

## MINCEMEAT PIE WITH MEAT

Rather than write out a specific mincemeat recipe, I decided to make a comparison of how the proportions of ingredients changed over time. Now you can make your own! Some of them did specify quantity of spices; I've left that out due to space issues.

N.B.: Beeton and Galt have both mincemeat with and w/o meat recipes (I'm only looking at w/ meat here).

The other question to ask is, "how big is your pie?" It seems the English like to make mince pies individual-size (for example, in Harry Potter Ron confesses to eating 3 or 4). Beeton seems to be making smaller ones like that. The others don't seem to specify, although once you tried to make 20 pies from the JOC recipe you'd know which size, I'm guessing smallish.

Other questions that occur to me are "how much does a tongue weigh?" and "are calves feet really fatty?" I will add that I have made the E.F. version before and tried to short the suet, since it seems like a lot of fat. Don't. It needs it to hold together. Except for getting sweeter and adding more apples (although that's difficult to judge since they all use different measurements,) it looks like the proportions and spicing stay fairly consistent. That's really quite remarkable.

### COOKBOOKS

Elinor Fettiplace, early 17c English

Martha Washington, early to mid 17th century English, but being used in America in the 18th century

Amelia Simmons, 18c American

Isabella Beeton, mid 19c English

Galt, late 19c Canadian

Joy of Cooking, mid 20c American

	<u>E.F. 1604</u>	<u>M.W. 17th c.</u>	<u>A.S. 1796</u>	<u>I.Beeton 1860</u>	<u>Galt 1898 (2 recipes)</u>	<u>JoC 1975 version</u>
<u>Meat</u>	mutton	4lb veal or tongue	4lb neats feet	1 1/2lb lean beef	1 tongue [or 1lb meat	4lb lean beef or ox heart
<u>&amp; Suet</u>	meat = suet	4lb suet	1lb suet	3lb suet	2lb suet 1 1/2lb suet]	2lb beef suet
N.B.: almost all specify beef suet						
<u>Raisins</u>	currants=meat	2lbs raisins	2lb raisins	2lbs raisins	2lbs raisins [or 1 1/2lbs raisins	4lb raisins
<u>&amp; Currants</u>		3lbs currants		2lbs currants	2lbs currants 1/2lb currants]	3lbs currants
<u>Apples</u>	no apples	6 apples	4lbs raw apples	1 pottle (1/2 gal)	apples=mincemeat mix	9 quarts apples
<u>&amp; Sugar</u>	twice the sugar as salt	1/2lb or more	sweeten to taste	2lbs sugar	1 1/2lb brown sugar [or 6 apples, 1 lb sugar]	3lb sugar 2qt cider
<u>Spices</u>	mace nutmeg cinnamon ginger	cloves mace nutmeg cinnamon	mace cinnamon	1 small nutmeg  2 lemon rinds, 1 lemon juiced	cloves [or nutmeg mace 2 lemons, rind and juice ]	cloves mace nutmeg cinnamon
<u>Citrus peel</u>	orange peel	candied orange, lemon, & citron	no peels	candied citron, lemon & orange	8oz peel	juice & rind of 1 lemon candied citron, orange & lemon
<u>&amp;</u>	a little rosewater	some rosewater				2 lbs nut meats 1 gal sour cherries with juice
<u>Alcohol</u>		1/4 pint of muskadine or sack	1qt wine	1/2 pint brandy	1 pint brandy	N.B.: enough for 20 pies add 2-4 Tbsp brandy to each pie