

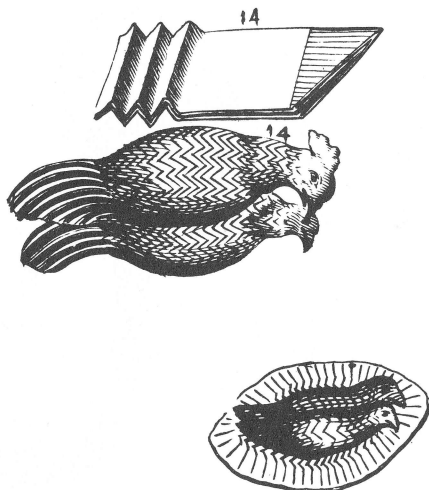
**This geare cometh even in puddyng time rightlie.**

JOHN HEYWOOD

*Proverbes in the Englishe Tongue (1546)*

*How to make Livering Puddinges* Take the Liver of a Hogge, and give it three or fower waumes over the fier. Then either grate it or choppe it verye small, and take a little grated bread and two egges well beaten, whites and all, and Currans, Nutmegges, Pepper, and Salte, and Hogges suet.

*The Good Hous-wives Treasure*



## CHICKEN LIVER PÂTÉ

"Puddying time" was any time that puddings were to be had, hence a time when one was in luck. Well, it's pudding time for you: here is an easy, pleasantly spiced pâté made with chicken livers. It would be suitable as an hors d'oeuvre, appetizer, or luncheon entrée.

**1 pound chicken livers**  
**1 quart salted, boiling water**  
**1 tablespoon bread crumbs**  
**2 eggs, lightly beaten**  
 **$\frac{3}{4}$  teaspoon freshly grated nutmeg**  
 **$\frac{1}{8}$  teaspoon freshly ground pepper**  
**salt to taste**  
**1 tablespoon melted beef suet or rendered chicken fat**  
**2 tablespoons currants**  
**garnish: currants, bay leaves, whole-wheat toast**

1. Plunge chicken livers into boiling water. Cover and cook over medium heat for 10 minutes.
2. Drain livers. Push them through the fine blade of a food mill, or pound them into a paste with a mortar and pestle.
3. In a bowl, combine remaining ingredients.
4. Add mixture to ground liver, and stir to distribute evenly.
5. Place "pudding" in a small serving bowl and chill at least 2 hours.
6. Before serving, plant a few bay leaves in the "pudding," and scatter currants around them.
7. Serve with small squares of whole-wheat toast.

YIELD:  $1\frac{1}{2}$  cups

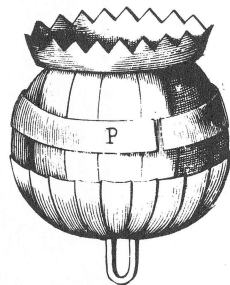
**The Artichocke groweth like in the heade unto the Pine apple.**

THOMAS HILL

*The Profitable Arte of Gardening (1563)*

*To make an Artichoak Pye* Take the bottoms of six Artichokes Boyled very tender, put them in a dish, and some Vinegar over them. Season them with Ginger and Sugar, a little Mace whole, and put them in a Coffin of Paste. When you lay them in, lay some Marrow and Dates sliced, and a few Raisons of the Sun in the bottom, with a good store of Butter. When it is half baked, take a Gill of Sack, being boyled first with Sugar, and a peel of Orange. Put it into the Pye, and set it into the Oven again, till you use it.

attributed to SIR HUGH PLATT  
*The Accomplisht Ladys Delight*



## ARTICHOKE PIE

Hakluyt points out in his *Voiages and Discoveries of the English Nation* (1589) that the artichoke was a relatively new foodstuff for the Elizabethans. "In time of memory," he claims, "things have bene brought in that were not here before, as . . . the Artichowe in time of Henry the eight."

Artichokes were most commonly eaten boiled in broth with pepper and salt, but there are a few recipes for artichoke pies like this one. This pie would be suitable as an appetizer or a side dish at dinner, or as a luncheon entrée.

### 9-inch unbaked pie pastry shell

**2 9-ounce packages frozen artichoke hearts or bottoms**

$\frac{1}{4}$  cup dry sherry

$1\frac{1}{4}$  teaspoons sugar

$\frac{1}{8}$  teaspoon powdered ginger

$\frac{1}{2}$  teaspoon dried orange peel

pinch mace

vinegar to taste

$\frac{3}{4}$  cup pitted, minced dates

$\frac{1}{4}$  cup raisins

1 tablespoon bone marrow, cut into pieces

1 tablespoon butter, cut into pieces.

1. Bake pie shell at 425° for 10 minutes. Reduce temperature to 375° and bake for an additional 5 minutes. Let cool.
2. Cook artichokes according to directions on package, but reduce boiling time to 2 minutes. Drain artichokes.
3. In a bowl, combine remaining ingredients except butter and marrow.
4. Toss artichokes in this mixture until they are thoroughly coated. Let stand for 30 minutes, stirring occasionally.
5. Place mixture in pie shell, making sure that solid ingredients are evenly distributed.
6. Dot with butter and marrow.
7. Cover tightly with aluminum foil and bake at 375° for about 30 minutes or until artichokes are tender.

SERVES 6-8 AS APPETIZER OR  
4-6 AS ENTRÉE

Cut the cake: who hath the beane shall be king;  
and where the peaze is she shall be queene.

*Anonymous description of a spectacle  
at Sudely (1592)*

*Tart of Beanes* Take beanes and boyle them tender in fayre water. Then take them oute and breake them in a mortar and strayne them with the yolkes of foure egges and curde made of mylke. Then ceason it up with suger and halfe a dysche of butter and a lytle synamon and bake it.

*A Proper Newe Booke of Cokerye*

## KIDNEY BEAN TART

It was the custom, on Twelfth-night, to appoint as king of the company, the man "who hath the beane" in his piece of cake.

The kidney bean is a New World vegetable native to South America. It gained popularity quickly during the Renaissance, and was most often served boiled and buttered as part of a *sallet*. Beans were primarily food for the poor, and in the words of one Elizabethan playwright: "Hunger maketh hard beanes sweet." But this recipe reveals the delicate sweetness of the vegetable even to those who aren't hungry.

**2¼ cups dried kidney beans**

**1 quart salted water**

**2 tablespoons butter**

**¼ cup cottage cheese**

**2 egg yolks**

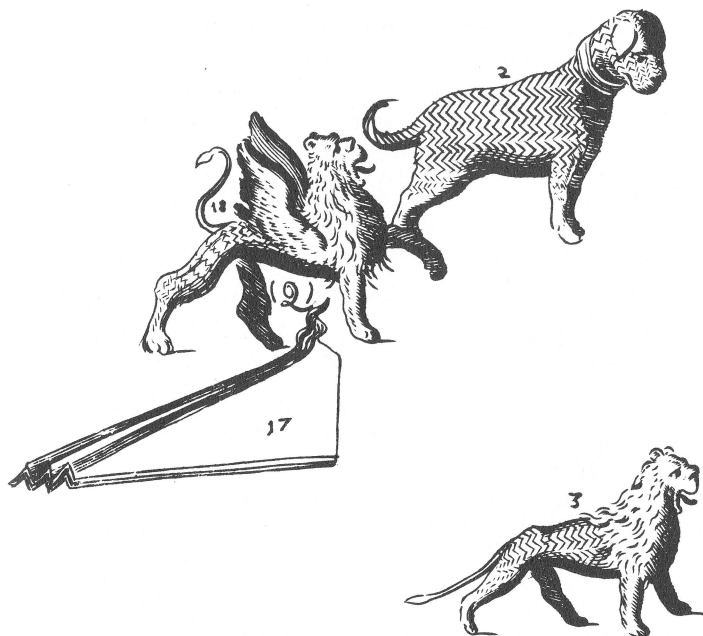
**⅛ teaspoon salt**

**1 tablespoon brown sugar**

**¼ teaspoon cinnamon**

**salt to taste**

**garnish: thin slices of peeled apple, brown  
sugar, cinnamon**



1. Pick over and wash beans.
2. Bring salted water to a boil. Add beans. Cover pot and reduce to medium heat. Cook about 1 hour or until beans are soft.
3. Drain beans. Add butter, and stir to melt and distribute it evenly.
4. In a bowl, combine remaining ingredients and stir to blend. Add this mixture to beans. Mix well.
5. Check seasoning, adding salt to taste.
6. Arrange apple slices attractively on top, sprinkling them lightly with brown sugar and cinnamon.
7. Bake in a covered ovenproof dish at 350° for 40 minutes.

SERVES 6

O Clinias . . . the very fritter of fraud, and seething  
pot of iniquitie.

SIR PHILIP SIDNEY  
*Arcadia* (1580)

*To make Fritters of Spinnedge* Take a good deale of Spin-  
nedge, and wash it cleane. Then boile it in faire water, and  
when it is boiled, then take it forth and let the water runne  
from it. Then chop it with the backe of a knife, and then put  
in some egges and grated bread, and season it with sugar,  
sinamon, ginger and pepper, dates minced fine, and cur-  
rants, and rowle them like a ball, and dippe them in butter  
[sic] made of Ale and flower.

THOMAS DAWSON  
*The Good Huswifes Jewell*



## SPINACH-DATE FRITTERS

The word *fritter* is related to the Latin *frigere*, "to fry," and during the Renaissance was the generic name for any fried food. That spinach came into vogue as a foodstuff in the sixteenth century is attested by Turner in his herbal of 1568: "Spinage or spinech is an herbe lately found and not long in use." Although the true etymology of the word *spinach* is not understood, the Elizabethans believed that it was "so called because his seede is prickly." These tasty fritters make a good snack or hors d'oeuvre.

**1 pound fresh spinach**  
**2 eggs, lightly beaten**  
 $\frac{1}{4}$  **teaspoon salt**  
 $\frac{1}{8}$  **teaspoon freshly ground pepper**  
 $\frac{1}{4}$  **teaspoon brown sugar**

$\frac{1}{4}$  **teaspoon cinnamon**  
 $\frac{1}{4}$  **teaspoon powdered ginger**  
 $\frac{3}{8}$  **cup bread crumbs**  
**2 tablespoons currants**  
 $\frac{1}{4}$  **cup pitted, finely minced dates**  
**vegetable oil for frying**

FOR BATTER:

$\frac{1}{2}$  **cup flour**  
 $\frac{1}{2}$  **cup plus 2 tablespoons ale**

1. Wash and trim spinach and put in a heavy pot without draining.
2. Steam spinach by covering pot and setting over medium heat for 1-2 minutes or until leaves begin to wilt.
3. Drain spinach in colander, and cool to room temperature.
4. Chop spinach finely, place in paper towels, and squeeze out excess moisture.
5. In a bowl, combine eggs, seasonings, and bread crumbs. Mix until well blended.
6. Add currants, dates, and chopped spinach. Stir to distribute evenly.
7. In a bowl, prepare batter by combining flour and ale and stirring until smooth. Mixture should have the consistency of thick pancake batter.
8. In a heavy skillet, heat about  $\frac{1}{2}$  inch oil to sizzling.
9. Shape spinach mixture into small patties.
10. Place spinach patties, a few at a time, in batter, and remove each with a slotted spoon (allow excess batter to drip off).
11. Fry fritters in oil for about 3 minutes on each side or until golden.
12. Drain on paper towels. Serve hot.

YIELD: about 20 small fritters



I shall rise again, if there be truth in eggs, and butter'd parsnips.

JOHN FLETCHER

*The Woman's Prize (1625)*

To make any *Quelquechose* . . . and in this manner, as you make this *Quelquechose*, so you may make any other, whether it be of flesh, small Birds, sweet Roots, Oysters, Musles, Cockles, Giblets, Lemons, Oranges, or any Fruit, Pulse, or other Sallat herb whatsoever, of which to speak severally, were a Labour infinite, because they vary with mens opinions. Onely the composition and work is no other than this before described; and who can do these, need no further instruction for the rest.

GERVASE MARKHAM  
*The English Hous-wife*



## PARSNIPS AND MARIGOLDS IN ORANGE JUICE

My second *quelquechose* is based on that "sweet Root," the parsnip. I got the idea to boil parsnips in orange juice from the Elizabethans, who like their capon prepared that way (see recipe, p. 50). When using dried marigolds, gently pluck the petals from their green base. Discard the base, as it is bitter-tasting.

1½ cups orange juice  
1 teaspoon dried orange peel  
1 tablespoon butter  
1 tablespoon dried marigold petals  
⅛ teaspoon cinnamon  
1 teaspoon honey  
1 pound parsnips, scraped and cut into  
⅛-inch discs  
*beurre manié*: 1 tablespoon flour blended into  
1 tablespoon butter  
garnish: orange slices

1. In a large saucepan, combine all ingredients except parsnips and *beurre manié*. Stir and bring to a boil.
2. Add parsnips. Cover and reduce heat to medium.
3. Cook for 35 minutes or until parsnips are tender but firm.
4. Remove parsnips with a slotted spoon.
5. Bring liquid in pot to a fast boil. Add *beurre manié*, stirring rapidly with a wire whisk until sauce thickens. Check seasoning.
6. Replace parsnips in pot and toss to coat.
7. Place in serving bowl and garnish with orange slices.

SERVES 3-4



on top of the stove or at 160°C/325°F/Gas Mark 3 in the oven for the same time. Remove to a board for carving. Strain the wine and juices in the pan, and dribble a little 'sauce' over each helping.



39. A trainee carver presents a dish of sliced meat for approval.

## Lasagne Layered with Cheese

SERVES SIX

*Losyns. Take good broth and do in an erthen pot. Take flour of paynedemayn and make therof past with water, and make therof thynne foyles as paper with a roller; drye it harde and seeth it in broth. Take chese ruayn grated and lay it in disshes with powdour douce, and lay theron loseyns isode as hoole as thou myght, and above powdour and chese; and so twyse or thryse, & serue it forth. (CI. IV. 50.)*

9–10 sheets lasagne (broad noodles) made with white flour

1.7 litres/3 pints/7½ cups meat or chicken stock or water

Butter for greasing

Ground mace and cardamom or cinnamon  
and a little white pepper for spicing

About 175 g/6 oz full-fat hard cheese (such as Cheddar), grated

This would have been thought (by some) an ideal dish as a last course, to 'seal in' the alcohol so often imbibed too freely by the young. You can, if you wish, prepare your own lasagne as the medieval cooks did. But commercially produced dried pasta makes an equally simple and comforting dish for meatless meals.

Choose a square or oblong baking dish which will hold the pasta in three layers. If you pile it higher in a smaller dish, it may be difficult to slice and serve six helpings.

Bring the stock or water to the boil in a fairly big pan and boil the lasagne in three or four batches until all the sheets are cooked. As each batch is done, remove the sheets with tongs or a pair of forks to a warmed, damp tea-towel on a flat work-top and lay them flat side by side.

Grease the inside of your chosen dish with butter. Sprinkle the bottom lightly with spices and a quarter of the cheese. Cover with a layer of pasta, trimmed to fit the dish if required. Repeat the layers of spice, cheese and pasta twice, and end with a last layer of spice and cheese. Re-heat until the cheese is melted.



40. A young squire  
buying cheese.