

Elizabethan Dessert Recipes to Sweeten the Gathering

(from *To The Queen's Taste, Elizabethan Feasts and Recipes*
adapted for *Modern Cooking* by Lorna J. Sass)



Rice Pudding

1/2 cup white rice (not instant), 3 cups milk, 1 cup heavy cream, 2 egg yolks, 1/2 cup brown sugar, 1/8 teaspoon salt, 1/8 teaspoon white pepper, 1/8 teaspoon ground cloves, 1/8 teaspoon mace, 1/4 cup currants, 1/4 cup pitted minced dates, 2 tablespoons butter or grated beef suet

1. Combine rice and milk in a heavy pot. Bring to a gentle boil. Cover pot. Reduce heat and simmer about 30 minutes or until rice is soft. Drain off excess milk if you wish.
2. Add cream and bring to a boil. Reduce heat and simmer for 2 to 3 minutes. Remove from heat.
3. In a bowl, combine remaining ingredients and blend.
4. Add mixture to rice and stir to distribute evenly.
5. Cover and cook for 5 minutes over low heat.
6. Serve warm or chilled. Serves 6.

Fine Crisp Cake (kin to Shortbread)

6 ounces butter at room temperature, 1/2 cup sugar, 1 egg yolk beaten, 1 3/4 cups sifted flour, 1/2 teaspoon ground cloves, 1/8 teaspoon mace, pinch ground saffron, egg white

1. In a bowl, cream butter. Add sugar and beat until fluffy.
2. Add egg yolk and beat until thoroughly blended.
3. In another bowl, combine flour and spices, stirring to distribute evenly.
4. Sift dry ingredients into butter-and-sugar mixture. Combine by stirring or with hands.
5. Press mixture into a 9-inch square baking pan or equivalent.
6. Brush top lightly with egg white.
7. Bake at 325 degrees for 45 minutes or until cake feels firm when pressed lightly in center.
8. Cut into squares while cake is hot. Cool in pan. Yield, approx. 9 small "cakes"

Candied Suckets

1 1/2 cups rose water, 1 1/2 cups sugar. One of the following: 2 large carrots or parsnips, scraped and sliced into 1/8 inch discs; 2 small apples or pears, peeled, cored, cut into 1/8 inch slices; 1 cup fresh flower blooms (wash in cold water, dry, trim off white tips that attach petals to stem; use only unblemished, unsprayed blossoms known to be edible)

1. In a heavy saucepan, combine rose water and sugar. Bring to a boil.
2. Add vegetable or fruit slices or flowers. Stir gently.
3. Return to a boil. Reduce heat to a gentle boil and cook for 15 minutes.
4. As soon as sugar begins to caramelize (turns light brown), remove pan from heat.
5. Remove vegetable/fruit slices or flower petals, and set on wax paper. Refrigerate 10 minutes.
6. Peel candies off waxed paper and store in an airtight container. Yield: about 2 dozen candies.

 The Elizabethans also loved pear pies, almond and cream tarts (boil ground, blanched almonds in heavy cream and sugar, bake in pie shell), gingerbread flavored with licorice, and many other delicacies!