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Fyllettes in Galyntyne

Country: England

Century: 14-16th

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- 1 lb. Pork (Tenderloin)
- 2 cups beef broth
- 1/4 tsp. pepper
- 1/8 tsp. cinnamon
- 1/8 tsp. ground cloves
- 1/8 tsp. mace
- 1/8 tsp. ginger
- 1 onion, chopped

Sauce:

- 1 cup broth
- 3 slices of bread
- 1/8 cup red wine vinegar
- 1/4 tsp. sandalwood
- pinch saffron, ground
- 1/8 tsp. salt

Marinate meat in wine overnight. Put Broth, spices and 2 cups wine into a pot with meat. Boil until cooked (mine took about an hour). Place beef in a roasting pan in oven at 325°F for about 15-20 minutes (or until excess juices have drained from meat, and meat is slightly browned).

The use of cinnamon, ginger, and cloves as spicing for meat dishes was very common in medieval England, making this dish a perfect introduction to medieval European cuisine.

