

# Pegions Stewed

Recipe by Daniel Myers

*This is an amazingly simple recipe that is good served hot or cold. While it calls for pigeon, I use chicken legs and thighs - they're a lot cheaper and easier to find, and the dark meat is a close enough match for taste and texture. It goes exceptionally well with [Onion Salad](#).*

3-4 pounds chicken  
2 cups broth  
1 clove garlic  
1 Tbsp. parsley  
1/2 tsp. marjoram  
1/2 tsp. sage  
1/2 tsp. [powder fort](#)  
1/2 tsp. salt  
pinch saffron

Place all ingredients in a large pot and bring to a boil. Cover, reduce heat, and simmer until done - about 20 minutes.

Source [[A Noble Boke off Cookry](#) (Holkham MSS 674), R. Napier (ed.)]: *To mak pegions stewed hew pegions small and put them in an erthen pot then tak erbes and pilled garlike and chope them to gedur and put them in good brothe put ther to whit grece poudur and vergious colour it with saffron and salt it and stew it well and serue it.*

Source [[Forme of Cury](#), S. Pegge (ed.)]: *Peiouns Ystewed. XX.II. VIII. Take peions and stop hem with garlec ypylled and with gode erbes ihewe. and do hem in an erthen pot. cast þerto gode broth and whyte grece. Powdour fort. safroun verious & salt.*

Source [[Liber cure cocorum](#), T. Gloning (ed.)]: *Peions istued. Take peions and hew hom in morselle smalle, Put hom in a erbyn pot, þou shalle. Take pilled garlek and herbys anon, Hack hom smalle er þou more don. Put hom in þo pot, and þer to take Gode brothe with wyte grece, þou noȝt forsake. Do powdur þer to and gode verius, Coloure hit with safron, and salt inow. Pou put in pote þese þynges alle, And stue þy peions þus þou schalle.*

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## Source:

England, 14th c.  
England, 15th c.



Easy