make sense.

### **Note sui chibi.**

#### Sui calcinelli.

Florio ha scritto che “Calcinello” significa “un tipo di piccolo frutto del mare.” Non ha scritto quel tipo. Ma *Calcinellus* è un nome dato nel libro latino “*Prodromus faunae mediterraneae, sive Descriptio animalium maris Mediterranei*” dà Julius Victor Carus per un tipo di frutto del mare che si è chiamata *scrobicularia piperata*. Nel questo tempo, si chiama *scrobularia plana*. Penso che "calcinelli" significhi queste cose, ma non sono sicura. Secondo Wikipedia, si non può mangiarle.



Sull'erba sancte Marie.

Ci sono molti. Non so quale è la giusta erba.

Sulli ravioli

Non posso trovare "asoperse" nel nessun dizionario. Ma un'altra collezione, Cuoco Napoletano (ho usato l'edizione de Terence Scully) ha una richetta per ravioli che dice che si mette i ravioli a cocere nel brodo grasso del capone. Forse questo è la fine del richetta, forse non è. Non so.

Sul "sugnaccio del zucchero"

Sugnaccio significa sego, che è grasso liquefatto e solidificato. Forse "sugnaccio del zucchero" significa che si liquifà il zucchero e poi se lo rinfresca?

### **Note sulla ortographia e sulla lingua**

La ortographia.

L'idea della ortographia coerente sembra di essere inventata dopo del scrivendo di questo libro. Nel questo libro, come negli antichi libri inglese, una parola è scritta nei molti modi. Per esempio, salsiccia è scritta "solcicie" e "salciçe" e "salziçe" e penso che ci siano più. Quindi, questo traduzione è plena delle mie supposizioni, e ci sono pochi parole che non potevo identificare. Nel testo, ho dato queste parole nell'italiano, e nel index, ho scritto una nota per ognuno.

Ci sono pochi regole. Per esempio, "-tt-" qualche volta diventa "-ct-", come "dicto (detto)", "micti (metti)" o "lacte (latte)". Anche, come Lei vede negli esempi precedente, "e" potrebbe diventare "i". "Gio-" e "Io-" significano la stessa cosa. E "-o" potrebbe diventare "-u" – come nel "capitulo." Anche, genere è variabile; la stessa parola potrebbe essere femminile o maschile. Per esempio, "pignato" e "pignata" semble di significare la stessa cosa. Se questo libro e una collezione di richette dalle diverse fonti, è possibile che la differenza sia una questione di dialetto. Anche, le consonanti doppie possono diventare le consonanti semplici. Per esempio, "odoritti" è diventato "odoriti" in una richetta.

Latino

L'autore parlava anche latino, e l'ha usato molto, come "fiet bonum" o "expliciunt." Anche, l'italiano e un peu come latino; "sia" e usato senza "penso che" o "dunque" o niente! O il mio italiano non è buono (che è vero) o la lingua ha cambiato.

### **Bibliography and thanks.**

I used two dictionaries. First, Queen Anna's New World of Words, a dictionary written by John Florio in 1611 and webbed by Greg Lindahl at <http://www.pbm.com/~lindahl/florio/>

This dictionary was very useful both because it was searchable, and because it had most of the words I needed. I also used the WordReference Italian-English dictionary at <http://www.wordreference.com/>

This dictionary was very useful because it searches verb forms as well as nouns and infinitives. It is very easy to use, but the vocabulary was so limited as to be almost useless. I mostly used it to check my results.

Also, much credit is due to my parents, for work on the developed recipes, knowledge of medieval cooking, and general advice; similarly, credit for advice with translation is due to the kind people of the SCA Cook's List ([sca-cooks@lists.ansteorra.org](mailto:sca-cooks@lists.ansteorra.org)) some of whom have been doing this since before I was born.

(Rebecca Friedman, translator)

### **Bibliographia e grazie**

Ho usato due dizionari. La prima è Queen Anna's New World of Words, un dizionario scritto da John Florio in 1611 e pubblicato sull'internet da Greg Lindahl a <http://www.pbm.com/~lindahl/florio/>. Questo dizionario era molto utile perché si può cercare per la parola che si vuole, e perché il dizionario aveva molti delle parole antiche usate nel testo. Ho usato anche il dizionario italiano-americano WordReference, a <http://www.wordreference.com/>. Questo dizionario era molto utile perché si può cercare non solo per i nomi e i verbi nei forme infinite ma anche per le forme verbale, che non dovrebbe essere necessario ma spesso è utile, e perché fa gli esempi. L'ho usato per verificare le mie conclusioni dal dizionario del Florio.

Anche, devo dire grazie ai miei genitori, per cucinare le ricette finite (quasi tutto; uno è solo la mia) e per i loro consigli e la loro conoscenza della antica cucina. Grazie anche alla gente del SCA Cooks List ([sca-cooks@lists.ansteorra.org](mailto:sca-cooks@lists.ansteorra.org)) alcuni di che sa questa cucina molto bene.

(Rebecca Friedman, traduttrice)