

Here are some period pastry and fruit pie recipes...

*Pastry recipes:*

**To make a paste**

Robert May, *The Accomplished Cook* (1660)

Take to every peck of flour five pound of butter, the white of six eggs, and work it well together with cold spring water; you must bestow a great deal of pains, and but little water... Sometimes for this paste put in eight yolks of eggs, and but two white, and six pound of butter.

**To make a fine paste**

Thomas Dawson, *The Good Housewife's Jewel* (1596)

Take fair flour and wheat and the yolks of eggs with sweet butter, melted: mixing all these together with your hands, till it be brought down paste. Then make your coffins, whether it be for pies or tarts. Then you may put saffron and sugar if you will have it a sweet paste. Having respect to the true seasoning some use to put to their paste beef or mutton broth, and some cream.

*Pie/tart recipes:*

**To make a tart of medlars**

Thomas Dawson, *The Good Housewife's Jewel* (1596)

Take medlars that be rotten and stamp them. Then set them on a chafing dish with coals, and beat in two yolks of eggs, boiling it till it be somewhat thick. Then season them with sugar, cinnamon and ginger and lay it in the paste.

**Pies of raw pears**

Tirel dit Taillevent, *Le viandier de Guillaume Tirel dit Taillevent* (15th c.)

Stand three large pears in a pie and fill the gaps with about a *quarteron* (about 4 ounces) of sugar, cover well, and glaze with eggs or saffron, and put in the oven.

## **Cherry Torte**

Anon., *Cuoco Napoletano* (15<sup>th</sup> c.)

Get red cherries or the darkest available, remove their pit and grind them in a mortar; then get red roses and crush them well – I mean, the petals alone – with a knife; get a little new and old cheese with a reasonable amount of spices, cinnamon and good ginger with a little pepper and sugar, and mix everything together, adding in six eggs; make a pastry crust for the pan with half a pound of butter and set it to cook giving it a moderate fire; when it is cooked, put on sugar and rosewater.

## **An apple tart**

Sabina Welserin, *Cookbook* (1553)

Peel the apples and take the cores cleanly out and chop them small, put two or three egg yolks with them and let butter melt in a pan and pour it on the apples and put cinnamon, sugar and ginger thereon and let it bake. Roast them first in butter before you chop them.