



RECIPE CARD WK2

© Sophia Harris

JUMBALS

Jumbals, or jumbles, are sweet, spiced biscuits, popular because they could keep for long periods of time. They were often twisted into knots or pretzel shapes to make them easier to bite into: it is thought that the word 'jumble' derives from the Arabic word for twin.

Original recipe

Thomas Dawson, *Good Housewife's Jewel* (1596)

Take twenty eggs and put them in a pot, both the yolks and the white: beat them well. Then take a pound of beaten sugar and put to them, and stir them well together. Then put to it a quarter of a peck of flour and make a hard paste thereof; and then with aniseed mould it well and make it in little rolls, being long. Tie them in knots, and wet the ends with rosewater. Then put them in a pan of seething water, but even in one waum. Then take them out with a skimmer and lay them in a cloth to dry. This being done, lay them in a tart pan, the bottom being oiled. Then put them in a temperate oven for one house, turning them often in the oven.

Adapting the recipe for modern use

This makes a ludicrous amount of jumbles (100, according to the recipe). More sensible amounts are:

- 2 eggs
- 100g sugar
- 1 tablespoon aniseed or caraway seeds and as much flour as you require to make all of this into a strong, yet malleable dough.

You should make small knots of them, put them into boiling water, and, when they rise to the surface, scoop them out and place them on a greased baking sheet.

Bake them at a fairly low temperature, turning them frequently, until they are golden brown.

RECIPE NOTES

Eggs were significantly smaller in the late Tudor period, so this equates to about 10 medium modern eggs – not quite as jaw-dropping as it initially seems! Until the 1930s it is sensible to reduce egg amounts in old recipes (roughly half in this recipe).



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© Jessica Spengler

CAPON WITH ORANGES

This recipe calls for capons, which are castrated male roosters. The process is now illegal in the UK, but elsewhere in the world capons are still available. They tend to be bigger and more flavoursome than chickens, but a chicken will work just as well as a substitute for this dish.

Original recipe

Thomas Dawson, *Good Housewife's Jewel* (1596)

Take your capon and set him on the fire as before with marrow bones and mutton, and when you have skimmed the pot well, put thereto the value of a farthing loaf, and let it boil till it be half boiled. Then take two or three ladlesful of the same broth and put it into an earthen pot, with a pint of the same wine aforesaid. Peel six or eight oranges and slice them thin, and put them into the same broth with four pennyworth in sugar or more, and a handful of parsley, thyme and rosemary, together tied. Season it with whole mace, clove, and sticks of cinnamon, with two nutmegs beaten small. And so serve it.

Adapting the recipe for modern use

The 'as before' refers to a recipe for boiling a capon which called for it to be trussed and put in a pan with a marrow bone and a small rack of mutton. You can replace this with a good lamb stock.

Boiling in historic recipes usually means poaching, or a very low simmer. The 'aforesaid' wine is simply white wine or claret – white wine would be more usual today when oranges are being used, but red wine is slightly more interesting, and lends the dish that all-important visual impact.

The dish is very simple:

- Simmer your bird in stock for about 45 minutes (use a meat thermometer to check for doneness – it should be approaching 60°C) then take off a couple of ladles of the stock, and mix it with the wine (remember, these are old pints, and therefore 16 fluid ounces, not the modern 20).
- Add the oranges and spices and tied herbs. By the time you have reduced your wine and stock down at a fast boil, the internal temperature of the chicken should be around 70°C and it will continue to climb slightly.

It is not recommended that you serve chicken which has not reached 72°C. Use breadcrumbs to thicken the sauce.



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© Gourmandistan

A TART OF GREEN PEAS

Although this recipe is predominately a savoury pea tart, there are other variants from the same time which call for sugar to be added, and strewn on top of the finished tart.

Original recipe

Thomas Dawson, *Good Housewife's Jewel* (1596)

Take half a peck of green peas, sheal them and seethe them, and cast them into a colander, and let the water go from them. Then put them into a tart whole. Season them with pepper, saffron and salt, and a dish of sweet butter. Close and bake him almost one hour. Then draw him and put to him a little verjuice, and shake them and let them into the oven again, and so serve it.

Adapting the recipe for modern use

As there are no quantities in the original recipe, you will need to use enough peas to fill your pastry case with some space left at the top. Frozen or fresh peas work, you will need to blanch them first, and then season with pepper, saffron (just a pinch) and salt, as well as adding 2 tablespoons of unsalted butter (cut up).

- Add them to a puff pastry case, and then, if you wish, you can add a pastry lid (but remember to make a hole in the top for the next step).
- Bake for between 30 and 60 minutes on a medium heat, keeping an eye on it in case the pastry burns.
- Then add the grape must (or juice) over the top, or through the hole if using a lid, and return to the oven for another 10 minutes before serving.

RECIPE NOTES

This recipe calls for an understanding of the typical language of the medieval and Tudor period: sheal is to shell, seethe is to boil or simmer. Sweet butter is unsalted butter, and verjuice is grape must – you can still buy it online or from specialist shops. Grape juice can be substituted if you can't get hold of it. If you prefer to thicken the sauce, mix the juice with a couple of egg yolks before adding it to the tart. If making a lid, cut a cross in the centre of it, put a small ring of pastry around it, and stick the flaps of the cross to the circle, so that you have a hole in the lid which will remain open during cooking. You can then add the juice and yolks, if using, through the hole using a small funnel.