



RECIPE CARD WK1

FYLETTYS EN GALENTYNE

Roasted pork served in a caramelised onion gravy: it wouldn't be a Tudor cook-a-long without some roasted meat! The key to this recipe is slow cooking, and we find pork slices (about 1cm thick) are good to use. There are no timings on this recipe, as with most Tudor recipes, so just keep an eye on the reduction of the liquid.

Original recipe

Two Fifteenth-Century Cookery-Books
(Harleian MS. 27, c.1430 – Early English Text Society print, 1888)

Take faire porke of the fore quarter, and take of the skyn, and put the pork on a faire spitte, and roste it half ynogh; and take hit of, and smyte hit in peces, and cast hit in a faire potte; and then take oynons, and shred and pul hem, not to small, and fry hem in a pan with faire grece, And then caste hem to the porke into the potte; And then take good broth of beef or Motton, and cast thereto, and set hit on the fire, and caste to powder of Peper, Canel, Cloues and Maces, and lete boile wel togidur; and then take faire brede and vinegre, and stepe the brede with a litull of the same broth, and streyne hit thorgh a streynour, and blode with all; or elles take Saundres and colour hit therewith, and late hem boile togidur, and cast thereto Saffron and salt, and serue hit forth.

Adapting the recipe for modern use

- 400g roast pork
- 2 onions
- 1pt beef gravy, well-seasoned with pepper, cinnamon, cloves and mace
- 1 cup of breadcrumbs
- 1 tsp vinegar
- Seasonings

Chop onions and brown them. Slice the pork thickly and put in a stewpan with the stock and onions. Bring to the boil, reduce to a low simmer until the liquid has reduced by a half. Thicken with breadcrumbs, season and add the vinegar.



RECIPE CARD WK1

RYSCHEWYS CLOSE AND FRYEZ

The 'Ryschewy' is a pasta parcel filled with a spiced fruit and nut paste, to 'close and fry' tells you what to do with them. These are most probably a dish that came to England from the Crusades. There are many different versions of these popular fritters – some involve nuts as well as fruit. If you choose to add nuts, pine nuts would be most appropriate.

Original recipe

Two Fifteenth-Century Cookery-Books
(Harleian MS. 27. c.1430 – Early English Text Society print, 1888)

Take Fygys, & grynd hem smal in a mortere with a lytil Oyle, & grynd with hym clowys & Maces; & þan take it vppe in-to a vesselle, & cast þer-to Pynez, Saundrys, & Roysonys of Coraunce, & mencyd Datys, Pouder Pepir, Canel, Salt, Safroun; þan take fyne past of flowre an water, Sugre, Safroun, & Salt, & make fayre cakys þer-of; þan rolle þin stuf in þin hond, & couche it in þe cakys, & kyt it, & folde hym as Ruschewys, & frye hem vppe in Oyle; and serue forth hote.

Adapting the recipe for modern use

- 3 dried figs
- 2 chopped dates
- 1tbsp currants

- ½ tsp mace, black pepper, cinnamon

- 100g flour

- A dessertspoon of sugar

Pinch saffron dissolved in half a cup of water

Pound the figs in a mortar, add dates, currants and pound again. Grind the spices and add to the fruit. Make pastry from the flour, sugar and saffron water. Roll out very thin circles, fill with the fruit mix and seal the edges well. Shallow or deep fry until golden brown and serve sprinkled with sugar.

RECIPE NOTES

Like all recipes of this time, the text is an aide-memoire for an experienced cook, and not an instructional manual for a novice – the instruction to fold them like ryschewys clearly assumes you know what you are doing and what ryschewys are.