

## **Daryols- Custard tarts**

### **Original Recipe-**

*'Take creme of cowe mylke, oþer of almaundes; do þerto ayren with sugur, safroun and salt. Medle it yfere. Do it in a coffyn of ii yinche depe; bake it wel and serue it forth.'*

### **Redacted recipe-**

Short crust pastry- can either make small tarts or a large tart.

5-6 whole eggs

½ cup castor sugar

2 cups of cream

½ teaspoon ground cinnamon

Pinch of saffron.

### **Method-**

Beat eggs; beat in cream, sugar, saffron, & salt. Place in pie shell. Bake until filling is done and the pastry has browned. Tart cases can be blind baked before adding filling if preferred.

### **Source-**

Pleyn Delit- medieval cookery for modern cooks, second edition by Constance B. Hieatt, Brend Hosington and Sharon Butler. Published by the University of Toronto Press Inc. 1996. ISBN- 0 8020 7632 7