Shakespearean Feast

A Tudor Cookbook for Today’s Cook,
Created with Help from
Summit Brewing Company, Café Latté,
French Meadow Bakery & Café, and Patisserie 46
A Sallet of Striked Coleworts, Beets & Herbs
From Robert May’s The Accomplisht Cook, 1660

3 C minced red cabbage
¼ C currants, parboiled
1 tbsp minced celery leaves
1 tbsp minced tarragon or fennel
1 tbsp minced mint leaves
5 tbsp olive oil
6 tbsp red wine vinegar
2 medium-sized beets, boiled tender in their skins
1 tbsp capers

Remove outer leaves and core of cabbage and mince what remains. Add the currants, celery leaves, tarragon, and mint, and pour the oil and vinegar over all. Toss until cabbage is well coated, and refrigerate for 24 hours, stirring the mixture several times.

Cook and peel the beets, and dice into ¼”–½” cubes. Add beets and capers to cabbage and mix. Serve at room temperature.
**BUTTER’D ONIONS**
*From Robert May’s The Accomplish'd Cook, 1660*

1 lb tart cooking apples  
1 medium-large white onion, coarsely grated  
3 tbsp butter  
1 tbsp brown sugar  
½ tsp cinnamon  
2 tbsp currants, parboiled  
2 slices buttered toast, in quarters

Quarter, core, and peel apples and cut into ½” thick slices. In a small saucepan, simmer the onion and two tablespoons of butter until transparent. Then stir in the sugar, cinnamon, and currants. Arrange a layer of the apples in a casserole dish (with cover), and spoon a small quantity of the onion mixture evenly over them. Continue to alternate layers of apples and onions, finishing with a layer of apples. Dot the remaining teaspoon of butter over the top, cover the casserole dish, and bake at 375°F until the apples are soft, about 45 minutes. Serve hot, on buttered toast.
**Frigacy'd Shrimps**

From William Rabisha's *The Whole Body of Cookery Dissected*, 1682

1½ lbs raw shrimp, peeled  
3 tbsp butter  
2 tsp anchovies, mashed  
1 medium onion, grated  
1 tbsp minced parsley  
½ tsp thyme  
1 bay leaf  
1 pinch (approx. 1/8 tsp) pepper  
¼ tsp nutmeg  
¼ tsp ginger  
1¼ c claret  
2 tbsp red wine vinegar  
½ tsp salt  
3 egg yolks  
3 slices buttered toast, in quarters

Peel and devein shrimp, rinse and dry. Melt the butter in a small saucepan, add anchovies, grated onion, parsley, thyme, bay leaf, pepper, nutmeg, and ginger, and simmer for one minute. Add shrimp and stir until well coated, then add claret and vinegar and simmer 10 minutes longer. Add salt to taste.

Beat egg yolks with ¼ cup sauce (allow sauce to cool slightly before combining with yolks). Stir this mixture back into the sauce until it thickens. Place half the toast in a serving dish, spoon the shrimp and sauce over it, and garnish it with the remaining toast quarters.
VENISON PASTY
FROM ROBERT MAY’S THE ACCOMPLISHT COOK, 1660

1½ lbs venison steak, fat and gristle removed
¾ c claret
1 tsp salt
¼ tsp pepper
¼ tsp cloves
½ tsp nutmeg
⅛ tsp powdered bay leaves
2 egg yolks
5 tbsp butter, diced
1 strip bacon, diced

FOR THE PASTRY
2 cups sifted unbleached flour
1 tsp salt
¾ cup cold butter
½ cup cold water

Mix claret, salt, pepper, cloves, nutmeg, and bay leaves together in a shallow bowl, and place meat in the marinade, turning it until covered completely. Cover bowl and refrigerate for 6 hours, turning at least once.

Using a food processor, pulse the flour, salt, and butter until mixture attains a sandy texture. Add cold water until it forms a stiff dough. Turn the dough out onto a floured work surface and form it into a rectangle. Roll this out into a sheet one inch wider than twice the width of the steak and six inches longer than its length. Drape the sheet in a rectangular backing dish with the extra pastry hanging over the sides of the dish.

Drain the venison, saving the marinade for the sauce. Beat one egg yolk and brush the sides of the meat with it. Dot half the diced butter and half the bacon over the pasty, arrange the meat over it, and dot the top with the rest of the butter and bacon. Bring the two shorter sides of the pastry up over the steak and brush the edges with egg white. Then bring the two longer sides over and pinch the edges together to seal the pasty. Carefully turn the pasty over in the baking dish. Bake at 450°F for 20 minutes, then lower heat to 350°F and bake 15 minutes longer.

While the pasty is baking, bring the reserved marinade to a boil in a small saucepan. Lower the heat and simmer 10 minutes. Remove the saucepan from the heat and beat in remaining egg yolk. Return to the pan to heat and cook, stirring constantly, until sauce begins to thicken.

Cut pasty into slices, taking care to preserve the crust, and place one slice on each plate. Pour a spoonful of sauce over each slice and serve.
Summit Tudor Ale

MASH INGREDIENTS
- 6.5 lbs Crisp Maltings Floor Malted Organic Pale Malt
- 1.2 lbs Simpson's Crystal Medium
- 0.5 oz Simpson's Black

MASH SCHEDULE: SINGLE INFUSION
- Sacch' Rest: 154°F for 45 minutes
- Mashout: 172°F for 5 minutes

BOIL ADDITIONS & TIMES
- 60-minute boil
- 0.5 oz East Kent Goldings (55 min)
- 2.5 oz Honey (50 min)
- 0.1 oz Fresh Sage, chopped (5 min)

YEAST
- Wyeast 1028 London Ale
- Fermentation Temp: 68°F

FERMENTATION SCHEDULE:
- 1 week primary
- “dry-hop” with ½ oz dried sage
- 1 week conditioning
- 2 weeks bottle conditioning

O.G: 1.046
F.G: 1.012
BUs: 15
SHREWSBURY CAKES
ADAPTED BY CAFE LATTÉ FROM MADGE LORWIN’S DINING WITH WILLIAM SHAKESPEARE (MACMILLAN, 1976)

½ cup raw sugar
1 tbsp grated nutmeg
1 cup salted butter
1 tbsp rosewater
2 cups flour
½ tsp salt

Cream sugar and butter, and whip until fluffy. Add rosewater, then flour, nutmeg, and salt, and mix just until blended. Form dough into two logs and roll in sugar. Wrap in plastic wrap and refrigerate for two hours until firm. Slice ¼" thick and bake at 375°F till edges are slightly brown, 12–15 minutes.
**LA TARTA SHAKESPEARE** (GOOSEBERRY TART)
ADAPTED BY PATISSERIE 46 FROM MADGE LORWIN’S *DINING WITH WILLIAM SHAKESPEARE* (MACMILLAN, 1976)

**PÂTE SABLÉE**

10½ oz 82% fat butter
7 oz confectioner’s sugar
2 oz hazelnut powder
2 pinches salt
2 large eggs
17½ oz pastry flour

In a bowl, knead the butter by hand. Add the salt, confectioner’s sugar, and hazelnut powder. Add the eggs. Mix rapidly, then add the sifted flour. Once the flour is incorporated, stop mixing.

Wrap the dough in plastic wrap and refrigerate for 2 hours.

Remove the dough from the refrigerator and knead a bit by hand to soften it. Roll out to a 3 mm thickness. Cut the dough slightly larger than an 8” mold and place in the buttered mold. Apply the dough as evenly as possible. Let the base of the tart rest in the refrigerator for 30 minutes.

**HAZELNUT CREAM**

7 oz hazelnut powder
7 oz sugar
7 oz butter
4 large eggs
2 tbsp Grand Marnier
Lemon zest
1 oz pastry flour
7 oz crème fraîche

Prepare the almond cream: Soften the butter. Add sugar and hazelnut powder. Add the eggs and whip. Add the Grand Marnier, lemon zest, crème fraîche, and flour.

Coat the top of the tarte with the almond cream using a piping bag and tip or a large spoon, and sprinkle gooseberries on top.

Bake in the oven at 335°F for 35–40 minutes. Remove from the oven and let cool.
**QUAKING PUDDING**

*Adapted by French Meadow Bakery & Café from Madge Lorwin’s Dining with William Shakespeare (Macmillan, 1976)*

**STEP 1.** Simmer into a thick sauce, about 10 minutes over medium heat:
- ½ cup apple juice
- 2 pieces sliced ginger
- ½ pear, cut into two pieces
- 2 tbsp vanilla

**STEP 2.** Whisk:
- 2 egg yolks
- ½ whole egg
- ½ cup sugar
- ½ tsp nutmeg
- ½ tsp cinnamon
- 1 tsp lime
- 1 tsp lemon zest
- 1 tsp minced ginger
- 1 tsp vanilla
- ⅛ tsp salt

**STEP 3.** Bring to Boil:
- ½ cup whole milk
- ½ and ¾ cup whipping cream

Add sauce prepared in **STEP 1.** Stir until incorporated.

Whisk mixture prepared in **STEP 3** Slowly into mixture created in **STEP 2**, add 2 tbsp dried cranberries. Place final mixture into two 3-inch ramekins. Bake at 300°F for 1 hour or until inside reaches 90°F. Let cool for 10 minutes.
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