

### **To Make a Tarte of Cheese**

(from 'A Proper new booke of cokerye' aka 'Margaret Parker's cookery book' 1557)

Take hard cheese and cut it into slices, and put it in fresh water or in sweet milk for three hours. Then take it out and break it up in a mortar until it is in small pieces. Strain through strainer with the yolks of five eggs, season with sugar and sweet butter, and bake

### **To Make a Tarte of Prunes**

(from 'The Good Housewife's Jewel' by Thomas Dawson 1597)

Put your prunes into a pot, and put in red wine or claret wine, and a little faire water, and stirre them now and then, and when they be boiled enough, put them into a bowl, and straine them with sugar, cinnamon and ginger.

### **Fygey or Figgy Pudding.**

(from 'Forme of Cury' the oldest collection of recipes in English c.1400)

"Take Almande blanched; grynde hem and braw hem up with water and wyne; quarter figs, hole raisins. Cast perto powder ginger and hony clarified; seep it wel and salt it, and seve forth."

Half cup each of water, ground almonds, white wine (or Madeira if you want a richer taste)

one cup of chopped, dried and stoned figs

one cup whole raisins

2 tablespoons honey

half tablespoon powdered ginger (fresh if you prefer a bit of a kick)

quarter of a teaspoon of salt

Mix the wine with the almonds over a medium heat until it becomes a paste. Mix in the rest of the liquid. Let the mixture combine further for a few minutes over a low heat then add the figs, raisins, honey, ginger, salt and bring to the boil, stirring all the time. Reduce heat and simmer but keep stirring, it will catch easily. It should be nicely mixed and cooked after about 5 mins. Served with some plain cream or add a spot of vanilla essence and sweet sherry.

### **White Pudding and stuffed Carrots**

(For both of these dishes the following recipes were combined and roughly followed)

'My Lord Devonshires Pudding' - Elinor Fettiplace 1604

Take manchet and slice it thin, then take dates the stones cut out, & cut in pieces, & raisins of the sun the stones puld out, & a few currance, & marrow cut in pieces, then lay your sippets of bread in the bottome of your dish, then lay a laying of your fruit & mary on the top, then another laying of sippets of bread, so doo till your dish be full, then take cream & three egg yolks & whites, & some cynamon & nutmeg grated, & some sugar, beat it all well together, & pour in so much of it into the dish as it will drinke up, then set it into the oven & bake it.

'The Complete Cook' Anonymous, 1658.

To make the best Sausages that ever was eat. Take a leg of young Pork, and cut of all the lean, and shred it very small, but leave none of the strings or skins amongst it, then take two pound of Beef Suet, and shred it small, then take two handfuls of red Sage, a little Pepper and Salt, and Nutmeg, and a small piece of an Onion, chop them altogether with the flesh and Suet; if it is small enough, put the yolk of two or three Eggs and mix altogether, and make it up in a Past if you will use it, roul out as many pieces as you please in the form of an ordinary Sausage, and so fry them, this Past will keep a fortnight upon occasion.

**Gingerbread**

(adapted from a recipe developed by Historia the team in the historic kitchens at Hampton Court Palace)

1 lb. Honey  
Some white bead crumbs  
2 tsp ginger or to taste  
1 tsp cinnamon  
½ tsp ground white pepper  
few drops red food colouring (optional)

Bring the honey to a boil and keeping the pan over a very low heat, add the spices. Add the food colouring Then begin to slowly beat in the bread crumbs gradually making thick, stiff, paste. Remove from the heat and turn the mixture onto a square of baking paper, laying another over the top to roll out gently (be careful as it will be hot). Peel back the top layer carefully and then lay on a rack to cool. When it cools cut into the required shape.

(KH Note: I made this in two batches, following half of the recipe each time, and colouring one batch.)

**Marchpane**

(from various sources including Gervase)

For the amount of ground almonds add half the amount of the finest sugar, add rose water until the paste is easy to mould. Make the required shape, adding colour as desired.

(KH note: I used modern edible glitter in the film!)

### **Mincemeat Pie:**

(from Tudor Cookery - Recipes and History by Peter Brears)

700g 1 1/2lb mutton or beef

100g 4oz Beef suet

2.5ml 1/2 tsp ground cloves

5ml 1 tsp ground mace

2.5ml 1/2 tsp black pepper

pinch of saffron

50g 2oz each of raisins, currants and chopped prunes

pastry - 450g 1lb flour, 10ml 2tsp salt, 100g 4oz lard, 150ml 1/4 pt water, 60ml 4 tbs milk

Mince the meat, and mix in the suet, spices, pepper, saffron and dried fruit. To make the pastry sift the flour and salt together in a large mixing bowl and make a well in the centre. Heat the lard, water and milk until boiling and pour into the well. Quickly beat the mixture together with a spoon to form a soft dough, and knead until smooth on a lightly floured board. Cut off a quarter of the pastry, and keep covered until required to make the lid. Mould the larger piece of pastry to form the base and sides of the pie with a 20cm (8 in) diameter; 5cm (2 in) deep loose-bottomed tin. Pack the meat into the pie and dampen the edges of the pie wall. Roll out the remaining pastry to make a lid and firmly press into place. Trim the edges, using the surplus pastry for decoration, and cut a hole in the centre of the lid. Bake in the centre of the oven at gas mark 7, 220C (425F) for 15mins, then reduce the temperature to gas mark 4, 180C (350F) for a further 1 1/4 hours. Remove the sides of the tin, brush with the glaze, and return to the oven for a further 15mins. Serve cold.

glaze: 15ml (1 tbs) each of butter, sugar and rosewater melted together

(KH note: I hand raised the pie, using a non-edible pastry of mostly flour and water)

### **To make Jumbolls**

(from 'The Art of Preserving, Conserving, Candyng &c' by Hugh Plat 1609)

Take half a pound of Almonds being beaten to a paste with a short cake being grated, and 2 eggs, 2 ounces of caraway seeds, being beaten and the juice of a Lemmon: and being brought into paste, roule it into rounds strings: then cast it into knots, and so bake it in an oven and when they are baked, ice them with Rosewater and Sugar, and the white of an egg being beaten together, then take a feather and gild them, and put them again into the oven, and let them stand a little while, and they will be iced cleane over with a white ice: and so boxe them up, and you may keep them all year