

Greetings all,

This month I thought I'd give you a freezer friendly recipe. This means you can make it before the event and then just take it out to defrost either the day before of that day. It is an Ember Day tart from 14th Century France. Its very easy to make, travels well and is vegetarian friendly. On 'Ember Days' (outside Lent) meat was forbidden, but dairy products like cheese, eggs and butter were permitted.

YiS,

Thomasina Coke of Rye, AOA, OGT and Journeyman Laurel.

Original recipe

Tart in ymbre day. Take and perboile oynouns & erbis & presse out þe water & hewe hem smale. Take grene chese & bray it in a mortar, and temper it vp with ayren. Do þerto butter, safroun & salt, & raisouns corauns, & a litel sugar with powdour douce, & bake it in a trap, & serue it forth.

Redacted recipe

Tart for an Ember Day

1 unbaked pie shell

1 medium onion, peeled and coarsely chopped

1 tbsp chopped parsley

1 tsp chopped sage

½ cup cottage cheese

4 eggs

2 tbsp. butter, melted

Pinch of saffron

1/2 tsp salt

1/2 cup currants

1 tbsp sugar

A pinch each of ground cinnamon, ginger, cloves and nutmeg.

Grind saffron with salt, mix with butter, and set aside. Place onions into boiling water and cook until just tender and drain. Beat eggs and combine with saffron-butter, onions, and remaining ingredients, pour into pastry shell, and bake at 350°F/ 180 ° for 40 minutes, until the filling is set and pastry is browned.

Source

Pleyn Delit; Medieval Cookery for modern cooks. Second Edition. By Constance B. Heatt & Sharon Butler. University of Toronto Press Inc 1996. ISBN- 0 8020 7632 7