

## From Mrs. Cromwell's Cookbook

These recipes are from Mrs. Cromwell's Cookbook. Although this book was not written by her, and was actually written after Oliver Cromwell had died as a way to make fun of her, the recipes in the book are very good examples of food that they were likely to have eaten while they were alive.

Mrs. Cromwell's Cookbook is on sale at the Cromwell Museum.

### A Rare Citron Pudding

Take a penny loaf and grate it, a pint and a half of cream, half a dozen eggs, one nutmeg sliced, a little salt, an ounce of candied citron sliced small, a little candied orange peel sliced, 3 ounces of sugar. Put those into a wooden dish well-floured and covered with a cloth, and when the water boileth put it in; boil it well, and serve it up with rose water and sugar and stick it with wafers or blanched almonds.

- Citron: lemon or lime

### To make Gooseberry Creams

First boil, or you may preserve your gooseberries, then having a clear cream boiled up and seasoned with old cinnamon, nutmeg, mace, sugar, rosewater and eggs, dish it up and when it is cold take up the gooseberries with a pin and stick them in rounds as thick as they can lie upon the said cream, garnishing your dish with them, and strow them over with the finest sugar and serve them up.

### To make a Pie with Pippins

You must core and pare your pippins, and when your coffin is made, take a handful of sliced quinces and strew over the bottom thereof, then place in your pippins and fill the core holes with the syrup of quinces, and put in every one a piece of oringado, so pour on the syrup of quinces over the apples with sugar, and close it.

- Pippins: apples
- Oringado: candied orange peel

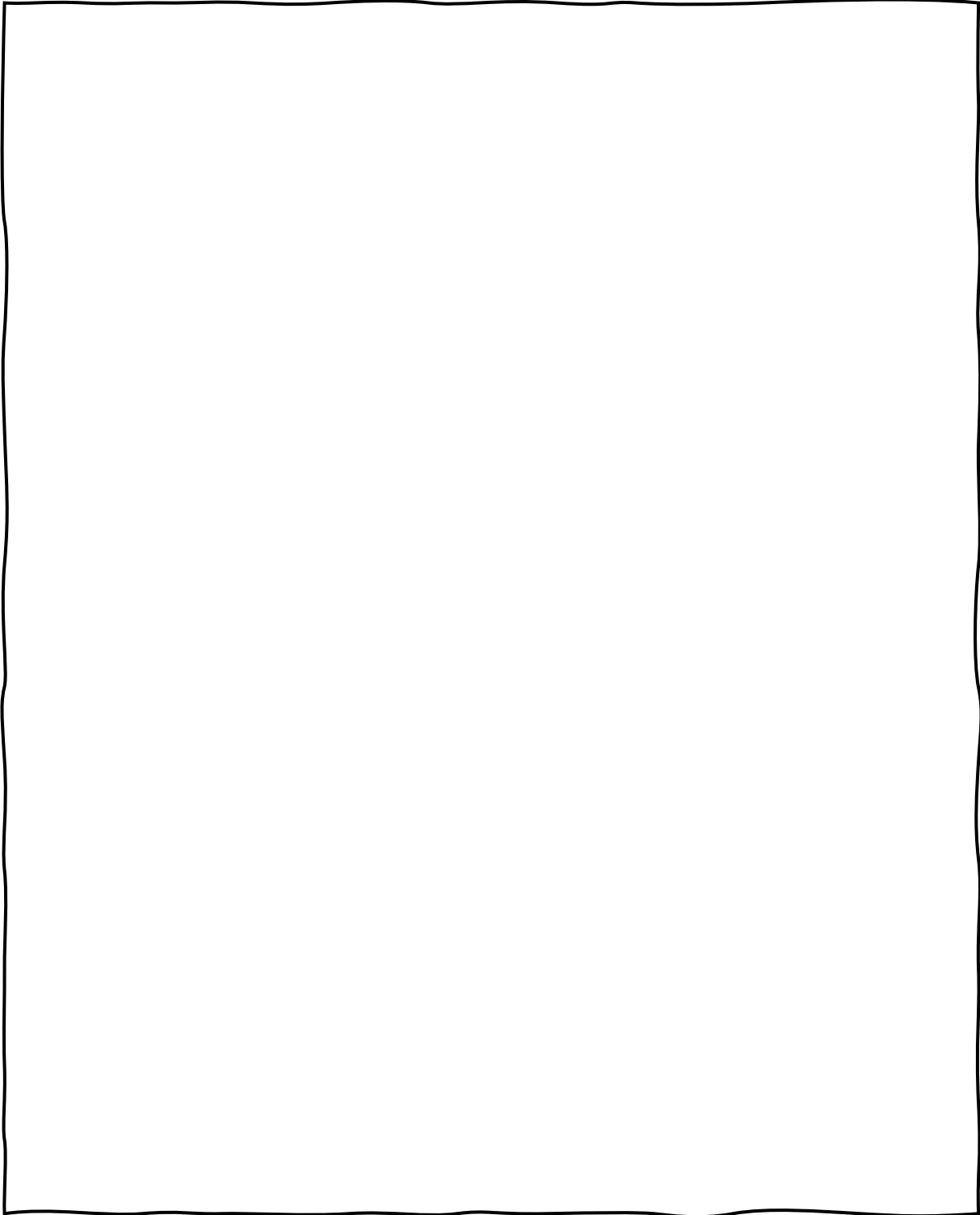
### To make green sauce

Take a handful, or a greater quantity of sorrel, and beat it in a mortar with pippins pared and quartered, add thereto a little vinegar and sugar and put it into saucers. Otherwise take sorrel, beat it and stamp it well in a mortar, squeeze out the juice of it, put thereto a little vinegar, sugar and two hard eggs minced small, a little butter and grated nutmeg, set this upon the coals until it is hot, and pour it into the dish on the sippets. This is sauce for hen or veal and bacon.

- Sippets: small pieces of dried or toasted bread

What's your favourite recipe that you would like to share with people living hundreds of years in the future?

Write the ingredients, and how to make it, below!

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## Make your own Herb Bundle

Many of the recipes in Mrs. Cromwell's Cookbook call for a 'bundle of sweet herbs' to be added. It was up to the person making the recipe to decide what herbs to add, depending what they had on hand. The bundle would be added to recipes such as stews and roasts. One example from Mrs. Cromwell's cookbook is here:

### To Stew a Line, Leg, Breast of Mutton

Take a loin of Mutton and joint it well, and do so to the breast, and draw and stuff it with sweet herbs and minced parsley, then put it in a deep stewing dish, with the right side downwards, put to it so much white wine and strong broth as will stew it, set it on a great heap of coals, put in two or three onions, a bundle of sweet herbs, and a little large mace. When it is stewed take a handful of spinach, parsley, and endive and put into it, at the last you may put some gooseberries or grapes; in the winter time sampiere and capers, here you may add them at any time, dish up the loin of Mutton and put by the liquor you do not use, and thicken the other with yolks of eggs and sweet butter, so put it on the sauce and the herbs over the meat, and garnish the dish with lemon and barberries.

- Sampiere: a wild plant, also known as *chrithmum maritimum*, which can be found growing on the seashores of East Anglia. It has aromatic fleshy leaves, which are often salted, boiled, and pickled in spiced vinegar.
- Barberries: oblong, red, and sharply acid berries found on the shrub *berberis vulgaris*. Along with being used for cooking, they were used to treat ailments of the gall-bladder, liver, and kidneys.

### Try it yourself!

1. Gather the herbs you want to include in your bundle.
2. Wash them, and trim them.
3. Using kitchen twine, or other cooking-safe string, tie your bundle together.
4. Now its ready for use! Try it in a stew or soup.

#### Herb suggestions:

- Thyme
- Bay leaf
- Sage
- Sweet marjoram
- Rosemary