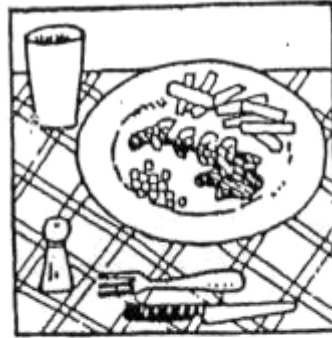


EGGS IN MUSTARD SAUCE

Ingredients :

Eggs - one for each person
& for each egg -
25 g butter
5 ml mustard (1 teaspoon)
5 ml vinegar (1 teaspoon)
A pinch of salt



Cooking :

Boil the eggs for 5 to 6 minutes.
While the eggs are boiling put the butter in a small saucepan and heat it.
When the butter has melted and begins to turn brown, take it off the heat.
Stir in the salt, mustard and vinegar.
When the eggs are ready remove the shells, cut them into quarters and put them on a warm dish.
Heat up the sauce again and pour it over the eggs.

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ELIZABETHAN NAUGHTY CAKE

3 ozs Butter, 3 tablespoons Honey
2 ozs Glace Cherries quartered
4 ozs Dried Mixed Fruit
3 ozs Mixed Nuts roughly chopped
4 ozs Digestive Biscuits Crumbled
1 flat teaspoon Elizabethan Mixed Spice.

Heat the butter and honey in a pan and allow to simmer for 2 minutes stirring constantly, leave to cool for a few minutes. Mix together the remaining ingredients with the honey mix, spoon into a 7" buttered dish and leave to set. Serve with lots of whipped cream.

Fish Feast

To serve 3 you need:

1 lb (450 g) white fish

1/2 pt (285ml) water

some breadcrumbs

some herbs

1 onion cut into slices

a little vinegar

saffron for colouring



For speed you could use a small packet of sage and onion stuffing instead of the breadcrumbs, herbs and onion.

Cut the fish into small pieces. Add the pieces to a pan of water and bring to the boil. Stir in all the other ingredients. You should finish up with a sloppy mixture like porridge. Stir the mixture over a gentle heat for about five minutes. It is then ready to serve.

Marchpane (Marzipan)

Make or buy some marzipan made from ground almonds, icing sugar and white of egg. Use a little food colouring to colour some of the marzipan red or green. The Tudors and Stuarts liked to roll the white and red marzipan together in strips to look like a piece of bacon!



GOOSEBERRY FOOL 6 Servings

Add one jar of Honey & Gooseberry preserve to one cup of custard and one small tub of double cream, whisk until thickened, serve in individual glasses.

HONEY AND CINNAMON TART

Line an 8" flan tin with shortcrust pastry, prick and bake blind for 10 minutes. In the meantime cream together 6 ozs cream cheese, 3 ozs honey, 3 ozs sugar and 1 flat teaspoon cinnamon, whisk two eggs and gradually stir into the cream mixture, pour the mixture into the flan case, sprinkle with half sugar and half cinnamon and bake in a moderate oven for 35 to 40 minutes until firm to the touch and lightly brown.

PORK OR CHICKEN WITH CHEESE AND MUSTARD

Mix together 4 ozs grated cheddar, a good tablespoon of Cannonball Mustard and a small pot of soured cream, put to one side. Trim the fat, season and fry in butter 4 pork chops, or 4 chicken breasts, both sides, transfer to an ovenproof dish or the grill pan and cover with the cream mixture and brown under the grill and serve.

POTATO SALAD

Add 1 dessertspoon of Canterbury Mustard to 1 cup of mayonnaise, cook 1½lbs diced potatoes, drain and mix with 6 spring onions and 2 celery sticks finely chopped, season and add the mayonnaise mixture. Sprinkle with chopped parsley.

Spicy Hudding

a lightly-baked pastry case
apples
eggs
breadcrumbs

raisins
sugar or honey
a little cream
mixed spice



Try to estimate how much you need to fill the pastry case. The apples (before peeling and coring) should probably weigh about half as much as the other ingredients.

Peel, core and stew the apples and let them cool. Beat the eggs and stir them into the stewed apples. Stir in the breadcrumbs, cream, raisins and sugar or honey. Sprinkle the spice on top and bake gently for 15 minutes.

Make your own TUDOR LOVERS' KNOTS

A dining table set for a meal in the Tudor period had plates and mugs made from pottery, which was easily broken. Food was served from wooden bowls and on thick slices of bread called trenchers. Only the rich had vessels made from glass. Food was eaten with spoons and knives. The Tudors 'invented' the fork. This Tudor recipe is for a biscuit with a spongy texture.

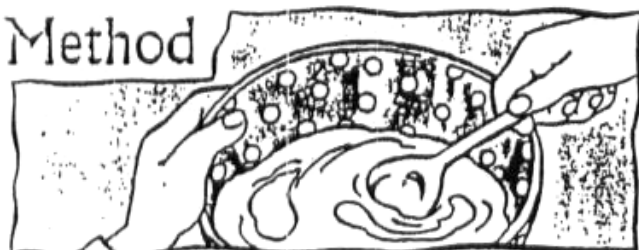
Note: Please ask a grown-up to help with this recipe.

Ingredients

2 eggs (size 3/medium)
220g of plain flour
runny honey

100g of caster sugar
 $\frac{1}{2}$ teaspoon of cinnamon
either sesame, caraway or poppy seeds

Method



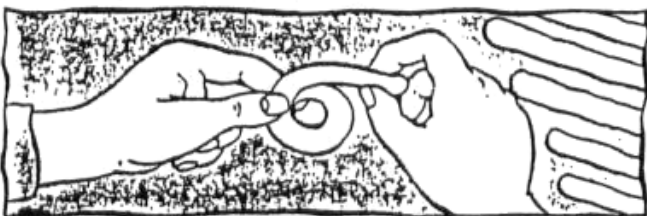
1 Beat the eggs together with the sugar.



2 Add the cinnamon and flour, a little at a time. Beat well, into a stiff dough.



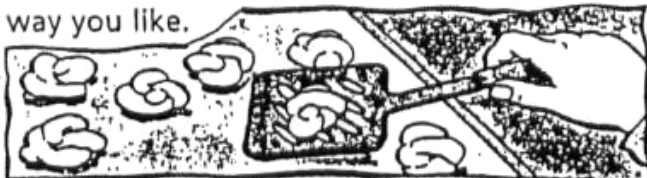
3 Knead with floured hands on a floured surface.



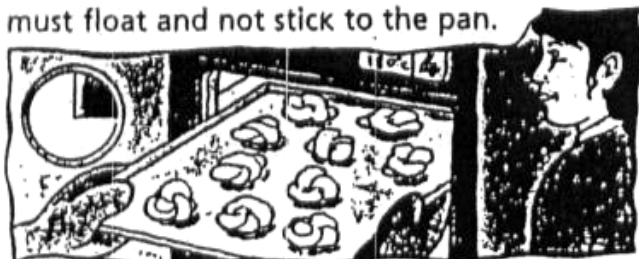
4 Make long thin rolls about 1cm wide and 10cm long. Tie into knots - whichever way you like.



5 Ask a grown-up to boil half a pan of water. Simmer the knots for 1 or 2 minutes. They must float and not stick to the pan.



6 Remove the knots with a fish slice. Drain on kitchen paper. Put the knots on a greased baking tray.



7 Bake for 15 minutes or until golden (Gas 4, 350°F, 180°C).



8 Spoon honey over the knots while hot. Sprinkle with the seeds of your choice.

Tudor recipe: cheese tart

Ingredients

Filling



225g Cheshire cheese



50g butter



3 egg yolks



100g plain flour



Pastry



75g butter



1 beaten egg

- Try to read the recipe as it was written in Tudor times:

'Take goode fine paste and drive it as thin as you can. Then take cheese, pare it, mince it and bray it in a mortar with the yolks of eggs til it be like paste, then put it in a faire dish with clarified butter and then put it abroad into your paste and cover it with a faire cut cover, and so bake it; that doon, serve it forth.'

- List the equipment you will need.

- Make the pie.



- Ask your teacher for permission.
- Be very careful when using the oven.

- Read the recipe in modern English.

Pastry

Turn on the oven (220°C or 425°F), gas mark 7.

Rub the butter into the flour.

Stir in the beaten egg.

Knead the dough.

Roll out just over half the dough.

Grease an ovenproof plate (25cm diameter).

Line the plate with pastry.

Filling

Grate the cheese finely.

Mix together the egg yolks, butter and cheese until they make a smooth paste.

Spread this thickly on the plate.

Roll out the rest of the pastry to make a lid for the pie.

Press down the edges.

Cut two small slits in the pastry lid.

Bake for 15 minutes.



- Find out as much as you can about cooking in Tudor times.
- Describe the differences in making this pie then and now.

BAKED APPLES

Simmer 1 teaspoon of galangale in 1 cup of water and 1 cup of honey for ½ an hour, peel, core and slice 1lb Bramley apples and layer in a buttered ovenproof dish, drain over the syrup and bake gently until cooked, leave to cool. Serve sprinkled with flaked almonds browned in butter.

SPICED PEARS

Peel and core six pears, add 1 cup of water and 1 cup of honey with 1 teaspoon of galangale, simmer until cooked and leave to cool.

BAKED ONIONS WITH MUSTARD SAUCE

Parboil 4 large onions, scoop out the centres leaving a ½" shell, chop up the centres and add to 4ozs grated cheddar cheese and 4 tablespoons breadcrumbs. Transfer the onion shells to an ovenproof dish, fill them with the mixture, dot with butter and bake in moderate oven for 45 minutes. Make the mustard sauce and pour over the onions just before serving.