

Recipe#7

Sleeping Whelps Was a favorite of Roman Dragon hunters. Loved by many a centurion for the abundance of meat on a dragon a entire Legion could easily be fed on a single beast. Solders would use the left-over cooked potatoes and flower along with eggs to create pillowy dumplings to help fill out the meat and calm some of the natural capsicum in the dragon meat. Some wild herbs and veg were added along with milk and cheese to create a wonderfully smooth sauce

This recipe is referenced to in Apicius a Roman book of recipes compiled together around the 1 century AD and written in Vulger. For the pillows if they were available Dragons eggs would be prized for the size and the flavour

Roughly translated recipe

To make a nest of sleeping Welps heat the juice of olive with the onion and garlic. Make balls the wide of 2 thumbs stacked of finely cut meat of Dragoons and mixed herbs. Cook add veg of the garden of nightshade and annum. Sprinkle with dragons dried spittle Add sauce of butter cream parsley and cheese. Pillow when added should be cooked till done. Fine herb of the Genovese and spynoches.

A second recipe for the pillows is also referenced nearby in Apicius

To make pillows of soften dough mix the cooked root of patata with the finely ground powder of the mill and eggs

Original

Sausage and Gnocchi

Ingredients

1 Large Onion Diced

1 Head Garlic Diced

2 Diced med Tomato

1 large pepper chopped

6 Italian sausages or 2 lb sausage meat(mild or Hot)

1 400 ml Jar of Alfredo sauce

2 500 g Pack pre made gnocchi

1T olive oil

400 ml water

Fresh Basil to taste-chopped

Dried red Chilies-to taste

2 Handfuls Fresh spinach

-Take casing off sausages and roll into 1 inch meat balls

-Heat large pot or high walled skillet on a med high heat and put oil in

-Add onion and garlic and cook till they start to go translucent

-add meat balls and cook till they start to brown and are at least half way cooked through

-toss in peppers, tomatoes, red chili flakes, sauce and water(use the some of the water to in the sauce jar to get all the left-over sauce

-Put in gnocchi turn down heat to a medium cover stirring periodically till gnocchi are soft and pillowy

-Pull off heat and add basil then the spinach on top letting the residual heat wilt the spinach

Enjoy

