

# Household & Family

## Session - Recipes

### PINE NUT CANDY - C. 1500

200g fine white sugar  
2 tablespoons clear honey  
125ml water  
1 heaped tablespoon pine nut kernels, chopped small or ground  
100g fine soft white breadcrumbs  
half to 1 teaspoon ground ginger

Put the sugar, honey and water in a deep pan and cook over a low heat until the sugar thermometer placed in it registers 110 C. At once, turn the syrup into a chilled bowl and beat it hard for 2 to 3 minutes, then beat in the remaining ingredients. Turn the mixture into a wet shallow tin and leave to harden. Cut into small pieces to serve.

### LOMBARD SLICE - C. 1500

12 hard boiled egg yolks (see method)  
8 tablespoons clear honey  
175g fine white breadcrumbs, or as needed  
Pinch of ground black pepper  
*Syrup:*  
225ml red wine  
Good pinch ground cinnamon and ginger  
5 tablespoons clear honey

Sieve the egg yolks on a sheet of paper. Bring honey for the slice to the boil and simmer for 2 minutes. Take the pan off the heat, add the sieved yolks, little by little, to the man, beating or stirring rapidly to blend them in smoothly. Then blend in the bread crumbs and the pepper. Use sufficient breadcrumbs to make the mixture stiff enough to mould. Shape into a brick and chill until cold and firm. Cut it into small slices like halva.

Simmer the ingredients for the syrup until, the wine is well reduced. Spoon a little over each slice before serving.

## **ROUT DROP CAKES - 18th CENTURY**

100g self-raising flour  
Pinch of salt  
50g softened unsalted butter  
50g caster sugar  
1 egg  
1 x 2.5ml spoon orange juice  
1 x 2.5ml spoon rose-water  
1 x 5ml spoon sweet white wine  
1 x 5ml spoon brandy  
50g currants  
granulated sugar for topping

Sieve flour and salt into a bowl. Work in butter and sugar until well mixed. Beat egg in a small basin until liquid. Add the juice, rose-water, wine and brandy. Mix well. Then mix by degrees into the dry goods to obtain a smooth dough. Mix in the fruit, place in small heaps (2 cm across) on a greased baking sheet. Sprinkle with granulated sugar and bake at 170 C for 15 - 18 minutes. Do not overbake. Cool on wire rack.

## **PEPPER CAKES - 18th CENTURY**

15ml medium sweet sherry  
1 x 15ml spoon whole white peppercorns  
sieved icing sugar, as required (see recipe)  
Melted bitter sweet chocolate

Put sherry and pepper-corns into a small pan and heat gently to simmering. point. Simmer for a few minutes until liquor has reduced by half. Strain into a bowl, and at once blend in enough icing sugar to give the mixture a piping consistency. Have at least 150g ready sieved. Place the mixture in a forcing bag with a half-inch star nozzle and pipe small rosettes onto sheets of parchment. Leave for at least 48 hours to dry out. Turn upside down for last few hours, to dry the base. When dry, coat some with melted chocolate.

## **PLUM POTTAGE - 17th CENTURY**

500g shin beef

500ml water

60g fine white breadcrumbs

100g mixed dried fruit (currants, raisins, dates, dried prunes)

1 teaspoon of mixed nutmeg, mace, ground cloves, cinammon

pinch of salt

40ml sherry

40ml port

juice of half seville orange or lemon

Simmer beef in water, covered for about 2 hours until tender. Strain and keep meat for another dish. Add breadcrumbs to 425ml of broth and soak for 1 hour. stir in fruit, spices and salt and bring to boil. Add sherry and port and simmer uncovered for about 15 minutes, until fruit is plump. Serve with the juice of the orange or lemon.

## **LIGHT WIGGS - 18th CENTURY**

250g plain flour

1 x 2.5ml spoon salt

good pinch of mixed spice

20g fresh yeast

75g caster sugar

150g tepid milk

75g softened butter

Sieve the flour, salt and spice into a warmed bowl. Cream the yeast with 1 x 15ml spoon sugar, and mix in the milk. Make a hollow in the flour, pour in the liquid, and mix in the milk. Make a hollow in the flour, pour in the liquid, and mix to a soft dough. Cover with buttered paper, and leave in a warm place until doubled in bulk. Cream the remaining sugar and most of the butter. Chill the mixture to firm it. When the dough has risen, turn it onto a well floured surface, and roll or pat it into a rectangle about quarter inch thick. Dot with half the butter/sugar mixture then fold in three as when making flaky pastry. Repeat process twice more. Cut the final rectangle of dough into 8 triangular wedges. Lift carefully onto a lightly buttered baking tray and leave to prove for 20 minutes. set over to 220C. When proved, brush top of wiggs with remaining butter and bake for 10-15 minutes or until golden and crisp on top. Cool on wire rack.

## **LIGHT WIGGS - 18th CENTURY**

250g plain flour  
1 x 2.5ml spoon salt  
good pinch of mixed spice  
20g fresh yeast  
75g caster sugar  
150g tepid milk  
75g softened butter

Sieve the flour, salt and spice into a warmed bowl. Cream the yeast with 1 x 15ml spoon sugar, and mix in the milk. Make a hollow in the flour, pour in the liquid, and mix in the milk. Make a hollow in the flour, pour in the liquid, and mix to a soft dough. Cover with buttered paper, and leave in a warm place until doubled in bulk. Cream the remaining sugar and most of the butter. Chill the mixture to firm it. When the dough has risen, turn it onto a well floured surface, and roll or pat it into a rectangle about quarter inch thick. Dot with half the butter/sugar mixture then fold in three as when making flaky pastry. Repeat process twice more. Cut the final rectangle of dough into 8 triangular wedges. Lift carefully onto a lightly buttered baking tray and leave to prove for 20 minutes. set over to 220C. When proved, brush top of wiggs with remaining butter and bake for 10-15 minutes or until golden and crisp on top . Cool on wire rack.

## **CURLED WIGGS - 18th CENTURY**

200g black treacle  
200g golden syrup  
75g unsalted butter  
175ml sour milk  
400g plain flour  
[inch of salt  
1 x 5ml spoon bicarbonate of soda  
1 x 10ml spoon ground ginger  
2 x 10ml spoons caraway seeds (optional)

Set oven to 180C. Warm treacle and syrup cans, uncovered, for a few minutes. Measure treacle and syrup into a saucepan, and then add the butter. Heat together gently until melted. Add the milk. Sieve the flour, salt, soda and ginger into a bowl, and mix in the seeds (if used). Stir in the warm treacle mixture. Grease with butter 2 shallow 8 inch sandwich cake tins. Place them on a sheet of foil on a baking sheet and divide mixture between them. Bake for 25-30 minutes or until wiggs have risen and curled over the wedges of the tins.