

FARTES OF PORTINGALE

LAMB MEATBALLS

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.

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

CHEESE AND EGG TART

Original Recipe

Take neshe chese and pare hit and grynd hit yn A morter 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.

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

PORK QUICHE

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.

Modern Recipe

4 eggs

40g pine nuts

Pinch of each

black pepper

cloves, mace, and

1/4 tsp salt

- Pastry dough for a 24cm pie dish
- 500g lean pork, cubed
- 120g hard cheese, grated
- 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.

Part of Historic Environment Scotland





RYS LUMBARD STONDYNE

SWEET RICE AND EGG PUDDING

Original Recipe

And for to make rys lumbard stondyne, take raw yolkes of eyren, and bete hom, and put hom to the rys beforesaid, and qwen hit is sothen take hit off the fyre, and make thenne a dragée of the yolkes of harde eyren broken, and sugre and gynger mynced, and clowes, and maces; and qwen hit is put in dyshes, strawe the dragée theron, and serve hit forth.

Modern Recipe

- 180g rice
- 500ml beef, chicken, or other stock
- 4 egg yolks
- 2 tbsp sugar, or to taste
- Pinch of saffron
- Salt, to taste

- For the dragées:
- 2 hard-boiled egg yolks
- 1 tbsp sugar, or to taste
- 1 tbsp grated fresh ginger
- pinch each of cloves and mace

In a heavy saucepan or pot combine rice, broth and salt. Over medium heat, bring to a boil, reduce heat and simmer, covered, for about fifteen minutes, or until all liquid has been absorbed.

When rice is done, stir in raw egg yolks, sugar and saffron, and cook over medium heat, stirring constantly, until the mixture gets very thick. Dish into a lightly oiled mold or bowl, cool, and turn out for serving.

To make the dragées, in a bowl, combine hard-boiled egg yolks, grated fresh ginger, sugar and spices, and blend into a paste. Roll this paste into little balls about half an inch across, and decorate the molded Rys Lumbard with them.

Part of Historic Environment Scotland





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.

