

CHICKEN FRYKACY

Recipe from *Martha Washington's Booke of Cookery*, compiled by Karen Hess, page 40.



Take 2 chickens, kill and flaw them hot, take out their entrills & wipe them within, cut them in pieces & break their bones with a pestle. Put a half pound butter into ye frying pan & fry it till it be browned, put in ye chicken & give it a walme or two. Put in half a pint of faire water well seasoned with pepper and salt & a little after put in a handful of parsley & time & an ounion shread all small. Fry all these together till they be done enough and when it is ready to be dished up, put in ye pan ye youlkes of 5 or 6 eggs, well beaten and mixed with a little wine vinegar or juice of lemons. Stir these well together least it curdle. Dish it up without any more frying.

MODERN NOTES:

If you don't want to deal with too many bones, you can use thighs and legs or just cook with cuts of breast meat.

Butter should be a golden brown.

Use chicken stock in place of water.

Use only 2-3 egg yolks since modern eggs are much larger.

Keep stirring when adding liquid to egg mixture.

Add chopped parsley at the end.

This dish does not tolerate reheating.



ANOTHER FRYKACY RECIPE

Recipe from ditto, page 44.

Take pieces of chicken and season with clove, mace, nutmeg and pepper & some salt & fry in sweet butter. Beat together the yolks of 3 to 4 eggs and a little white wine. Put sweet herbs, minced, into the egg and wine mixture. Take the meat out of the frying pan & mix the herbs and eggs in the pan. Give them another fry all together and put into them a little strong broth, some gravie, a little vinegar, a slice of lemon, minced. Give it all a fry together and dish it up. Garnish with grapes or pickled barberries.