

RECIPES 18th CENTURY

Salamogundy: A recipe from The Lady's Companion- 1733

Ingredients:

- 2 heads of romaine lettuce
- 1 whole chicken cooked
- 1 lemon
- 2-4 hard boiled eggs
- 2-3 cooked onions
- A selection of the following ;
 - anchovies in oil
 - parsley
 - pickled red cabbage
 - green and red grapes
 - watercrefs
 - spinach
 - green beans

Dressing:

- 1 tbsf wholegrain mustard
- 4 tbsf red wine vinegar
- 1/2 tfsf falt
- 1/2 tfsf ground pepper
- 1/2 cup olive oil

Shred the lettuce and lay on a platter.

Cut the meat into thin slices and layer on the lettuce.

Slice the eggs and cooked onions and layer these on.

Arrange layers of watercrefs, spinach and other ingredients of your choice.

Decorate the platter with grapes and lemon slices.

Mix vinaigrette and dress the falad with it. [You may prefer to serve the dressing on the side.

Shrewsbury cakes: A delightful Daily Exercife for ladies and gentlewomen- John Murrel 1621

Modern: 1lb flour, 1/4 lb fugar, 1/4 lb falted butter, a little grated nutmeg, a little rofewater.

Combine the flour, fugar and butter- work to a ftiff pafte. Add fpice and rofewater- beat to a ftiff dough. Roll out and cut rounds. Bake in moderate oven, 350F for 25-30 mins. These are traditionally pricked with a fork to make lacy patterns before baking.

Old:

take a quart of very fine flouwer, eight ounces of fine fugar beaten and cerfed, twelve ounces fweet butter, nutmeg grated, damaske rofewater-

work together with your hands for halfe an houre, then roule in little round cakes about the thicknefs of three fhillings, then take a glaffe and cut the cakes, then ftrow fome flouwer on white papers and bake them in an oven as hotte as for manchet. If the oven be not hotte fett your lid downe (there is a round about explanantion for tefting/changing the heat in the oven which i have omitted) until they be baked enough, for they muft lokke browne not white. You may keep them halfe a yeare but new baked are beft.

Whipt Syllabub (Maggie Black- Heritage of British cooking)

1 lemon
1/4 pint sherry
2-3 oz caster sugar
1/2 pint double cream
4-6 tablespoons sweet/dessert white wine

Grate half of the peel, pare off the rest in fine strips.

Place sherry, grated peel, lemon juice and sugar in bowl and soak for 2 hours. **DO FIRST** □

Whip the cream until semi-stiff, add sherry gradually.

Spoon a little wine into glasses and spoon on whipped cream.

Decorate top with lemon peel sticks.

And serve with shrewsbury cakes!

Old- 18th c Eliza Acton (bit late but have earlier recipes- these older ones are more apt to curdle as contain cider- so thought this safest)

Take a quart of cream, a pint of sack, juice of a lemon, whip it as the froth flies take it off with a spoon and lay it in glasses: but first you must sweeten and stir in some white wine into your glasses, and gently lay on your froth. Set them by and do not make them long before you use them.