



# FARTES OF PORTINGALE

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## LAMB MEATBALLS

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### Original Recipe

*How to make Fartes of Portingale. Take a peece of a leg of mutton. Mince it smal and season it with cloves, mace, pepper, and salt, and dates minced with currants: then roll it into round rolles, and so into little balles, and so boyle them in a little beef broth and so serve them foorth.*

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### Modern Recipe

- 500g minced lamb or mutton
- 2 tbsp currants
- 6 dates, finely chopped
- 500ml beef stock
- ½ tsp ground mace
- ½ tsp salt
- ½ tsp ground pepper
- ½ tsp ground cloves

Combine lamb, currants, dates and spices, season with the salt and pepper, and mix well. Take meat mixture and form into walnut-sized balls.

Place the balls into boiling stock for about 10 to 15 minutes, stirring as needed until meat is fully cooked, then serve.







# TARTE OWT OF LENTE

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## CHEESE AND EGG TART

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### Original Recipe

*Take neshe chese and pare hit and grynd hit yn A mortar and breke egges and do ther to and then put yn buttur and crème and mell all well to gethur put not to moche buttur ther yn chese be fatte Make a coffin of dowe and close hit a bove with dowe and collor hit a bove with the yolkes of eggd and bake hit well and serve hit.*

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### Modern Recipe

#### *For the pastry*

- 300g plain flour
- 180g of butter
- 1 egg to glaze
- Pinch of salt
- 2 tbsp water

#### *For the filling*

- 100g of hard cheese
- 150ml of double cream
- 30g of butter

Take fresh cheese and cut it and grind it in a mortar and break eggs and thereto and then put in butter and cream and mix together well.

Do not put too much butter in if the cheese be fat. Make a coffin of dough and close it above with dough and colour it above with egg yolk. Bake it well and serve it forth.







# MALACHES OF PORK

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## PORK QUICHE

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### Original Recipe

*Hewe pork al to pecys and medle it with ayren & chese igrated. Do therto powdour fort, safroun & pynes with salt. Make a crust in a trap; bake it wel therinne, and serue it forth.*

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### Modern Recipe

- Pastry dough for a 24cm pie dish
- 500g lean pork, cubed
- 120g hard cheese, grated
- 4 eggs
- 40g pine nuts
- ¼ tsp salt
- Pinch of each cloves, mace, and black pepper

Preheat oven to 230°C.

Line a nine-inch pie pan with the pastry dough, and bake it for five to ten minutes to harden it. Remove it, and reduce oven temperature to 180°C.

In a frying pan, over medium heat, brown the cubed pork until it is tender.

In a bowl, beat the eggs and spices together.

Line the bottom of the pie crust with the browned pork, grated cheese, and pine nuts. Pour the egg and spice mixture over them.

Put the pie in the oven and bake for forty-five minutes, or until a toothpick draws out clean. Cool before serving.

Serves eight to twelve people.











# A BAKE METE

## PEAR CUSTARD PIE

### Original Recipe

*Take an make fayre lytel cofyns; than take Perys, & yif they ben lytelle, put .iij in a cofynne, & pare clene, & be-twyn euery pere, ley a gobet of Marow; & yf thou haue no lytel Perys, take grete, & gobet hem, & so put hem in the ovyn a whyle; than take thin commade lyke as thou takyst to Dowcetys, & pore ther-on; but lat the Marow & the Perys ben sene; & whan it is y-now, serue forth.*

### Modern Recipe

- Pastry dough for a 24cm pie dish
- 3 large pears
- 3 tbsp bone marrow, in large chunks
- 3 egg yolks
- 50g sugar
- Dash salt
- 450ml double cream
- pinch of saffron

Preheat oven to 230°C. Peel, halve, and core the pears. Slice one of them into strips, and layer the strips evenly in the bottom of the pie crust. Sprinkle two tablespoons of crumbled bone marrow over the pear slices.

Neatly arrange the remaining pear halves on top of the sliced pears, rounded side up. Place the remaining chunks of marrow at the center of the pie.

Put pie crust, filled with pears and marrow, into the oven for ten minutes to harden it.

In a bowl, lightly beat the egg yolks. Stir in remaining ingredients.

Reduce oven heat to 160°C. Pull oven rack part way out and quickly and carefully pour custard mixture into the pie crust. The round tops of the pears should remain above the surface. Bake pie for thirty minutes or until firm. Allow to cool before serving.

