NEW

ULTIMATE HISTORY COOKBOOK

UNCOVER THE ORIGINS OF RECIPES THAT HAVE SURVIVED FOR CENTURIES

76 HISTORIC MEALS TO MAKE

Digital Edition

FUTURE

FIRST EDITION

ANCIENT STAPLES • MEDIEVAL DELICACIES • CROWD-PLEASING CLASSICS

Welcome

From the beginning of human history, food has been a central pillar of our societies. Whether it was the first communities that organised around hunting and gathering to fill the dining table, the first farmers who cultivated land to provide for their growing villages or the emperors who used bread to placate the masses, food has helped to drive innovation, conquest and politics for centuries. It's also what helps bring our friends and family together to share quality time with one another. But what kinds of foods was Cleopatra enjoying? What had Tudor children running in from the garden when the dinner bell rang? And what kept the armies of the Spartans, Romans and Mongols marching day after day? You can find the answers to these questions in the following pages as well as step-by-step guides on how to make these delicious meals for yourself at home. Covering thousands of years of history and spanning across the globe, this book of recipes offers up all sorts of delicacies from the past. So, whether you're looking for a quick snack, a hearty lunch, a family-pleasing meal or a drink to wash it all down, we have you covered. And there's plenty of history you can learn along the way too.
Bon appétit!

FUTURE

ULTIMATE HISTORY COOKBOOK

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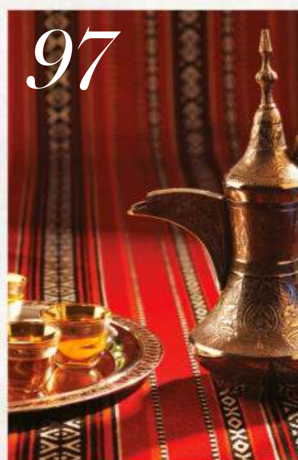

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Food & Drink across history

Since the dawn of the human race, food and drink have kept us alive, but how has what we put into our bodies changed throughout history?

STONE AGE HUNTING AND GATHERING

The appearance of homo sapiens some 35,000 years ago (the Paleolithic era) starts to reduce fish stocks, as man hunts and eats them. The mammoth, wildebeest, zebra and others are hunted seasonally on their respective continents.

30,000 BCE

The Birth of Irrigation

The first irrigation systems appear in Egypt and Mesopotamia (now Iraq and Iran). Water spilling over the banks of the Nile is diverted to fields to water the crops and then drained back into the river at the right time.

6000 BCE

The London Gin Craze

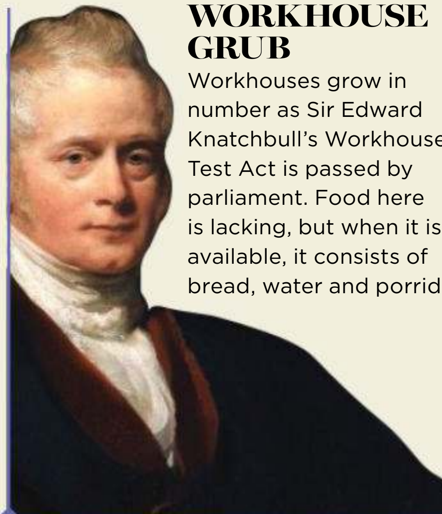
In 1730, there are an estimated 7,000 gin shops in London

10 million gallons of gin are distilled each year at the height of the craze.

It is recorded in 1743 that 2.2 gallons of gin are consumed per person per year.

1730

WORKHOUSE GRUB

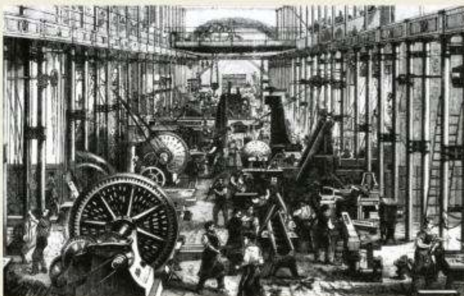


Workhouses grow in number as Sir Edward Knatchbull's Workhouse Test Act is passed by parliament. Food here is lacking, but when it is available, it consists of bread, water and porridge.

1773

Food for a working day

Breakfast emerged in the 17th century for the working classes, but with the Industrial Revolution, the most important meal of the day becomes essential for bosses and workers alike.



1820

IRISH POTATO FAMINE

As Irish potato crops are ruined by the Phytophthora blight for several years, famine is widespread across the country. Half of Ireland depends on potatoes in their diet, and the population decreases by more than 2 million as a result.

1845-1849

Food in the trenches

3,240,948

tons of food is sent from Britain to soldiers in France and Belgium

300,000

field workers are employed to cook and supply food

3,574

calories a day are needed by soldiers on the front line

'Bully beef', or corned beef, was the bulk of a soldier's diet and their biggest source of protein. They ate six ounces per day

1914-18

THE FIRST FAST FOOD JOINT

The White Castle burger restaurant opens in Wichita, Kansas. Their clean, white restaurant tackles the idea that hamburgers are unsafe, leading the way for McDonald's and other fast food chains.

1921

THE MAYANS AND CHOCOLATE

Mayans eat chocolate on a daily basis. They drink a mixture of cacao and chilli, and use the liquid as a substitute for blood in some rituals, while cocoa beans are also used as currency.

C. 400

Roman feasts

CAELII APITII, SVMMI ADVLATRICIS MEDICINAE ARTIFICIS, De re Culinaria libri Decem.

APVD SEB. GRYPHIVM LVGVDVNI.

The cook book De Re Coquinaria (On Cooking) by Apicius is compiled from documents of the 4th and 5th centuries. It offers menus including sows' udders stuffed with milk and eggs, and boiled ostrich with sweet sauce.

5TH CENTURY

DAILY FARE IN MEDIEVAL ENGLAND

During a day toiling in the fields, a peasant would burn about 3,000 calories; their food intake had to be much higher than it is today.

Bread	2,240 calories
Beans	1,394 calories
Ale	584 calories
Turnips	140 calories
Total calories	**4358**

1350

RISE OF THE

London's first coffee house was opened by a Greek servant called Pasqua Rosee in 1652, in St Michael's Alley, Cornhill

1650

The first Thanksgiving

In 1621, the very first Thanksgiving feast, upon which future celebrations across the United States of America and the wider world would be based, takes place between the recently arrived Pilgrims of Plymouth and the Wampanoag Indians.

1621

EAST INDIA COMPANY AND TEA

Taking advantage of trade with Asia and India, this trading body forms at the end of 1600. It imports spices and other goods, and in the 19th century becomes a prominent importer of tea from China.

Charles II's queen, Catherine of Braganza, got a taste for tea in Portugal, and popularised it in the English court

1600

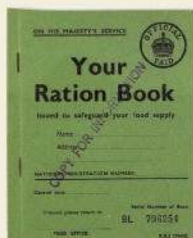
Birth of factory farming

Mrs Wilmer Steele, a housewife in Delaware, USA, becomes the first factory farmer. She turns a flock of 500 chicks, to sell for meat, into a broiling house with 10,000 birds by 1926.

1923

WORLD WAR II RATIONING BEGINS

- Less than one-third of the food Britain consumes when rationing begins is made there
- Each person is allocated one egg per week
- Allotment numbers rise from 815,000 to 1.4 million



8 JANUARY 1940

Eating in space

John Glenn is the first human to eat in space, consuming apple sauce aboard the Friendship 7 craft. It was not known previously whether humans could swallow and digest without gravity.

1962

NO MORE FREE MILK

Margaret Thatcher, British education secretary and future prime minister, gains the moniker 'Milk Snatcher' as free school milk is abolished for children over the age of seven.

According to archives and her memoir, Thatcher actually argued in the cabinet against abolishing free milk

1970

Kitchen Utensils Through History

From the Dutch oven to the microwave oven, the evolution of the objects in our kitchens is integral to our culinary heritage

WRITTEN BY EMMA KAY

Emma is author of Vintage Kitchenalia, a history of British culinary history from the 16th to the 20th century. It also includes beautiful illustrations and historic recipes and is available now for £15 from Amberley Publishing.

Dutch Oven 1707

Inspired by methods already being used to cast iron pots in the Netherlands, Abraham Darby patented the first 'Dutch oven' during the early 1700s. This was a one-pot wonder with a hooped handle to balance it over the fire and a tight-fitting lid. These robust cast-iron cooking vessels were sold to the early American colonists. They proved invaluable for their ability to boil, stew and roast a variety of victuals, which was needed in the harsh terrains of those unchartered lands.

Since its original invention, the Dutch oven has gained pot legs and a flat lid

RALPH COLLIER

AMERICAN 1807-88

The race to patent the rotary mixer was close during the 19th century. Ralph Collier in 1856 just pipped British inventor EP Griffiths to the post, whose patent for the same technology was published one year later. Collier's was based on "vertically revolving stirring blades made of metallic wire… attached to a central shaft."

The most modern invention of the fork was patented in 1970 as the 'spork' — part fork, part spoon — for the fast food industry

Table Fork 11TH-12TH CENTURY

While forks have been in use since ancient times, they were not considered to be tools for eating until around the 11th century. Allegedly, a visiting noblewoman attending a dinner for a number of dignitaries in the Republic of Venice produced a two-pronged fork during the meal. Horrified members of the clergy in attendance gasped at the harrowing thought that anything less worthy than the fingers given to us by God himself should be used to put food in our mouths. English traveller Thomas Coryat introduced the first table forks to his home country in the early 1600s, despite the clever 'sucket fork' of the 1500s, which combined both spoon and fork to tackle delicate sweetmeats.

The coffee-loving British were importing some 18,143 tons of coffee from the US by 1871

Coffee mill MID-1700S

Coffee consumption, and all the paraphernalia required to process and drink it, became widely popular during the 17th century. It is thought that Nicholas Brook invented the first coffee mill around 1657. This must have been a tremendously luxurious gadget that would have been purchased exclusively from the Frying Pan in Tooley Street, London, for £2 — around £200 today. Lancashire and Wolverhampton became the largest areas of coffee mill manufacturing. By the early 1800s, one Lancashire firm was producing 90,000 domestic coffee mills a year.

Canning EARLY 1800S

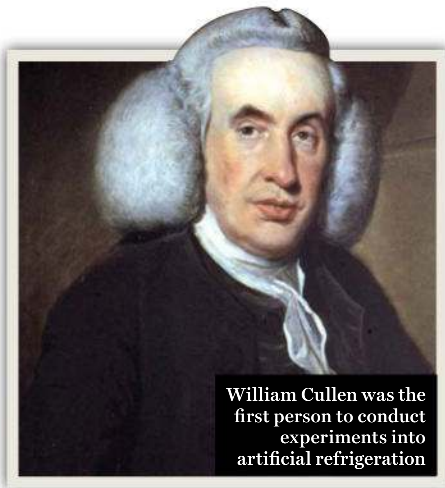
In 1810, Peter Durand acquired a patent to develop sealable tin containers, a process that French confectioner Nicolas Appert had been working on for some years. His 1811 book The Art of Preserving is testament to this. The patent was sold onto Bryan Donkin and John Hall, who opened the first canning factory in England. Durand referred to the source of his patent as a "friend abroad" — perhaps this was Appert? We will probably never know. Appert himself founded one of the first commercial preserving factories in the world, La Maison Appert, which was destroyed during conflict in 1814. He died in poverty.

WILLIAM CULLEN

SCOTTISH 1710-90

William Cullen is credited with developing a machine for evaporating water in a vacuum as early as 1755. US president Benjamin Franklin, (also a pioneer inventor), makes reference to this in his personal diaries, noting that "Dr Cullen, of Edinburgh has given some experiments of cooling by evaporation."

Despite Britain being the first to patent canning, it was Frenchman Nicolas Appert who really needs to be credited


William Cullen was the first person to conduct experiments into artificial refrigeration

Refrigerator 1856

Outdoor ice houses and snow stacks were once the main resources for ice. The word 'refrigerator' was in common use from the 1850s, and one of the first inventors of modern refrigeration was George Bevan Sloper, who gained his patent in 1856. Wealthy Britons had access to electric domestic refrigerators by the 1920s in order to keep their food from spoiling.

GUSTAF DALÉN

SWEDISH 1869-1937

Gustaf Dalén invented the first storage-heated oven in 1922 — the AGA. He won the Nobel Prize for his work with hydrocarbons and dispensing light and his cast-iron cooker was capable of cooking simultaneously via two hot plates and two ovens. Most surprising of all is that this great physicist had been blind since 1912.

The Hobart Corporation, which founded the KitchenAid stand mixer, are now owned by the multinational manufacturer Whirlpool Corporation

The closed range 1796

Sir Benjamin Thompson, also known as Count Rumford, is the person most associated with the progressive invention of the early fireplace for the benefit of cooking and heating. He did this by simply altering the amount of air that circulated up a chimney and his 'roaster' was a self-contained unit that sat flush with the front of the range brickwork. It was heated through flues and was an early precursor to the closed 'kitcheners' of the mid to late 19th century. His prototype kitchen design was installed in the Foundling Hospital in Bloomsbury, London, as early as 1796.

Count Rumford was a hugely innovative and talented inventor and physicist. An Anglo-American, he jointly founded the Royal Institution in 1799

Food Mixer 1919

In her book Post-War Kitchen, Marguerite Patten, the culinary dame of the 20th century, reminisces about the time she demonstrated the new-fangled electric mixers and liquidisers of the 1950s at Harrods in London. It was the American firm Hobart's that released their revolutionary early model of the commercial KitchenAid in 1919, although numerous inventors had developed the technology for creating a mixer with rotating parts in the past. It would be another 30-odd years before the electronic engineer Kenneth Wood was able to rival the American market with his legendary Kenwood Chef in 1948.

The meat grinder technology paved the way for numerous kitchen items, including the bean slicer and marmalade cutter

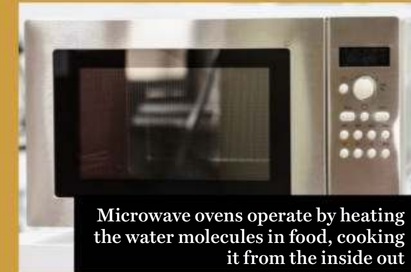
Meat grinder EARLY 1800S

Karl Drais invented the first meat grinder in the early 1800s. It was a hand-cranked device where meat was forced into a metal plate and then squeezed through a series of holes, exuding long strands of meat. But this device would only become iconic due to James Osborn Spong, a young entrepreneur originally from Northampton who established the firm of Spong & Co, specialising in grinding, slicing and chopping devices. Spong & Co became the most successful of these manufacturers during the 19th century, recording sales of 200,000 meat mincers by 1882.

Spring-Balance Scales 1770

Counter-balance scales with a tin pan on one side and cast-iron weights of varying sizes the other are probably most synonymous with Victorian weighing systems in both the kitchen and retail establishments. The spring-balance scales that we are more familiar with today were invented in the West Midlands in 1770 by Richard Salter but his product was not patented until 1838. This may have been due to early teething problems with the mechanism of the scales, as a critic of the time confirmed, observing that Salter's scales were "liable to vary with the temperature, and also to become relaxed by constant use."

Spring-balance scales from 1914. Leonardo da Vinci drew designs for the first self-indicating scales in the 1500s


Microwave ovens operate by heating the water molecules in food, cooking it from the inside out

Microwave Oven 1945

There is still some contention over the invention of the microwave, patented by Raytheon in 1945. Credit is given to inventor Percy Spencer, who saw his chocolate bar melting on a radar set. From this he began to investigate the possibility of cooking with microwaves. On the other side of the Atlantic some years earlier, James Lovelock had connected the output of a magnetron to a metal chamber containing a potato. It worked along the same principle as a microwave oven and cooked the potato in ten minutes.

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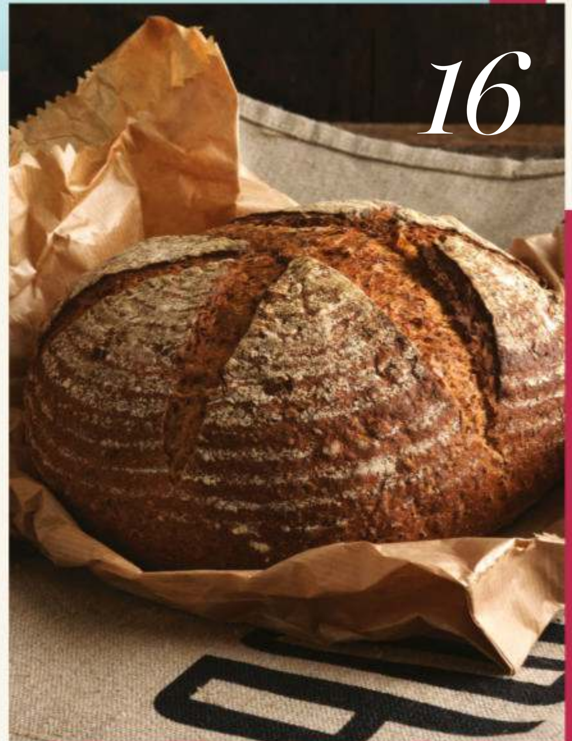

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Breads & Snacks

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From hard-travelling breads to bar snacks, a selection of nibbles to keep you powering through the day

© Alamy

Russian Black Bread

A staple food of the Russian revolution

RUSSIA, 1917

The shortage of black bread during WWI was a contributory cause of the Russian Revolution of 1917. In fact, the Bolsheviks adopted the slogan 'Peace, Land and Bread' to gain public support.
There are many ways to make Russian black bread, but this is one of the simplest and plainest recipes.

- **One cup of warm water (about 45 degrees Celsius)**
- **Molasses (about one third of a cup)**
- **Yeast (about 14-15 grams)**
- **Salt (2 teaspoons)**
- **Rye flour (ideally dark, and approximately five cups)**
- **Caraway seeds**

1 Carefully mix together one third of a cup's worth of molasses and one cup of warm water, then stir. Sprinkle yeast over the top of the water and molasses mixture and then leave it to stand until there is a foam-like consistency. This will take at least five minutes.
2 Next, add around two and a half cups of rye flour and beat until smooth. Now stir in the two teaspoons of salt.
3 Cover the mixture with a cloth and then leave it to rise in a warm place – a recently heated but now cooling oven might be required to provide a suitably warm location – for around half an hour.
4 Steadily add more rye flour into the mixture until the dough is stiff. Knead the dough on a floured surface until stiff but still slightly sticky. Carefully form the dough mixture into a ball and then grease a bowl. Place the mixture in the bowl, cover just as you did before, and then replace it into a warm environment to rise – this will take two or three hours.
5 Place the dough mixture on a floured surface once again and gently knead out the air bubbles. Now it's time to knead and roll the dough into the desired shape and place it on a lightly greased pan. Cover the pan with cling film and return it to a warm place once again to rise – this will take another one to two hours.
6 The next step in the process is to preheat your oven to 175 degrees Celsius or 350 degrees Fahrenheit. Before going any further, remember to take the plastic wrap away from the bread. Lightly baste the top of your loaf in oil and add a sprinkling of caraway seeds. When the oven has preheated to the correct temperature, bake your Russian black bread loaf in the oven for between 35 and 40 minutes.

DID YOU KNOW?
Despite its name, Black Bread shouldn't actually be black; just very dark

DID YOU KNOW?
Baking soda or beer can sometimes be added as a leavening agent for this bread

© Getty Images

Damper Bread

A basic camper's staple

AUSTRALIA, 1780S – PRESENT

Unless you're willing to try your luck hunting a kangaroo, finding food in the Outback can be quite a challenge. In the times of colonial Australia, the stockmen and swagmen who spent months there at a time carried only a few basic rations with them, and developed a recipe for bread made only from flour and water. It was baked in the hot ashes of a campfire, or sometimes a camp oven, and enjoyed with golden syrup or whatever meat was available at the time.

Recipes for 'damper bread', as it became known, first appeared in the 19th century, with conflicting tales relating to the origin of its name. According to the Australian Dictionary Centre, it is derived from the Lancashire expression, "something that damps the appetite," whereas others believe that it is derived from the term "to damp a fire," ie by covering it with ashes. Whatever the truth, damper bread remains popular to this day, although most recipes now include a few extra ingredients to make it that little bit tastier than the original.

- **480g self-raising flour**
- **230ml milk**
- **1 tsp salt**
- **1 tbsp butter, softened**
- **110ml water**

1 If you have access to a camp oven, or better still, a campfire, then you can bake your damper bread the old-fashioned way. For those less fortunate, preheat the oven to 220 degrees Celsius.
2 Stir together the flour and salt in a large bowl, then rub in the butter with your hands until the mixture resembles bread crumbs.
3 Make a well in the centre and pour in the milk and water. Mix with a knife until the dough leaves the sides of the bowl, then knead together on a lightly floured surface to form a round loaf about 20 centimetres in diameter.
4 Place on a greased baking tray and cut two slits across the dough in a cross shape, approximately one centimetre deep. Then brush the top of the loaf with a little extra milk.
5 Bake for 25 minutes, then lower the temperature of the oven to 175 degrees Celsius and cook for an additional five to ten minutes. When ready, the loaf should be golden brown, and the bottom should sound hollow when tapped.

© Alamy

Saxon Rye Bread

Wholesome loaves for dunking in stew

ENGLAND AND EUROPE, 420-PRESENT

The average Anglo-Saxon lived on a diet made up of meat such as deer and wild boar, vegetables for hearty stews, grain crops for flour, and barley, which made beer to wash down the feast. Bread was a mealtime staple, but for some, a bite of Saxon rye bread could lead to much more than a full belly. Crops of rye are susceptible to infection by the Claviceps purpurea fungus, which causes ergot. When the infected rye was ground into flour and baked in bread, the eater was poisoned with what we now know as ergotism. Sufferers would experience convulsions, insanity, hallucinations and even lose limbs to gangrene. Here you can learn how to make rye bread the Saxon way, without the hallucinogenic trips.

- **250g wholemeal flour**
- **30g rye flour**
- **7g dry instant yeast**
- **1 teaspoon of sugar**
- **1 teaspoon salt**
- **1 tablespoon honey**
- **Jug of warm water (around 250-300ml)**

1 In a jug, mix the dried yeast with the sugar and 50ml of warm (but not hot) water. This is a step for modern convenience – the Saxons didn't have the luxury of dried yeast. They also didn't have sugar, and used just honey for sweetness in their foods.
2 Set the sugar, yeast and water aside for ten minutes to allow the yeast to develop, and combine the flour in a big bowl with the salt.
3 Add a small amount of warm water to the flour, along with the honey. Mix a little and then add the water and yeast.
4 Continue mixing while slowly adding warm water until you have a doughy consistency. Rye flour absorbs lots more water than wheat so keep an eye on the texture as you mix.
5 Once your dough has come together in the bowl, transfer to a floured surface and knead it for a few minutes. Then pop it back into the bowl, cover with a tea towel and leave in a warm place for one hour so it can rise.
6 When the dough has visibly risen, shape it into a loaf and dust with flour before placing on a baking tray. Bake in a preheated oven at 220 degrees Celsius for 40-45 minutes until browned.
7 Once the loaf is baked, leave to cool on a wire tray before enjoying with traditional pottage and beer.

NORTH ATLANTIC, 10TH CENTURY

Viking Barley Flatbread

Food fit for explorers

DID YOU KNOW?

Vikings may not have eaten as much meat as you might imagine. Animal bone remains suggest it was not the bulk of the domestic diet

Since Vikings didn't seem to leave us any cookbooks around, working out exactly what the Nordic peoples ate around the late 10th century is a bit of a challenge. We can make a few assumptions based on what we know of dietary habits immediately before and after, however, such as farming being on a pretty small scale and seasonal foods being very important. There would have been times of great abundance and times of limited resources depending on season.

But since we've focused a lot on the seafaring Vikings this issue, what would they have taken with them on their travels? They'd definitely have taken long-lasting foods to supplement anything they might be able to catch or hunt on their journey, and bread of course, which was a staple of most diets in the era. So, we've looked at a classic flatbread using a barley flour, which ought to have been readily available at the time. There are some super simple ways of doing this with just flour and water, but this modern twist might be a little more tender and tasty for you to enjoy.

- **190g of whole barley flour**
- **190g all-purpose flour**
- **2 ½ tsp instant yeast**
- **2 tbsp canola oil**
- **1 tbsp honey**
- **350ml warm water**
- **Extra flour for rolling and oil for brushing**
- **Salt and herbs for seasoning optional**

1 Put the barley flour, all-purpose flour and yeast into a large mixing bowl and combine them together lightly, just to blend the powders together a little.
2 In a small measuring cup or jug, mix together the canola oil, honey and warm water (and just warm, not boiling). Once well mixed together, pour the liquid into the flour and yeast mixture and begin to blend these ingredients together.
3 Continue to stir and mix the ingredients in the bowl until the mixture begins to pull away from the side of the bowl, meaning that it is now forming a cohesive dough.
4 Lightly flour your work surface and tip the dough onto it. It should be slightly sticky at this point, so it will need kneading for ten minutes, adding small amounts of flour if necessary, until it is smooth and elastic. You'll know it's elastic when you can poke it and the dough springs back.
5 Place the dough back in the mixing bowl, brush with a little oil and cover with cling film or a damp cloth for 90 minutes, allowing the dough to double in size as it stands.
6 Preheat your oven to gas mark 7 (220°C or 425°F), warming a baking stone or a turned over baking sheet.
7 Remove the dough from the bowl onto your lightly floured work surface and punch it down to flatten. Cut into six evenly sized pieces and then roll each one out to 20cm (eight inch) rounds about 1cm (1/4 inch) thick.
8 Place each round in turn into the oven on your stone or baking sheet, cooking for around four minutes or until the bread is puffed and the surface is dry. Transfer to a cooling rack once done.
9 For added flavour, brush the flatbreads with a little more oil while still warm and sprinkle with herbs, salt and pepper for additional seasoning.

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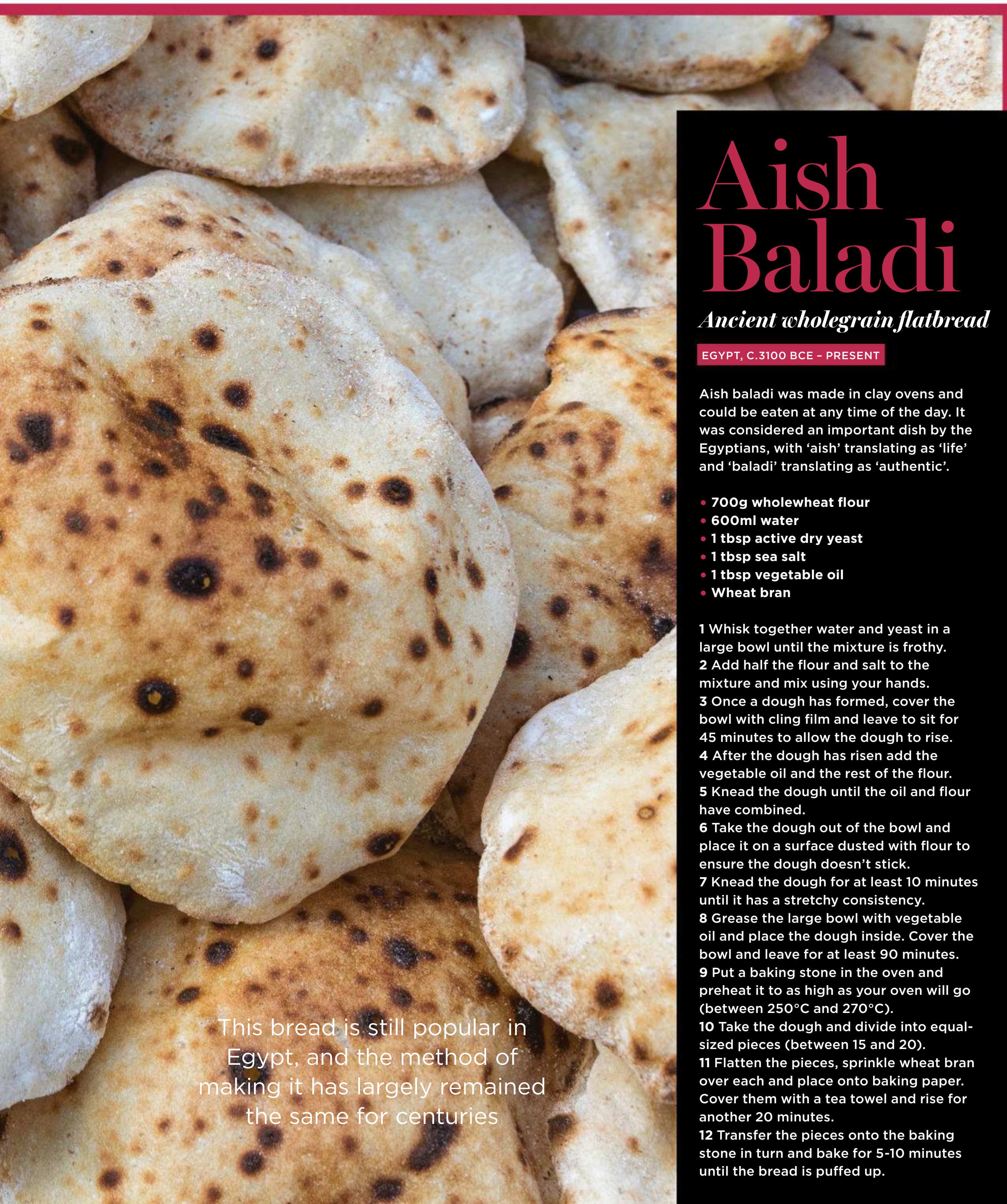
Aish baladi transcended class barriers. It could be served in many different ways and was popular with pharaohs and labourers alike



This bread is still popular in Egypt, and the method of making it has largely remained the same for centuries

Aish Baladi

Ancient wholegrain flatbread

EGYPT, C.3100 BCE – PRESENT

Aish baladi was made in clay ovens and could be eaten at any time of the day. It was considered an important dish by the Egyptians, with 'aish' translating as 'life' and 'baladi' translating as 'authentic'.

- **700g wholewheat flour**
- **600ml water**
- **1 tbsp active dry yeast**
- **1 tbsp sea salt**
- **1 tbsp vegetable oil**
- **Wheat bran**

1 Whisk together water and yeast in a large bowl until the mixture is frothy.
2 Add half the flour and salt to the mixture and mix using your hands.
3 Once a dough has formed, cover the bowl with cling film and leave to sit for 45 minutes to allow the dough to rise.
4 After the dough has risen add the vegetable oil and the rest of the flour.
5 Knead the dough until the oil and flour have combined.
6 Take the dough out of the bowl and place it on a surface dusted with flour to ensure the dough doesn't stick.
7 Knead the dough for at least 10 minutes until it has a stretchy consistency.
8 Grease the large bowl with vegetable oil and place the dough inside. Cover the bowl and leave for at least 90 minutes.
9 Put a baking stone in the oven and preheat it to as high as your oven will go (between 250°C and 270°C).
10 Take the dough and divide into equal-sized pieces (between 15 and 20).
11 Flatten the pieces, sprinkle wheat bran over each and place onto baking paper. Cover them with a tea towel and rise for another 20 minutes.
12 Transfer the pieces onto the baking stone in turn and bake for 5-10 minutes until the bread is puffed up.

French Madeleines

The Pâtisserie that gives you pause for thought

FRANCE, 18TH CENTURY

This small sponge cake is an iconic part of French baking, but is believed to have originated in the kitchens of Stanisław I, the deposed king of Poland. As the father-in-law of King Louis XV of France, Stanisław lived in exile at the Château de Commercy in Lorraine. One of his chefs, Madeleine Paulmier, supposedly created the little cakes, which were named in her honour. Louis and his wife introduced them to court, where they soon took off. However, another version of the legend claims they were created in the kitchens of famed diplomat, Prince Talleyrand.

If either of these claims to fame wasn't enough to secure the cake's place in French culture, the novelist Marcel Proust elevated them in *In Search of Lost Time*. In it, the narrator experiences flashbacks to his childhood after dunking a madeliene in tea. An 'episode of the madeleine' is now a byword for a sensory cue that triggers an involuntary memory in French.

Makes 12 madeleines

- **2 eggs**
- **100g caster sugar**
- **100g plain flour**
- **1 tsp orange-blossom water**
- **¾ tsp baking powder**
- **100g butter, melted and cooled slightly, plus extra for greasing**
- **Icing sugar for dusting**

1 To begin, make sure that you have a madeleine tray to give the cakes their iconic seashell shape. Preheat the oven to 200˚C, then generously grease the tray with butter.
2 Place the sugar and eggs into a mixing bowl and whisk until it the mixture becomes nice and frothy. Add the orange-blossom water to give the madeleines a nice, zesty flavour.
3 Sift the flour and gently fold it into the mixture along with the baking powder, making sure not to lose the volume you have created.
4 Next, slowly add the melted butter and continue to stir the mixture until all the ingredients are combined together.
5 Cover the cake mixture and place it into the refrigerator for about an hour, until it looks like it has thickened.
6 Spoon the mixture, roughly one tablespoon for each mould, into the tray. Bake for 8-10 minutes, until the madeleines have risen a little in the middle and have gone a light, golden brown around the edges.
7 Remove the madeleines from the oven and allow them to cool for a couple of minutes. Carefully remove each one from the moulds and place onto a wire rack to cool further.
8 Once the madeleines have cooled down, lightly dust them with some of the icing sugar and serve immediately.

DID YOU KNOW?
Proust's drafts reveal he toyed with toast and biscotto before settling on his 'madeleine moment'

Soul Cakes

A treat to die for

BRITAIN AND IRELAND, MIDDLE AGES

Soul cakes are the original 'treats' in the Halloween tradition of trick or treat. They were first made in the Middle Ages to coincide with All Souls' Day on 2 November, honouring the dead.

Soul cakes were given out to poor 'soulers', who went door to door offering prayers in the form of songs in exchange for the puddings. The tradition endured even after the Reformation, giving way to 'guising' in the 19th century and the more familiar trick-or-treating made popular in 20th-century America.

Traditionally, soul cakes were baked like biscuits and marked with a cross. Some recipes suggest adding warm spices like nutmeg and cinnamon, but these would not have been included in the original Medieval dish as they would have been too expensive. Over time, recipes evolved with the addition of dried fruit and other tasty extras — for example, currants or sultanas can be used to mark the symbolic cross.

- **340g plain flour**
- **170g sugar**
- **170g butter**
- **1/2 teaspoon ground cinnamon**
- **1/2 teaspoon ground mixed spice**
- **1/2 teaspoon ground nutmeg**
- **1 egg**
- **2 teaspoons white wine vinegar**
- **Optional sultanas or raisins**
- **Splash of milk**

1 Begin your soul cakes by preheating the oven to 200°C/400°F and grease two baking trays.
2 Sift the flour into a large bowl and then add the spices and sugar. Give it a good mix.
3 Cut the butter into cubes and rub it into your dry mixture until it begins to look like breadcrumbs.
4 In a separate bowl, beat the egg and then add the vinegar.
5 Make a small well in the middle of the dry ingredients and the eggs and vinegar. Mix them together until you have a firm dough — you might need to add a splash of milk here. Once it's all combined, cover the bowl and pop into the fridge to chill.
6 After approximately 20 minutes, your soul cake dough should be ready to roll. Sprinkle a little flour over your rolling pin and a flat surface to prevent sticking and roll the dough until it's about 0.5 centimetres thick.
7 Using a round pastry cutter, cut out circles and place them on the greased baking tray — it's up to you what size you'd like to make them. Using a sharp knife, carefully score a cross on the top of your cakes. You can also use sultanas to decorate this.
8 Put your soul cakes in the oven to bake for 15 minutes — or until they are golden brown and smelling delicious!
9 Serve your cakes to trick-or-treaters who come to your door on Halloween as a traditional delicacy, or just enjoy them with a coffee on All Souls' Day knowing that a loved one's soul has been saved from purgatory.

DID YOU KNOW?

The premise of souling was very simple: 'a soul for a soul' — that is, for each soul cake given, the soul of a loved one would be saved from purgatory

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Pasteli

Ancient Greek energy bars

MACEDONIAN EMPIRE, 450-150 BCE

Similarities in ingredients and approach between Greek and Middle Eastern cuisine are rather interesting if you care to venture down that rabbit hole, and can be traced back to the ancient era. Take, for example, this simple sesame- and honey-based confection that has variations in both modern Greece and Iran, but can be traced all the way back to the era of Alexander the Great and the First Persian Empire.

This energy bar can be made with just the sesame and honey as its base, but many have looked to tweak it with local nuts, citrus peel and dried fruit. Here we offer a relatively simple variety with options for adding more flavour and drastically changing the texture if you want something more brittle.

- **200g sesame seeds**
- **120ml honey**
- **100g chopped nuts, almonds or pistachios (optional)**
- **60g sugar (optional)**
- **Olive oil**

1 First we want to toast the sesame seeds. Heat up some olive or vegetable oil in a pan on low to medium heat and tip in the sesame seeds, stirring to stop any of them from catching, until golden brown. Don't let them get too brown as they can become bitter.

2 Once the seeds have been cooked, which should take around 10-15 minutes, remove them from the stove top and tip them onto a plate so they stop cooking. Place the pan back on the stove.

3 Pour your honey into the pan and bring to a simmer, stirring constantly, for about five minutes. If you're using sugar, this should be added with the honey.

4 Turn off the heat and add the sesame seeds, as well as the nuts if you're adding them. Mix them together and then empty the mixture into a parchment-lined baking tray. Use an oiled spatula or spoon to flatten the mixture out.

5 For the sugarless version of the recipe, place this tray in the fridge to cool for 20-30 minutes. This version of the bars is softer and bendy, with a nice chewy texture to bite into.

6 If you used sugar, leave the tray out to cool at room temperature. Once it firms up a little, take this opportunity to cut into bars because the mixture will become hard and cutting will be more difficult later.

DID YOU KNOW?

You will likely get a vastly improved flavour when making these energy bars with a high-quality honey

Jumbles

A Traditional Tudor Biscuit

ENGLAND, 16TH CENTURY

Jumbles, a knot-shaped biscuit, were popular with the Tudors because they could keep for a long time. Typically flavoured with spices such as aniseed or caraway, the first known recipe for jumbles appeared in the cookery book The Good Huswifes Jewell by Thomas Dawson, which was published in 1585. King Richard III apparently loved jumbles and his chef brought them to the battlefield, where a recipe for them was found in the aftermath. The biscuits became known as 'Bosworth Jumbles' – there were even claims that the recipe was taken from the dead king's hands!

- **200g plain flour**
- **2 eggs**
- **70g granulated sugar**
- **1 tbsp ground aniseed**
- **1 tsp rosewater**
- **150g milk or dark chocolate, finely chopped (optional)**

1 Combine the sugar and eggs together in a mixing bowl and then sieve in the flour and ground aniseed. Bring the mixture together until it forms a stiff dough.
2 Line a baking tray with parchment paper. Divide the dough into four equal balls, place them on the baking tray and cover with cling film. Leave the dough balls to chill in the fridge for 30 minutes.
3 After 30 minutes, remove the dough balls from the fridge and preheat your oven to 180°C. Knead the dough balls on a lightly floured surface and using your fingertips, roll each one into a rope around 25cm long.
4 Bring a large pot of water to the boil and then bring it down to a simmer – this will be used to poach the jumbles in a minute. Line a baking tray with some kitchen towel or a tea towel and keep this on the side, next to the pot.
5 Now it's time to shape the ropes of dough into knots. You can either make Celtic knots, double knots, an 'S' shape or even a pretzel knot, the choice is yours. Dab the rosewater on the ends to secure the knot.
6 Gently lower the knots into the pot of boiling water and poach them for 10 minutes. If they sink and stick to the bottom, use a utensil to carefully release the knots so that they float.
7 Remove the knots from the water and place on the lined baking tray to dry for five minutes. Prepare another baking tray with parchment paper, place the knots on it and put them in the oven for 20 to 25 minutes, or until they're lightly golden, turning them halfway through.
8 Remove the knots from the oven and leave them to cool on a wire rack. For a modern twist on this Tudor treat, melt the finely chopped chocolate and dip the ends of the cooled jumbles in it, and then place them in the fridge so that the chocolate will harden.

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Roman Honey Biscuits

A naturally sweet treat

ANCIENT ROME

Sugar wasn't introduced to Europe until the 11th century, when Crusaders returned not only with their war scars but also with a 'sweet spice' from the East. Before then, civilisations relied on other ingredients to sweeten their foods – honey being one of them. It was used extensively in Ancient Rome, both for cooking and in religious rituals, and the empire was believed to have been 'overflowing' with honey. Even back then, people were aware of the huge health benefits honey could offer, and beekeeping flourished as a result. These honey biscuits were a popular treat, and although some of the ingredients have been adapted for modern kitchens, they taste just as authentic as the originals.

- **200g plain flour**
- **100g butter, plus extra melted butter for brushing**
- **170g honey**
- **2 eggs**
- **70g sesame seeds**
- **1tsp baking powder**
- **1/8 tsp baking soda**
- **Pinch of salt**

1 Mix the flour, salt, baking powder and baking soda together in a large mixing bowl then set aside.
2 Use an electric mixer to combine the butter, honey and eggs, then slowly stir in the flour mixture to create a dough. Cover with cling film and chill in the fridge for about an hour.
3 Preheat the oven to 190 degrees Celsius and line baking trays with greaseproof paper or butter.
4 Remove the dough from the fridge and divide it into small balls, about three centimetres in diameter. Place them on the baking trays and flatten slightly.
5 Bake the biscuits for about ten minutes or until they are golden brown. Be sure not to overcook or they will dry out.
6 While the biscuits are still warm, dip them into a bowl of melted butter and then dip them in the sesame seeds.
7 Leave to cool and then enjoy!

'Before sugar, civilisations relied on other ingredients like honey to sweeten their foods. It was used extensively in Ancient Rome, for cooking and in religious rituals'

DID YOU KNOW?

A breakfast of bread or wheat pancakes with dates and honey would have been typical in Rome

In Lithuania the recipe varies slightly as they tend to add layers of fruit filling such as apricots

15TH TO 19TH CENTURIES

Hardtack

Long-life biscuit for explorers

Voyagers have been creating biscuits that can be preserved since ancient times, but long-life rations really came into their own during the 15th century, when they were the primary foodstuff of explorers – although they often became contaminated with mould and insects! Hardtack remained popular until steam power superseded the age of sail.

- **3 cups of flour**
- **2 cups of water**
- **2 teaspoons of salt**

1 Preheat the oven to gas mark 5/190 degrees Celsius/375 degrees Fahrenheit. Prepare a flat baking tray or cookie sheet, but do not grease it. Next flour a chopping board or work surface.
2 Add the water and salt to a bowl and slowly sift in the flour, stirring with a palette or butter knife until the mixture thickens too much to stir.
3 Draw the dough together with your fingers until it forms a rough ball shape. Turn out onto your floured surface and knead for five to ten minutes until the dough is firm but elastic.
4 Dust a rolling pin with flour and roll the dough out until it is around a centimetre thick. Give the dough a quarter-turn after every couple of rolls to keep the shape even and to prevent it from sticking to the surface.
5 Use a sharp knife or pizza cutter to trim the edges from your dough so it forms a neat square or rectangle. Divide the dough into smaller squares or rectangles; alternatively use a cookie cutter to trim.
6 Using a cocktail stick or a skewer poke even rows of evenly spaced holes into the dough.
7 Put the dough shapes onto your baking tray and cook for half an hour at gas mark 5/190 degrees Celsius/375 degrees Fahrenheit.
8 After 30 minutes, take the hardtack out from the oven, flip each cracker over and then bake them for another half an hour until crisp.
9 Now remove from the oven and place on a wire rack, allowing the biscuits to cool completely before eating or storing them in an airtight container.
10 For less historically accurate (but better-tasting) hardtack, use soda water instead of ordinary water; it will make lighter, crisper crackers, but note this will also reduce their shelf life.

Anzac Biscuits

A delicious celebratory treat

AUSTRALIA AND NEW ZEALAND, 20TH CENTURY – PRESENT

It's commonly believed that these biscuits were sent to the troops but this is a myth – the biscuits that they ate were rock-hard

Anzac biscuits are named after the Australian and New Zealand Army Corps (ANZAC). It's commonly believed that these biscuits were sent to the troops but this is a myth – the biscuits that they ate were rock-hard and could break teeth, unlike Anzac biscuits. Instead, Anzac biscuits were eaten by those at home, usually at events such as galas held to raise funds for the war effort. Today, Anzac biscuits are often made on Anzac Day, a national day of remembrance.

- **100g plain flour**
- **100g caster sugar**
- **100g butter, plus extra for greasing**
- **85g rolled oats**
- **85g desiccated coconut**
- **2 tbsp boiling water**
- **1 tbsp golden syrup**
- **1 tbsp bicarbonate of soda**

1 Preheat your oven to 180°/160° fan/gas mark 4. Line two baking trays with baking paper and grease them with the extra butter. Add the rolled oats, flour, sugar and coconut to a bowl.
2 Melt the butter in a pan and stir in the golden syrup until the mixture is smooth. Mix the bicarbonate of soda with the boiling water and then add this to the pan with the butter and golden syrup.
3 Use the back of a spoon to make a well in the middle of the dry ingredients in the bowl. Pour the melted butter and golden syrup into this well and stir gently to combine all the ingredients.
4 Roll tablespoons of the oat mixture into balls and place about 3cm to 5cm apart so they have room to spread – bake the biscuits in batches if you need to. Place the biscuits in the oven for eight to 10 minutes until they're golden in colour.
5 Transfer the biscuits to a wire rack to cool. Serve the Anzac biscuits with your hot beverage of choice!

DID YOU KNOW?

It's believed that the first recipe for modern Anzac biscuits dates back to the early 1920s

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Oysters Rockefeller

Finger food for the speakeasy era

USA, 1920S

While Prohibition was intended to end the sale and import of intoxicating beverages into the United States, it actually pushed alcohol consumption underground and spawned an entirely new industry: the speakeasy. These new drinking establishments were a fertile ground for experimentation, often having to make do with what booze they could get their hands on, and this went for the food too. Finger foods became a popular accompaniment to cocktails like gin rickeys and sidecars as patrons looked to soak up the drinks with a little something.

A relatively new recipe, Oysters Rockefeller, would have been particularly popular in regions with easy access to shellfish, offering a quick and easy bite with some added flavour.

- **12 fresh oysters in their shells**
- **4 tbsp unsalted butter**
- **1 small onion, finely chopped**
- **1 tbsp fresh parsley, finely chopped**
- **100g spinach, torn**
- **½ tsp cayenne**
- **100g breadcrumbs**
- **¼ cup Pecorino Romano**
- **Lemon wedges to serve**
- **Rock salt**

1 Fill two oven-proof baking dishes with rock salt. You'll be using these to broil the oysters later and the salt will give you a malleable base on which to make sure the shells can be placed flat.
2 Having scrubbed the oyster shells clean, shuck the oysters over a bowl to collect the liquor as this will be used later. Discard the flat, top shell and separate the oyster from the curved lower shell. Flip them over in the shell if you like for nicer presentation. Arrange them on the salted baking dishes and chill in the fridge.
3 In a saucepan melt the butter over medium heat. Add the onion and parsley, cooking for two to three minutes. Add the oyster liquor, cayenne and spinach. Cook on a low heat until the spinach wilts.
4 Add the breadcrumbs and Pecorino Romano and cook for one to two minutes until they have been well incorporated into the mixture. Season with salt and pepper to taste.
5 Preheat your broiler at a high heat. Remove your baking dishes from the fridge and begin topping each oyster with an even amount of the spinach mixture.
6 Place each tray under the broiler and cook for around five minutes or until the edges of the oysters begin to curl up and the mixture on top is bubbling. It's best to keep a close eye on proceedings as oven temperatures can differ.
7 Serve with lemon wedges and some additional parsley if desired.

DID YOU KNOW?
Oysters Rockefeller originated in New Orleans in 1889 as a replacement for escargot when snail supplies were low

DID YOU KNOW?
These ancient rusks need softening before being eaten – paving the way for the great tradition of dunking biscuits in tea

CRETE, 480 BCE – PRESENT

Paximadia

Greek Barley Rusks

Paximadia are twice-baked hard rusks that originated thousands of years ago in Crete. The earthy, nutty taste of barley flour is the backbone of this sturdy bread, which was an important staple of the ancient Mediterranean diet. The hard rusks keep for a very long time, and benefited shepherds, sailors and communities on islands without baking facilities. Giant batches would be produced only twice a year and sustain whole families.

Still enjoyed throughout Greece today, these rusks can be eaten on their own softened with a little olive oil, water or wine, or as part of a salad. Traditionally paximadia were also incorporated into many other dishes such as soups or ground up in sweetmeats.

- **280 grams plain flour**
- **2 tablespoons dried yeast**
- **450-550 millilitres lukewarm water**
- **4 tablespoons honey**
- **840 grams barley flour**
- **1 tablespoon salt**
- **115 millilitres olive oil**
- **Butter for greasing**

1 In a bowl, mix the plain flour and yeast and add enough lukewarm water to make a thick batter-like consistency. Put in a warm place and allow to rise.
2 Meanwhile, mix the honey and a little of the leftover lukewarm water in a jug. Then in a separate bowl sift the barley flour and the salt together. Make a well in the centre of the flour and add the honey mixture, the risen yeast mixture and the olive oil. Combine to form a springy dough.
3 Knead the dough until it's smooth and elastic, then cover and allow to rise for two hours in a warm place.
4 Knock the dough back and tip it onto a floured surface. Knead for a few minutes and then chop it into 16-20 equal pieces. Roll each piece into a sausage and then curl it into a circle – like a donut. Place onto greased baking sheets, leaving plenty of space between each one.
5 Cover and leave them to rise for another hour. Preheat your oven to 200 degrees Celsius. Once risen, score each paximadi around the edge horizontally (this makes them easier to cut in half later on) and bake for one hour until golden.
6 Remove from the oven and let the baked rusks cool on a rack. Then, with a sharp knife, carefully cut each one in half horizontally.
7 Set your oven to its lowest temperature and bake the halved paximadia for two to three hours, until they are completely dry.
8 Enjoy with tomatoes and olives, or in a traditional dakos salad. Your paximadia will keep for up to six months in an airtight container.

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Lebkuchen

A tasty Christmas classic

GERMANY, 14TH CENTURY – PRESENT

The history of lebkuchen, commonly referred to as German gingerbread, dates back to the medieval era when they were made in monasteries. By the 16th century, production of lebkuchen developed rapidly around Nuremberg, which was at the intersection of major trade routes and therefore became a centre of the spice trade. Nuremberg bakers used the numerous exotic spices at their disposal to produce their iconic gingerbread. Today, there are many different versions of lebkuchen and they are traditionally sold at German Christmas markets in decorative shapess. Although they're associated with Germany, variations of lebkuchen are also popular in Switzerland, Poland, Austria and Hungary.

- **250g plain flour**
- **85g butter**
- **85g ground almond**
- **2 tsp ground ginger**
- **1 tsp ground cinnamon**
- **1 tsp ground cardamom**
- **1 tsp baking powder**
- **½ tsp ground cloves**
- **1 tsp ground nutmeg**
- **½ tsp bicarbonate of soda**
- **250ml clear honey**
- **A pinch of ground mace**

For the decoration:

- **100g icing sugar**
- **1-2 tbsp water**
- **Blanched sliced almonds (optional)**
- **200g dark or milk chocolate, finely chopped (optional)**

1 Place a saucepan over low heat, pour in the honey and butter and stir until melted. In a mixing bowl, sift in the flour and then mix in the rest of the dry ingredients, including the ground spices.
2 Pour the melted honey and butter mixture into the bowl with the dry ingredients. Mix everything together to make a sticky dough, shaping it into a ball. Cover the dough and place it in the fridge to cool for at least an hour, or even overnight if you wish.
3 Preheat your oven to 200°C/180°C fan /gas mark six and prepare two baking trays lined with baking paper. If you can, dip your hands in some flour to make the next step easier.
4 Take small pieces of dough and roll them gently into equally sized balls. Flatten each one to form a rough disk shape, using either a rolling pin or your hands. Transfer the lebkuchen rounds to the baking trays, making sure to leave space between them as they will spread in the oven.
5 Bake the lebkuchen for 10 to 15 minutes, before placing them on a wire rack to cool completely. While the lebkuchen cools, it's time to prepare the decoration (this is completely optional and you can leave your lebkuchen plain).
6 For a sugar glaze, combine the icing sugar and water in a bowl until smooth. For a chocolate glaze, melt half of the chocolate in a glass bowl over a simmering saucepan of water. Remove from the heat and add in the rest of the chocolate until it has all melted.
7 Place the wire rack with the lebkuchen on a baking sheet or tray to catch the drippings. Dip the lebkuchen into your chosen glaze and then place them back on the rack to set. If you want to top the lebkuchen with blanched almonds, do it while the glaze is still wet.

DID YOU KNOW?

The gingerbread bakers of Nuremberg formed their own guild in 1643

'Nuremberg bakers used the numerous exotic spices at their disposal to produce their iconic gingerbread'

8 If you're feeling a little bit fancy, you can use both glazes to decorate your lebkuchen. Start by dipping one half of the lebkuchen into the sugar glaze and leave to set, before dipping the remaining half in the chocolate glaze. Serve your festive sweet treats alongside the hot beverage of your choice!

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Hearty meals from around the world and from through the ages, as fit for a king's banquet as they are for yours

© Alamy, Getty

For King and Curry

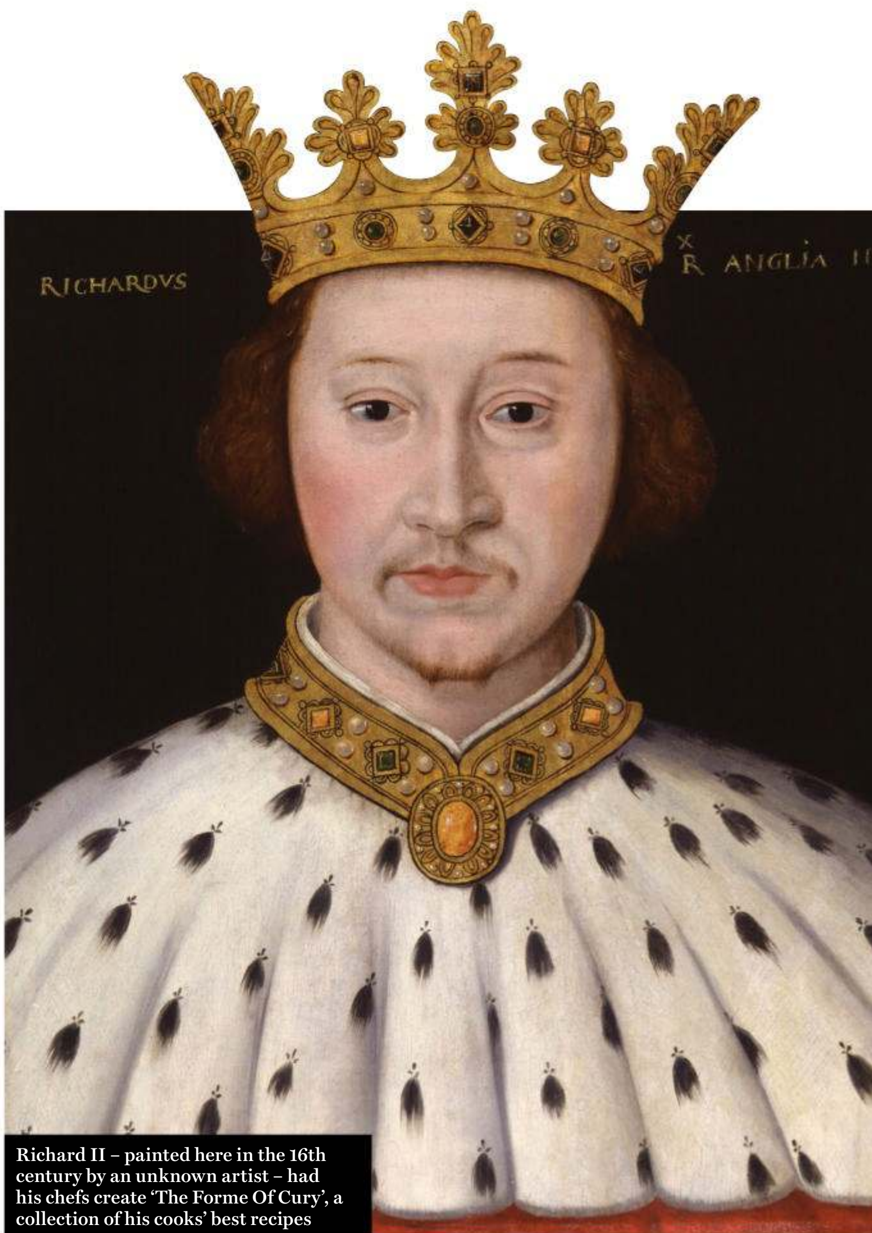
Behind the scenes of the greatest Medieval feasts

WRITTEN BY TONI MOUNT

Mention a Medieval beef stew and what pops to mind? A sloppy brown bowl of sorry-looking sludge? A bland, unseasoned mass of vegetable and anonymous meat? Well, you would be sorely mistaken, as for those that could afford the appropriate additives, the Medieval table would have groaned beneath brightly coloured foodstuffs, spiced, seasoned and well-flavoured, and sometimes assembled into fantastic constructions.

We know this was so because from the late- 14th-century, cooks began to record their recipes and note how a royal kitchen ought to function. The Forme Of Cury (The Manner Of Cookery), a cookbook compiled on the command of King Richard II circa 1390, shows the incredible range of ingredients available, from porpoise to peacock, sandalwood to saffron and lobster to Lombardy mustard. The author describes Richard as "the best and royallist viander of all Christian kings," so a lord of fine taste and discernment who would expect only the highest quality of dishes to be served. Unfortunately, the cook who compiled the book doesn't give his name but I suspect from his use of the word 'ayren', a dialect word for eggs, that he came from the county of Kent, south-east of London. Chroniclers of the time claim that Richard would dine with 10,000 guests a day and, in order to feed so many, employed 300 cooks.

Organising such a huge workforce must have been a nightmare of logistics, a subject on which The Forme Of Cury says little, but another excellent treatise, Du Fait De Cuisine (On Doing Cookery), written by Maistre Chyquart Amiczo, chief cook to Duke Amadeus of Savoy circa 1420, describes all that was required to be done when the Duke



Richard II – painted here in the 16th century by an unknown artist – had his chefs create 'The Forme Of Cury', a collection of his cooks' best recipes

had royal visitors, in order to organise and prepare the most incredible feasts. Chyquart includes fantastic extras such as how to make a boar's head seem to breathe fire to entertain the royal guests, a castle built of exotic foodstuffs on a litter carried by four men and his personal favourite: heraldic blancmanges. Forward planning was vital, so Chyquart insists that the stewards, kitchen masters and the master cook himself should have a meeting at least three or four months before a royal visit to decide how the work space should be organised, to order spices and other exotic ingredients and to decide which meats could be supplied from the Duke's farms, which bought in and which the huntsmen would be required to seek out and bring down. Chyquart left nothing to chance for such a grand occasion but you have to wonder at Richard II's cook doing this daily.

Chyquart requires the Duke's poulterers to have 40 horses to go wherever necessary "to get venison, hares, conies (rabbits), partridges, pheasants, small birds, river birds, pigeons, cranes, herons and all wild birds" and says they should start thinking about this six weeks beforehand and send everything to the kitchens three or four days prior to the feast, so it can be hung and dealt with as needed. From the butchers, he orders 100 well-fattened cattle, 130 sheep and 120 pigs, plus 100 piglets a day and 60 fattened pigs to produce lard and for making into soups. For each day of the feast, there would be needed 200 kid-goats, 200 lambs, 100 calves and 2,000 chickens.

"Conspicuous consumption was not something to be frowned at, as it is today"

Apart from the work force and the food, cooking equipment such as cauldrons, spits, frying pans and other utensils – graters, sieves, wooden spoons and the like – had to be ready, then 1,000 cartloads of firewood and candles brought in so the cooks could continue to work after dark. Also required were 4,000 vessels of gold, silver, pewter and wood, enough to serve two courses to lords and commoners, each according to his status, with those used in the first course washed and dried during the second, to be ready to serve the third.

By these standards, the shopping list of the combined households of King Charles VI of France, his wife, Queen Isabeau, and their children seems modest. According to the 'Menagier de Paris' (the Goodman of Paris), writing a household instruction book for his bride in the 1390s, the weekly butchers' order of the royal family included 200 sheep, 28 oxen, 28 calves, 24 pigs and 320 salted porks per year. The daily poultry order consisted of 900 chickens, 86 kids, 350 pairs of pigeons and 86 goslings.

The diversity of meats served at the royal table wasn't the only evidence of a rich man's status. Conspicuous consumption was not something to be frowned at, as it is now. It was the accepted, even required, signifier of wealth, position and responsibility. A great lord proclaimed his ability to feed hundreds

A scene from 'Tacuinum Sanitatis', a 14th-century handbook on health

Picking cherries, as depicted in 'Tacuinum Sanitatis'

of retainers and to entertain royalty by the products of his kitchens and the more exotic the ingredients, the more impressive the host. In 1263, Eleanor, sister of King Henry III and wife of Simon de Montfort, Earl of Leicester, was going to entertain two bishops and their retinues on Easter Sunday. Earl Simon wanted the bishops' support, so it was vital that they were suitably impressed by his affluence. To that end, Eleanor sent servants to London to buy from the grocers there the luxurious spices and other expensive imported foodstuffs needed for the feast day dishes. Her shopping list and the prices, taken from her yearly accounts book, follows:

6lbs of ginger, 15 shillings

8lbs of pepper, 18 shillings 8 pence

6lbs of cinnamon, 6 shillings

1lb of saffron, 14 shillings

12lbs of sugar (treated as a spice), 12 shillings

6lbs of powdered sugar mixed with mace, 6 shillings

1lb of cloves, 14s

Half a pound of zedoary (like ginger), 2 shillings

Richard II's recipe book

A 14TH-CENTURY ROYAL 'DOUCE AME' (DELICIOUS DISH) FROM 'THE FORME OF CURY', COMPILED BY KING RICHARD'S CHIEF COOK CIRCA 1390

This is the recipe as originally written in the 1390s:

Take gode Cowe mylke and do it in a pot. Take parsel, sawge, ysope, saueray and oother gode herbes, hewe hem and do hem in the mylke and seeth hem. Take capouns half yrosted and smyte hem on pecys and do therto pynes and hony clarified. Salt it and colour it with safroun an serue it forth.

As with all Medieval cookbooks, no measures or cooking times were given – it was just a matter of the cook's previous experience and taste. But for those who fancy trying a historical royal dish, here is the modern version:

- **3-4 pounds of chicken, cut into pieces**
- **Half a cup of flour seasoned with salt and freshly ground black pepper**
- **3 tablespoons of oil**
- **3 cups of milk**
- **One-third of a cup of honey**
- **3 tablespoons of chopped fresh parsley, 2 minced sage leaves (or a quarter of a teaspoon dried), 1 teaspoon hyssop and half a teaspoon of savory**
- **Half a teaspoon of saffron**
- **One-third of a cup of pine nuts**
- **Salt and pepper**

Dredge the chicken in the seasoned flour and brown the pieces in the oil in a large pan until golden. Combine milk, honey, herbs, saffron and seasoning and pour over the chicken in the pan, stirring to combine the meat residues with the sauce. Cover and simmer for 20 minutes or until the chicken is cooked and tender. Stir in the pine nuts just before serving.

1 box of gingerbread, 12 shillings

10lbs of rice, 15 shillings 3 pence

60lbs of almonds (used as almond milk, replacing dairy milk during Lent), 12 shillings 6 pence

Most of these spices came from India and Indonesia, carried across the Indian Ocean by Arab dhows, around the Horn of Africa (Somalia), up the Red Sea and the Gulf of Suez, then across the desert sands to Alexandria. There, the precious spices were bought by Venetian merchants who shipped them to Italy. Then they travelled by packhorse over land, through the Alps to Northern Europe, to be purchased by English merchants in Bruges or Lyon before crossing the English Channel to London. No wonder spices were so expensive. In their sales pitch, merchants would abbreviate the true story, simply saying that cinnamon, ginger, rhubarb, aloes and grains of paradise (a sweetish clove-tasting pepper) came floating down the River Nile in Egypt from the Garden of Eden. At least Medieval people had some idea where Eden was, whereas Indonesia was unknown to them.

On 23 September 1387, King Richard II and his uncle, John, Duke of Lancaster, gave a most magnificent feast at the Bishop of Durham's townhouse in London. It consisted of three courses, each of a number of dishes. The first course was of venison frumenty (sliced meat in a sauce of boiled wheat), a pottage Viaundbruse (choice meats in a thick broth), boars' heads, roasted haunches of meat, 50 roasted swans, roasted pigs and a Lombardy custard (custard with dried fruits, bone marrow and parsley, baked in a pastry crust), followed by a 'subtlety'. The second course was a jellied pottage, a Blandesore pottage (chicken cooked in almond milk, with ginger, mace and cubebs – a mild peppery berry – thickened with rice flour), roasted pigs, cranes, pheasants, rabbits and herons, endored chickens ('gilded' or made to look golden by painting with saffron and egg yolks, thickened with flour), bream, tarts, carved brawn and another subtlety. The third course was almond pottage, Lombardy stew, roasted venison, chickens, rabbits, quails and larks, payne puff (egg yolks, bone marrow, dates, raisins and ginger baked in a pie), jelly, longe frutours (curds, eggs and flour fried, cut into cubes and sprinkled with sugar) and a subtlety to finish.

This feast began at about 11 in the morning and continued until the daylight faded – a marathon of gastronomic consumption – but at least the 'subtleties' that signalled the end of each course were meant mainly for show. These were often works of art, feats of architectural daring constructed from marchpane (almond paste like marzipan but more brittle) and sugar work – imagine the most fantastical wedding cake, minus the cake, made purely to impress. They might be formed into the heraldic devices of the king or honoured guests, as ships, castles or mythical heroes and fire-breathing beasts. For the wedding feast of King Henry V and Katherine de Valois, daughter of King Charles VI of France, celebrated in 1420, the centrepiece subtlety was "a man on horseback stealing a tiger's cubs".

A 19th-century reproduction of a 15th-century miniature from romance of Renaud de Montauban

> "It is just possible that Henry VIII might have had the opportunity to eat turkey"

Maistre Chyquart gives instructions for creating the illusion of fire-breathing creatures: "...to make them... cast out fire from the throat, take a double-wicked candle and wrap it round with cotton soaked in ardent spirits (distilled alcohol) and purified with a little camphor," so it smelled nice.

Chyquart's centrepiece, described in great detail, surpasses every other subtlety I've read about. He constructed a castle that had to be carried upon a litter by four men. It was to have four towers, fortified and crenellated, defended by crossbowmen and archers – presumably made of icing and marchpane – lit by candles and with trees bearing all manner of fruits, flowers and birds. At the foot of each tower rested a roasted meat: a boar's head, armed and

Medieval feasts were often dramatic, showy affairs

endored, spitting fire; a pike cooked three ways, also fire-breathing, as were the endored piglet and the swan, skinned, roasted and reclothed, at the base of the other two towers. The turrets of the castle were decked with banners. In the centre was a "fountain of Love" from which flowed rosewater and white wine, surrounded by doves in cages. Beside the fountain sat a peacock, roasted and reclothed. However, within the peacock's gorgeous plumage was a roasted goose, as peacock is not particularly tasty.

But that was only part of this lavish display. In the castle's lower court sat reclothed chickens, endored hedgehogs and moulded figures of huntsmen with dogs chasing hares. To hide the bearers, curtains were hung around the litter on which the castle was carried, and these drapes were painted with waves, sea flowers and all kinds of fish. Upon the waves were painted ships full of people coming to attack the castle, climbing up scaling ladders, being pushed off and killed by arrows. Also concealed beneath the curtains, Chyquart wanted four children playing musical instruments, singing beautifully as if they were "sirens in the sea."

So if the splendid-looking peacock didn't really pleasure the taste buds, what else might be the Christmas or New Year centrepiece bird? Well, it certainly wouldn't have been turkey on King Richard II's table in the 14th century, as they come from the Americas – discovered by Columbus in 1492. It is just possible that Henry VIII might have had the opportunity to eat turkey in the last years of his reign, after about 1540. For Richard, the festive bird might have been a swan. Swans were certainly a princely dish, but if they were to taste at all pleasant, preparation had to begin in June. Adult swans have virtually no fat on them, so their flesh is very dry, tough and tasteless. It was the cygnets that made good eating, but only if properly raised and fed. As soon as the cygnets hatched in May or June, they were taken from the nest and fed twice a day with extra grass, as well as their "other food". At the end of August, the cygnets went on a diet of barley to fatten them up. Apparently, as soon as the youngsters moulted their grey chick feathers, they couldn't be fattened any more. When their beautiful white plumage began to appear in December, they were ready for eating at Christmas.

According to recent scientific analysis of his remains, apparently Richard II ate a lavish diet after he became king, including "swan, crane, heron and copious amounts of wine." It sounds as though he had swan for dinner more often than just at Christmas, so it is a wonder how they were bred and reared to be edible all year round.

Every young nobleman received full instructions on how to conduct himself courteously at table. A 15th-century etiquette book for high-born children, written by the poet John Lydgate, tells them: "Have clean nails, don't leave greasy fingermarks on the cloth, don't drink from a shared cup with

A man removes the livers of chickens in 'Tacuinum Sanitatis'

your mouth full, nor slurp your soup noisily. Don't pick your teeth with your knife, blow on your food – which you may be sharing – nor wipe your lips on the tablecloth. Clean your spoon properly (on your napkin), don't crumble bread into a shared bowl in case your hands are sweaty. Don't gnaw bones nor tear meat with your teeth. Scratching, spitting, belching and farting are not acceptable behaviour either."

But knowing not to blow your nose on the tablecloth or laugh with your mouth full of food were simply matters of courtesy, concerned for the enjoyment of shared food and harmony in living at close quarters with your fellows. Far more important for a nobleman were the lessons on how to "disfigure" a peacock or "splat" a pike, and the appropriate sauce to accompany every meat and fish. The Boke Of Keruynge (The Book Of Carving), printed in London in 1508, was an instruction manual that covered everything "for the service of a prince," from fancy napkin folding to helping your lord to bathe and dress, how to arrange the seating plan at dinner so as not to offend a cardinal or a marquis, and the duties of the butler who dealt with the drinks, the panter who saw to the bread, and how to conduct the ceremony of hand-washing before the meal.

The most prestigious service a nobleman could perform for his king was that of carver, personally slicing the meat or fish before the high table and presenting it, with its proper sauce, to the sovereign. The carver had to learn how to correctly "break" a deer, "lift" a swan, "fruche" a chicken, "culpon" a trout, "tame" a crab and deal with every other meat, fish or fowl, each in its own particular way – and woe betide the carver who presented his lord with a pork chop on the bone. To serve any meat on the bone was the worst insult: only the dogs were given bones. With this in mind, the famous film scene of Charles Laughton as King Henry VIII tearing apart a chicken and tossing the bones over his shoulder is pure fiction. Henry was a cultured man and wouldn't have behaved so unmannerly – whoever served him the whole chicken, bones and all, uncarved, would have been first in line for the executioner, having deeply insulted the king. As The Book Of Carving says: "These are indigestible: sinews, hair, feathers, bones… never set them before your lord."

> "To serve any meat on the bone was the worst insult: only the dogs were given bones"

Some of the accompanying 'sauces' were simple: mustard with beef or brawn, for example. Others were more exotic. Chyquart requires "a jance" to be served with chicken, made from clear beef broth thickened with egg and breadcrumbs, flavoured with vinegar, ginger, grains of paradise and pepper, and coloured with saffron. Richard II's cook prefers Saracen sauce with his chicken. This was made using seeded, boiled rosehips, almond milk made with red wine, flavoured with cinnamon, mace and sugar, and garnished with pomegranate seeds.

With every course of the feast, along with the savoury meat and fish dishes, there would be served what we may think of as a dessert. As well as familiar sounding dishes,

such as fruit slices, custard tarts and fruit purées, The Forme Of Cury has recipes for more unusual, floral desserts, such as elderflower cheesecake and 'rosee'. This dish was made with rose petals, almond milk, cinnamon, ginger, minced dates and pine nuts, thickened with rice flour and garnished with roses.

Food was always meant to appeal to all the senses, and garnishing with pomegranate seeds and roses, or 'endored' meat, would certainly look attractive, but Maistre Chyquart liked to go a step further, for example, by creating his lord's coats-of-arms in blancmange. He gives detailed instructions for producing the savoury blancmanges in the heraldic colours of or (gold), azure (blue), gules (red) and argent (silver). The plain white blancmange served for silver, the gold was coloured with saffron, the red was tinted with the herb alkanet and the azure with another herb, turnsole. King Richard's cook liked to use sandalwood as his red food colouring. Today we think of sandalwood as a fragrance, so it perfumed as well as coloured the dish.

A feast fit for a king was far more than just a table laden with food. Equipping the kitchen and the logistics of provisioning it and hiring workers began the process months in advance. Recipes had to impress. The food must have not only been cooked to perfection but had to look, smell and taste wonderful: a dramatic spectacle to delight the audience and surprise them, as well as fill their stomachs. The service had to be impeccable and courteous. And, if the cook had done his job to the exacting standards of his lord or king and beyond, he just might be asked to write it down for posterity, preserving the knowledge for us today, so we too can sample recipes fit for royalty.

The history of mince pies

MORE THAN A CHRISTMAS NIBBLE, THE MINCE PIE USED TO TAKE CENTRE STAGE

Modern mince pies are a Christmas treat, but in Medieval and Tudor times the 'Christmas Pie' was more than just a tasty nibble: it was the centrepiece of the feast to be shared by everyone. The Christmas Pie contained the less choice cuts of beef, mutton, pork, goose, chicken or duck, shredded and mixed together with suet, sugar, spices and fruit – really whatever was available. The mixture was then baked in a pastry case, but the pastry was thick, hard and very salty and wasn't meant to be eaten; more a purpose-made pie-dish. The Christmas Pie was usually oval and the pastry container was called a 'cradle' with a pastry Baby Jesus laid on the lid and the whole construction gilded with gold leaf to make it extra special. It was unlucky to cut this pie with a knife, so the complete lid was lifted off and the contents dished out with a spoon, the first helping going to the youngest child who made a wish as he tasted the first mouthful.

Christmas Pies remained popular until Cromwell's Puritan regime decided that making a pastry image of Jesus was an act of idolatry. They even tried to abolish Christmas. To get over the ban, Christmas Pies changed shape – round instead of oval – and no more pastry babies. Over the years, the savoury ingredients disappeared and the enormous dish for sharing was scaled down to individual, bite-sized mouthfuls including edible pastry. Perhaps the Medieval idea of leaving the pastry would be better for our post-Christmas waistlines.

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DID YOU KNOW?
The meat-focus of the Mongolian diet was due to their large herds that travelled with them

Mongolian Pancakes

A vegetable dish from a meat-focused culture

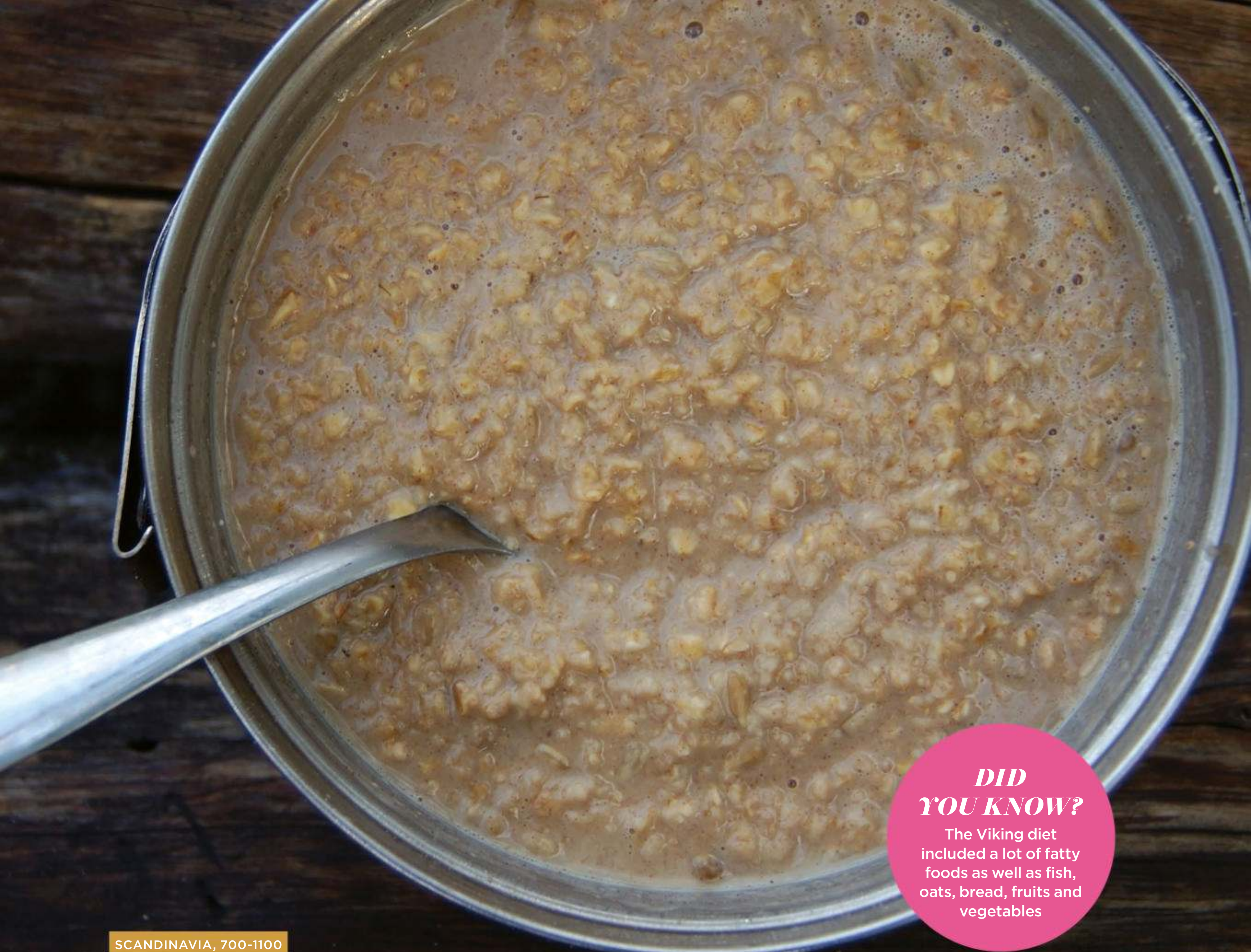
ASIA, 13TH CENTURY

The medieval Mongolian diet was traditionally based around large quantities of meat, often fried in warriors' upturned shields. However, Kublai Khan – the fifth great leader of the Mongol Empire and grandson of Genghis – had a penchant for Chinese culture; along with his study of Buddhism, he also had a fondness for vegetable pancakes in saffron sauce.

- **2 carrots**
- **1 stick of celery**
- **2 spring onions**
- **200g (7oz) of bean sprouts**
- **1 tbsp butter**
- **2 cups of heavy cream**
- **Vegetable stock**
- **1 pinch of saffron**
- **2 eggs**
- **1 cup of water**
- **1 cup of flour**

1 Wash and thinly slice the carrots and celery. Place them to one side ready for frying or follow Kublai's example and leave them raw. Chop spring onions.
2 To make the sauce, start by melting a knob of butter with a splash of oil in a medium-sized saucepan. Add in the chopped spring onions and leave to soften for two minutes.
3 Add the heavy cream, vegetable stock and saffron, then bring it just to the boil. Leave to simmer on a low heat for around 12 minutes, seasoning to taste.
4 Once the sauce has reduced, sieve it into a saucepan and leave on a low heat. Alternatively you can sieve it into a container and refrigerate.
5 To make the pancakes, first whisk together the eggs, water and flour, leaving no lumps. Prepare a medium-sized frying pan with a generous amount of cooking spray, or vegetable oil, and set to a medium heat.
6 Pour in a small amount of the batter into the pan, tilting it to form a thin circular disc. When one side is cooked, carefully turn the pancake and cook until ready. Repeat this step until you have used up all the batter.
7 Next heat a frying pan or wok, until it's very hot. Add a tablespoon of vegetable oil, while being careful of spitting, and add in some bean sprouts and a portion of your vegetables (not the entire batch). Stir the vegetables constantly, turning them over the hottest part of the pan until they're cooked through.
8 Finally fold up your fried vegetables in your prepared pancakes, serve with a generous lashing of the saffron sauce and, there you have it – a medieval Mongolian delicacy, fit for a khan, ready to serve up to your banqueting table.

'Kornmjölsgröt was a Viking mealtime staple. Kornmjöl means 'barley flour' in Swedish, and gröt is both the Swedish and Norwegian word for porridge'



DID YOU KNOW?
The Viking diet included a lot of fatty foods as well as fish, oats, bread, fruits and vegetables

SCANDINAVIA, 700-1100

Kornmjölsgröt

Viking porridge

Viking cuisine was about simple meat and plenty of fish, grains, fruit and vegetables. Kornmjölsgröt was a Viking mealtime staple. Kornmjöl means 'barley flour' in Swedish, and gröt is both the Swedish and Norwegian word for porridge, originating from the Norse word 'grautr' for 'coarse-ground'.

Barley is a hardy and versatile cereal crop, and evidence has shown that Viking settlements as far north as Greenland were able to cultivate healthy harvests 1,000 years ago. Traditional Viking kornmjölsgröt is a gruel-like meal made mostly of barley flour and water, ideal for satisfying a strapping Viking after a hard day's pillaging.

- **130 grams barley flour**
- **1 litre water**
- **1 teaspoon salt**
- **Optional extras: honey, nuts, fruit, milk, butter, jam**

1 If you want to make authentic Viking flour, you can begin this recipe the hard way and mill your own barley. The Vikings used a heavy round stone with a ridged surface known as a quern to grind the cereal into coarse flour.
2 Add the water and salt to a large saucepan and bring to the boil.
3 Reduce the heat, and slowly stir in the barley flour, adding a little bit at a time until all of the flour is combined.
4 Stir the mixture to make it smooth and then bring back to the boil. Let the porridge simmer for 10-15 minutes while stirring continuously.
5 Consistency is a matter of taste in porridge – even the Vikings would have had their preferences. If the mixture is a little thick, add more water and stir well until you have your perfect porridge for your taste.
6 There are some recipes that add honey for a little sweetness, or chopped hazelnuts for a little crunch. Other toppings include fruit or a small square of butter and a drop of milk – much like the additions to our modern oat variety of porridge.

© Getty

Fasolada

A staple in every Greek household

GREECE, 800 BCE – PRESENT

Fasolada, a classic white bean soup, dates all the way back to Ancient Greece. The soup's name derives from the word 'fasoli', which means 'beans' in English. It was associated with the Pyanopsia festival, which was held around late-October in Athens in honour of the Greek god Apollo. As part of the festival, a dish of boiled beans, vegetables and grains was prepared, eaten and offered to Apollo. Fasolada was also a popular and nutritious meal during WWII, when only beans and herbs were available, and it has remained a beloved dish ever since. Although white fasolada is the traditional version, a red fasolada made with chopped tomatoes or tomato puree is often made today.

- **500g dried white beans**
- **3 tbsp lemon juice**
- **2 tbsp tomato puree (leave out if you want white fasolada)**
- **3 carrots, sliced**
- **2 cloves of garlic, crushed**
- **1 large red onion, finely chopped**
- **1 celery stalk, finely chopped**

To serve:

- **Kalamata olives**
- **Feta cheese**
- **Crusty bread**

1 Add the white beans to a bowl, cover them with cold water and leave them to soak overnight. The next day, rinse the beans and bring a saucepan of water to the boil. Add the beans to the saucepan, place the lid on and boil them for 15 minutes.

2 Drain the beans and set them aside. Next, place a deep saucepan or pot over medium heat, add some olive oil and sauté the onion and garlic until they have softened. Then add in the carrots and celery and cook them for a few minutes until they too are soft.

3 Stir in the tomato puree and then add the beans back into the pot, along with the lemon juice. Pour in enough water to cover the ingredients and bring to the boil, cooking on a high heat for five minutes.

4 Reduce the heat, cover the pot and let the fasolada simmer for 1½ to two hours, stirring occasionally. If the soup becomes too thick then add a little more water. A few minutes before the soup is done, add some salt and pepper to taste.

5 The soup is ready once the beans are nice and tender. Ladle into bowls and serve with a side of crusty bread, Kalamata olives and feta cheese. You can even add the olives and cheese on top of the fasolada instead of to the side if you wish.

DID YOU KNOW?

Fasolada is one of Greece's six national dishes

EUROPE, 1700S

Minc'd Pyes

The classic Christmas treats

Today, we know mince pies as delicious festive sweet treats, but the name 'mincemeat' filling hints at a bigger story. Spiced mince pies were first made in the 12th century, when Crusaders brought spices back from the Middle East. The filling was bulked out with meats like tongue and mutton, and the little pies began to get sweeter in the 18th century as sugar became hugely popular. Only the wealthiest of families could employ expert pastry chefs that were able to create such flamboyant delicacies, and so to have these pies at your festive shindig was to keep up with the Medieval Joneses and then some.

For the pastry:
- **900 grams flour**
- **4 tablespoons salt**
- **200 grams lard**
- **300 millilitres water**
- **120 millilitres milk**

For the filling:
- **500 grams neat's tongue**
- **900 grams beef suet**
- **5 pippins**
- **1 green lemon**
- **30 grams sweet spice (cloves, mace, nutmeg, cinnamon, sugar & salt)**
- **500 grams sugar**
- **900 grams currants**
- **280 millilitres sack**
- **Orange flower water to taste**
- **3 citron lemons**

1 First make your pastry. Heat the lard, milk and water until boiling. Meanwhile sift the flour and salt together into a bowl and make a well in the centre. Pour the hot liquid into the well and beat quickly to form a soft dough.
2 Knead your dough gently and then cut off a quarter to reserve for the pie lids. Press the dough into mince pie tins (you can find festive-shaped ones online – you'll need to get your head out of the Medieval kitchen for this part).
3 Begin making the filling by preparing the tongue. This is traditionally from a cow and you can get it from your local butcher. Parboil it, shred it and set aside.
4 Core and dice the pippins (any sweet apples of your choice), zest the green lemon, prepare the sweet spice mixture and juice all of the citron lemons.
5 In a large bowl, mix together the tongue, beef suet (also available from your butcher), pippins, green lemon zest, sweet spice mix, sugar, currants, sack (sweet wine), orange flour water (add to taste) and lemon juice.
6 Once your filling is well combined, fill your pies and roll out the pastry to fit the lids. Firmly press the lids on, decorate, and then glaze with melted butter.
7 Place your pies into a preheated oven at 220 degrees Celsius for ten minutes, and then reduce the heat to 180 degrees Celsius and cook for a further 25-30 minutes, covering if necessary. Serve with your favourite mead, and enjoy!

© Alamy

Viking Haggis

Oversized stag sausage

SCOTLAND, 9TH CENTURY – PRESENT

Haggis is associated the world over with Scotland. However, an award-winning butcher has traced the national dish back to Viking invaders. Scotsman Joe Callaghan, of Callaghans of Helensburgh, Argyll and Bute and a Golden Haggis Awards finalist, spent three years researching the savoury pudding. He claims it was not invented by Scots, but actually left behind by Norse raiders in the 9th century.

Haggis is commonly known as a sausage made from a sheep's stomach stuffed with diced sheep's liver, lungs and heart, oatmeal, onion and seasoning. But Callaghan disputes this as well, insisting it would traditionally have been made with venison offal.

Varying claims about the origins of haggis have been offered over the years with some experts even dating its origin back to Ancient Greece. The dish became synonymous with Scotland after Robert Burns eulogised it in the 1786 poem 'To a Haggis'. It is now eaten every 25 January as part of a Burns Night banquet, in which the national bard of Scotland is celebrated with the dish.

> 'Haggis is commonly known as a sausage made from a sheep's stomach stuffed with diced sheep's liver, lungs and heart, oatmeal, onion and seasoning'

- **1 x deer stomach**
- **1 x deer heart, lungs, kidney and liver (the 'pluck')**
- **450g beef or lamb trimmings**
- **2 onions, finely chopped**
- **225g oatmeal**
- **1 tbsp salt**
- **1 tsp ground black pepper**
- **1 tsp nutmeg**
- **Stock from lungs and trimmings**
- **Water, enough to cook the haggis**

1 The stomach should be thoroughly cleaned, scalded, turned inside out and soaked overnight in cold, salted water. Once this is done, rinse it inside and out with clean water and pat it dry.

2 Wash the lungs, heart and liver. Place in large pan of cold water with the meat trimmings and bring to the boil. Cook for about two hours.

3 When the offal is fully cooked, strain off the stock and set it aside. Mince the pluck and trimmings in a bowl, then add the finely chopped onions, oatmeal and the seasonings.

4 Mix the ingredients in the bowl well and add enough of the stock to moisten it all. When you're finished, the haggis should be soft and crumbly.

5 Spoon the mixture into the sheep's stomach until it's just over half full. Sterilise a needle with boiling water, then sew the stomach back together. Also prick the haggis a couple of times so it doesn't explode while cooking.

6 Gently lower the haggis in a pan of boiling water (enough to cover it) and cook for about three hours. Keep adding more water to keep it covered.

7 To serve, cut open the haggis and spoon out the filling. Traditionally, a haggis is served with 'neeps' (mashed swede or turnip) and 'tatties' (mashed potatoes). Oatcakes can be an optional extra as well.

DID YOU KNOW?

The name 'haggis' may came from the Old Norse 'haggw', meaning 'hack into pieces,' according to the Victorian philologist Walter William Skeat

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Chuckwagon Buffalo Stew

Cowboy cuisine

AMERICA'S GREAT PLAINS, 1866–86

After the American Civil War ended in 1865, the price of beef began to rise, and to meet demand, huge herds of cattle were driven through the Great Plains to the northern states. The life of a cowboy was tough at the mercy of the elements. These men were highly skilled in riding, shooting, lassoing and wrangling, and needed to eat hearty meals. Dried meat and beans made up the cowboy diet, along with some tinned vegetables and freshly caught game. The chuck wagon would move from camp to camp to feed the hungry herdsmen, cooking up meaty stews and buttermilk biscuits in Dutch ovens – heavy cast-iron pots with legs and lids that could be placed in or over a campfire.

- **400 grams pinto beans**
- **Dash of olive oil**
- **900 grams buffalo meat or beef**
- **2 sticks celery**
- **2 carrots**
- **1 large white onion**
- **2 tablespoon paprika**
- **¼ tablespoon cayenne pepper**
- **1 can chopped tomatoes**
- **Water**
- **Beef stock**
- **Salt and pepper**
- **A few rashers of bacon (optional)**

1 Rinse your pinto beans, put in a bowl and cover generously with water. Leave to soak overnight. To skip this step, simply use canned pinto beans.
2 This dish is best cooked in a Dutch oven. If you're under the stars, build a campfire, and get it hot. Otherwise use an oven.
3 Set your oven to 180 degrees Celsius and use a large oven-safe casserole dish.
4 Cut your meat of choice into large cubes, dice the celery and carrots and roughly chop the onion.
5 With your Dutch oven over the fire or your casserole dish on the hob (medium-high), heat a dash of oil and add the meat to sear it. Then add in the vegetables to cook for a few minutes.
6 Add the spices into the mix, along with the chopped tomatoes and cook, stirring, for a few minutes. Then use a 50/50 mixture of stock and water, pour over the contents of the pot until just covered and bring to a simmer for a few minutes.
7 Dutch-oven chefs can now leave this bubbling away on the campfire for around 1.5 hours, stirring occasionally until the liquid has reduced a little and the meat is tender. Kitchen cooks should pop the lid onto the casserole dish and transfer to the oven for 1.5 hours.
8 For a tasty addition, before serving chop up some bacon and fry until crispy, then stir through the stew.
9 Serve up with some steaming cowboy coffee and crusty bread (or buttermilk biscuits for an authentic Wild West menu) and enjoy.

DID YOU KNOW?
Cowboys originated in Mexico after the Spanish settled. They were called 'vaqueros', from the Spanish word 'vaca' meaning 'cow'

Silk Road Yum Cha

Tea and dumplings

CHINA, 960-PRESENT

The Chinese word 'yum cha' is the name given to the meal of dim sum, the delicious dumplings that are still popular across the world today. 'Dim sum' means to touch the heart, and 'yum cha' literally translates as 'to drink tea,' which has been drunk recreationally in China since the Sung Dynasty (960-1280). The small and delectable delicacies were once created for emperors and enjoyed by China's elite, however the tradition of enjoying tea and dumplings together originates along the Silk Road, the ancient trade route connecting China and Asia to the Mediterranean. Teahouses along the well-trodden routes would entice hungry travellers in to sample their wares with tasty small snacks to accompany their tea.

DID YOU KNOW?
While eating yum cha, when someone refills your tea you should tap the table with bent index and middle fingers to show your appreciation!

For the filling
- **240g raw shrimp (peeled and de-veined)**
- **1 tsp oyster sauce**
- **1 tsp sesame oil**
- **Large pinch of white pepper**
- **Large pinch of salt**
- **1 tsp sugar**
- **½ tsp minced fresh ginger**
- **60g finely chopped bamboo shoots**

For the dough
- **120ml boiling water**
- **110g wheat starch**
- **85g tapioca flour**
- **Small pinch of salt**
- **2 teaspoons vegetable oil**

1 To start, coarsely chop the shrimp and add to a bowl along with the oyster sauce, sesame oil, white pepper, salt, sugar and ginger. Stir well to combine.
2 When the mixture begins to look a bit sticky, add in the bamboo shoots. Cover the bowl and set aside in the fridge.
3 For the dough, mix the dry ingredients (wheat starch, tapioca flour and salt) together in a large bowl. Add the water and oil to the mixture.
4 Mix with a spatula until a loose dough is formed, and once the dough is cool enough to touch, turn it out and knead for a few minutes until it's smooth.
5 Roll your dough into a long sausage and then cut it into small sections about 2.5 cm across. Cover the dough balls with a damp cloth to prevent them drying out.
6 Prepare a steaming basket with. parchment paper or cheesecloth to stop your dumplings from sticking.
7 Roll each dough ball into a thin, flat circle about six cm in diameter with a small rolling pin (lightly flour your work surface to avoid them sticking). Cover with cling film between dumplings.
8 Place a small tablespoon of filling in the middle of the dough and carefully bring the edges together in a series of pleats at the top. Alternatively, fold the dough in half over the filling and crimp with a fork.
9 To cook, simply place your dumplings in the steamer and leave for seven minutes. Serve and enjoy straight away!

DID YOU KNOW?
Tablet YBC 4644 has recipes for 25 different broths, four of which are vegetarian

Over 3,700 years old, the Akkadian tablets are the oldest cookbooks in the world and several recipes have been translated by the late Assyriologist and chef, Jean Bottéro.

Tuh'u

A hearty broth that has survived the ages

ANCIENT MESOPOTAMIA , C. 1750 – 1700 BCE

Among Yale University's cuneiform tablet collection, there are three tablets from the Old Babylonian period that contain recipes written in Akkadian. The recipe for Tuh'u, a beetroot broth made with lamb meat, was taken from tablet YBC 4644. A few modern versions of the recipe – like this one – have been developed to suit our kitchens today.

- **250 – 350g diced lamb leg**
- **250g cooked beetroot, peeled and diced**
- **225ml beer (if you prefer, you can use non-alcoholic)**
- **225ml water**
- **1 small onion, chopped**
- **2 cloves of garlic, crushed**
- **60g leek, chopped**
- **125g rocket, chopped**
- **30g coriander, chopped (plus some extra for garnish)**
- **¾ tsp cumin**
- **¾ tsp salt**
- **2 tbsp of oil**
- **2 tbsp of butter**

1 Make sure all of the vegetables have been washed and prepared in advance. Place a large pot on the hob on a high heat and add in the oil and butter.
2 Once the butter is melted, add in the diced lamb and sear it on all sides, stirring to prevent sticking. Add in the onion and stir until it is soft.
3 Next, add the beetroot, rocket, coriander, cumin and salt to the pot and stir for two minutes, until the ingredients are mixed together nicely.
4 Pour in the beer and water and bring the pot to a boil. Once the broth is boiling, turn the heat down to medium and allow it to simmer for about 10 minutes.
5 Add the garlic and leeks to the pot then bring it to the boil again. Reduce the heat to low and let the broth simmer for an hour, allowing the mixture to thicken.
6 Serve in bowls with a sprinkle of coriander on top for garnish.

SOUTH AFRICA, 1600S – PRESENT

Bobotie

Spicy Afrikaan moussaka

DID YOU KNOW?
The name 'bobotie' is thought to derive from 'bobotok', a traditional Javanese dish that is made from entirely different ingredients

Made of spiced minced meat and topped with an egg custard, bobotie (pronounced ba-boo-tea) could only have been created in the cooking pot of South Africa's colonial past. Mixing Eastern and Western influences, it was developed by generations of Malay cooks — initially slaves imported from the Dutch East Indies — to suit the tastes of Cape Town's wealthy white households.

While bobotie was widely enjoyed by all sections of South African society, it disappeared from high-class restaurant menus in favour of traditional European dishes after the British took control of Cape Colony in 1814. But Malay 'cook-shops' in Cape Town's side streets kept the recipe alive, along with the Boer frontiersmen who ventured into the country's interior. Since the end of apartheid, bobotie has become South Africa's national dish.
The recipe below serves eight.

- 2 slices of bread
- 2 onions, chopped
- 25g butter
- 2 garlic cloves, crushed
- 1kg lean minced meat
- 2 tbsp Madras curry paste
- 1 tsp dried mixed herbs
- 3 cloves
- 2 tbsp mango chutney
- 3 tbsp sultanas
- 6 lemon or bay leaves
- 300ml full-cream milk

1 In the 17th century, bobotie would have been made with leftover pork or mutton but today it more commonly uses beef or lamb — it's up to you how authentic you want your dish to be. Either way, the rest of the ingredients and the recipe remain the same.
2 While many recipes call for white bread, brown can also be used. However, use slices that are already a day old for the best results. Pour cold water over the bread and set it aside to soak. Next, heat the oven to 180°C/fan 160°C/gas 4.
3 Fry the chopped onions in the butter, stirring regularly for ten minutes until they are soft and starting to colour. Add the garlic and meat and mix well, crushing the mince into fine grains until it turns brown.
4 Stir in the curry paste, herbs, spices, chutney and sultanas before adding one teaspoon of salt and plenty of ground black pepper. For an extra tang, you could also consider adding ginger.
5 Add two of the lemon leaves. While any self-respecting South African chef would surely think them a poor substitute, you can swap them for bay leaves if that's all you can get hold of.
6 Cover and simmer for ten minutes. Squeeze the water from the bread and then beat it into the meat mixture until everything is well blended. Next, tip it into an oval ovenproof dish that has been rubbed with butter.
7 Press the mixture down well and make sure that the surface is smooth. For the topping, beat the milk and eggs with seasoning, then pour this over the meat.
8 Top with the remaining lemon (or bay) leaves and bake your dish in the oven for 35-40 minutes until the custard topping is set and starting to turn golden.
9 Serve your bobotie with rice and stewed apricots. Depending on whether you've gone for lamb or beef, pair your dish with a South African Coastal Region Chenin Blanc or a Stellenbosch Cabernet respectively.

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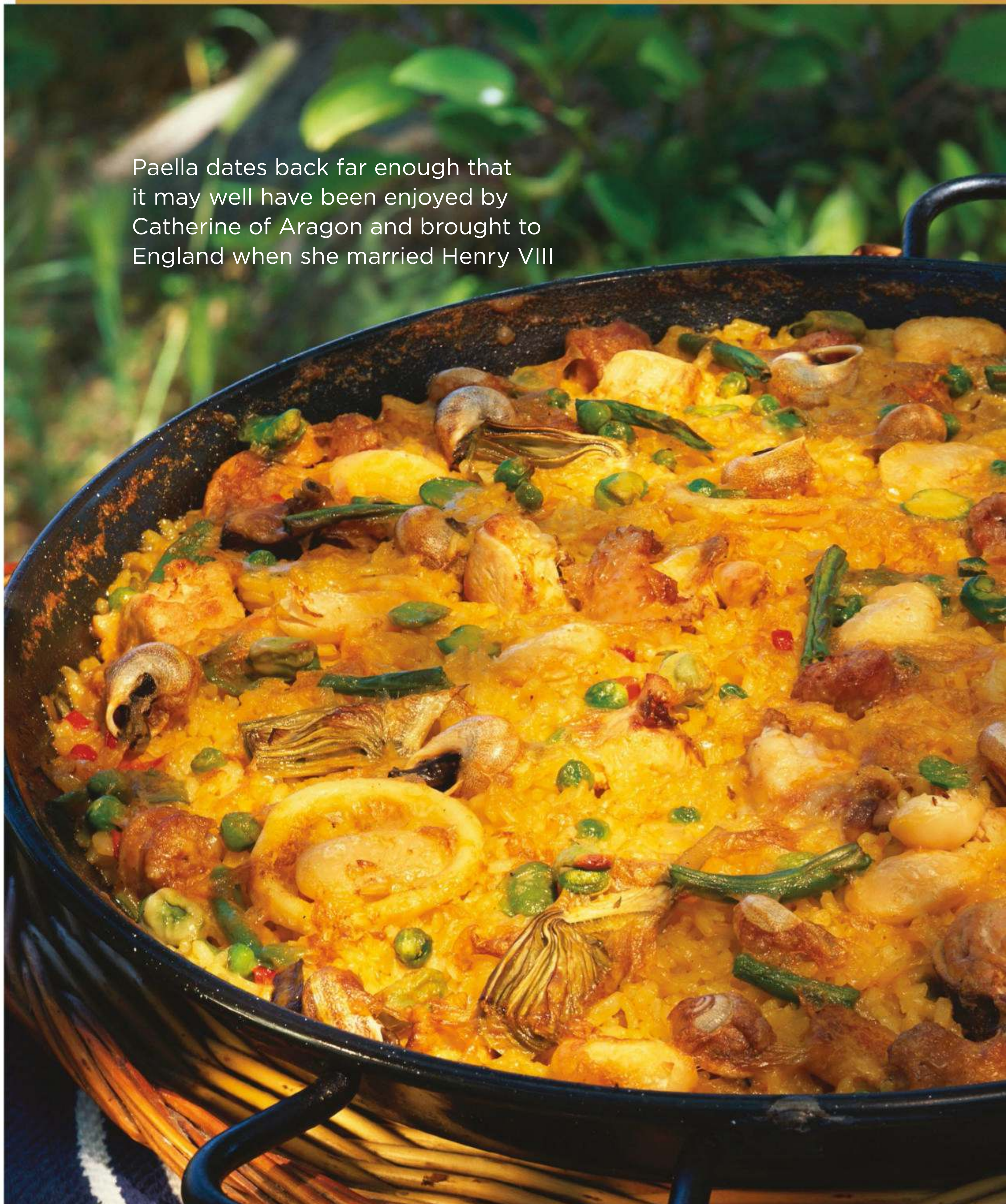
Paella dates back far enough that it may well have been enjoyed by Catherine of Aragon and brought to England when she married Henry VIII

Paella Valenciana

A Spanish classic, fit for a queen

ALHAMBRA, GRANADA, 16TH CENTURY

Many of its key ingredients for paella arrived in Europe during the 16th century as explorers and traders brought produce from beyond its borders.

- **500g rabbit, cut into small chunks**
- **500g boneless chicken thighs, cut into small chunks**
- **200g green beans**
- **200g lima/butter beans**
- **500g rice**
- **100g chopped tomatoes**
- **1.5 litres chicken/vegetable stock**
- **Extra virgin olive oil**
- **A few strands of saffron**
- **Sprig of rosemary**
- **1 tbsp of paprika**
- **Salt and pepper to taste**

1 Brown the rabbit and chicken in a high-sided frying pan on medium heat.
2 Once browned move the meat to the edge of the pan and add the green beans to cook for about five minutes.
3 Once done, move the beans to the edges and add the tomatoes. If fresh, cook until juices are all released, if from a can, simply heat. Stir all the ingredients together and add the paprika, mixing well and making sure nothing burns.
4 Add the stock, beans, saffron and rosemary and bring to the boil. The stock should cover all of the ingredients.
5 Allow the stock to heat up for five minutes, add salt and pepper to taste, then add the rice and turn up the heat again, mixing everything to spread the rice evenly. Remove the rosemary.
6 Cook for five minutes on a high heat, bring down to medium heat for another five minutes and then finish off on a low heat for 10 minutes. Watch that all of the liquid has evaporated, but don't worry if it hasn't as the most important thing is that the rice is not overcooked.
7 Allow the dish to stand before serving.

DID YOU KNOW?

Paella in Valencian simply means pan, so the name is derived from the utensil it's cooked in

© Alamy

Roast Pheasant

The game that fed the thrones

EUROPE, 11TH CENTURY

Many people living in Medieval Europe would not have been able to enjoy the mouth-watering taste of a roast pheasant. Introduced in England around the time of the Norman conquest, it was an expensive bird that was popular with royals and the upper classes.

Cooks figured out that hanging the birds from the ceiling for days improved the taste. While vegetables were rarely eaten by the rich, there was a suggestion that mustard and sugar should be added to the meat.

- **1.25kg pheasant**
- **40g Tewkesbury gold mustard ball**
- **Brown sugar**
- **4 fatty bacon rashers**
- **1 tbsp salt**
- **6 tbsp butter**

1 Pluck the pheasant and trim off the wings before removing the entrails by cutting a slit in the vent and drawing them out. Alternatively, ask a butcher to prepare the bird for you.
2 Preheat the oven to 200°C and use some string to tightly tie the pheasant's legs, ensuring that the knees are pulled in towards the stomach to encourage even cooking. Leave the skin on to seal in the juices when cooking.
3 Make sure to add some extra fat. Rub the bird's skin with butter and/or place layers of bacon over the pheasant.
4 Place the bird in a roasting tin and cover it in foil. Put it in the oven, turning the heat down to 180°C. Roast the bird for 25 minutes per pound.
5 Keep basting the bird with the meat juices to keep it moist. Remember to be careful – the fat will be hot.
6 While the pheasant is cooking, create the mustard sauce. Mix your mustard ball, which is a blend of mustard flour and grated horseradish, with the brown sugar. Add as much or as little as you like depending on how you like the taste of the resulting sauce.
7 Remove the foil for the last ten minutes of cooking so that the skin browns nicely. To judge if the bird is properly cooked, skewer it to ensure the juices are running clear. If you use a meat thermometer, a hen pheasant should be 60°C and a cock pheasant 63°C.
8 Allow the bird to rest for 15 minutes and perhaps use the tail feathers for decoration. Serve with the mustard sauce either by coating the pheasant or placing some on the side of the plate. You could also simply add salt to taste.

DID YOU KNOW?

Adding rich sauces to meat was an indicator of wealth – only the upper classes could afford them

DID YOU KNOW?
Herodotus lists 'cook' as a hereditary position in Sparta, so likely a position of great distinction

SPARTA, LACONIA, 500 BCE

Spartan Black Broth

A hearty soup to feed an army

Food for the Spartan warrior was all about practicality and as such the Black Broth of the marching forces was not about taste so much as sustenance. It would have offered plenty of protein and calories for the hard-working hoplites. Exact recipes from this time do not appear to exist. However, variations of blood soups continue to be made around the world and there are Mediterranean styles that are probably not so different from what the Spartans might have enjoyed (if that's the right word).

We've cobbled together something close to the real thing, but with some added flavour.

- **500g of pork offal (or sliced bacon/ pork belly, pork mince if preferred)**
- **300ml pork blood (or black pudding and water mixed in food processor)**
- **250ml white vinegar**
- **2 tbsp olive oil**
- **1 onion, finely chopped**
- **3 cloves of garlic, finely chopped**
- **100g barley**
- **1 1/2 tbsp of brown sugar**
- **1 stock cube (pork or beef)**
- **200 ml water**
- **Bay leaf**
- **Salt and pepper to season**

1 In a deep pan, heat up the olive oil and then sauté the onions until soft, which should take 4-5 minutes. Add the garlic around four minutes in (this will stop it overcooking) so that it becomes fragrant.
2 Add pork products, whether offal or some mixture of pork cuts and cook with the onions and garlic until they start to brown, stirring regularly.
3 Add the water, vinegar, stock cube and bay leaf and bring to the boil. Then add the barley, cover the pot and allow to simmer on a low heat for 15 mins. This should be plenty of time for the barley to cook through and soften.
4 Now it's time to add the blood or black pudding mixture. Pour in gradually and continually stir to avoid the liquid coagulating (the vinegar already in the pot should help to prevent this as well). Cook for an additional 10 minutes until the mixture begins to thicken.
5 Stir in the sugar until it has completely dissolved and then season.
6 Be sure to take out the bay leaf before serving the piping hot Black Broth.

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Hoosh

South Pole explorer's staple

ANTARCTICA, 1897-1922

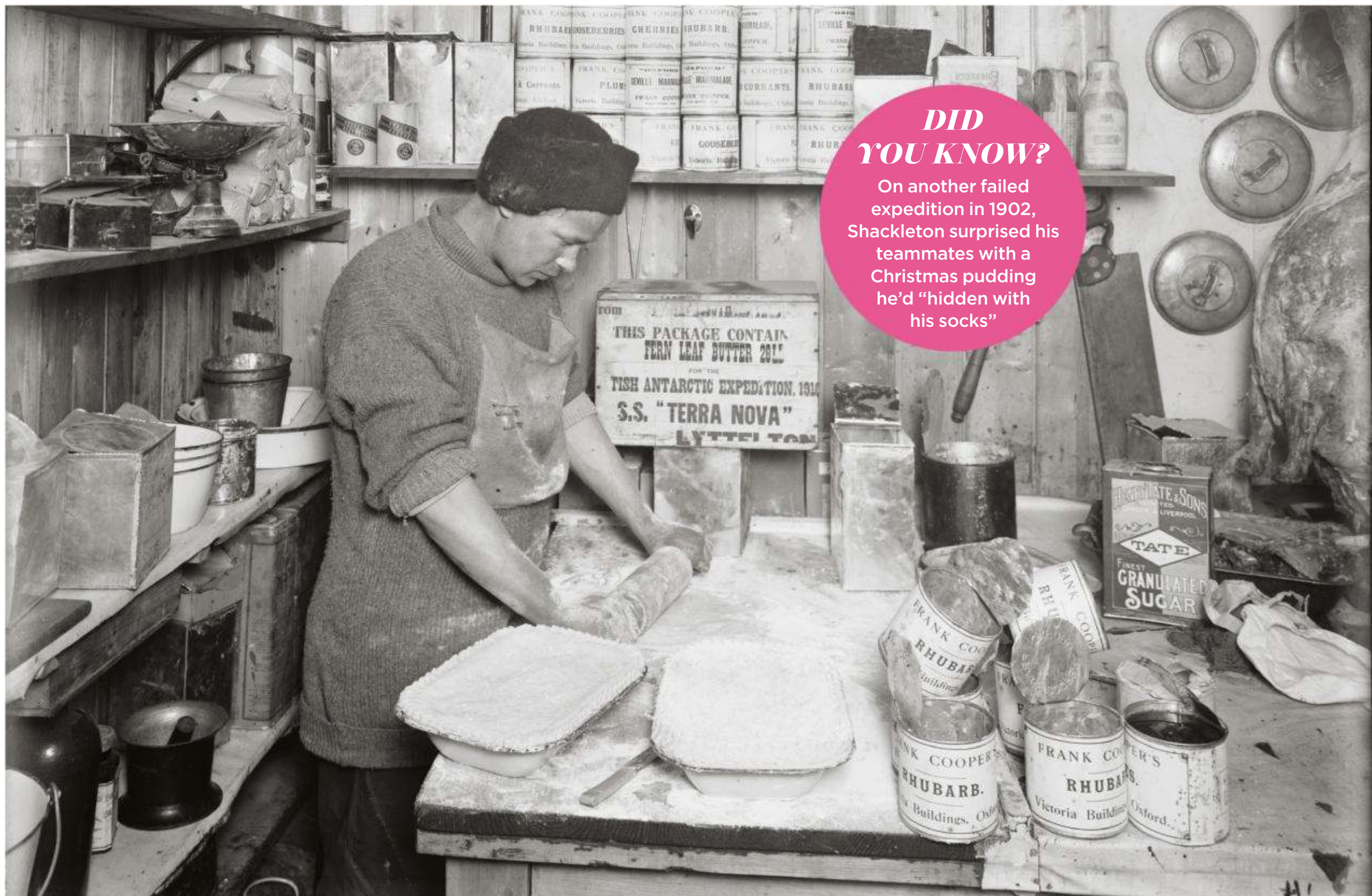
Known as a "meat stew of the ravenous", hoosh was a staple for adventurers during the early 20th century's 'heroic age' of polar exploration, when figures like Shackleton inched their way across the ice. Hoosh was made with dried meat known as pemmican, melted snow, and crushed sledging biscuits. While it was undoubtedly disgusting, this meagre ration supplied all the energy the explorers needed to survives.

For pemmican
- **500g lean beef**
- **125g fat from beef (this can be cut off the beef but buy extra if needed)**

For sledging biscuits
- **30g butter**
- **120g white flour**
- **30g oats**
- **½ tsp baking powder**
- **½ tsp salt**
- **50ml cold water**

For hoosh
- **60g pemmican per person**
- **75g biscuits per person**
- **100ml melted snow per person**

1 Preheat the oven to 70°C or its lowest setting. Cut the beef into thin strips. Spread the pieces out across a baking tray so none of the meat overlaps.
2 Place the tray in the oven to dry out the meat. This should take around seven hours The beef jerky should be hard and crack when folded.
3 Slice the fat as thinly as possible. Put it in a pan over a low heat, stirring until it has melted. This should take around 1.5 hours. Take the fat off the heat, but do not let it go hard, and remove any lumps.
4 Use a food processor to grind the beef jerky into a fine powder if possible. A pestle and mortar can also be used.
5 Add the fat to the ground meat at a ratio of about 60:40.
6 Line a container with aluminium foil or cling film and put the mixture into the container, then to mimic Antarctic condition, place it in the fridge to set.
7 To make the biscuits, mix all of the biscuit ingredients together in a bowl, slowly adding the water until it forms a sticky dough. Roll out the dough until it is about 1cm thick.
8 Cut it into eight equal pieces and place on baking parchment on a baking tray. Prick the pieces several times with a fork and then bake for 20 minutes at 190°C until a light golden brown. Baking powder can be omitted for less rise.
9 Once the biscuits are made, crush them using a food processor or using a rolling pin if you want to do this by hand.
10 On an expedition, hoosh would have been made by melting the snow, however you can just use 100ml of water. Once the pemmican and crushed biscuits are ready, mix them with boiling water until you reach a porridge-like consistency.



DID YOU KNOW?

On another failed expedition in 1902, Shackleton surprised his teammates with a Christmas pudding he'd "hidden with his socks"

The term 'bully beef' is derived from the French boeuf bouilli, which means boiled beef

EUROPE, 20TH CENTURY

Bully Beef Rissoles

The staple of a wartime diet

Bully beef, tinned corned beef mixed with gelatin, was one of the main rations given to British troops on the front lines during both world wars. Standard issue since the Second Boer War (1899-1902), bully beef was lightweight, compact, easy to transport and therefore ideal for soldiers to carry while on the move.

High in protein, bully beef was cheap but nutritious and edible, enough to keep the troops going at a time when food was limited. In preparation for major assaults, soldiers were equipped with emergency rations designed to last for up to two days, which included, biscuits, tea, sugar, powdered milk and, of course, a tin of bully beef.

Although bully beef could be eaten cold, it was considered better when hot and often cooked in stews or turned into rissoles, just like the ones in this recipe. However, the diet of bully beef and hardtack biscuits quickly became monotonous for soldiers, who tried to supplement their rations by writing home to their family and friends to request food items. For a bit of variety, cooks would sometimes add curry powder, given to them by the Indian officers, to try and disguise the bully beef.

- **1 tin of corned beef**
- **220g mashed Potatoes**
- **1 small onion**
- **220g mixed vegetables (optional)**
- **100g breadcrumbs**
- **1 tsp mixed herbs or parsley**
- **Salt and pepper to taste**
- **1 tbsp dripping, fat or vegetable oil**

1 Firstly, flake the corned beef with a fork to break it up and then place it into a mixing bowl.
2 Finely chop the onion and add it to the mixing bowl, along with the mixed vegetables if you want to include them.
3 Add the mixed herbs, salt, pepper and mashed potatoes to the bowl and mix together until all the ingredients are combined. It is your choice whether to add in the breadcrumbs to the meat now, or use them to coat the rissoles later for a different texture.
4 Using your hands, roll the bully beef mixture into medium sized balls, then flatten to form a patty. Coat the patties in breadcrumbs if you have not used them in the mixture.
5 Place a frying pan on the hob on a high heat and add your dripping, fat or vegetable oil.
6 Add the patties to the pan and shallow fry on each side for 3-4 minutes until the patties are cooked through, brown and crispy. Serve the rissoles alongside a salad or enjoy them by themselves.

© Alamy, Getty

Lord Woolton Pie

A rationing era meal

UNITED KINGDOM, 1940-1954

The Woolton Pie, named after Minister of Food Frederick Marquis, 1st Lord Woolton, was a recipe devised to offer broad nutritional value with limited access to ingredients because of rationing.

For the filling:
- **450g potato**
- **450g carrot**
- **450g cauliflower**
- **450g swede**
- **3 spring onions**
- **1 tsp Marmite or vegetable extract**
- **1 tbsp rolled oats**
- **Fresh chopped or dry parsley**

For the pastry:
- **170g flour**
- **42g butter**
- **42g lard**
- **56g grated raw potato**

1 Chop the vegetables with the swede and potatoes a little smaller than the rest. Place all of the vegetables in a large pot.
2 Add the Marmite or vegetable extract and oats. Season and then add water so that it covers about 3/4 of the vegetables.
3 Bring to a boil on the stovetop, stirring regularly so that the mixture doesn't stick. Cook until the vegetables are all tender and most of the liquid has been absorbed. Once done set aside.
4 Mix the flour, butter and lard in a large mixing bowl, rubbing the fat into the flour to create a breadcrumb-like consistency. Add the grated potato to the bowl and mix well, adding a little water where needed to form a consistent dough (quickly before the potato turns grey).
5 Place the vegetables into a pie dish, sprinkle parsley over the top. Roll the pasty out to a size that can cover the dish and then place that on top. Trim the edges of the pie and make cuts to allow steam to escape. Brush with milk for a nicer finish.
6 Cook the pie in a 200ºC oven for 30 minutes or until the crust is golden brown. Serve with some rich, flavourful gravy.

The recipe for this pie was developed by Francois Latry, the Maitre Chef at the Savoy Hotel as a way to keep pies on dinner tables during WWII

DID YOU KNOW?

Savoy chef Latry once created a Christmas dinner of the favourite dishes of historical figures like Elizabeth I

© Alamy

Moussaka chef Nikolaos Tselementes' surname is synonymous with 'cookbook' in Greek

GREECE, 13TH CENTURY

Moussaka

The taste of the taverna

Moussaka is considered to be Greece's national dish and this is in part due to master chef Nikolaos Tselementes, who radically rewrote the recipe in the 1920s. He added a béchamel sauce.

The earliest recorded recipe for moussaka has actually been found in a 13th-century Arabic text known as *A Baghdad Cookbook.*

The following recipe takes inspiration from the *Baghdad Cookbook* version. It is time-consuming but the end result is definitely worth it.

For the vegetable layers

- **3 aubergines, cut lengthways into 1cm slices**
- **8 medium tomatoes, peeled and sliced**
- **2 bell peppers, chopped**
- **5 tsp fresh basil**
- **40ml olive oil**
- **Salt and pepper**

For the meat filling

- **500g minced beef or lamb**
- **250g onions, finely chopped**
- **2 cloves of garlic, finely chopped**
- **90ml dry red wine**
- **400g chopped tomatoes**
- **3 tsp fresh parsley**
- **5 tsp fresh basil**
- **1 bay leaf**
- **1 tsp allspice**
- **½ tbsp grated nutmeg**
- **½ tbsp ground coriander**
- **⅓ tbsp ground cinnamon**
- **¼ tbsp ground cloves**
- **90ml olive oil**
- **400ml water**
- **Salt and pepper**

For the yoghurt cream

- **700g natural yoghurt**
- **4 eggs**
- **120g grated graviera cheese or cheddar**
- **Salt and pepper**
- **½ tbsp of blackberry**

1 Place the aubergines at the bottom of a deep dish, sprinkle them with salt and cover with cold water. Move to the side and leave for 1 hour, then remove and rinse. Drain and dry with kitchen towel.
2 Preheat the oven to 120°C. Sprinkle tomato slices with salt and olive oil, place in the oven for 1 hour, remove and allow to cool.
3 Meanwhile, add oil to a saucepan and fry the aubergine slices and bell peppers. Place them on kitchen towel to absorb any excess oil.
4 Add the mince, onion, garlic and spices to the saucepan and sauté over a moderate heat for 15-20 minutes until brown. Coriander, cumin, caraway, cinnamon and ginger are all options.
5 Pour in the wine, stirring for two to three minutes while the alcohol evaporates. Add the tomato, bay leaf, parsley, salt and pepper with the water. Allow to thicken for 30 minutes.
6 Remove the bay leaf and add the basil, stirring it into the sauce. Take off the heat and preheat the oven to 170°C. Place the aubergines at the bottom of a dish and sprinkle basil over them.
7 Create a layer on top with half of the tomato slices and peppers, and then top this with a layer of the meat mixture. Repeat this so that you have two layers of each.
8 Pour the yoghurt, eggs, salt and pepper into a bowl and whisk until a smooth cream is forms. Add the cheese and mix so that it is dispersed evenly. Then, top your moussaka with a generous layer of the mixture.
9 Scatter a little bit of blackberry on the top if you wish, or spare tomato slices. Bake your moussaka for about 45-50 minutes until it is browned on the surface and then leave it to stand for 20 minutes before serving.

Marlborough Pie

English classic with New World cred

ENGLAND, 16TH CENTURY

Seasonal eating would have been essential in the court of Henry VIII, but just as important would have been making sure those seasonal ingredients all got used up. A classic workaround for fruits, for instance, was to bake them into pies if they risked going off before being served in some other form. So, something like this apple pie with a custard form to it would have been ideal.

The Marlborough Pie later became a Thanksgiving favourite in America thanks to immigrants from England bringing it with them and facing many similar challenges of preserving food in the New World as they had done at home before.

What follows then is a recipe for a pie that has spanned eras and continents.

- **Shortcrust pastry**
- **2 large tart apples, peeled and cored**
- **2 large sweet apples, peeled and cored**
- **3 tbsp lemon juice**
- **3 tbsp dry sherry**
- **30g salted butter**
- **140g granulated sugar**
- **3 large eggs**
- **240ml single cream**
- **1/4 tsp ground cinnamon**
- **1/4 tsp grated nutmeg**
- **1/4 tsp salt**

1 Preheat the oven to gas mark 6 (200°C/400°F) with a rack in the centre. Whether store-bought or homemade, roll out your shortcrust pastry to a ten-inch circle about 1/8 inch thick.
2 Transfer to a nine-inch pie plate lined with baking parchment, pressing the dough into the sides lightly to form your crust. Prick holes in the base with a fork. Line with foil, weigh
down (pie weights, oven-safe ball bearings will do) and bake for eight minutes. Remove weights and foil, cook for further five minutes. Set aside to cool.
3 Reduce oven to gas mark 4 (180°C/350°F). Grate the apples into a medium bowl, stir in lemon juice and sherry. Add butter to a skillet, melt on medium heat and then add the apple mixture and sugar. Keep stirring until liquid begins to boil, then reduce heat to simmer, stirring occasionally for about ten minutes. Remove from heat and let cool for ten minutes.
4 In large bowl whisk the eggs, cream, cinnamon, nutmeg and salt. Stir in the apple mixture once done. Pour mixture into pie crust and place in oven to bake for 35 minutes or until custard has set, but before it takes on too much colour. Cool on rack for 30 minutes and serve warm.

DID YOU KNOW?

The first record of a apple custard pie is from 1660 in *The Accomplisht Cook*

© Alamy

Alice Toklas's most famous recipe was for Haschich Fudge, made from spices, nuts, fruit and cannabis

Katie's Capon

A twist on the classic

EUROPE, 20TH CENTURY

A family classic, this version belongs to Alice Toklas, the partner of American author Gertrude Stein. After moving to Paris in 1907 and meeting Stein, Toklas enjoyed collecting traditional French recipes and cooking them for artists and writers such as Henri Matisse and Ernest Hemingway. In 1954 Toklas published The Alice B. Toklas Cookbook, which featured her recipes and personal recollections. It became one of the bestselling cookbooks of all time and featured this recipe for roast chicken or, as Toklas called it, Katie's Capon.

- **1 medium roasting chicken**
- **120ml ruby port**
- **120ml orange juice**
- **3 tbsp heavy cream**
- **2 tbsp extra virgin olive oil**
- **2 tbsp unsalted butter**
- **Zest of 1 orange**
- **Salt and pepper**

1 Take the chicken and sprinkle it with salt. Cover and refrigerate until you're ready to start cooking it. Remove the chicken from the fridge and bring it to room temperature first.
2 Preheat your oven to 200°C. Using a Dutch oven or an oven-proof skillet big enough for the chicken, warm the butter and olive oil together over medium heat. Brown the chicken breast-side down for five minutes then repeat on the other side to lock in some flavour.
3 Place your Dutch oven or skillet into the oven and roast the chicken uncovered for 45 minutes. Remove from the oven, pour the port over the chicken, baste it and then roast it for 10 minutes. Repeat this step with the orange juice: remove, pour, baste and then roast for 10 more minutes.
4 When the juices of the thigh run clear, the chicken is done. Remove it from the oven, cover with foil and leave it to rest while you make the sauce.
5 Remove as much fat from your Dutch oven or skillet as you can and then place it on the hob over medium heat. Add the cream and stir in the remaining juices left in your pan before adding half of the orange zest. Continue to stir for a few minutes while the sauce reduces.
6 Taste the sauce and add salt and pepper if you need to. Carve the chicken into slices, transfer to a platter and spoon over some of the sauce, transferring the rest to a gravy boat. Sprinkle the remaining orange zest over the chicken and serve with roast potatoes and your choice of vegetables.

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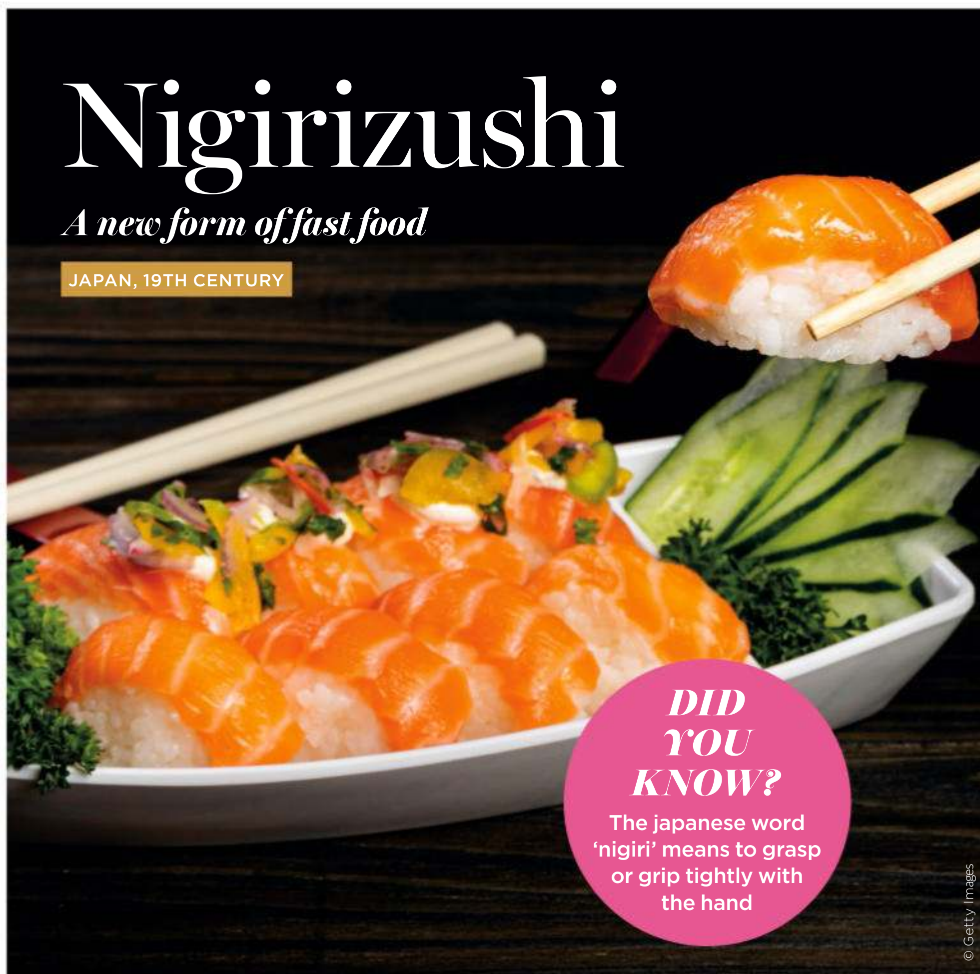
The home of Gertrude Stein and Alice Toklas welcomed some of the greatest authors and artists of the era who were served meals like this



It is said that nigirizushi was developed in the 1820s by a chef named Hanaya Yohei. It's hand-formed, and instead of using fermented ingredients it uses rice mixed with vinegar and topped with slices of fresh, raw fish. Nigirizushi is also known as Edomaezushi, in reference to the fish that were caught in Edo Bay, and it was pre-dated by hayazushi, the first form of sushi where fish and rice were consumed together. Since nigirizushi was easy to grab and eat, it was popular with ordinary people and could be bought from street vendors around Edo.

- **600ml water**
- **375g sushi rice**
- **150g of your topping (fresh, raw sashimi-grade fish like salmon or tuna; cooked or cured fish such as smoked salmon; or for a vegetarian option, avocado or mushrooms)**
- **4 tbsp rice vinegar**
- **Wasabi paste**
- **Soy sauce (to serve)**
- **25g pickled ginger (to serve)**

1 First, prepare the sushi rice. Fill a saucepan with the water, add the rice and bring to the boil. Turn it down to a simmer and let the rice cook gently, uncovered, for ten minutes.

2 Once the rice is cooked, mix in the rice vinegar and then spread it out on a tray. Allow the rice to cool to room temperature.

3 Next, prepare your chosen topping. If you are using raw fish, use a sharp knife and carefully slice the fish across the grain into thin rectangular pieces. If you're using a cooked or veggie topping, cut these ingredients to size.

4 Wet your hands to prevent the rice from sticking to your palms. Take 25g or one tablespoon of rice in your hand and begin shaping it into oblongs about the same size as the pieces of fish or topping.

5 Place a dab of wasabi in the centre of a piece of fish or your chosen topping. Place a rice oblong on top of the fish, gently press them together and then flip the sushi so that the topping is facing up. Repeat this process.

5 Serve your nigirizushi with soy sauce, wasabi paste and some pickled ginger on the side – it is traditional to eat pickled ginger between bites to cleanse your palate before continuing your meal.

DID YOU KNOW?

Meals in Versailles would involve several soup courses with different soups served

Potage Saint-Germain

Soup fit for a king

FRANCE, 17TH CENTURY

Potage Saint-Germain was a popular split pea soup at the court of Versailles. The nobility – including King Louis XIV himself – was obsessed with peas. This recipe is a modern adaption of a version from a 17th-century French cookbook.

- **300g split peas**
- **25g chopped chicory**
- **20g chopped fresh parsley**
- **20g chopped fresh chervil**
- **20g chopped fresh sorrel**
- **1 tsp of dried savoury**
- **1 white onion, chopped**
- **3 large carrots, peeled and chopped into chunks**
- **2 cloves of garlic, minced**
- **3 tbsp butter**
- **2 tbsp crème fraîche (optional)**
- **1 tbsp olive oil**
- **600ml vegetable stock**
- **Salt and pepper to taste**

1 Heat the olive oil in a frying pan over a medium heat, add the chopped onion and sauté for five minutes until it becomes translucent. Add in the minced garlic and continue to sauté for another minute until it begins to brown. Then remove the pan from the heat.
2 Pour the vegetable stock into a large pot and bring to the boil. Add the drained split peas, carrots, butter and a pinch of salt and pepper to the pot and stir until the butter has melted. Lower the heat to medium and leave the soup to gently simmer for 30 minutes.
3 Next, add all the fresh herbs, dried savoury and the cooked onion and garlic to the pot, stir well and allow to simmer for another 30 minutes, stirring occasionally. If the soup is too thick you can add a little more water and if it is too thin, leave to simmer longer.
4 The soup is ready once the peas have become very soft. Remove the soup from the heat and serve immediately with a slice of crusty bread.

Louis XIV was so passionate about vegetables that he had a garden, the Potager du Roi, built at Versailles to produce them for the court

© Alamy

Mock Turtle Soup

Sailor's substitute

GREAT BRITAIN, 18TH CENTURY

British sailors brought green turtles back with them from the West Indies and they quickly became a taste sensation. But catching and importing the animals from the Caribbean was expensive, so only the super-rich could afford it. Instead, mock turtle soup was created as substitute. The main ingredient was a calf's head, which supposedly had a texture similar to turtle meat. Chefs would try a mix of ingredients to try and replicate the varied taste on a budget, throwing in oysters, ham and even fried brains.

- **1 large calf's head**
- **Oysters**
- **1 veal knuckle**
- **Forcemeat**
- **2 eggs**
- **6 mushrooms**
- **2 carrots**
- **1 large onion**
- **½ lemon**
- **1.7 litres mutton gravy**
- **1.2 litres Madeira wine**
- **1 tsp Cayenne pepper**
- **8 tbsp lemon juice**
- **Thyme**
- **Parsley**

1 Depending on how good a butcher you have, you might have to prepare the calf's head yourself. To do this, dispose of the hair, eyes and tongue before cracking the head and carefully removing the brains. Place the brains to soak in the fridge overnight in salt water.

2 The next day, slice the calf's head into thin strips and soak them in cold salted water for an hour. Take this opportunity to shuck your oysters, finely chop the onion, carrots and mushrooms, then zest and shred the lemon half.

3 Having been thoroughly soaked, the membrane around the brain should have toughened. Done correctly, it should peel off without breaking to reveal a white meat underneath.

4 Dice your venison knuckle, cutting it as thinly as you can, then fry it up along with the brains.

5 When the head has soaked, drain it and add the meat, vegetables and lemon that you've just prepared along with the gravy — lamb gravy will do if you can't get mutton. Stir in the wine, lemon juice and a sprinkle of salt.

6 Add water if the meat is not completely covered by the gravy and slowly bring it to a simmer. Skim any scum that rises to the surface of the water, then cover with a lid and stew everything until the meat becomes nice and tender.

7 As if beef, brains, veal and oysters weren't enough, it's now time to cook the forcemeat — a blend of chicken, pork or even fish with grains and herbs, somewhat similar to stuffing.

8 Before serving, boil two eggs. When they're ready, scoop out the yolks and use them to garnish the dish along with the forcemeat and a sprig of parsley.

9 Traditionally, the soup would be served in the shell of a green turtle, which would be lined with a flour and water paste and heated in the oven. But, as our 18th-century source reassures us, "a china soup dish will do as well".

DID YOU KNOW?

In an interview in 1962, Andy Warhol said his favourite Campbell soup flavour was mock turtle

Kadhai Gosht

Delicious Slow-cooked Lamb Curry

MUGHAL EMPIRE, 16TH – 19TH CENTURY

Mughali cuisine developed from a fusion of Indian, Turkish, Afghan and Persian food. It's characterised by rich, creamy dishes filled with aromatic spices. While roasted meats were extremely popular, beef and pork were not usually consumed because both Hindus and Muslims lived in the empire – in fact, Emperor Aurangzeb was known to prefer vegetarian dishes. The term 'kadhai' refers to a deep circular cooking pot that originated in the Indian subcontinent and 'gosht' means tender, slow-cooked meat, usually goat, lamb or mutton. In India and around the world, kadhai gosht remains a traditional and popular dish that can be enjoyed by the whole family.

- **1kg lamb meat on the bone, cut into pieces**
- **6 medium tomatoes, thinly sliced**
- **3 onions, finely diced**
- **1 green chilli, slit lengthwise**
- **4 tbsp vegetable oil**
- **2 tbsp Greek yoghurt**
- **½ tbsp garlic paste**
- **½ tbsp ginger paste**
- **1 tsp garam masala**
- **1 tsp Kashmiri chilli powder (or paprika)**
- **1 tsp cumin powder**
- **1 tbsp coriander powder**
- **½ tsp turmeric powder**
- **½ tsp black pepper**
- **Salt (to taste)**

DID YOU KNOW?
Emperor Akbar had more than 400 cooks from all over India and Persia in his royal kitchen

1 Grab a large bowl and add the lamb, garlic and ginger pastes. Mix together and once the lamb is well covered, leave it to sit in the fridge for an hour or, if possible, preferably overnight.
2 Heat the oil in a kadhai (or a large, deep saucepan) on a medium heat. Add the lamb to the pan and fry for five to seven minutes, stirring frequently until the lamb is browned. Remove the lamb, place it in a bowl and keep covered.
3 Next, add the onions to the pan and fry them until they're golden, then add the tomatoes. Cook for a few minutes and once the tomatoes have softened add the salt, pepper and ground spices (apart from the garam masala) and stir this together well.
4 Lower the heat and allow the mixture to simmer and thicken for about 10 minutes. Next, add the yoghurt to the pan and mix until it is fully incorporated, before adding the lamb back in and stirring well. If the curry looks too thick add water to stop it from burning at the bottom.
5 Put the lid on the pan and leave the lamb to simmer until it's tender, stirring occasionally – this will take between 60 to 90 minutes. Once the meat is cooked, stir in the garam masala and green chilli and turn off the heat.
6 Leave the kadhai gosht to sit, covered, for a few minutes before topping it with ginger and coriander for garnish. Serve with rice, naan bread or roti.

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Budae-jjigae

The fusion army stew

SOUTH KOREA, 1953 – PRESENT

In the aftermath of the Korean War in the early 1950s, the country was divided. While the North turned into what is known today as the hermit kingdom, the South was more open. The United States had been heavily involved in the conflict, and US troops remained in the country behind as the military stand-off showed no sign of ending.

There was an American army base in Uijeongbu near Seoul, and the soldiers stationed there had some of their home comforts such as canned beans, meat and Spam. Many of these items were completely new to post-war Koreans, but in a time when food was scarce parts of American cuisine began to be adopted by the local population. One of the results of this was a hybrid dish that's still popular today: budae-jjigae.

While many versions of this dish are served all across Korea, this is a slightly simplified version – but no less delicious! Other vegetables can be added, like mushrooms and Napa cabbage, and some recipes use baked beans and are served over white rice.

- **1 can luncheon meat (like Spam)**
- **400g smoked sausage, sliced**
- **1 large onion, sliced**
- **170g kimchi**
- **32g (¼ cup) Korean red pepper powder**
- **3 tbsp soy sauce**
- **3 tbsp gochujang**
- **5 cloves of garlic, minced**
- **Ground black pepper**
- **1 bunch of green onions, chopped**
- **1,800ml chicken broth**
- **220g ramen noodles**
- **1 slice of American cheese**

1 Slice the luncheon meat and place it into a stock pot. Layer the sausage, onion and kimchi on top, making sure to leave an empty space in the middle. If you're looking for a meat-free alternative, tofu works well.
2 In a small bowl, mix together your red pepper powder, gochujang, garlic and black pepper. If you have it available, you can also add soy sauce, fish sauce and rice wine to your stock. For those looking for a bit of heat, try adding some more red pepper powder.
3 Pour the mixture into the centre of your stock pot, add the chopped green onion and bring to the boil. Then reduce the heat and simmer for about ten minutes, stirring occasionally.
4 Bring a separate pot of water to the boil. When ready, add your ramen noodles (or rice if you prefer). Boil and stir for about two minutes – the noodles should only be partially cooked and softened.
5 Drain the noodles and add them to the simmering stew. Allow it to cook for five minutes, stirring occasionally. Your ramen noodles should be tender but firm.
6 Top with a slice of American cheese.

DID YOU KNOW?
'Budae-jjigae' literally translates to 'army base stew' based on its ingredients gathered from US military personnel

Tamales

A delicious cultural staple

Maize was the most important food source for the Maya civilisation and it is a key ingredient for tamales, a mainstay of the Mesoamerican diet. Enjoyed by the Olmecs, Toltecs, Maya and Aztecs alike, tamales were portable and therefore an ideal choice for armies, as well as hunters and travellers. Contemporary sources tell us that tamales were even served to the Spanish when they arrived in the 16th century. Consisting of cornmeal dough with a meat, fish, vegetable or even sweet filling steamed inside corn husks or banana leaves, tamales are a popular street food in Mexico and Central America, and they are also frequently served for holidays and celebrations.

For the tamale dough

- **230g masa harina**
- **225g corn husks**
- **150g lard**
- **1 tsp baking powder**
- **½ tsp salt**

For the tamale filling

- **675g pork loin**
- **475ml water**
- **4 red chillies**
- **1 large onion, halved**
- **1 clove garlic**
- **1 ½ tsp salt**

1 Start by making the pork filling. Place a large saucepan on the hob and add the pork, onion and garlic. Pour in enough water to cover the pork and then bring to the boil. Reduce the heat and leave the pork to simmer until cooked, for about two hours.
2 Wearing gloves, carefully remove the stems and deseed the red chillies. Add them to another saucepan, cover with 475ml water and simmer for 20 minutes. Remove from the heat and then transfer the chillies and water into a blender, to create a chilli sauce.
3 Pass the chilli sauce through a sieve to ensure it's smooth and then mix in the salt. Remove the cooked pork from the saucepan and leave it to cool. Keep the stock, we will need this for the tamale dough later.
4 When it has cooled down, shred the pork. Once shredded, mix the pork with 250ml of your homemade chilli sauce and set aside. Next, fill a bowl with warm water and soak the corn husks for around an hour.
5 For the dough, beat together the lard and a tablespoon of the pork stock in a large bowl. In a separate bowl, combine the masa harina, salt and baking powder. Stir the masa harina mixture into the lard, gradually adding more stock until a spongy dough is formed.
6 Remove the corn husks from the water and pat them dry. Position the corn husks with the wide end towards you and spread a couple of tablespoons of dough in the centre of the corn husks to about 5mm – 1cm thickness, leaving space at the top and bottom. Then place a tablespoon of pork filling into the centre of the dough.
7 Fold the long sides of the corn husk like a taco and press the masa dough so that it completely seals in the filling. Next, fold one long side of the husk over the dough and then roll to seal the dough, before folding down the tapered end of the husk.
8 Place the tamales standing upright into a steamer, with the sealed end at the bottom. Leave them to steam for one hour – you'll know they're ready when the husk pulls away easily from the tamale!
9 Allow the tamales to rest for a few minutes so that the masa dough can firm up. Peel off the husks and serve the tamales immediately.

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The Hawaiian word 'lau' translates to 'leaf' in English

The taro plant was considered so crucial Hawaiian culture that according to myth it was thought to be the elder brother of humanity

Lau Lau

Traditional Native Hawaiian Cuisine

HAWAII, PRE-19TH CENTURY – PRESENT

Lau lau is a simple but popular dish from Hawaii that is usually served as part of a plate lunch. The key ingredient is taro leaves, a staple of the Hawaiian diet. There are many different versions of lau lau, but a classic lau lau is a combination of chicken, pork and salted black cod (also known as butterfish) wrapped in layers of taro (luau) leaves and ti leaves and steamed for several hours. While lau lau is traditionally cooked in an underground oven called an imu, we have chosen a recipe that allows you to make it without one!

- **450g pork shoulder**
- **450g black cod (butterfish)**
- **220g carrots, shredded (optional)**
- **30 taro (luau) leaves**
- **12 large ti leaves**
- **1 tbsp sea salt**
- **Rubber bands, string or toothpicks (to tie lau lau into parcels)**

1 To prepare the taro and ti leaves, start by washing them thoroughly. Remove the centre stems from all the leaves as this will make it easier to fold them, but try not to rip the leaves themselves.
2 Cut the pork shoulder into six pieces and the black cod into cubed pieces. Rub all the pork pieces with sea salt.
3 On a flat surface, stack four to five taro leaves, ensuring that the biggest leaf is on the bottom and the smallest on top.
4 In the centre of the taro leaves, add a piece of pork and top with some pieces of black cod. Then fold the leaves and wrap them to form a bundle.
5 Arrange two ti leaves in an 'x' or cross formation. Place the taro bundles in the centre of the ti leaves and wrap them around the bundles. Secure using string, toothpicks or rubber bands.
6 Place the bundles in a steamer and steam for four to six hours until they are tender. It is your choice whether you want to remove the ti leaves or not before serving, just make sure you don't eat them because they are not edible!
07 Serve alongside rice, macaroni salad or potatoes.

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GREECE, C. 2ND CENTURY CE – PRESENT

Tiropita

A Traditional Greek Favourite

The origins of tiropita, a popular Greek cheese-and-egg filled pie, are still debated. Pies have been a traditional part of Greek cuisine since ancient times and tiropita is possibly derived from placenta cake, a sweet honey and cheese dessert loved by both the ancient Greeks and Romans. In the 2nd century CE, plakountas tetyromenous – 'cheesy placenta' – was mentioned in Oneirocritica, the treatise written by the diviner Artemidorus. Often eaten for breakfast, tiropita is an affordable dish that can be made with a variety of cheeses and types of pastry, with families passing down their own recipes for generations. However, a classic tiropita is typically made with feta cheese and flaky filo pastry.

- **12 sheets filo pastry, defrosted**
- **3 eggs**
- **500g feta cheese**
- **1 tsp black pepper**
- **Olive oil**

Optional
- **250g ricotta or cottage cheese**

1 Preheat oven to 180°C. Grease a baking sheet with olive oil and line with baking parchment.
2 Crack your eggs into a bowl, add the black pepper and a tablespoon of oil, then beat together. There's no need to add extra salt to this recipe, as feta cheese is salty enough.
3 Using your hands, crumble the feta cheese into a bowl. If you want your tiropitas to be creamier, feel free to add in ricotta or cottage cheese.
4 Pour the egg mixture into the bowl and mix to combine with the cheese.
5 To make tiropita triangles, spread out one sheet of filo pastry and lightly brush with olive oil. Cut this sheet into four strips lengthwise. Place around one to 1½ teaspoons of the cheese and egg mixture in the top-left corner of each filo strip.
6 Fold the corner over to make a triangle, then continue folding from side to side until the end of the strip. Place each finished triangle on a baking sheet and repeat until you've used up all of the cheese mixture.
7 Lightly brush each triangle with olive oil and then bake your tiropitas for 15 to 20 minutes, until they're golden brown. Serve immediately with a side salad.

Bouchée à la Reine

A classic of French cuisine

FRANCE , 18TH CENTURY – PRESENT

The bouchée à la reine, a vol-au-vent filled with salpicon that is traditionally served as a starter, was invented and named for Queen Marie Leszczyńska, the Polish wife of King Louis XV of France. While the queen was not politically influential during her four decades as consort, she enjoyed good food and influenced French cuisine. It is said that bouchée à la reine was created as an aphrodisiac at the queen's request, in an attempt to win back her husband's affection after discovering his affair. A popular dish before the French Revolution, bouchée à la reine is still eaten today with a variety of fillings.

For the vol-au-vents:
- **1kg/2 rolls puff pastry**
- **1 egg, beaten**

For the filling:
- **1kg chicken**
- **500g button mushrooms, diced**
- **100g leek, chopped**
- **100g onion, chopped**
- **100g carrots, chopped**
- **20g butter**
- **1 bouquet garni of parsley, thyme, bay leaf**
- **Lemon juice**

For the sauce:
- **100g heavy cream**
- **50g butter**
- **50ml white wine**
- **4 tbsps flour**
- **1 egg yolk**
- **Salt**
- **Pepper**

1 Preheat the oven to 200°C. Roll out the puff pastry sheets and, using a 10cm round fluted pastry or cookie cutter, cut out 12 discs of pastry. Using a 5cm cutter, cut a hole in the centre of six of the pastry discs to create six pastry rings.
2 Line a baking sheet. Place the six discs on the baking sheet and top each one with a ring. Add a tablespoon of water to the beaten egg to create an egg wash and use it to glaze the pastry with a brush.
3 Bake the vol-au-vents in the oven for 25-30 minutes, until golden brown. Leave to cool for a few minutes. Cut out the middle of each vol-au-vent with a knife to create room for the filling.
4 In a large saucepan, add the chopped onion, leek, carrot, bouquet garni and the whole chicken. Add enough water to cover the chicken, season with salt and bring to a boil. Cover and simmer on low to medium heat for 1.5 hours. Once cooked, remove the chicken and leave it to cool. Strain the broth using a sieve.
5 While the chicken cooks, prepare the mushrooms. Add the mushrooms, butter and lemon juice to another saucepan. Add water to cover and bring to a boil, cooking them for three to four minutes. Remove the mushrooms from the heat and leave to the side.
6 For the sauce, melt the butter in a saucepan and then add the flour. Mix well and cook on low heat for two minutes, stirring constantly. Allow to cool. In another saucepan, add one litre of chicken stock and boil to reduce.
7 Return to the whole chicken, remove and dice the chicken breasts. Back to the cold roux, add 500ml of the boiling chicken broth and whisk until smooth. Put the roux back onto medium heat and cook on low for 10 minutes, the sauce should be semi-thick.
8 Stir the mushrooms and chicken into the sauce before adding the white wine and cream. Season. Cook the sauce for 20 to 25 minutes until it reduces and thickens. Place the egg yolk in a small bowl and add a little bit of sauce to it, mixing well. Pour this mixture into the saucepan and whisk.
9 Pour a few spoonfuls of the chicken and mushroom salpicon inside each vol-au-vent and top each one with a pastry lid. Serve as an appetiser or with some salad on the side.

DID YOU KNOW?
Bouchée à la reine translates to 'the queen's bite' in English

Alamy

DID YOU KNOW?

Ackee is derived from the original name ankye, which comes from the Twi language of Ghana

Ackee and Saltfish

Jamaica's National Dish

JAMAICA, C.18TH CENTURY - PRESENT

Jamaica's national fruit is the ackee, a red fruit that originated in West Africa. Saltfish (salted cod) was imported from the North Atlantic, and both ingredients arrived in Jamaica as a result of the transatlantic slave trade. Because ackee and saltfish were inexpensive and easy to store, they quickly became staples. Unripe ackee can be poisonous, but it can now be bought in cans, ripe and safe to eat.

- **1 540g can ackee, drained**
- **300g saltfish, boneless and skinless**
- **2 tbsp olive oil**
- **1 tsp dried thyme or fresh thyme**
- **3 cloves garlic, finely minced**
- **2 spring onions, thinly sliced**
- **1 medium onion, finely chopped**
- **1 Scotch bonnet pepper, deseeded and finely chopped**
- **1 medium tomato, chopped**
- **1 sweet bell pepper, thinly sliced**
- **Black pepper**

1 Wash any excess salt from the saltfish and then leave to soak in cold water for at least an hour, or overnight if possible.
2 Once the saltfish has been soaked, add it to a saucepan and cover with water. Bring to a boil and simmer for around 20 minutes. Once cooked, drain and leave to cool. Shred the saltfish into pieces using a fork or your hands and set aside.
3 In a large saucepan or frying pan, heat the olive oil on medium heat. Add the garlic, spring onions, onion and Scotch bonnet pepper. Cook for about five minutes until soft.
4 Add the bell pepper and thyme and cook for two minutes. Add in the saltfish, season and cook for three to five minutes. Stir in the tomato, cook for two minutes.
5 Add the ackee into the pan and allow the dish to simmer for about two to three minutes. Stir in the ackee gently because it can break apart easily and become mushy, which is to be avoided.
6 Season to taste and serve immediately. If you want to, serve it alongside some other side dishes such as fried plantain and dumplings.

RUSSIA, 9TH CENTURY

Shchi

Traditional cabbage soup

Shchi is a traditional cabbage soup, often served as starter, and endures as one of Russia's most-loved dishes. Part of the reason shchi became so popular is that cabbages are a hardy crop that can grow strong in Russia's short summer seasons and survive cold temperatures. As time went on, shchi was made over a pechka, a brick stove first introduced in the 15th century, which would take up about a quarter of a peasant's home and doubled as both a place to cook and a source of heat.

When making shchi, either fresh cabbage or Russian pickled cabbage, known as kislaya kapusta, can be used depending on the variety of shchi. Pickling was an excellent way of preserving crops throughout winter in Old Russia, and adds a salty, savoury flavour to the broth.

- **1.5 litres stock (meat or vegetable)**
- **2 chicken breasts, cooked and shredded**
- **1 white onion**
- **2 carrots**
- **2 celery stalks**
- **1 potato**
- **1/4 head of large fresh cabbage**
- **1 large tomato**
- **Peppercorns, fresh dill, bay leaves, salt and pepper to season**
- **1 tbs of unsalted butter**
- **Sour cream and rye bread to serve**

1 Begin your shchi by peeling and dicing the onion, carrots, celery stalks, potato and tomato as well coring and shredding the cabbage.
2 In a large saucepan, bring the stock to a boil — any type of stock can work.
3 Add the diced and shredded vegetables to the stock and let it boil for a few minutes.
4 Add in the herbs, then simmer for 20-30 minutes until the potatoes and cabbage are tender.
5 Now you can add your shredded chicken and the butter to the soup. Let it simmer for a further five minutes.
6 For a different twist, you can use an equal amount of sauerkraut instead of fresh cabbage, and then mushrooms instead of tomatoes!
7 Get creative with your shchi. There is a huge array of additions that can be added to this soup. Some recipes add boiled eggs and shchi can also be made with a wide range of meats. Do some research on Russian cuisine and test out some exquisite variations!
8 For a really tasty treat, you can make sutochnye shchi, or one-day shchi. To do this, just leave the soup in the fridge — the flavour is greatly enhanced and there are some stories that claim this is a remarkable hangover cure.
9 Serve your shchi will a dollop of sour cream and some rye bread and enjoy the traditional taste of Russia!

It's likely that, even before cabbage arrived in Russia from the Byzantine Empire, the broth was a popular staple, made with a similarly rugged vegetable like turnips

DID YOU KNOW?

Ivan the Terrible, tsar of Russia from 1547 to 1584, supposedly once poured a bowlful of hot shchi on a boyar's head in a fit of rage

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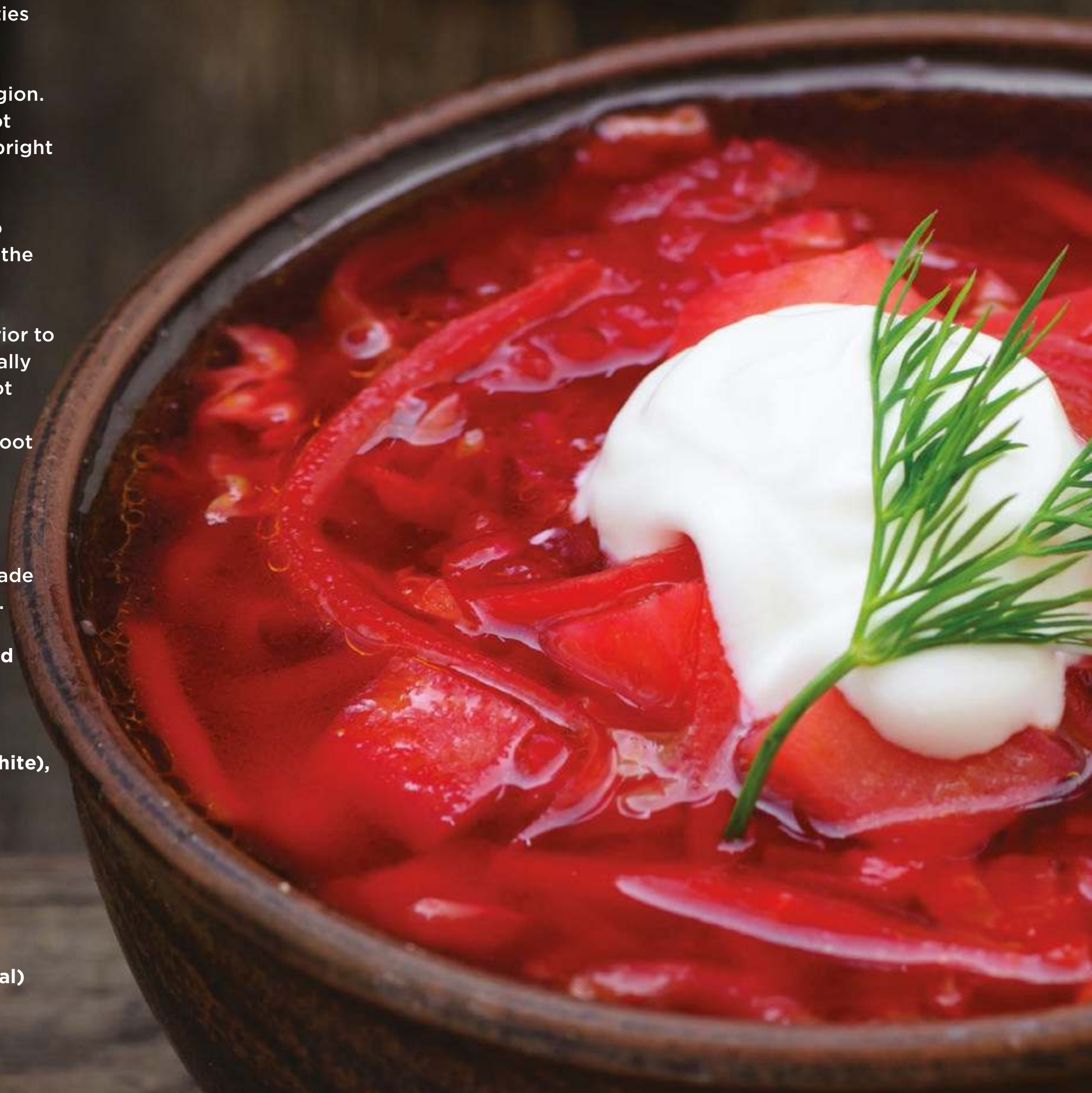
Borscht

A staple of Eastern European peasants

UKRAINE, 17TH CENTURY

Originating in Ukraine with particular popularity among Jewish communities from Poland, Ukraine and Western Russia, borscht is one of the most colourful and iconic meals of the region. Most commonly known as a beetroot based soup, which accounts for its bright red colour, the evolution of borscht is also the story of changing trends among the rural poor of Medieval to Early Modern Poland-Lithuania and the Russian Empire.

Deriving from the Slavic word for hogweed – its primary ingredient prior to beetroot – this sour soup has gradually seen a large number of different root vegetables take the lead along with different types of meat stock. Beetroot arrived in the region in the mid-16th century and by the close of the 17th century, rural Ukrainians had made it a staple. Its versatility crossed boundaries and borscht could be made without meat for Passover and Lent.



- **3-4 medium beetroots, peeled and sliced**
- **1 large baking potato, peeled and diced**
- **Half a medium cabbage (red or white), chopped**
- **1 large onion, diced**
- **1 large stick of celery, diced**
- **1 large carrot, peeled and diced**
- **1.5 pints of beef/vegetable stock**
- **2-3 cloves of garlic, diced**
- **1 can of chopped tomatoes**
- **4-6 pork sausages, sliced (optional)**
- **Sour cream (to serve)**
- **Salt and pepper to taste**
- **Half a teaspoon of dill**

1 If using sausages, fry or grill until cooked through and slice, set aside. For extra points, fry the sausages in the pan you'll be cooking everything else in so as to develop added flavour. Can also be replaced with pork belly or shredded pork. To keep it kosher make the borscht with beef or turkey sausages.

2 Melt butter in a high-sided pan (that will be able to hold the whole mixture later) on medium heat and add your aromatics of onion, celery and carrots. Cook for a few minutes until the onion appears translucent.

3 Add beetroot and potato to the pan. Mix everything together and fry for a few more minutes until you see the potatoes take on a little colour.

4 Add the stock (veg or beef depending on if you're making a vegetarian version). Bring to the boil and then simmer for 15 minutes, stirring to make sure you're picking up anything that happens to get stuck to the bottom of the pan.

5 Add the cabbage and the tin of chopped tomatoes, cover and simmer for another 20 minutes or until beetroot and potato are tender, stirring occasionally. Add the sausage/meat to pan with about 10 minutes left to heat through thoroughly if you're using any.

6 Finally, before you serve, stir in the dill and season with a little salt and pepper to taste. Serve in soup bowls with a dollop of sour cream and perhaps some crusty rolls as well.

'This sour soup has gradually seen a large number of different root vegetables take the lead along with different types of meat stock'

DID YOU KNOW?

Though it's seen as a quintessentially Russian dish, borscht has its origins in Medieval Ukraine

© Getty

Laghman

A hearty noodle soup

CENTRAL ASIA, UNKNOWN – PRESENT

Laghman is considered the national dish of the Uyghur and Dungan ethnic groups. It was developed thanks to the cultural exchange that occurred on the Silk Road and includes a variety of ingredients that would have been traded. We do not know when it was first created, but it originated from the Xinjian region in Northwest China. According to one legend, laghman was first prepared by three travelling merchants who met at a crossroads. They had cooking equipment and ingredients between them, so they teamed up to create laghman. This dish is popular in Central Asia, China and Russia, and there are numerous variations. Hand-pulled noodles are a signature of this dish, but you can substitute these with udon or egg noodles if you wish.

For the noodles:

- **250g plain flour**
- **110ml cold water**
- **1 egg, beaten**
- **Olive oil**
- **Pinch of salt**

For the soup:

- **500ml water or beef stock**
- **200g lamb or beef, chopped into pieces**
- **3 small potatoes, cubed**
- **3 cloves of garlic, finely chopped**
- **2 bell peppers, sliced**
- **2 tomatoes, chopped**
- **2 tbsp tomato paste**
- **1 medium onion, chopped**
- **1 tsp ground cumin**
- **Olive oil**
- **Salt and pepper**

1 If you're making your own noodles, begin by making the dough. In a mixing bowl, combine the flour, eggs and salt. Gently add in the water a little bit at a time and mix until a dough forms. Knead the dough for ten minutes until it is nice and smooth.

2 Wrap the dough in cling film and rest at room temperature for 15 to 20 minutes. Divide the dough into three pieces and roll each piece into thick strands. Coat each one with oil and rest for around 10 to 15 minutes.

3 Take one dough strand and evenly roll it between the table and the palm of your hand, stretching it so that it becomes a long 'rope'. Repeat this process for the remaining strands.

4 Lightly oil a plate and coil the first strand of your dough into a circle and continue with the remaining pieces until you have one long, continuous coil. Cover with cling film and leave to rest while you cook the soup.

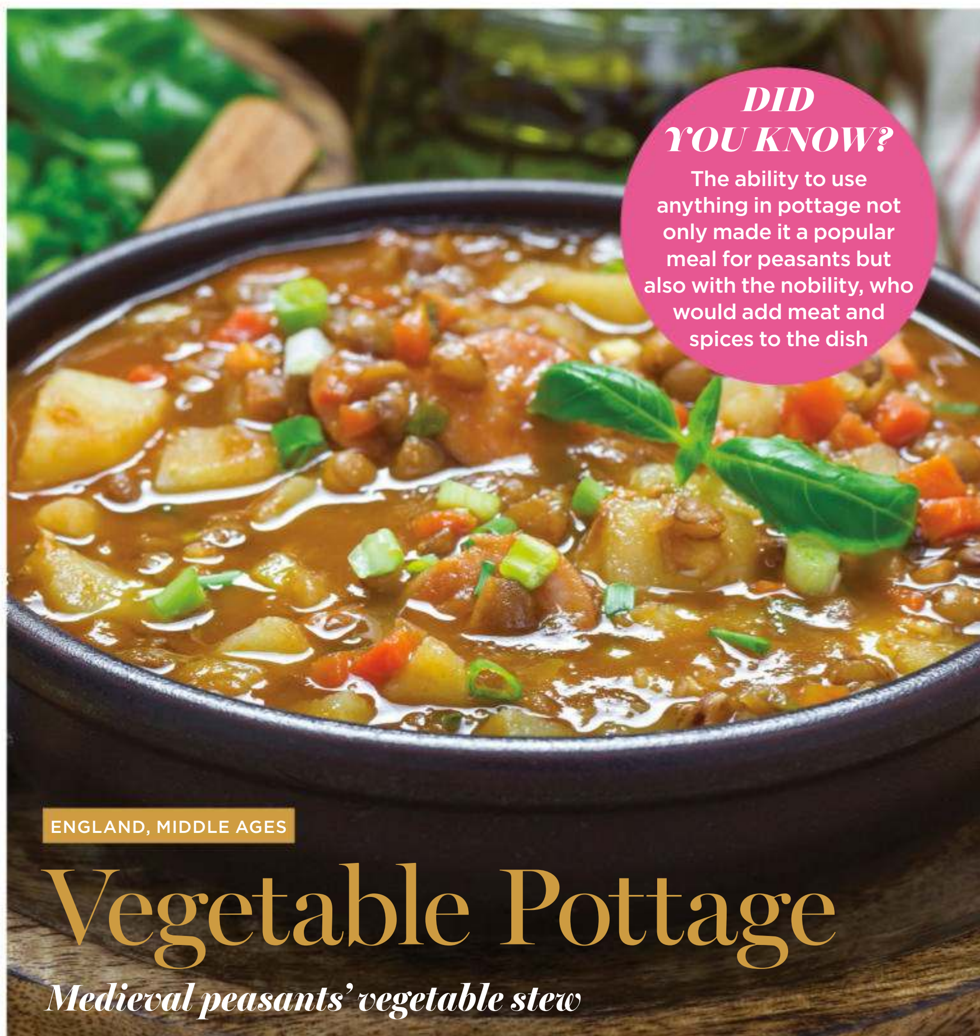
5 Heat up some oil in a frying pan or wok and cook your lamb or beef for 5 to 7 minutes, until browned. Next, add in the onion, garlic, cumin and tomato paste and cook until the onion is soft.

6 Add in the tomatoes, peppers and potatoes and cook them together for around 4 to 5 minutes. Pour in the water

DID YOU KNOW?

The name 'laghman' may derive from the Chinese word 'lāmiàn', which means hand-pulled noodles

or beef stock and then reduce to a simmer for 20 to 25 minutes, until the potatoes are nice and tender.
7 Bring a large pot of salted water to a boil. Take the strands of dough from the plate and stretch each one using your hands until they are thin like shoelaces. Repeatedly loop one piece of stretched dough around your hands.
8 Gently hit the middle of this loop against the table a few times, widening the gap between your hands as you do so to stretch the noodles and make them longer. Be warned – this is a tricky technique to get the hang of, so practice (and a little patience) makes perfect! Repeat this process with the remaining dough pieces.
9 Cook your homemade (or pre-made) noodles for 3 to 5 minutes. Drain and divide the noodles into your serving bowls. Ladle the soup, meat and vegetables over the noodles and serve your piping hot laghman immediately.



DID YOU KNOW?

The ability to use anything in pottage not only made it a popular meal for peasants but also with the nobility, who would add meat and spices to the dish

ENGLAND, MIDDLE AGES

Vegetable Pottage

Medieval peasants' vegetable stew

Peasants in medieval England were not able to afford the luxury of meat and fish in their diet very often. They relied on what they could grow on their own land, which usually meant cooking with vegetables and grains. One staple dish was pottage, a stew that could be made with a variety of vegetables and would often be eaten alongside homemade bread. This recipe is made up of the kinds of vegetables that might have been used by medieval peasants, but feel free to replace or add to any of the ingredients, using what is already in your kitchen.

- **2 tbsp olive/vegetable oil**
- **2 small white onions**
- **50g carrot**
- **50g parsnip**
- **50g swede**
- **250g cabbage**
- **30g mushrooms**
- **50g leeks**
- **1 tsp dried rosemary**
- **1 tsp dried thyme**
- **1 bay leaf**
- **1 litre vegetable stock**
- **100g lentils, washed**
- **1 can cannellini beans, drained**
- **80g rolled oats**
- **Salt and pepper**

1 Pour the oil into a large saucepan or stewing pot and heat.
2 Dice all the vegetables.
3 Place the onion, carrot, parsnip and swede into the pan and cook until the vegetables have softened slightly.
4 Then add the cabbage, mushrooms and leeks to the pot and cook until all the vegetables have softened.
5 Add the rosemary, thyme and bay leaf to the pan and stir well.
6 Add the vegetable stock to the pan and bring to a simmer.
7 Add the lentils and beans to the pan and simmer for 30 minutes, stirring occasionally to make sure the stew doesn't stick to the pan.
8 After 30 minutes, add salt, pepper and the oats to the pan and gently simmer for another 20 minutes.
9 After 20 minutes, remove the bay leaf from the pan.
10 Serve in bowls with crusty bread.

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Griyo

A classic braised pork dish

HAITI, 19TH CENTURY – PRESENT

A few different dishes can lay claim to being Haiti's national food and Griyo (sometimes Griot) has a strong case. It has its roots in West Africa. This is little surprise since it was West African men and women who were enslaved and brought to Haiti to work on its plantations during the transatlantic slave trade.

The name itself even appears to derive from the term Griot and Griottes, which was used in West Africa for people who told stories, sang and played music, holding a high status in the community. This dish was also reserved for high-status people, since ingredients like pork were hard to come by. However, as meat became more available to all classes, the dish became a staple of Haitian cooking.

- **700g of pork shoulder, cubed**
- **1 onion, chopped**
- **1 bell pepper, sliced**
- **3 garlic cloves, sliced**
- **1 scotch bonnet pepper, sliced**
- **1/2 cube of chicken bouillon**
- **15ml of white wine vinegar**
- **4 cloves**
- **7 sprigs fresh thyme**
- **Small bunch fresh parsley**
- **4 sprigs of fresh rosemary**
- **1 lime, juiced**
- **1 orange, juiced**
- **240ml of water**

1 Add the cubed pork, onion, pepper, scotch bonnet, garlic, chicken bouillon cube, white wine vinegar, cloves, thyme, parsley, rosemary, salt, pepper, orange juice and lime juice to a large mixing bowl or, better, a Dutch oven (you'll be cooking it in this later).
2 Mix ingredients together to create the marinade for the pork. We recommend using gloves because of the scotch bonnet. The marinade can also be made with epis, which is a blend of peppers, garlic and herbs traditionally used in Haiti, if you can find it. That can replace most of the vegetables here.
3 Once the pork has been thoroughly covered in the marinade, cover the bowl or pot and put it in the refrigerator for at least four hours, or overnight if possible.
4 Pre-heat your oven to 180ºC (350ºF, gas mark 4). Place the pot/Dutch oven on the hob and begin to heat. Add the water and bring to the boil. Once boiling, move the pot to the oven for 1 hour and 30 minutes or until the pork is tender.
5 Pick out the pieces of pork and place on a tray lined with paper towels to pat them dry, getting rid of as much moisture as possible. (We're about to fry, so this is important to stop spluttering in the oil.)
6 Heat a pot or skillet of oil and fry the pork in batches (so as not to overcrowd the pan), browning evenly. It should take about 5-7 minutes. Remove and drain on paper towels.
7 Serve with rice and beans, fried plantains or pickled veg relish.

DID YOU KNOW?

If using epis, you can wash the meat in the citrus, drain and then marinade in epis mixture separately

Pierogi

A staple of Polish cuisine

POLAND, 13TH CENTURY – PRESENT

The national dish of Poland has a long but also slightly obscured history. Pierogi are filled dumplings whose roots likely coalesce with ravioli from Italy and gyoza in Japan. The semicircular filled dumplings, usually made with either pasta dough or pastry dough, are thought to have arrived in the region around the 13th century. Some stories say they came along the Silk Road with Marco Polo, while others pin them to Saint Hyacinth, the patron saint of pierogi, who is thought to have introduced the dish from Kyivan Rus'. The first written recipe came in 1682 in the Compendium Ferculorum by Stanisław Czerniecki. Originally thought of as peasant food, pierogi would have traditionally been filled with simple, seasonal ingredients, although more adventurous flavours are now popular too. Here we have a classic of potato and cheese, known as pierogi ruskie, but there are plenty of other variations you can also try.

DID YOU KNOW?

Sweet pierogi are often made in the summer using apricots, cherries or apples

Dough:
- **250g of unbleached all-purpose flour**
- **1 tsp of kosher salt**
- **1 large egg, beaten**
- **1 tbsp of vegetable oil**

Filling:
- **250g waxy potatoes (or your preference), chopped**
- **150g of cheddar cheese, grated**
- **3 tbsp of butter**

To finish:
- **2 large shallots or one medium onion, diced**
- **Sour cream**

1 Add the flour to a large mixing bowl with the salt and whisk to combine.
2 Stir in the vegetable oil. This should begin to make a crumbly dough.
3 Stir in egg until combined and transfer the dough to a well-floured surface.
4 Knead the dough for at least 5-7 minutes or until the dough is smooth. You can add a little water if needed, but hold back from doing so until at least that amount of time.
5 Cover the dough with a dampened cloth and rest at room temperature for about 30 minutes.
6 Boil the potatoes in a pan of salted water until soft, drain well and allow to cool completely.
7 When cooled, transfer potatoes to a large bowl and add the grated cheese and butter. Mash together until combined (you can add other ingredients here, like onions or greens).
8 Cut the dough into two pieces, leaving one under the cloth, so it doesn't dry out. Have a small bowl of flour and another of water to hand. Dust your work surface and a baking sheet with flour.
9 Roll out the dough until about 3mm thick, then cut 12-15 disks of dough using a 7.5cm cookie cutter or the rim of a glass (scraps from the pastry can be used for simple pasta).
10 For each disk, spoon in a little less than a tablespoon of filling into the middle.
11 Fold the dough over to enclose the filling and pinch the sides together. Make sure the filling isn't breaking through. Wet your finger with the water to moisten the dough if needed.
12 Repeat with the rest of the disks of dough and transfer to the baking sheet as you go, working as quickly as you can. The pierogi can be frozen at this point if you're not cooking them immediately.
13 To cook, add them to boiling water (but don't overcrowd the pot) for four to five minutes until puffy. Remove with a slotted spoon and allow to drain if cooking more.
14 Alternatively, pierogi can be pan fried in butter for 2 minutes (again be sure not to overcrowd the pan).
15 Serve hot with cooked shallots/onions and sour cream.

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'Joumou symbolises freedom and unity for the Haitian people, as well as the legacy of their ancestors'

DID YOU KNOW?

Joumou is the Kreyòl word derived from giraumon in French, which means 'pumpkin'

Soup Joumou

Celebrating Haitian Independence

HAITI, 1804 – PRESENT

Over two centuries ago the people of Saint-Domingue revolted against the French colonists and established the nation of Haiti. The former slaves had been banned from eating joumou, a hearty beef and pumpkin soup, which was a delicacy that only their oppressors were allowed to eat. According to legend, Marie Claire Heureuse – the wife of revolutionary leader Jean-Jacques Dessalines – started the tradition of eating joumou annually on 1 January to commemorate Haiti's independence. This tradition continues today, with joumou symbolising freedom and unity for the Haitian people, as well as the legacy of their ancestors.

- **450g stewing beef, diced**
- **200g rigatoni, or a pasta of your choice**
- **3 medium carrots, chopped**
- **3 whole cloves**
- **2 potatoes, peeled and chopped**
- **2 small turnips, peeled and finely chopped**
- **2 beef or chicken stock cubes**
- **1 medium onion, diced**
- **1 leek, finely chopped**
- **1 half medium cabbage, diced**
- **1 butternut squash or medium calabaza squash, peeled and chopped**
- **1 stalk of celery, chopped**
- **1 scotch bonnet pepper, whole**
- **1 parsley sprig**
- **1 thyme sprig**
- **5 tbsp epis seasoning**
- **3 tbsp fresh lime juice**
- **2 tbsp olive oil**
- **1 tbsp tomato paste**
- **2 tsp salt**
- **½ tsp black pepper**
- **Water**

1 Place the diced beef in a colander, rinse it with lukewarm water and then transfer it to a large bowl. Add the lime juice and rub it into the beef, before stirring in the epis seasoning.
2 Once the meat is coated, cover and marinate in the fridge for a minimum of 30 minutes or ideally overnight. When you are ready to make the soup, remove the beef from the fridge and allow to come to room temperature.
3 Add the butternut or calabaza squash to a blender with about 250ml of water and blend until it's smooth, then set aside for later.
4 In a large pot, heat the olive oil over a medium heat. Add the marinaded beef to the pot with the tomato paste and crumble in a stock cube using your fingertips. Stir the beef for approximately 10 minutes until it's nicely browned and then transfer to a bowl to set aside.
5 To the pot, add 1.5 litres of water, bring to the boil and add the second stock cube, stirring until it has dissolved. Then add the potatoes, turnips, squash puree, cabbage, carrots, cloves, onion, leek, celery, parsley, thyme, Scotch bonnet pepper, salt and pepper to the pot.
6 Next, add the beef and its juices back into the pot, reduce the heat and simmer the soup for 30 to 35 minutes, stirring occasionally until the vegetables are tender. Keep an eye on the Scotch bonnet pepper and remove it from the pot before it bursts, otherwise the soup will be very spicy!
7 Add the rigatoni or pasta of your choice to the soup and cook for another 10 minutes, until the pasta is cooked to your preference.
8 Give the soup a stir and add more water if it's too thick. Serve with a splash of lime juice and a side of crusty bread.

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Pot-au-feu

A classic French beef dish

FRANCE, 16TH CENTURY – PRESENT

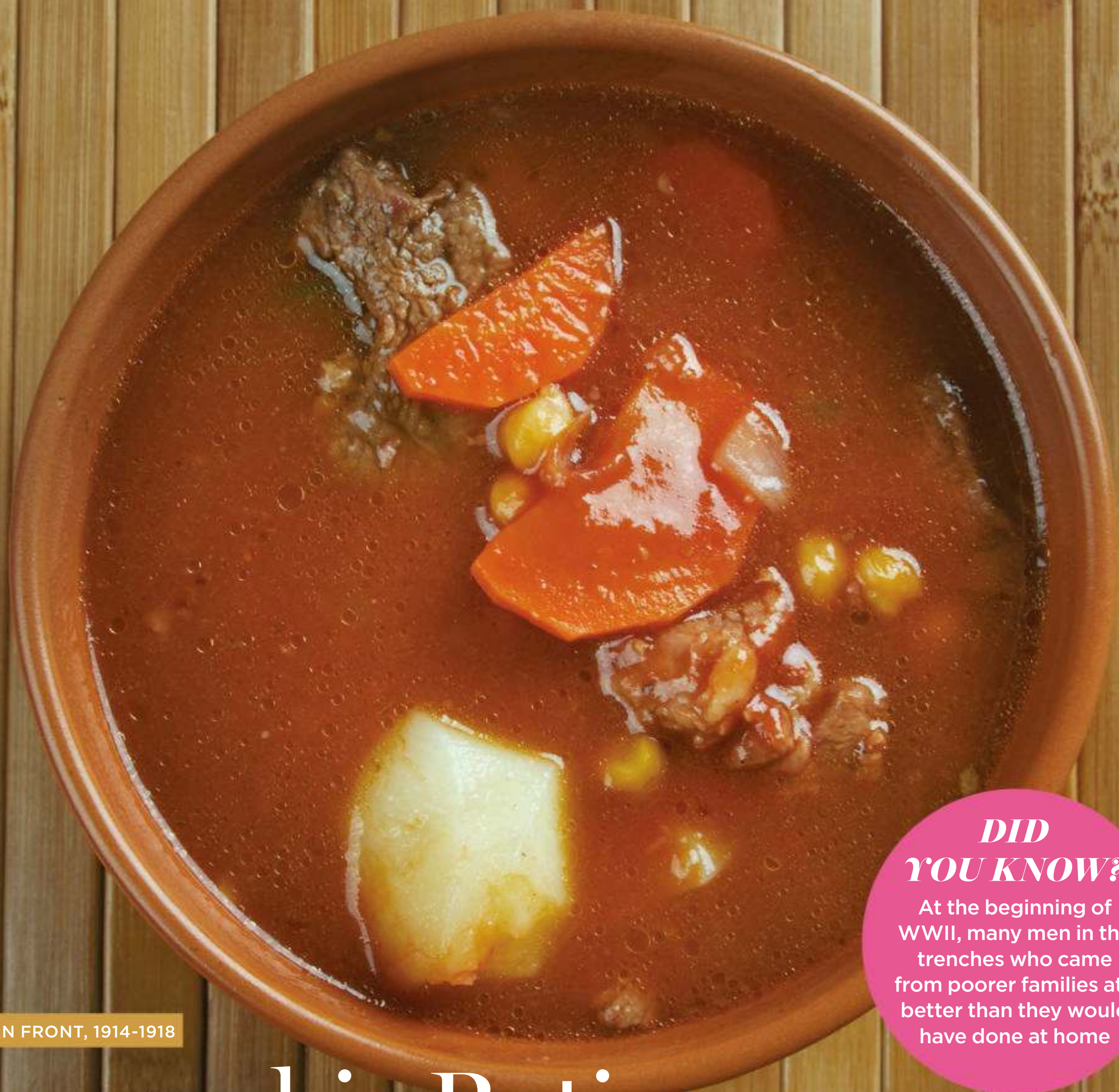
We have some interesting details on the diet of Catherine the Great, with claims that she was what we might call today a fussy eater. Among the dishes we know she ate as empress, a fish soup using champagne is an interesting example, but most agree that she particularly enjoyed boiled beef, usually served with pickles and vegetables.

The exact recipe for her boiled beef is unclear, but given that she embraced all things French it seems reasonable to suggest it would be similar to the dish pot-au-feu, meaning 'pot on the fire'. The first records of this dish can be traced all the way back to the Romans, but the recipe began to take on its popular form in the late 1500s as the wealthy people of France had more access to meat and came to enjoy the tender beef and broth concoction at home.

- **500g beef shoulder**
- **1 beef cheek**
- **500g brisket**
- **4 marrow bones (optional)**
- **4 carrots peeled and halved crosswise**
- **2 leeks, white and pale parts only, cut into 6cm lengths**
- **2 celery stalks, halved crosswise**
- **340g small potatoes**
- **1 small turnip, peeled and quartered**
- **1 small parsnip, peeled and quartered lengthwise**
- **1 onion**
- **1 whole head of garlic**
- **4 sprigs of thyme**
- **4 sprigs of parsley**
- **1 bay leaf**
- **3 cloves**
- **2 bouillon cubes**
- **10 peppercorns**
- **1 pinch of salt**

1 Rinse the meat under running water and place it all (except the marrow) in a large Dutch oven.
2 Add cold water until it covers the meat, plus about another 50 percent on top of that, so it's fully submerged.
3 Bring the pot of meat to the boil, bringing impurities to the surface. Lower the heat and skim these from the pot.
4 Stud the onion with the cloves and place it in the pot. Prepare the other vegetables (except the potatoes) and add those too. Cut the head of garlic in half crosswise and add. Add the bouillon cubes, herbs, bay leaf, salt and peppercorns.
5 Cook the meat and vegetables over a low heat for three hours, until the meat is fork tender, skimming off the impurities every 30 minutes.
6 If any piece of meat becomes tender before the others, remove it to a heat-proof bowl and cover with some broth from the pot until the rest is ready. (Top up the Dutch oven if needed.)
7 After three hours, add the potatoes and bone marrow and cook for an additional 30 minutes until potatoes are tender and marrow is warmed through.
9 Remove the meat and vegetables, slicing larger cuts of meat across the grain before serving. The meal can be enjoyed in the broth or with the broth as a soup on its own.
10 Pot-au-feu can also be served with crusty bread, mustard, horseradish, pickles and/or sour cream.

DID YOU KNOW?
For firmer vegetables, strain the meat and broth after three hours and add fresh carrots, leeks, etc to the pot



DID YOU KNOW?

At the beginning of WWII, many men in the trenches who came from poorer families ate better than they would have done at home

THE WESTERN FRONT, 1914-1918

Maconochie Rations

First World War trench food

Feeding the British Army in the trenches of the Western Front was no mean feat, and it was a triumph that not a single soldier starved during the war. However, feeding thousands came with its challenges and the regiment cooks received no training.

Rations were also given to each soldier. The Maconochie company of Scotland produced a tinned stew of the same name, which became one of the most notorious WWI Tommy 'dishes'. True Maconochie was said to be just about edible warmed up, but a 'man-killer' when cold, because the meat was mostly fat in thin gravy, so it would congeal. This slightly modernised recipe is a little more palatable, while still giving you a taste of trench life.

- **350g fresh beef or 1 can of 'bully beef' (corned beef)**
- **3 medium waxy potatoes**
- **2 carrots**
- **2 onions**
- **1 can haricot beans (or similar pulse)**
- **100ml beef stock**
- **1 tbsp lard**
- **1 tbsp flour**

1 If you're using the fresh beef option, cut it up into bite-sized chunks.
2 Roughly chop the potatoes (leave the skin on), onions, carrots and drain the canned beans.
3 Put all of the chopped ingredients into a large pan, cover with water and bring to the boil. Reduce to a simmer and cook until tender. If you're using the bully beef, just cook the vegetables at this stage.
4 In a frying pan, warm up the fat on a medium heat. Drain all the boiled ingredients and then tip them and the beans into the frying pan.
5 If you've opted for bully beef, now's the time to open the can and add it to the pan. Tins of Fray Bentos corned beef were very common in ration packs. Soldiers were encouraged to pierce the tin first – if it made a hissing sound then the beef was bad.
6 Prepare the beef stock and whisk in the flour until smooth. Then pour all of this into the frying pan, and stir through to mix everything together.
7 Keep stirring and cook the stew over a medium heat until the sauce thickens up, then add salt and pepper to taste as it's nearly done.
8 Serve up with stale bread (or for a further challenge, in the winter of 1916 there was a shortage of flour, so bread was made with ground turnips instead) or wheat-flour biscuits. The soldiers would normally soften these trench mealtime staples with water before tucking-in.

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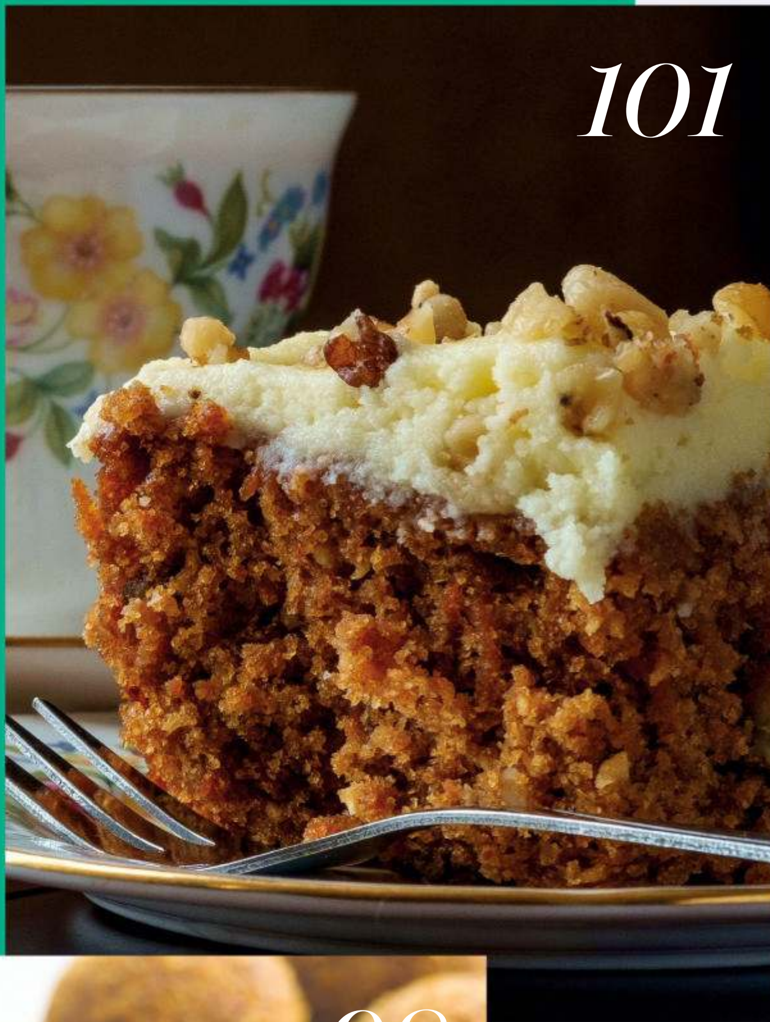

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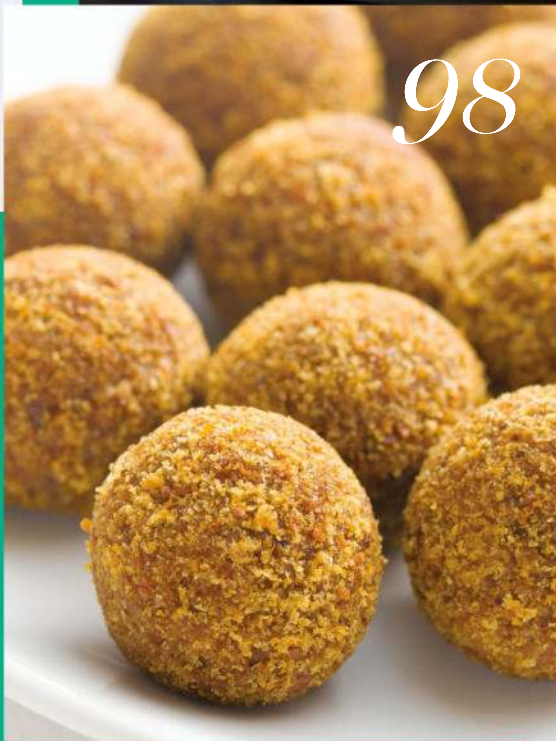

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Puddings enjoyed by ancient queens and medieval monarchs alike, and something to wash it all down too

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A Delicious History of cake

Dr Alysa Levene of Oxford Brookes University on the development of the popular baked food from the Ancient World to the 20th Century

WRITTEN BY TOM GARNER

EXPERT BIO

ALYSA LEVENE

Alysa Levene is the author of *Cake: A Slice of History*, which is published by Headline Publishing. To purchase a copy visit: *www.headline.co.uk*

Cake is one of the most beloved treats in the world. It's hugely adaptable and made from recipes of a variety of ingredients and methods. Often served as a celebratory dish on ceremonial occasions, cake's influence is far-reaching and this is deeply rooted in history. Unlike other sweet foodstuffs like chocolate, cake has a past that stretches back for millennia.

One person who has extensively studied the development of this delicacy is Dr Alysa Levene. The author of *Cake: A Slice of History*, she reveals the development of cake from antiquity through its evolution to WWII. It's a story of myths, rituals, technology and mass consumption.

How important has cake been throughout human history?

I think that's a really interesting question. Cake really isn't important at all nutritionally, but symbolically it seems to have had an enormous importance. For so much of human history people barely had enough to eat, so cake was either impossible to achieve or just the last priority on their minds. However, the idea of something that was sweet, special and something that's more than just a snack seemed to be important. It was, and is, a rallying point for communities, social functions and family occasions. Therefore, it was even more important than I thought when I started conceiving the idea of the book.

"Cake really isn't important at all nutritionally, but symbolically it seems to have had an enormous importance"

What do we know about the earliest examples of cakes from the Ancient World and what they looked like?

There's a big distinction to be made between things that were called "cakes" but were really cakes of bread, and things that were "special". If we're thinking about things that were a bit enriched or sweetened, i.e. doing something more than filling the belly, then we have evidence from the Ancient Egyptian era. People were then making cakes for lots of different purposes. They served specific functions such as for feasting, parts of religious rites or given to nourish people in the afterlife.

After them, the Classical civilisations were much more advanced in food terms and had an amazingly imaginative array of celebratory cakes, while in much of Europe there was nothing. It was still poorly ground grains that were baked on a hearthstone and weren't sweet at all. So when the Romans occupied Britain there was more of that rich heritage, which was totally lost again when they left. The native cake heritage of lots of places in Europe didn't have the

The emerging popularity of tea parties in the 18th Century helped increase the social consumption of cake

The Victoria sandwich cake is older than the queen it is named for and is now a symbol of British cuisine

wherewithal to bring that into their diets for a long time afterwards.

How did cakes evolve during the medieval period?

It was a very socially stratified story. Cake can only become what we think of as cake when people have the richer ingredients and baking equipment. A lot of people didn't have any means to bake a cake. You might be able to do it in a fire with the pot turned over to make a small oven. Otherwise, you would take it to the local bake house, or if you lived in a castle or monastery you might have your own oven.

As people started to get access to sugar, that made it sweeter. In a rural environment people had more access to eggs and butter and if you had any to spare, cakes could be enriched that way. However, it is the sweetness that becomes more and more associated with cake.

Sugar became more available during the Crusades but it was fantastically expensive. To make something very sweet showed that you had money. I think that's why we have such a rich cake heritage here in Britain because people sweetened things as much as they could in their locality. We have lots of examples of cakes that are sweetened with dried fruit etc.

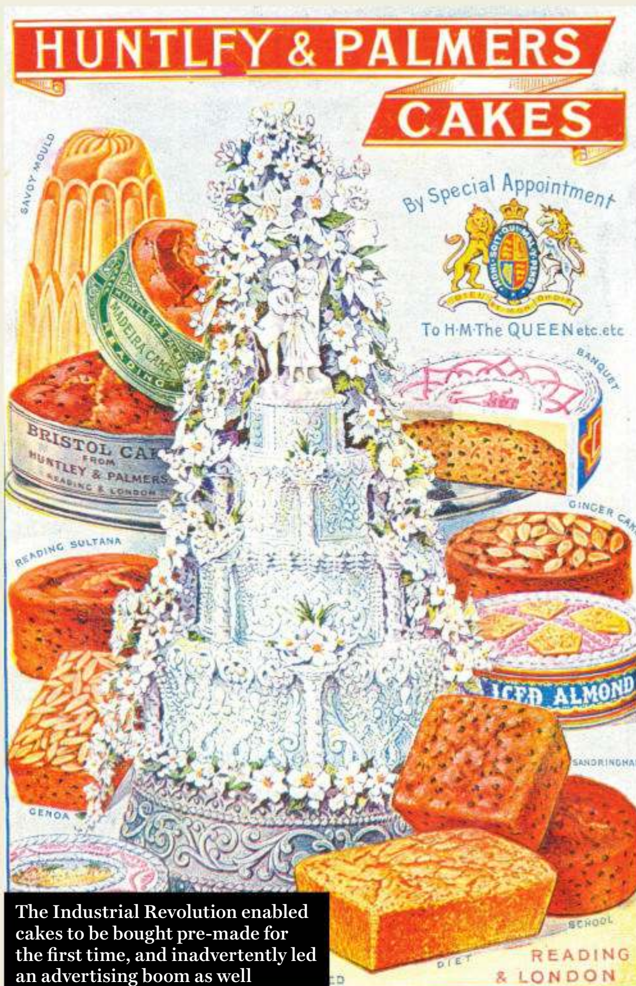
When did cake become the sweet food that we know today?

There wasn't a huge amount of change until a whole lot of things came together in the 18th Century. There was an improvement in milling technology, when flour got more refined. People then further realised the leavening power of eggs. Before then, when a cake was heavy and contained so much dense fruit, you could beat the eggs for as long as you wanted and it still wasn't going to rise very much. The combination of moving away from those heavy cakes and having lighter flour meant that eggs could puff up more.

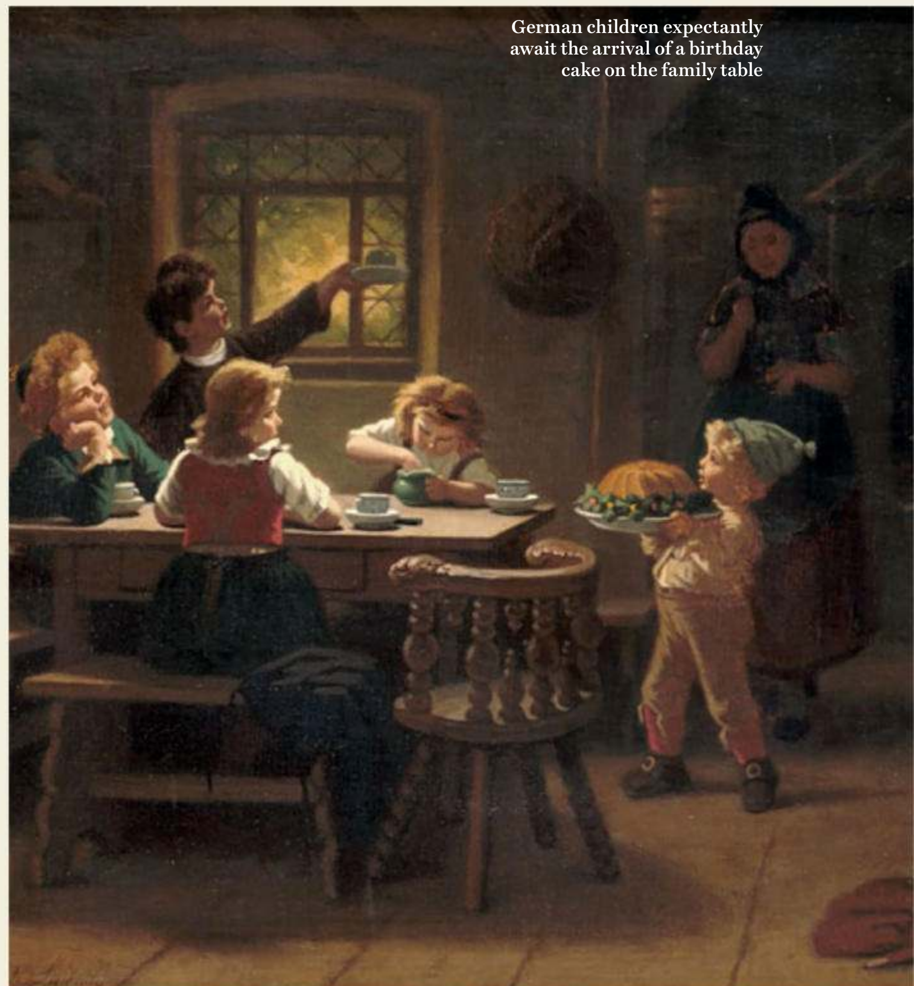
"There are ideas that in the Classical world they put candles on cakes, although that might have been as offerings to the gods rather than birthdays"

The development of oven technology meant that more people could have ovens in their homes, which then meant they could bake. This all came together at the same time along with the increase in sugar in the 18th Century. It needed all of those things to create what we think of as a cake. Clearly, there was a different cake tradition before that but in the 18th Century it becomes this lighter, whiter, more refined thing that we think of today.

The 18th Century was also a time when social events were created where cake was eaten. This includes the introduction of tea, domestic tea parties and the showing off of consumption and all the objects that make teatime such an event. Cake was one part of that where some people had time for leisure and spent it on fripperies.



The Industrial Revolution enabled cakes to be bought pre-made for the first time, and inadvertently led an advertising boom as well



German children expectantly await the arrival of a birthday cake on the family table

Did the Lindow Man eat cake?

BRITAIN'S MOST FAMOUS "BOG BODY" MAY HAVE EATEN A FORM OF CAKE WITH HIS LAST MEAL

Discovered in a peat bog at Lindow Moss, Cheshire, in August 1984, the remains of what became known as the "Lindow Man" is a remarkable, if gruesome, insight into Ancient British life. Dating between 2 BCE and 119 CE, the man stood between 1.68-1.73 meters tall and probably died in his mid-twenties when he was murdered. His body was so well-preserved that even his stomach and intestines could be analysed for their contents.

Researchers found that one of the last things he ate was a cake-like food. Based on the remnants of grains in his stomach, Levene explains what was found: "The 'cake' was probably a flat mass that might have been moistened and heated on a hot stone. It probably had enough integrity that it could be turned, and quite a lot of early recipes for what you would call 'cake' say that you should turn it over. This isn't how you'd bake a modern cake, so it was probably more like a pancake that you could flip."

The reasons for Lindow Man eating this item could have been the equivalent of 'fast food'. "It was likely a way of making grains more nourishing," says Levene. "Bread would need refining and a lot more processing but this was more basically ground and cooked on minimal equipment, because you could heat the stones in the fire or cook it in the ashes."

The Lindow Man is on permanent display in the British Museum. Officially known as "Lindow II" he is sometimes jokingly called "Pete Marsh"

Manufacturing and baking bread from an Ancient Egyptian painted frieze. Bread was the first step for civilisations to start making cakes

Sugar-making at the Counterslip Refinery in Bristol, November 1873. The history of cake is intertwined with the history of sugar

The idea of women being master domestic bakers in Britain possibly stretches back to at least medieval times

What impact did the rise in sugar consumption have on cakes?

The history of cake as we know it parallels the history of sugar. When it was very expensive to refine sugar, it was still very dark. You would have to buy it in a big cone, break the bits off that you wanted and powder it yourself. As it became more refined and whiter, that whiteness and purity started to be something to be looked out for. Cake paralleled it, partly because the sugar was more refined and partly because the flour was better milled as well. As sugar gets more refined, it gets projected onto cake as something that can also be more refined, so I think that they do go hand in hand.

What are the origins of celebration cakes for birthdays and weddings?

They're quite different stories. Wedding cakes go back much further and first appeared as a "Great Cake" that might be made for a celebration like a wedding or christening. Assuming they were made in a courtly setting or big house, they would be massive. They might be made with 25 eggs, huge amounts of beating and then you'd need a big oven to bake it. That's where the fruited wedding cake comes from but it's probably not tall until much later.

Birthday cakes seem to come later, in Britain at least. There are ideas that in the Classical world they put candles on cakes, although that might have been as offerings to the gods rather than birthdays. There are then German traditions about cakes made for children and candles being symbolic for something to blow on. They would light it so that the smoke would take evil spirits away from the child.

The 18th Century is again a period where there are many ideas about childhood. Part of that was expressing different emotional investments in a child, which then snowballed in the 19th Century. This was when people had more leisure and money to spend on children. Birthday cakes started to emerge as something to specifically make for children, particularly

The Burning Truth about Alfred the Great

ALYSA LEVENE DEBUNKS THE MYTHS OF THE KING'S CAKE ENCOUNTER

Although Alfred the Great was a pivotal figure in English history, he's still best remembered for his baking skills. "King Alfred and the Cakes" is one of the most famous stories in English history and has been read to children for centuries.

In late 878, the Vikings attacked Alfred's base and he was forced to flee. This was the lowest point of his reign and the origin of the cakes story. According to the legend, the king took shelter in the hut of a herdsman. Believing him to be a soldier, the herdsman's wife asked him to turn some "cakes" she had upon a hearth. Distracted by his troubles, Alfred forgot his task and was described as falling asleep or mending his weapons. When the herdsman's wife returned, the cakes were burning and she scolded the king.

This story is seen as a symbolic tale of how Alfred was humble and had the common touch. As for the historicity of the tale and cake, Levene says, "The truth is we will never know. It's entirely unlikely, given the social status of the place where he supposedly took refuge, that the cake was anything fancy at all. It's much more likely that it was bread. This bread would be the same definition of 'cake' as a 'cake of soap', in that it describes the shape and integrity of the product rather than it being sweet."

The type of cake also had a bearing on the meaning, "The earlier legend seems to have him burning the bread and it later became cake," says Levene. "To later readers, cake was something that suggested that he was a warrior king but spending his time watching something that was not befitting to his status. The story says more about Alfred than the reality of what was then being cooked."

Alfred the Great's real achievements are often overshadowed by this one apocryphal story. As Rudyard Kipling once wrote, "If history were taught in the form of stories, it would never be forgotten"

Mr Schur, chief confectioner at McVitie and Price, finishes off the wedding cake of Princess Elizabeth and Prince Philip. The cake is nine-feet high

because people were more precise about marking birthdays. However, you don't see recipes for birthday cakes until the 20th Century. Before that, cakes for children were plain and more in keeping about ideas for their diets.

How has the process of baking cakes changed across history?

Before the era of electricity and food mixers, the oven was key — particularly when you were able to have one of your own. On the other hand, they were very idiosyncratic so people would need to know their own oven. All you could do was bank up the temperature and then gauge it by putting your hand or a piece of paper in. It wasn't until the late 19th and early 20th Centuries that you started to get regulated, thermostatic controls.

The other important things I noticed from old recipe books were simple items like whisks. They came in surprisingly late because in the early 18th Century twigs were still being recommended for beating. There were theories about the fork not being popular for a long time, which would've been another way to beat, so that was surprising.

How could baking cakes define gender roles in Britain and France?

In France, food books were written for professional men whereas in Britain it was always more of a domestic thing for women. In French manuals it was the men who made fancy patisserie objects, which were about show. Even in France today, you are far more likely to go to a patisserie and buy something that looks beautiful than things that are homemade and a bit rustic, which is the British tradition.

In terms of the gender stereotypes of the past, this differentiation is so much to do with identities and things that were projected onto women and men. Men had the "skill" and did the outward display while women kept the home together and did all the domestic stuff.

However, in Britain at least, women could be a bit more high-profile. They went into businesses at a time when opportunities for women were relatively limited. Baking cakes or making sweets was something that women did do because it was part of their traditional skills and so it was deemed to be appropriate.

How did the Industrial Revolution change the manufacture of baked goods?

In the 19th Century people start to mass produce all sorts of sugary conveniences. Advertising and the food markets become more integrated so it was an important period. It was also when cast iron ovens became more popular for manufacturing.

You could now buy pre-made cakes and people did because cake doesn't need to be very fancy. It can be something that you just have with a cup of tea, especially for teatime or an early supper meal. Things like custard

In France, it was traditional practice for centuries for professional patissiers to be men

Signalman Andrew Campbell of the Royal Navy watches as his mother slices a cake she made for his 21st birthday, May 1945

powder and jam meant that even poorer people had sugar in their diets and became habituated to sweetness. In some ways that was good because the diet was becoming more democratised but, of course, it's also a sad story because it meant that people were now more reliant on empty calories.

What are the origins of the Victoria sandwich cake?

It has its origins in "pound cake", which had all of its ingredients matched in weight. There are similar cakes with different names in a lot of European countries that had equal weights of butter, sugar, flour and eggs. Therefore, it wasn't made for Queen Victoria but was simply a cake that was around at the time. However, she apparently liked it and served it at Osborne House, so that's why it was informally named for her.

Today, it sums up so many aspects of British-ness in particular. Even if it's tongue-in-cheek, it's a symbol of refinement and leisure and you get it at all kinds of nostalgic events like village fairs.

Did rationing impact cake making?

It was massive because all of the ingredients, apart from flour, were rationed, as well as bought cakes. If you wanted to make a cake you had to save your rations. When the butter ration was split between butter and margarine, people would save the butter for eating and the margarine went into cakes.

People did what they could and there were many substitute recipes. For example, government leaflets and recipe collections often talked about cakes that used mock cream. However, you couldn't use sugar for anything as frivolous as icing on a cake because it was needed for much more important things. It's interesting that sugar was diverted into jam making because although it's sweet itself, it was helpful in preserving fruits.

On the other hand, even with all the government propaganda and rationing leaflets, people still talked about cake. It seems to have been held up as an example of something that was important for people to still have access to. It was recognised as a relatively small and inexpensive comfort at a time of extreme danger, loss and worry. There are leaflets that talk about Christmas cake and children's birthday cakes. They talked about sweets as well but cakes had so much nostalgia tied up in them and symbolised points when families were together. They were often made and sent to the front as well and soldiers wrote letters about cakes. It seemed to take on more significance even though it was curtailed.

Has cake been a positive to history?

I think it has because it draws people together. Cakes are simple and non-threatening, although they are vilified more often now because they're not good for us. However, there always seems to be space for "Go on, treat yourself" and "Everything is alright in moderation." This is likely because you are probably doing something else when you eat cake, such as socialising or relaxing.

Interestingly, people have correlated periods of economic downturn with people baking more. It's something that gives a bit of comfort in the home and re-imposes normality. Conversely, when there's an economic upswing people spend their money on really fancy, expensive, fashionable cakes. Even though it seems ridiculous and such a huge claim for such a ridiculous foodstuff, it really does seem to bind people closer together in those ways.

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Byzantine Rice Pudding

Ancient dessert

BYZANTIUM, 330

The Byzantine Empire offered a unique blend of fusion cuisine. It combined Roman cooking with traditions from Greece and the eastern Mediterranean, while the Constantinople's position on the Bosphorus Strait meant it sampled many distant spices as merchants travelled back and forth between Asia and Europe.

No doubt the Byzantine Empire's shifting borders over a millennium further added to its cooking pot of exotic textures, flavours and aromas. These, coupled with imported sugar from southeast Asia, helped the people of Byzantium — which later became Constantinople and then Istanbul — to develop exquisite desserts.

Rice pudding has its beginnings in Persia, where a dish called sheer berenj — meaning 'milk rice' — is still eaten today. The Byzantine version is very similar, with the addition of a variety of delicious extra ingredients from the city's bustling bazaars, putting a fragrant twist on the popular and much-loved dessert.

- **200g rice**
- **700ml whole milk**
- **55g sugar**
- **60ml rose water**
- **Spices to taste (see step 5)**

1 Pop your rice in a sieve and wash it under cold water, rinsing it until the water runs clear. You can use any type of rice you like — long or short grain, they're all delicious!
2 If you have time, soak your rice in water for a few hours or ideally overnight. Don't worry if you need to whip up a batch faster, though, as you can just extend the simmering time until the pudding thickens.
3 Drain your rice and place it with the water into a saucepan (a non-stick one is best). Using a low heat, bring the water to a gentle boil and simmer until the rice has just about absorbed it all.
4 Very slowly add the milk. Stir in a bit at a time and then once it's all added, keep stirring the pudding so that it doesn't burn on the bottom of the pan. After around 30 minutes, the rest of the milk will be absorbed.
5 This is the part where you add the flavour. Mix in the sugar and rose water and stir to combine. From here, you can try any combination of Middle Eastern flavours — cardamom, nutmeg and cinnamon are all enticing.
6 Once your sugar and spices have been added, you'll need to keep your pudding over a low heat, stirring continuously until it thickens to the desired consistency.
7 Your finished pudding should wobble slightly when shaken. You can either servie it hot right away or enjoy it cold later on.
8 Serve your pudding with a choice of Byzantine delights, such as drizzled honey or by scattering dates on top. For extra crunch, you could try some slivered almonds or pistachios. Pomegranate seeds and edible flowers can also add a taste of luxury!

DID YOU KNOW?

Sheer birinj is a variation of rice pudding that's still enjoyed as a delicacy across the Middle East today. It is nicknamed 'food of the angels'

DID YOU KNOW?
According to legend, in 1368, rebels hid messages in mooncakes in a plot to overthrow the Mongolian Empire in China

Chinese Mooncake

Out of this world harvest treat

CHINA, 17TH CENTURY BCE

The Mid-Autumn Festival is held in East Asia on the 15th day of the eighth month of the lunar calendar. This annual celebration sees families gather together to eat and gaze at the full moon. For dessert, they will also enjoy 'mooncakes'.

Mooncakes are believed to be as old as the deeply-rooted cultural festival itself, which originated in China around 1600 BCE, during the Shang dynasty. Traditionally a harvest festival, the rice crop had to be gathered by the day of the celebration, with rice parcels then offered in thanks to the lunar deity Chang'e.

Mooncakes are made from pastry with fillings that can range from red bean, date or lotus seed paste or even whole egg yolks. They are also imprinted with either Chinese characters or a chrysanthemum pattern. Today boxes of mooncakes are often given to family and friends as a gift, up to two weeks before the festival.

For the Pastry:

- **250g golden syrup**
- **80g vegetable oil**
- **8g lye water (alkaline water)**
- **360g all-purpose flower**

For the Filling:

- **1kg lotus seed paste**
- **50g melon seeds**
- **9 salted egg yolks**
- **1 beaten egg yolk and 1 tbsp water (for the egg wash)**

1 To make nine mooncakes, start with pastry. Take a large bowl and add the golden syrup, vegetable oil and lye water and whisk until they are mixed together.
2 Add 240g of the all-purpose flour and carefully stir to combine all the ingredients. Cover the bowl with cling film and leave for four hours.
3 Preheat the oven to 175°C. If you haven't done so already, peel and rinse the salted eggs before carefully removing the whole yolks. Place the yolks on a baking tray and put them in the oven for five minutes.
4 Spread the melon seeds on a baking tray, put them in the oven for five minutes. Mix the roasted seeds and the lotus paste together until the two are combined.
5 Roll the lotus paste into a log and divide into nine equal pieces, rolling them into balls. Taking the pastry dough from earlier, add the remaining 120g of all-purpose flour and gently knead until it has all combined. Divide the dough into nine equal pieces and roll each one into a ball.
6 Take a lotus paste ball and poke a hole in the middle with your finger, placing an egg yolk inside. Cover the yolk completely and reshape the paste into a ball. Flatten a dough ball onto your hand wrap the lotus filling with it. Repeat this until all nine balls are complete.
7 Dust some flour into the mould and stuff a mooncake ball into it. Turn the mould upright and press down on the handle. Remove the mould, using the plunger to push the mooncake out. Repeat the process until all nine mooncakes are done.
8 Preheat the oven to 200°C. Place the mooncakes on a tray lined with baking paper and bake for ten minutes. When they are done, put the mooncakes on a wire rack to cool for five minutes.
9 Taking the egg wash, brush the top of the mooncakes thoroughly and then place them back in the oven for another ten minutes, or until they are golden brown. Best served while sipping tea and gazing at a full moon.

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GREAT BRITAIN, 17TH CENTURY

Bonfire Toffee

A sweet treat

Bonfire Night dates back to 1606, when the English Parliament declared 5 November a day of religious celebration after Guy Fawkes's Gunpowder Plot was foiled. While the prayers and sermons thanking God for saving the life of the King waned over time, the revelries marked by bonfires, and fireworks grew in popularity. And a common treat enjoyed at these events was bonfire toffee.

- **450g dark brown sugar**
- **125ml hot water**
- **¼ tsp cream of tartar**
- **120g black treacle**
- **120g golden syrup**

1 Line the base and sides of a rectangular traybake tin with baking paper. Grease it really well to ensure the toffee doesn't adhere to the parchment, then put to one side.
2 Pour 125ml hot water in a heavy-bottomed pan, then add the 450g dark brown sugar. Heat the mixture gently until the sugar is dissolved. Rather than stirring it, tilt the pan if you need to move it around.
3 Our recipe calls for ¼ tsp cream of tartar, but if you struggle to find it, you could use 1 tbsp of white wine vinegar – note the difference in quantity. You won't be able to taste either in the end. They prevent the formation of crystals.
4 Weigh out your remaining ingredients. Note that if you put them in a really well greased jug they will be much easier to pour out. Once the sugar has dissolved add all the ingredients and pop the sugar thermometer in, you can use the thermometer to give it a quick swirl but try not to mix it too much.
5 Bring to the boil and boil until you reach soft crack on your thermometer (270°F/140°C). This may take up to 30 minutes, be patient and do not leave the pan unattended as it can change quickly. As soon as it reaches the temp, tip it into your tin and leave it to cool.
6 If you want even pieces, let the toffee partially cool. This can take 15-20 minutes. Partially cut the toffee into even portions with an oiled knife, then break along these lines once it's cooled.
7 Alternatively, you can smash it up into irregular shards with a toffee hammer or rolling pin once the dish has fully cooled. In either case, store it in an airtight container with individual layers of toffee separated by baking paper.

Bedouin Coffee

Nomadic welcome drink

MIDDLE EAST, 1500 – PRESENT

The ancestors of the nomadic Bedouin people have been present in the Syrian steppe since around 850 BCE, where small settlements formed as people caravanned camels across the desert. The preparation and drinking of coffee is an important ritual for visitors as they are welcomed to a Bedouin camp.

The coffee plant originated in Ethiopia but made its way to the Middle East in the 1400s. Yemen was in fact the first country

to cultivate the beans, and coffee quickly became the drink of Islam. Sufi mystics (a branch of Islam) used the drink to fuel and energise their practices at night, and the drink – known as 'qahwa' (both of our words 'coffee' and 'café' derive from this) – quickly spread across the Arabic nations and throughout the Ottoman Empire, making its way to Europe in the 16th and 17th centuries.

These days, most countries throughout the Middle East have their own method for brewing and preparing the coffee.

- **Whole Arabica coffee beans (unroasted)**
- **Cardamom pods**
- **Water**
- **Optional: cinnamon, saffron, sugar**

1 Build a campfire (in the desert for utmost authenticity) and wait for the flames to burn down. Then slow roast the coffee beans until they turn a rich, dark brown. If a desert campfire isn't available, you can do the steps on a kitchen hob.
2 Grind up the beans using a pestle and mortar. Pound the beans and ring the side of the mortar to let neighbours know that coffee is brewing and that they are welcome to join you.
3 Crush up an equal amount of cardamom pods in the same way (if you like, you can then brush the pestle on your moustache – Bedouin men sometimes do this for the scent of hospitality).
4 Add the ground cardamom and coffee to your boiling pot (called a briq) and place it directly onto the fire. Top it up with some water, and then bring it to the boil. Let the grounds froth to the top for a few minutes.
5 For a more elaborate flavour you can add other spices, such as cinnamon and saffron (just a teaspoon or less of each, according to taste).
6 When the coffee is ready, transfer it to an elegant serving pot known as the dallah. With your guests seated, stand and pour the first cup (known as a fenjaan) for yourself – take a sip to test it!
7 Bedouin tradition dictates that hot coffee be served to guests from right to left. Fill the small cups around two-thirds full. If a guest extends his hand and cup, give him a refill, or if he covers his cup and shakes his hand, he has had enough.
8 You can also serve your coffee with a plate of dates – a traditional sweet accompaniment for welcoming guests with coffee that goes perfectly with the smoky, spicy coffee.
9 Drink your coffee in three sips – it's good manners. Also, be sure not to drink all of it, as the coffee grounds will be hiding at the bottom of the cup!

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Dulcis Coccora

Cleopatra's favourite treat

EGYPT, 70 BCE

These delicious delicacies filled with honey and nuts were originally known as 'tiger nut sweets' and a recipe for them is reported to have appeared on a broken piece of Egyptian pottery dating from 1600 BCE.

Tiger nuts come from the yellow nutsedge plant. They were so revered in Ancient Egypt that tombs were filled with the nut as well as decorated with images of them. However, they are considered a weed by many farmers today, so don't tend to appear in modern recipes for dulcis coccora. This could be about to change though, as some dieticians have labelled tiger nuts a 'super food' as they are high in fibre and are now much easier to find in stores.

No dulcis coccora is complete without another Ancient Egyptian delicacy: honey. Beekeepers first appeared in Egyptian hieroglyphs dating from the First Dynasty, around 5,000 years ago. Bees and their products were more than just agricultural — they had great significance in many other things such as Egyptian medicine and religious rituals. They were also an important sweetener.

- **450g dates**
- **2 tsp cinnamon**
- **1 tsp ground cardamom**
- **Handful of walnuts**
- **Jar of runny honey**
- **Handful of ground almonds**
- **Water**
- **Optional extras: tiger nuts, pomegranate seeds**

1 Begin by finely chopping the dates and walnuts. Dried dates can work very well, too if that's easier to find.
2 In a large bowl, add the chopped dates and walnuts and mix them with the spices. If you're keen to try the Ancient Egyptians' staple tiger nut, you can try grinding these and adding them, too. Ground tiger nuts are available from health food shops or, for the utmost in authenticity, you can grind your own.
3 Combine everything until the mixture becomes sticky. Add small amounts of water to get the ideal consistency.
4 Next, take a handful of the mixture and roll them into golf ball-sized spheres until all of the mixture has been used up. Once done, put them to one side.
5 Get the jar of honey ready and put the ground almonds onto a tray or plate. If you still want to try some tiger nuts and haven't put any into the main mixture, you can use them ground up instead of the almonds and add them here.
6 One by one, dunk the balls into the honey, then roll them in the ground almonds (or tiger nuts) and put them on a tray. At this point, you can also add some pomegranate seeds as a garnish for an extra sweet taste.
7 Once they're all done, move your balls to the fridge to set the honey. Once they've cooled, take them out and enjoy!

'No dulcis coccora is complete without another Ancient Egyptian delicacy: honey'

DID YOU KNOW?

We know that Cleopatra and her Roman lover Mark Antony scoffed these sweets as it's recorded in papyri discovered at Faiyum Oasis

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RUSSIA, 19TH – 20TH CENTURY

Russian Napoleon Cake

A festive and patriotic patisserie

© Getty

In Lithuania the recipe varies slightly as they tend to add layers of fruit filling such as apricots

Napoleon cake, made with multiple layers of flaky pastry and light pastry cream, is considered a national dessert in Russia. Traditionally served at times of celebration and similar to the French style mille-feuille pastry, the cake's origin is unknown, but it was supposedly developed to celebrate the 100-year anniversary of Napoleon's defeat in the Patriotic War of 1812.

Although the cake was possibly created before then, in a further nod to Russia's historic victory it is believed that the many layers of the cake symbolise Napoleon's Grande Armée, while the pastry crumbs used for decoration represent the snow that slowed his troops in Russia. While there are various different recipes, this one appears to be the most authentic.

For the pastry:

- **400g cubed, cold butter**
- **690g all-purpose flour**
- **2 large eggs**
- **160ml cold water**
- **¼ tsp salt**
- **3 tbsp vodka (omit if you want)**
- **1 tbsp white vinegar**

For the cream filling:

- **225g butter**
- **15g flour**
- **30g cornstarch**
- **6 egg yolks**
- **130g sugar**
- **700ml whole milk**
- **60ml water**
- **2 tsp vanilla extract**

1 Start by making the pastry first. Using either a food processor or your hands, mix the butter and flour together until it turns into a crumb texture. In a separate bowl, whisk together the eggs, salt, water, vinegar and vodka until you get a smooth consistency.
2 Create a well with the crumb mixture and then pour the egg mixture into the middle. With your hands, incorporate the dry and wet ingredients together until they form a dough – gently knead together to ensure everything is incorporated, but don't over knead.
3 Divide the dough into 12 equal pieces and roll them into balls. Wrap each ball in cling film and place in the fridge to chill for 30 – 60 minutes. Once the dough is ready, preheat the oven to 200°C and on a floured surface, roll each ball into a thin 20cm circle.
4 Move the dough on to a baking tray, carefully pierce with a fork and trim the edges to neaten them – keep the rough scraps on the tray to bake because they will be needed later. Bake each layer for 8 – 10 minutes until golden brown.
5 Once all 12 layers are baked, leave them on a wire rack to completely cool down. To make the cream filling, whisk together the egg yolks, sugar, cornstarch and water.
6 Pour the milk and flour into a large saucepan. Whisk the mixture and heat gently, stirring until it starts to steam and reaches a smooth consistency. Slowly add the warm milk to the egg mixture a little bit at a time.
7 One combined, return the whole mixture to the saucepan. Cook over a low-medium heat and stir gently for around 8 – 10 minutes until the custard thickens. Remove from the heat and whisk in the butter and vanilla extract until the whole mixture is incorporated.
8 Cover the custard with cling film and cool at room temperature. Once cooled, you can assemble the cake. Using a spatula evenly spread some of the cream filling between each pastry layer, before covering the top and sides of the cake with the remaining cream.
9 Take the baked scraps of pastry and crumble over the cake for decoration. Chill the cake in the fridge overnight and remove one hour prior to serving.

Carrot Cake

A wartime staple from the kitchen front

BRITAIN, 20TH CENTURY

Carrots have been used as a cheap substitute for sugar in puddings for centuries, but carrot desserts surged in popularity during World War II due to food rationing. They could be grown at home and were relatively cheap, so the Ministry of Food created propaganda campaigns to encourage people to eat them, claiming that vitamin A in carrots would help them to see during blackouts. The ministry even stated that eating carrots helped RAF fighter ace John 'Cat's Eyes' Cunningham with his night vision! Popular carrot-based recipes included jam, fudge, cakes, toffee, lemonade and carrots on sticks sold as a replacement for ice cream. The following recipe has been adapted from the second version of the ministry's *War Cookery Leaflet Number 4*, published in July 1943.

- **170g flour**
- **85g cooking fat, such as margarine**
- **85g oatmeal**
- **1 dried egg (reconstituted) or 1 fresh egg**
- **3 tbsp raw grated carrot**
- **1½ tbsp sugar**
- **1 tbsp dried fruit**
- **2 tsp syrup, such as golden or maple**
- **1 tsp baking powder**
- **Water to mix**

1 Preheat your oven to 180°C. Sift the flour into a mixing bowl and add the cooking fat, rubbing it into the flour with your fingertips.
2 Next, add the baking powder, sugar, oatmeal, dried fruit and carrot, and mix all of the ingredients together thoroughly.
3 Add the syrup and reconstituted or fresh egg to the bowl and mix well. Slowly stir some water into the mixture until it forms a fairly stiff consistency.
4 Lightly grease a cake tin and pour in the cake mixture. Smooth over the surface and then place the cake in the oven to bake for an hour.
5 Once the cake has risen and is golden in colour, remove it from the oven and insert a skewer into the centre – if it comes out clean, the cake is done.
6 Set aside to cool in the tin for a few minutes and then remove the cake, placing it on a wire rack to cool. If you want to, feel free to add cream cheese icing on top, although rationing made this unlikely during the war.

DID YOU KNOW?
A cartoon character named Dr Carrot was created to encourage children to eat their carrots during the war

© Alamy

Limburgse Vlaai

A Traditional Sweet Pie

THE NETHERLANDS, UNKNOWN – PRESENT

The history of Limburgse vlaai is vague, but i it can be traced back to Germanic people who baked flatbreads known as 'vladel' and topped them with honey or fruit juice. As the name suggests, Limburgse vlaai is associated with the Dutch region of Limburg, where it became popular in the 20th century.

For the dough

- **300g flour (plus extra for the pie tin)**
- **150ml milk, lukewarm**
- **85g sugar**
- **50g butter, soft (plus extra for greasing)**
- **2 tsp active dry yeast**
- **1 egg yolk**
- **A pinch of salt**

For the fruit filling

- **700g cherries, drained weight**
- **350ml cherry juice**
- **70g sugar**
- **2½ tbsp cornflour**
- **2 tbsp caster sugar**
- **1 tbsp vanilla extract**
- **½ tsp cinnamon**
- **½ tsp nutmeg**
- **1 lemon, juice and zest**
- **1 orange, juice and zest**

For assembly

- **1 egg yolk, beaten**
- **50g sugar**

1 Start by making the dough. In a bowl, dissolve the yeast in the lukewarm milk (make sure it's not too hot) and leave it to activate for ten minutes. In a large mixing bowl, sift in the flour and mix in the sugar and salt.

2 While mixing, gradually add the milk and the egg yolk as the dough comes together. Once the dough forms a ball, add in the softened butter and knead for five minutes. Grease another bowl and put the dough inside, cover and leave it to proof for 30 minutes in a warm place.

3 In a bowl, mix together the sugars and cornflour. In a saucepan, add the cherry juice, vanilla extract and the lemon and orange juice and zest. Add the sugar and cornflour mixture to the saucepan and bring to the boil while stirring.

4 Once the liquid is boiling, let it gently boil for a minute before adding in the drained cherries. Turn down the heat and let the cherries simmer for around ten minutes while stirring. Remove the saucepan from the heat and allow the fruit mixture to cool completely.

5 Preheat your oven to 220°C/200°C fan/gas mark 7. Divide the dough into two parts: ⅔ for the vlaai base and ⅓ for the lattice top. Then roll the larger piece of dough into a 3mm-thick circle and lightly grease and flour the pie tin.

6 Carefully line the pie tin with the dough and pierce the base with a fork – this will allow air to escape and stop the pastry from rising. Place the dough in the fridge and chill for 10 to 15 minutes.

7 After the dough has chilled, add the cherry filling and ensure that it's spread evenly. Roll out the smaller piece of dough until it's 3mm thick and then cut it into strips that are 7mm thick. Make a woven lattice on top of the vlaai using these strips. Brush the top with the beaten egg yolk and sprinkle with sugar.

8 Bake the vlaai in the oven for 20 to 25 minutes until it's golden brown. Once it has baked, remove from the oven and allow to cool on a tray. Serve alongside a delicious hot drink of your choice.

TIBET, C.7TH CENTURY – PRESENT

Butter Tea & Tsampa

Staples of the Tibetan Diet

According to legend, tea first arrived in Tibet after trade routes with China were opened up. Adding yak butter to the tea adds crucial calories and makes it a great source of energy for Tibetans, helping them to cope with cold weather in the winter and the high altitude of the region. Tsampa, usually served alongside butter tea, has been eaten for over a thousand years in Tibet and the rest of the Himalayas. Made with barley flour, it can either be made into dough balls or mixed with some butter tea to make a porridge. Although butter tea is traditionally made with tea bricks and yak butter, it's harder to find these ingredients in the West, so we have included substitutes in this recipe.

For the butter tea:

- **950ml water**
- **120ml milk**
- **2 tbsp cow butter (or yak butter if you have it!)**
- **1 tbsp of loose leaf black tea or 2 tea bags**
- **2 tsp of salt**

For the tsampa:

- **300g pearl barley grains (or pearl barley flour for ease)**
- **Sifted sand or coarse sea salt (optional, for roasting)**

1 To begin, if you have chosen to use pearl barley grains for the tsampa, they need to be roasted and ground into a flour. Traditionally, the barley is roasted in either sand or coarse sea salt, so you can use these if you wish.
2 Add the barley to a large wok or cast-iron pan and toss for about 10 to 15 minutes until the grains are golden.
3 Take the barley off of the heat and sift it to remove the sand or sea salt if you used any. Leave the barley to cool.
4 Once the barley has cooled, grind it into a fine flour using either a flour or coffee grinder, or even a food processor will work. Put the barley flour in an airtight container.
5 Now for the butter tea. Place a saucepan on the hob and add in the water. Bring to the boil, add in your loose leaf tea or tea bags and leave to simmer for five minutes.
6 Next, strain the mixture if you used loose leaf tea or remove the tea bags. Carefully pour the tea into a blender, add in the butter, salt and milk and blend well. Transfer the butter tea into a teapot to serve.
7 For the tsampa, put some barley flour in a small bowl and pour in a little bit of the butter tea. Using your hands, combine the mixture until it forms into a dough ball and then eat it alongside your tea.
8 If you would prefer to try tsampa as a porridge, simply mix more butter tea with the barley flour until you get your ideal consistency.

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Chocolate Biscuit Cake

A Royal favourite

BRITAIN, 20TH CENTURY – PRESENT

Queen Elizabeth II's favourite dessert, according to her former personal chef Darren McGrady, was chocolate biscuit cake. Prince William enjoys this decadent dessert as well, having first tried it while having tea with his grandmother. The following recipe was used at Buckingham Palace and shared by McGrady.

For the cake:
- **225g rich tea biscuits**
- **115g unsalted butter, softened**
- **115g granulated sugar**
- **115g dark chocolate, chopped**
- **1 egg (optional)**
- **½ tsp butter, for greasing**

For the icing:
- **225g dark chocolate, for coating**
- **30g chocolate, for decoration**

1 Lightly grease a 15cm by 6cm cake ring with the butter and place it on a tray on a sheet of parchment paper. Break the biscuits into small almond-size pieces and set aside.
2 In a large bowl, combine the butter and sugar until the mixture starts to **lighten.**
3 Melt the dark chocolate in a microwave or over a simmering saucepan of water. Add the melted chocolate to the butter, stirring constantly. If using an egg, add it to the mixture and beat to combine.
4 Fold in the rich tea biscuit pieces until they are all coated with the mixture.
5 Spoon the mixture into the cake ring. Try to fill all of the gaps on the bottom of the ring as this will be the cake's top.
6 Chill the cake in the refrigerator for at least three hours.
7 Melt the dark chocolate for coating. Slide the ring off of the cake and turn it upside down onto a cake wire.
8 Pour the melted chocolate over the cake and smooth the top and sides. Set at room temperature.
9 Melt the remaining chocolate and use to decorate the top of the cake.

DID YOU KNOW?

Queen Elizabeth II had a well-documented love for chocolate desserts

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Prinsesstårta

An iconic celebration cake

SWEDEN, 1948 – PRESENT

The first recipe for prinsesstårta, also known as princess cake, was published in the 1948 edition of *Prinsessornas Kokbok: Husmanskost Och Helgdagsmat*, a cookbook by Jenny Åkerström. A home economics teacher, Åkerström was hired to give formal domestic training to Princesses Margaretha, Märtha and Astrid, the daughters of Prince Carl, Duke of Västergötland (brother of King Gustaf V). Originally called 'green cake' due to its distinctive green marzipan covering, the cake was supposedly renamed because it was a favourite of the three princesses. For over 70 years, prinsesstårta has been a popular dessert in Sweden – with around 500,000 cakes sold annually – and the sweet treat remains an absolute must-have at birthdays and other special occasions.

For the sponge cake:
- 200g caster sugar
- 70g cornflour
- 70g plain flour
- 1 tsp baking powder
- 4 eggs

For the vanilla custard
- 240ml heavy cream
- 3 tbsp cornflour
- 2 tbsp sugar
- 2 tsp vanilla extract
- 4 egg yolks

For the filling and topping
- 100g raspberry jam
- 480ml heavy cream, whipped
- 300g marzipan
- Green and yellow food colouring
- Icing sugar for dusting
- Marzipan or fondant pink rose and leaves

1 Preheat your oven to 175°C. Grease and line a 23cm/9-inch round tin with baking parchment. Add the eggs and sugar into a mixing bowl and beat together for about five minutes until it is pale and fluffy. In a separate bowl, combine the flour, cornflour and baking powder.

2 Fold the dry ingredients into the egg mixture with a metal spoon until combined. Pour the batter into the tin and bake for around 25 to 30 minutes or until golden brown. Remove the cake from the oven and set aside to cool, before turning it out onto a wire rack to cool completely.

3 Next, start on the vanilla custard. Add the cream, cornflour, sugar and egg yolks to a small saucepan and whisk together. Cook this over a low heat while stirring constantly until the custard thickens. Stir in the vanilla extract and remove from the heat.

4 Transfer the custard to a bowl and once it has cooled slightly, cover the surface of the custard with cling film to stop a skin from forming. Place the custard in the fridge to chill.

5 To build the cake, use a serrated knife or cake leveller to cut the cake horizontally into three even layers. Place the bottom layer on a plate or cake board and spread on a layer of raspberry jam. Next, add a generous layer of vanilla custard and top with the second cake.

6 Spread the rest of the vanilla custard on the second cake layer and top with the final cake layer. Pile the whipped cream on to the final layer, covering the sides, and creating a smooth dome shape on top. Refrigerate the cake for an hour.

7 To make the cake covering, dust your work surface with some icing sugar. Knead the marzipan using your hands to soften it up, and add a tiny amount of green and yellow food colouring. Knead the marzipan until the colour is even.

8 Dust the surface again with icing sugar and roll out the marzipan into a large circle, big enough to cover the cake. Gently lift and lay the marzipan over the top of the cake, using your hands to shape it around the sides until smooth. Trim any excess.

9 To decorate, dust a light layer of icing sugar over the princess cake and top with the marzipan or fondant rose and leaves. Refrigerate the cake until serving time – ideally, it should be eaten the same day.

DID YOU KNOW?

Sweden there is an official princess cake week, which is celebrated annually in September

Molasses Apple Pie

A Civil War Classic

UNITED STATES, 19TH CENTURY

Although apple pies are considered to be a quintessentially American dish – and a key part of America's cultural identity since the 20th century – the first recorded recipe for the dessert actually dates back to 14th century England. During the American Civil War, apple pies were one of the most popular sweet treats and they were very easy to make if the right ingredients could be found. When apples were scarce, those in the South would resort to making mock apple pies using hardtack crackers for the filling intead. Recipes often called for the use of molasses rather than sugar, as it was readily available and easy to store and transport. This particular recipe has been adapted from a recipe by Mrs Mary Cornelius in her 1846 cookbook, *The Young Housekeeper's Friend.*

For the crust:

- **250g plain flour**
- **112g cold butter, cubed**
- **1 egg, beaten**
- **4-5 tbsp ice water**
- **Pinch of salt**

For the filling:

- **5 green apples**
- **340g molasses (also known as black treacle)**
- **1 tsp nutmeg**
- **1 tsp cinnamon**

1 Preheat your oven to 200°C/180°C/Gas mark 6. To start, make the dough for the pie crust. Sieve the flour and salt into a mixing bowl. Add the cubes of cold butter and, using your fingers, rub the butter into the flour until the mixture attains a breadcrumb texture.
2 Next, add the ice water to the mixture – one tablespoon at a time – until the dough forms. Wrap the dough in cling film and refrigerate for up to 30 minutes.
3 While you wait for the dough to chill, core, peel and slice the green apples.
4 Once the dough is ready, remove it from the fridge and divide it into two pieces. Place one piece on a lightly floured surface and roll it out until it is big enough to line a deep pie dish.
5 Line the pie dish with the rolled out dough and then fill the pie with the sliced apples. Sprinkle the nutmeg and cinnamon over the apples and pour the molasses over the top.
6 Roll out the remaining dough and cover the pie with it – you can choose to make a lattice top if you wish. Glaze the apple pie with the beaten egg and then bake in the oven for 20 to 30 minutes, until the pie is golden brown.
7 Allow the pie to cool slightly before serving alongside some whipped cream or vanilla ice cream.

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Kaffeost

Coffee cheese to welcome guests

SÁPMI REGION, 18TH CENTURY – PRESENT

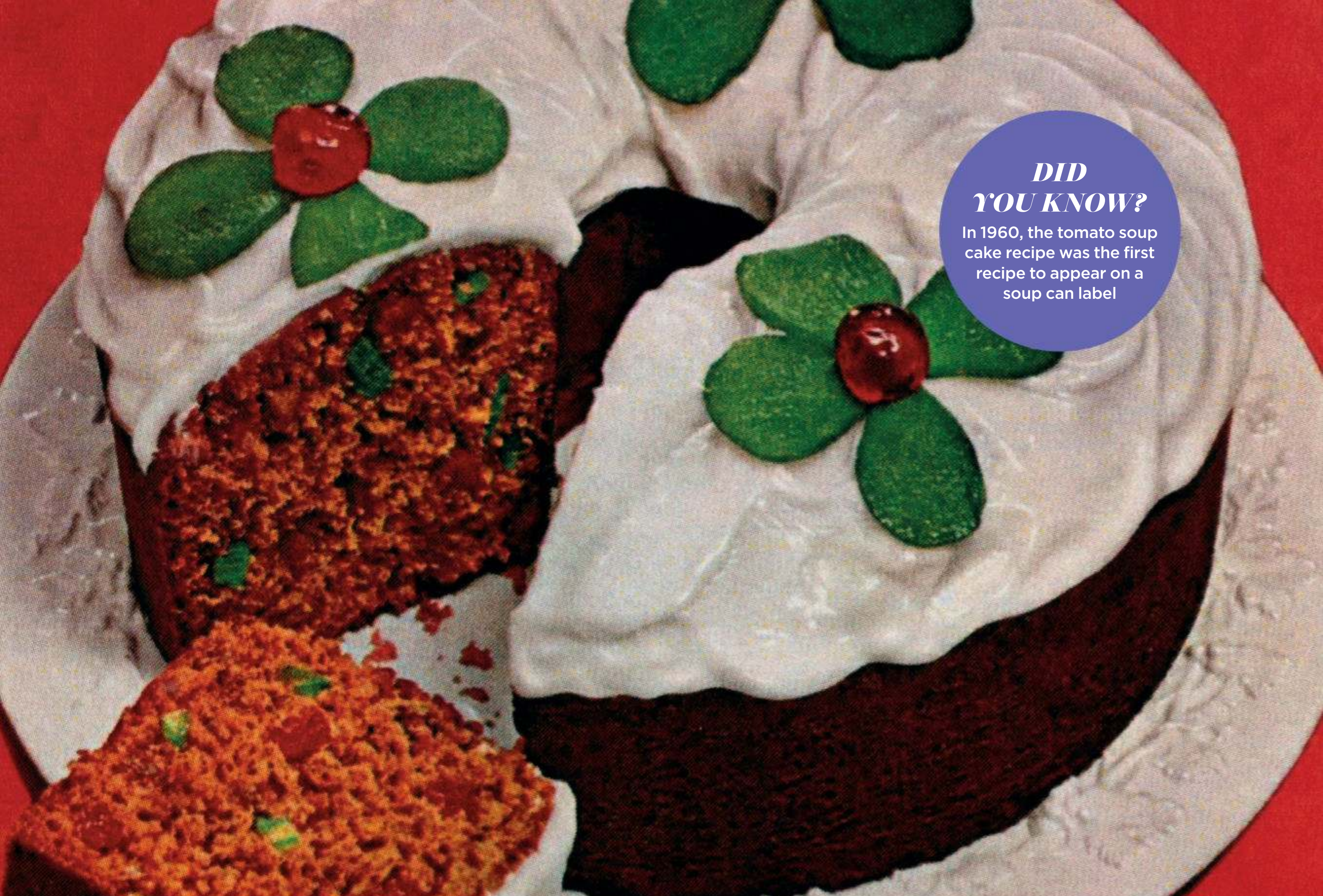
After coffee had been introduced to Europe around the late 16th century, various ways of serving this fascinating, exotic beverage from the Middle East began to pop up. One of the most curious, which remains a regional delicacy today, is kaffeost, or coffee cheese. Originating with the Saami people of the northern Scandinavian regions of Finland, Sweden and Norway, this unusual food combo is something of an acquired taste!

Traditionally the coffee that is used in kaffeost is incredibly dark and strong. The cheese, called leipäjuusto (meaning bread cheese), is also known as 'Finnish squeaky cheese' and is made from reindeer milk or goat milk. It's a sturdy cheese, which means it doesn't melt in the hot coffee and instead soaks up the liquid for a unique flavour combination.

- **2 litres whole milk**
- **60ml heavy cream**
- **2 tsp rennet**
- **Coffee of your choice**

1 Mix the milk and cream together and then pour into a large saucepan, at least three litres in capacity, to begin heating it on a stove.
2 If the rennet is in tablet form, prepare it by dissolving the tablets in some distilled water. This should take about 15 minutes.
3 Heat the mixture until it's lukewarm, around 37°C, and then remove from the heat. Stir in the rennet and leave the mixture to stand for 30 to 40 minutes until it has curdled.
4 Begin to reheat the mixture, stirring gently, back to its lukewarm temperature, taking care to move the curds from the edge of the pan.
5 Keeping the curds in the centre as much as possible, increase the heat to boiling point, removing from the heat just before the whey begins to boil. This should heat the curds, helping them to stick together later on.
6 Place mixture in a large strainer or cheese mold. A mesh strainer can be used, but something finer like cheese cloth would be better. This can be left to strain for several hours, perhaps overnight, to remove as much of the moisture as possible.
7 Hopefully, you are now left with cheese that is at least 3cm thick.
8 One optional step is to preheat your oven to 200°C (400F, Gas Mark 6) and bake the cheese in an ovenproof dish in the centre of the oven until it is golden brown. Wrap the edges in tin foil first if you want to keep them soft.
9 Allow the cheese to cool and then cut it into cubes, about the same size as a sugar cube. Place some cubes in a coffee mug and pour over a freshly brewed coffee – the stronger the better!

DID YOU KNOW?
The cheese can also be served on the side, with syrup or jam



UNITED STATES, C.1920S – PRESENT

Tomato Soup Cake

A Retro favourite

Simple recipes for tomato soup cake first appeared in cookbooks from the 1920s and 1930s, during the Great Depression. Frugality was a key factor with these recipes because certain ingredients, particularly dairy products, were scarce. A cupboard staple with a long shelf-life, cans of condensed tomato soup were ideal because they added moisture to the cake. The Campbell Soup Company developed its first tomato soup cake recipe, in the form of a steamed fruit and nut pudding, in 1940. Due to food rationing, eggless recipes for tomato soup became popular during World War II. Campbell has adapted the recipe several times over the years, with the cake became especially popular across the United States during the 1960s and 1970s.

For the cake:

- **1 can condensed tomato soup**
- **220g plain flour**
- **200g granulated sugar**
- **150g raisins**
- **115g chopped walnuts (optional)**
- **112g butter**
- **1 ½ tbsp baking powder**
- **1 ½ tsp ground nutmeg**
- **1 tsp ground cinnamon**
- **½ tsp ground cloves**
- **1 egg**

For the frosting:

- **170g cream cheese**
- **250g icing sugar**
- **2 tsp vanilla extract**

1 Preheat your oven to 180°C/160°C fan/gas mark 4. Lightly grease a 20cm round cake tin and set aside.
2 In a large bowl, beat together the butter and sugar until creamy and smooth. Add the egg to the mixture and mix well.
3 Next, add the condensed tomato soup (there is no need to dilute it) to the butter mixture and mix well.
4 In a separate bowl, sift in the flour and add the baking powder, nutmeg, cinnamon and cloves. Whisk the dry ingredients together.
5 Add the flour and spice mixture to the wet ingredients and mix until everything is incorporated. Stir in the raisins and chopped walnuts into the mixture until just combined.
6 Pour the mixture into the cake tin, making sure it's evenly distributed. Bake in the oven for 30 minutes – you will know it is fully baked when an inserted cake skewer comes out clean. Allow the cake to cool in the tin.
7 While it cools, make the cream cheese frosting. In a bowl, combine the cream cheese, sugar and vanilla extract until the mixture is smooth.
8 Once the cake has cooled, spread the cream cheese frosting evenly over the top. Serve alongside your hot beverage of choice and enjoy!

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Tudor Plum Tart

A sweet, fruity Tudor dessert

ENGLAND, C.1485 – PRESENT

The availability of exotic spices and sugar to the Tudors meant the rich began to add more of these ingredients to their meals, to add more flavour and to show off their wealth. This tart recipe would have been enjoyed by wealthy Tudors.

Pastry

- **300g plain flour**
- **150g unsalted butter**
- **150g demerara sugar**
- **1 egg yolk**
- **Water**
- **750g plums, de-stoned**
- **230ml red wine**
- **Enough water to cover the plums in pan**
- **2 tsp cinnamon**
- **2 tsp ginger**
- **2 tbsp demerara sugar**
- **2 drops of rose water**

1 Preheat the oven to 180°C.
2 Rub flour and butter together in a large bowl using your hands until combined.
3 Stir the egg yolk and sugar into the mixture. Add small amounts of cold water until the mixture becomes malleable.
4 Knead the mixture on a floured surface until it is a dough, put it in a bowl, cover in cling film and refrigerate for 45 minutes.
5 Add plums to a large pan. Add red wine and water and bring to a boil.
6 Reduce to a simmer until the plums have softened. Add cinnamon, ginger, rose water and sugar. Simmer for five minutes.
7 Take the pan off the heat and place to one side while you assemble the tart.
8 Roll out two thirds of the dough and use it to cover the base of a tart dish.
9 Cover the tart base with baking paper and blind bake for 15-20 mins until golden.
10 Take the tart out of the oven, allow to cool. Pour the plum filling into the tart.
11 Cut remaining third of the dough into long strips. Create a lattice pattern on top of the tart and brush with egg wash over.
12 Bake in the oven for 30-35 minutes until the pastry is golden.

During the Tudor era, people believed fresh fruit was bad for you. They had plentiful access to it, but tended to stew it and put it in pies and tarts.

DID YOU KNOW?

Plums were eaten by the sailors aboard the Mary Rose. Between 80 and 100 plum stones were recovered from the wreck after it was discovered

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Kaiserschmarrn

A dessert fit for an Emperor

AUSTRIA, 19TH CENTURY – PRESENT

Kaiserschmarrn is a light and fluffy shredded pancake dessert popular in Austria, Bavaria, and other countries that were once part of the Austro-Hungarian Empire. The origins of kaiserschmarrn are a mystery and there are different stories explaining how it came to be. In one, a farmer prepared the dish for Emperor Franz Joseph I after the latter sought refuge in his home during a storm in the Alps. Due to his nervousness, the farmer mistakenly scrambled the pancakes, and to cover up his error he topped them with jam. The emperor was so fond of the dessert that it was given the name kaiserschmarrn in his honour. While it can be served with a number of toppings, it is traditionally served with zwetschgenröster, plum compote, and icing sugar.

- **4 large eggs, separated**
- **125g plain flour**
- **50g raisins**
- **200ml milk**
- **3 tbsp rum**
- **2 tbsp granulated sugar**
- **1 – 3 tbsp unsalted butter**
- **½ tsp vanilla extract**
- **⅛ tsp salt**

To serve:
- **Plum compote (or any fruit compote)**
- **Icing sugar for dusting**

1 In a small bowl, cover the raisins with the rum and set aside to soak while you make the batter.
2 Preheat the oven to 200°C/180°C Fan/ Gas mark 6. In a bowl, beat together the egg whites with 1 tbsp of sugar and the salt until stiff peaks form – make sure not to overbeat them.
3 In a separate bowl, whisk together the egg yolks, half of the milk, 1 tbsp of sugar and the vanilla extract. Next, fold in the flour until a smooth batter is formed and then add the rest of the milk.
4 Add around ⅓ of the beaten egg whites and stir them into the batter using a hand whisk. Once this is done, carefully fold in the remaining egg whites, maintaining the volume in the batter.
5 In a large frying pan, heat the unsalted

DID YOU KNOW?
Kaiserschmarrn roughly translates to 'the emperor's mess' in English

butter on medium heat. Pour in the pancake batter and tilt the pan to make sure the batter has spread evenly. Cook the batter for around 3 minutes, scatter on the drained rum-soaked raisins, then cook for another 3 minutes.
6 When the pancake is golden brown underneath, divide it into quarters using a spatula. Turn the quarters over in the pan, and cook them for another 3 to 4 minutes.
7 Using either two forks or two spatulas, cut the pancake up into bite-sized pieces. Dust the kaiserschmarrn with icing sugar and serve alongside the plum compote or a fruit compote of your choice.

DID YOU KNOW?
The origins of the word 'chocolate' can be traced to the Mayan word 'xocolatl'

MESOAMERICA, C.900 – PRESENT

Xocolatl

A spicy chocolate drink

Originally discovered by the Maya, cocoa beans were seen by the civilisation as a gift from the gods. Using cocoa beans, water and spices they made a drink known as Xocolatl, which they considered to be a health draught. When the Aztecs arrived in Mexico in the 14th century, they traded for cocoa beans and began making Xocolatl as well. As they did not grow their own beans, the drink was reserved for the wealthy. This recipe is made with milk and dark chocolate to make it more akin to the hot chocolate drinks we see today. It can be served hot or cold.

- **500ml milk**
- **70g dark chocolate**
- **1 red chilli pepper**
- **2 tsp honey**
- **1 tsp cinnamon**
- **1 tsp vanilla extract**
- **Salt**

1 Add the milk and chocolate into a pan and heat.
2 Whisk gently until all the chocolate has melted and the milk has a smooth consistency.
3 Add the cinnamon, vanilla extract and a pinch of salt to the pan and continue to whisk.
4 Halve the chilli pepper removing seeds.
5 Add the chilli pepper to the pan and stir the liquid.
6 Bring the milk almost to the boil and then remove the pan from the heat.
7 Allow the pan to sit for 10 minutes and then remove the chilli pepper.
8 Taste the milk and add some honey if needed.
9 Serve in mugs.

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Panettone

A Timeless Festive Delight

ITALY, C.15TH CENTURY – PRESENT

Panettone is a sweet bread that originated in Milan. The exact date when it became associated with the holiday season is unknown, but evidence points to the 15th century. It may even date back to the Roman Empire, when a honey cake made from leavened dough was popular. Panettone is also the subject of numerous legends, for example the story of Ughetto, a 15th century Milanese nobleman who fell in love with Adalgsia, a baker's daughter. He began working at the bakery and developed the panettone recipe, which was a huge success. Panettone became a festive staple in Italy by the 20th century and is still eaten around the world today.

- **3 eggs, beaten**
- **500g strong white bread flour**
- **175g softened butter**
- **100g golden caster sugar**
- **75g raisins**
- **75g sultanas**
- **75g candied peel**
- **150ml warm milk**
- **3 tbsp dark rum or brandy**
- **2 tsp fast-action dried yeast**
- **1 tsp vanilla extract**
- **½ tsp salt**

To serve:

- **1 egg, beaten**
- **2 tbsp flaked almonds**
- **Icing sugar for dusting**

1 In a small bowl, whisk together the milk and yeast. Set aside for a few minutes until the yeast activates and froths the milk. In a separate bowl, beat the sugar and eggs together until fluffy. Stir in the softened butter and vanilla extract.
2 Sift the bread flour and salt into a large bowl. Make a well in the centre and add in both the yeast mixture and the egg and butter mixture. Fold the wet ingredients into the flour until a soft and sticky dough begins to form.
3 Knead the dough on a floured surface for about 10 minutes, until it is smooth. Place the dough in a lightly greased bowl and cover. Leave the dough to rise in a warm place for about two hours, or until it has doubled in size.
4 In the meantime, put the sultanas and raisins into a small pan with the dark rum and bring to a simmer. Heat gently and stir well for five to seven minutes, until the fruit has absorbed the rum. Set aside to cool.
5 Grease an 18cm/7in-deep cake tin and line with baking paper. Make sure some of the paper is overlapping the tin, as this will make it easier to remove the panettone later.
6 Once the dough has risen, place it onto a floured surface. Knead for about a minute, and then knead in the candied peel and soaked fruit until they are evenly distributed.
7 Form the dough into a smooth ball and place it in the lined cake tin. Cover and leave the dough to rise for about an hour, until it has doubled in size again.
8 Preheat the oven to 180°C/160°C Fan/Gas mark 4. Brush the top of the panettone with the beaten egg and sprinkle with the flaked almonds. Bake for about 50 to 55 minutes or until it's golden brown. Once baked, transfer the panettone to a cooling rack.
9 Once cool, dust with icing sugar and cut into wedges to serve. Enjoy your Panettone with the hot drink or alcoholic beverage of your choice.

DID YOU KNOW?

It is thought that the name panettone derives from the Italian word 'panetto', which means small loaf cake

DID YOU KNOW?
Vezir parmağı literally translates to mean the vizier's fingers

Vizier's Fingers

Sweet, sticky baked dough fingers

TURKEY, C.1299 – PRESENT

The sweet Ottoman dessert vezir parmağı, which translates as vizier's fingers, has a legendary origin. The story goes that a sultan was out hunting when one of his viziers accidentally cut off the sultan's finger. The vizier was sent to prison. The next day, the sultan and his men were out hunting again when they encountered a tribe of cannibals. The cannibals ate every man except the sultan as they would not eat anyone with a missing body part. The sultan returned and freed the vizier in gratitude. A feast was held where the sultan's cooks created this finger-shaped dessert to honour the vizier.

For dough mixture:
- **322g plain flour**
- **100g butter**
- **10g baking powder**
- **1 large egg**
- **4-5 handfuls of semolina**
- **107g olive oil**
- **122g natural yoghurt**
- **5 drops of almond essence**

For syrup mixture:
- **300g granulated sugar**
- **235ml water**
- **Juice of 1 orange**

1 Preheat the oven to 180°C.
2 To make the syrup, put the sugar, water and orange juice in a pan and boil.
3 Once the liquid has been brought to the boil, remove the pan from the heat and allow the mixture to cool. Put the syrup to one side.
4 Lightly toast the flour in a large pan until it is a light brown colour.
5 Add the butter and oil into the pan and stir into the flour. Keep stirring until the mixture is smooth with no lumps.
6Allow the flour mixture to cool.
7 Once cooled, add the baking powder, egg, yoghurt and almond essence to the flour mixture.
8 Mix together until a dough forms and then knead.
9 Put the semolina on a plate.
10 Take a tablespoon-sized portion of dough and use your hands to roll the dough into the shape of a finger.
11 Roll the finger-shaped dough in the semolina until it is fully coated and place on an oven tray lined with baking paper.
12 Repeat the two previous steps until all the dough has been used.
13 Put the dough into the preheated oven and bake for 20 minutes.
14 Take out of the oven and allow to cool for around five minutes.
15 Drizzle the syrup over the dough fingers and serve.

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Wassail

A Festive Beverage

ENGLAND, 5TH – 12TH CENTURY

Wassail is a mulled cider served in a large bowl, taking its name from the Anglo-Saxon word and toast 'waes hael', which meant to 'be well.' Wassail was traditionally made with roasted apples, oranges, spices, eggs and sugar or honey, although it was made with ale or mead in some parts of the country.

- **6 small apples**
- **6 tsp brown sugar**
- **2 oranges or 400ml orange juice**
- **2 eggs**
- **10 whole cloves**
- **200g caster sugar**
- **2 litres cider or apple cider**
- **2 cinnamon sticks**
- **1 teaspoon ground ginger**
- **1/2 teaspoon ground nutmeg**
- **1 lemon, halved**
- **100ml water**

1 Pre-heat oven to 200°C. Remove the cores from all the apples – try not to cut all the way to the bottom. Place in an ovenproof dish and fill the centre of each apple with a teaspoon of brown sugar.
2 If you're using oranges, poke the cloves into them and place them in the same dish as the apples. Add water to the dish and put it in the oven for 35 to 45 minutes, or until the apples soften.
3 Once cooked, take out the oranges and cut them in half. Place a large saucepan on the hob over medium heat and add the oranges. If you're using orange juice, pour that into the saucepan.
4 Add the sugar, cider, cinnamon sticks, ginger, nutmeg and lemon to the saucepan. Bring to a boil then simmer, stirring until the sugar has dissolved.
5 Separate the egg yolks into a bowl and beat until they are pale in colour. In another bowl, beat the egg whites until stiff peaks form and add the yolks.
6 Strain the hot wassail mixture and very gradually add to the eggs, stirring constantly to heat slowly. Grab a large punch bowl and pour the wassail into it. Finally, place the baked apples into the bowl and serve straightaway.

Legends say wassailing was created after Rowena, a maiden, presented the ruler Vortigern with a goblet of wine, toasting him saying 'waes hael'

DID YOU KNOW?

There is another version of wassail with burst apples known as lambswool because the frothy pulp looked like lambs' wool

© Getty

Medieval Custard Tart

A sweet and creamy dessert

ENGLAND, C.1300 – PRESENT

There are several variations of the custard tart that can be found throughout history. In Portugal, pastel de nata (individual custard tarts) were invented by the monks from Jerónimos Monastery in Lisbon during the 13th century. The version here, however, was first made in medieval England, when custard tarts were known as darioles or doucets. Recipes similar to this one have been recorded from the 14th century onwards, and often include adding saffron to the custard to give it a richer yellow colour. Custard tarts were a favourite of royalty and were served at the coronation banquet of King Henry IV in 1399.

Pastry
- **150g unsalted butter**
- **230g plain flour**
- **80g caster sugar**
- **2 eggs**
- **1 lemon (zested)**
- **A pinch of salt**

Filling
- **8 egg yolks**
- **250ml double cream**
- **250ml whole milk**
- **75g caster sugar**
- **1 tsp vanilla essence**
- **Nutmeg**

1 Preheat the oven to 180°C.
2 Add the butter, flour, lemon zest and salt to a large bowl and using your hands rub the mixture until it forms a breadcrumb-like consistency.
3 Carefully separate one of the eggs and add the yolk to the bowl.
4 Add the other egg and sugar to the bowl and mix until a dough forms.
5 Form the dough into a ball, wrap in clingfilm and refrigerate the dough for at least two hours.
6 After two hours, remove the dough from the fridge and roll out on a well floured surface.
7 Line a tart tin with greaseproof paper and then line the tin with the pastry.
8 Fill the pastry case with baking beans and put in the oven to blind bake for 15 minutes until it turns golden brown.
9 Remove the case from the oven, remove the baking beans and allow pastry to cool.
10 Turn the oven down to 140°C.
11 Add the cream, milk and vanilla essence to a pan and bring to the boil.
12 Add the egg yolks and sugar to a bowl and whisk them together.
13 Add the double cream and milk mixture to the bowl and whisk everything together to make the custard.
14 Sieve the custard into a jug.
15 Pour the custard into the pastry until it reaches the brim and grate nutmeg over the top. Put the tart back into the oven.
16 Bake for 40 minutes until it sets and the custard has a slight wobble.
17 Allow the tart to cool completely before serving.

DID YOU KNOW?
An English custard tart was served at the 80th birthday celebrations of Queen Elizabeth II

DID YOU KNOW?

The lucky person who finds the baby in the King Cake is the king or queen for the day

FRANCE, MIDDLE AGES – PRESENT

King Cake

A colourful, doughy celebration cake

King Cake is associated with the celebration of Epiphany, the feast day in several countries around the world that commemorates the three Magi visiting the baby Jesus (hence the name King Cake). Originating in medieval France, the recipe for King Cake has since evolved over time and in different parts of the world. This version of the cake is from New Orleans, and is more akin to the Spanish and Latin American incarnations of the dish. The typical icing colours of green, gold and purple are the colours of Mardi Gras and represent faith, power and justice, but feel free to use whichever colours you like on your version.

Dough:
- **120ml milk**
- **7g active dry yeast**
- **425g all-purpose flour**
- **115g unsalted butter**
- **2 eggs**
- **1 tbsp honey**
- **½ tsp salt**
- **½ tsp ground cinnamon**
- **½ tsp vanilla extract**

Filling:
- **70g unsalted butter**
- **145g demerara sugar**
- **2 tsp ground cinnamon**
- **1 plastic baby toy**

Icing:
- **4 tbsp milk**
- **150g icing sugar**
- **1 tsp vanilla extract**
- **Green, gold and purple food colouring**

1 Add the milk and honey to a pan and heat until the honey has dissolved and the milk is warm. Take the pan off the heat and add the yeast to the warm milk. Leave the pan until the yeast starts to bubble.
2 Melt the butter in a pan.
3 In a large bowl add the milk mixture, butter, eggs, salt, cinnamon and vanilla extract. Whisk the ingredients together and then add the flour.
4 Stir the mixture together until a dough is formed. Sprinkle flour on a clean surface and place the dough on top. Knead the dough until it is stretchy and roll it into a ball.
5 Place the dough into a bowl, cover with cling film and leave to rise for about 90 minutes.
6 While the dough is rising, in a pan melt the butter for the filling. Once the butter has melted add the and demerara sugar and cinnamon to the pan and stir until a paste is formed.
7 Take the risen dough out of the bowl, flour a surface and roll out the dough into a rectangular shape. Spread the butter, sugar and cinnamon paste over the entire surface of the dough.
8 Roll the dough into a long sausage shape so a swirl of the paste can be seen throughout the dough.
9 Attach the two ends of the dough so a ring is formed. Place the ring on a greaseproof paper-lined tray, cover with cling film and leave to rise for 30 minutes. Preheat the oven to 180°C.
10 Once the dough ring has risen, baste it with an egg wash and place in the oven. Leave it to bake for 30 minutes until it is golden brown.
11 Remove the cake from the oven and leave to cool. Once the cake is cooled, insert the baby into the centre.
12 In a bowl, add the milk, icing sugar and vanilla extract for the glaze and mix together. Separate the glaze into three bowls and add a couple of drops of food colouring to each. Stir until each bowl of glaze is a different colour.
13 Pour the glaze over the cake, using alternate colours, until the entire cake is covered. Serve the cake once the glaze has hardened.

© Alamy

Pastila

A beloved fruity treat

RUSSIA, 15TH CENTURY – PRESENT

Pastila, a traditional Russian sweet treat that partially resembles something between marshmallow, has a rich history dating back centuries. It's typically made with berries or sour Russian Antonovka apples and sweetened with honey or sugar before it's baked in an oven at low temperature for a few hours. Pastila was supposedly loved by such Russian luminaries as Ivan the Terrible, Catherine the Great and Leo Tolstoy and it was a particularly popular treat in Imperial Russia, a time when only the wealthy could afford it. The sweet was originally produced in Kolomna, Belyov and Rzhev but unfortunately pastila production was shut down when the businesses were expropriated after the Russian Revolution. However, pastila has since been revived, finding new fans and is now loved around the world.

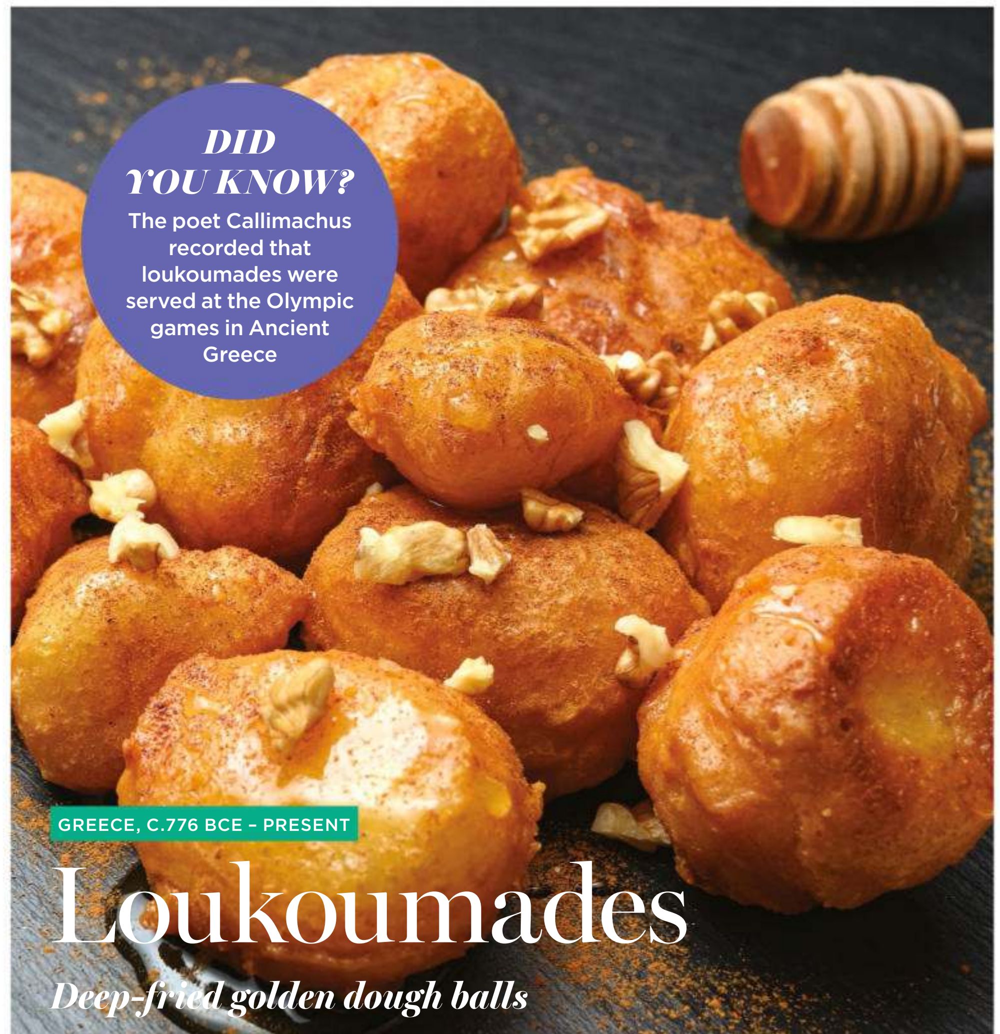
- **450g sour apples, such as Granny Smith**
- **6 tbsp mild raw honey**
- **1 egg white**

1 Preheat your oven to 200°C. Grab a sheet tray and line it with parchment paper. Cut the apples in half, place them cut-side down on the tray and then bake them in the oven for 20 minutes, until the apples are soft and starting to collapse.
2 Blend the baked apples into a puree and then pass it through a strainer to ensure that it's nice and smooth. Stir the honey into the puree and then leave the mixture to cool in the fridge for at least one hour.
3 Once the puree has cooled, use a stand mixer or electric whisk to beat it for around eight minutes or until the puree becomes airy and pale. In a separate bowl, whip up the egg white until it becomes foamy.
4 Add the egg white to the puree and beat the mixture until it doubles in volume and becomes light and fluffy. Preheat the oven to 100°C, line a sheet tray with parchment paper and grease it lightly. Set aside a small amount of apple mixture to use as a filling later.
5 Using a spatula, carefully spread the pastila mixture evenly on the sheet tray, making sure that it's about 2cm thick. Then place the tray in the oven and bake

DID YOU KNOW?

There is a museum (and a dedicated museum factory) celebrating the history of pastila production in Kolomna

for three hours. Remove the pastila from the oven and let it cool down.
6 Carefully turn the pastila upside down on a large cutting board and peel off the parchment paper. Cut the pastila into three equal strips. Take the apple mixture you saved earlier and apply a thin layer on top of each pastila strip.
7 Gently place the strips on top of each other and apply a layer of the apple mixture on the top and around the sides. Put the pastila back in the oven for two more hours to dry.
8 Remove the pastila from the oven and allow it to cool down completely. Cut it into slices and the pastila is ready to serve – it can also be stored in an airtight container for several weeks.



DID YOU KNOW?
The poet Callimachus recorded that loukoumades were served at the Olympic games in Ancient Greece

GREECE, C.776 BCE – PRESENT

Loukoumades

Deep-fried golden dough balls

From cartography and marathons to theatre and the Olympics, the inventions of the Ancient Greeks have stood the test of time across centuries. But it is a sweeter invention that we are interested in at the moment.

Loukoumades are said to be the oldest known dessert in the world. Eaten as early as 776 BCE, according to some sources, these deep-fried balls of dough are still served in Greece today. There are different variations of the dessert in countries with similarly ancient civilisations such as Turkey and Egypt, and each has its own twist on the original Greek recipe. In Greece, the dough balls are typically served with honey, walnuts and sometimes cinnamon, but they can be served with any toppings you like.

- **200g plain flour**
- **7g fast-action yeast**
- **1 tbsp caster sugar**
- **240ml warm water**
- **1 litre olive/vegetable oil**
- **4 tbsp honey**
- **2 tbsp chopped walnuts**
- **1 tsp cinnamon**

1 Mix together the yeast, caster sugar and warm water in a bowl.
2 Gradually add the flour and mix with your hands until a runny batter forms.
3 Cover the bowl with a tea towel and leave to rest at room temperature until the batter has doubled in size. This should take approximately one hour.
4 Pour the oil into a large pan and heat until bubbling. To test the oil is ready, drop a small amount of batter into the pan. If it sizzles, the oil is ready.
5 Wet a teaspoon and use it to scoop out the batter and form it into a small ball.
6 Gently drop each ball into the oil to deep-fry until all the batter is used.
7 Turn over the frying balls in the oil until they are golden brown all over.
8 Once golden brown, carefully remove the balls from the pan using a slotted spoon and place on dry kitchen paper to soak up the excess oil.
9 Place the balls in a shallow dish and cover them with the honey, walnuts and cinnamon.
10 Roll the balls around until they are completely covered in the honey coating, then serve.

© Getty

A HISTORY of COCKTAILS

The origins of these spirited concoctions revealed

WRITTEN BY OLIVIA WILLIAMS

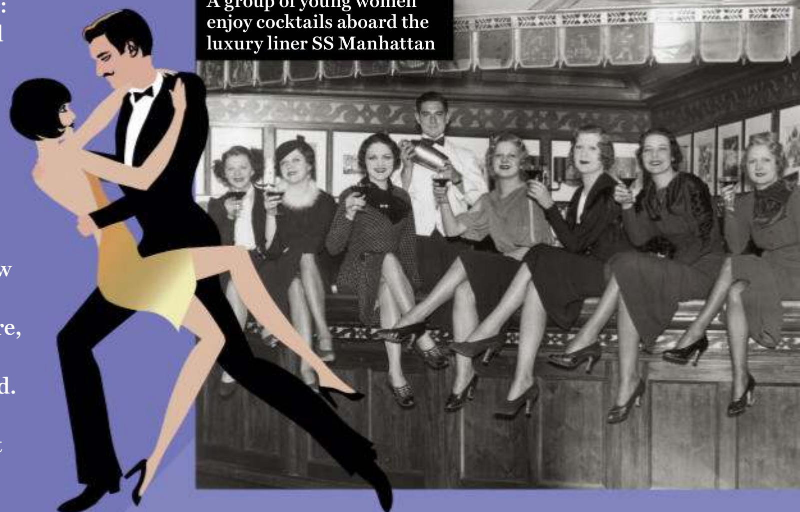
For modern drinkers, cocktails usually evoke images of slick bartenders, polished silver shakers and elegant frosted glasses with a twist of lemon. However, they have much more historic, rudimentary beginnings. The forerunner of the cocktail – 'mixed drinks' – had been evolving for over a century before the sophisticated golden age of the 1920s and 1930s. Although the word 'cocktail' was not in common usage yet in Britain, what we now think of as cocktails were becoming available as early as the 1850s. They made a spectacular showcase at London's first cocktail bar when Alexis Soyer, a Frenchman who made his career cooking at the Reform Club on Pall Mall, opened the Victorian equivalent of a pop-up bar in 1851.

He offered a choice of 40 drinks to the 6 million visitors who attended the Great Exhibition in Hyde Park. Because he had been asked to make non-alcoholic drinks for the exhibition, Soyer decided to set up shop by the gates, where he could make his drinks as punchy as he wanted. The scale of his ambition was reflected in the title – 'Gastronomic Symposium of All Nations' – and attracted around 1,000 thirsty visitors a day. Although we might view this as a wonderful early achievement that showed Londoners were keen to experiment with sophisticated new drinks, it was financially ruinous for poor Soyer.

From the beginnings of 'mixed drinks' in Victorian Britain, American bartenders made two big contributions to the movement: showmanship and the use of ice. The latter was a novelty to the English, and when author Charles Dickens visited the US in 1842, he marvelled: "Hark! To the clinking sound of hammers breaking lumps of ice, and to the cool gurgling of the pounded bits as... they are poured from glass to glass."

In England, drinkers were wary of water. It could be so unsafe to drink that just a few sips could leave you with all manner of diseases. Therefore, ice was both an expensive luxury and a potential hazard. Even in 1871, the university drinking guide Oxford Night Caps had to explain that ice was safe to consume. But with the advent of steam power, ice began to be shipped from America and Canada, and so the cool beverages started to be attractive.

It was also in this period that drinks were served widely in glassware, rather than tankards. This transition increased cocktails' sophistication and this in turn elevated the esteem of the barman's powers of presentation.



A group of young women enjoy cocktails aboard the luxury liner SS Manhattan

Opera singers Gladys Swarthout and Queena Mario pour a cocktail or two

By the early 20th century, the notion of a glitzy bar where the barman took centre stage, serving signature drinks with theatricality, became popular. They were known as 'American bars' and The Spectator described, in utter bewilderment, how elevated this approach to bartending was. The publication was incredulous that men actually wanted to make careers from mixing cocktails: "The intellect that might have been used to free America from the recurring horrors of a presidential election had been so diverted as to reveal the sublimities of gin." The publication marvelled at American bartenders' skills, juggling the liquor so that it seemed to "spout from one glass and descend into another, in a great parabolic curve, as well defined and calculated as a planet's orbit."

The most legendary barman of all was Jerry Thomas, who showed off his expertise when he toured Britain in 1859. He exhibited his flair with the aid of solid silver bar utensils worth £1,000. A master self-publicist, before his guest stint at the Cremorne Pleasure Gardens in Chelsea, Thomas had leaflets dropped over London from a hot air balloon to announce his arrival. They promised, "The real genuine iced American beverages, prepared by genuine Yankee professor."

> "Many cocktails started as medicinal combinations"

Visitors were treated to a choice of gin, brandy or port wine Juleps, punches made with milk, whiskey, brandy, rum or gin, as well as "nectars and liqueurs of every variety." From the 'fancy' section of the menu, Thomas rustled up Gin Slings, Ladies' Blushes, Private Smiles, Sherry Snips and Brandy Smashes. Three years later, he brought out the most influential cocktail book of the time, the Bartender's Guide, and these cocktails would go on to enter the British cocktail canon.

The Ladies' Blush made by Thomas at the Cremorne Pleasure Gardens, became the signature drink of Leo Engel's bar at the Criterion restaurant, one of London's earliest permanent cocktail bars, at Piccadilly Circus. Engel doffed his cap to the Americans for their "ingenious inventions that have greatly added to the comfort of the human race." By the end of the

HANKY PANKY

This Edwardian classic was created by Ada Coleman, head bartender at the Savoy Hotel, at the turn of the century. She was one of the most famous female bartenders in history. With the gin base of a Martini and the sweet vermouth of the Manhattan, it's a sturdy, bracing drink. She invented it for the actor Charles Hawtrey, who was a regular at the American Bar, when he came in asking her to rustle up something with 'a bit of punch.'

Ingredients:
Gin, sweet vermouth, Fernet Branca

Directions:
With just three ingredients the Hanky Panky is really simple to make at home. Combine 45ml gin, 45ml sweet vermouth and two dashes Fernet Branca in an ice-filled shaker, and shake or stir. Strain into a chilled cocktail glass, and garnish with orange peel.

MENU

What's your poison?

THE TIPPLES THAT HOLLYWOOD MADE FAMOUS

Some Like It Hot (1959)
Manhattan
DRUNK BY SUGAR KANE KOWALCZYK (MARILYN MONROE)

Casablanca (1942)
French 75
DRUNK BY RICK BLAINE (HUMPHREY BOGART)

Casino Royale (2006)
Vesper
DRUNK BY JAMES BOND (DANIEL CRAIG)

Funny Girl (1968)
Creme de Menthe Frappe
DRUNK BY FANNY BRICE (BARBARA STREISAND)

Fear And Loathing In Las Vegas (1998)
Singapore Sling
DRUNK BY RAOUL DUKE (JOHNNY DEPP)

Breakfast At Tiffany's (1961)
Mississippi Punch
DRUNK BY HOLLY GOLIGHTLY (AUDREY HEPBURN)

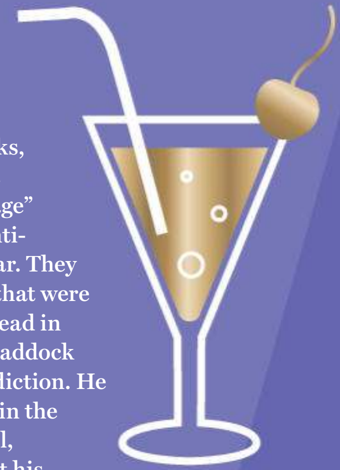
Customers at a Philadelphia bar after the end of the Prohibition, in December 1933

> "Lord Kitchener... had shipments of Pimm's sent up the Nile"

century, a deluge of new recipe books were available to help home entertaining match the new standard of London bars. Even housekeeping doyenne Mrs Beeton had a recipe for Martinis in her posthumous 1906 edition, listed under 'American Drinks'.

Many cocktails that were not invented by bartenders started as medicinal combinations, which then evolved into the recreational. The most famous of these include the G&T, Pink Gin and the Gimlet. G&Ts started life as a way of taking the daily quinine ration set up in malarial areas; the bitters in Pink Gin were thought to combat seasickness; while Gimlets were an enjoyable way to introduce vitamin C to a ship as an attempt to avoid scurvy, thanks to the lime juice. Exactly who first put gin and lime juice together into a Gimlet is uncertain, but there was a surgeon rear admiral Sir Thomas Desmond Gimlette (1857–1943) in the navy when it started to become popular, and he is often credited with the invention of the delicious gin cocktail.

Not all army and navy drinking could be claimed as medicinal, however. Lord Kitchener's forces in Sudan had shipments of Pimm's sent up the Nile in 1898, which had no possible health benefits. It could be tricky to actually get hold of the bottles once



they arrived in the country, as the cocktail base was such an unfamiliar product to the locals. Major H P Shekleton in Khartoum sent a telegram to the manager of Pimm's in July 1898 saying: "Many thanks... Pimm's has already caused a good deal of excitement and is refused registration but hope for the best."

This would become a repeating theme – Shekleton wrote of issues getting the Pimm's through Europe: "It has been an object of the greatest suspicion. Nobody would register it and every customhouse wanted to charge enormous duty... It has been sealed and resealed, stamped, labelled and tied up in all sorts of ways with tape and coloured string, but has survived it all and is now reposing in my cabin looking well after its many vicissitudes."

Colonel Rogers, director of army supplies in Cairo, wrote: 'It is really very kind of Messrs Pimm to be so thoughtful about poor fellows sweltering out in these regions. It is nice to know that people at home take practical interest in our welfare."

Into the 20th century, and cocktail drinking went truly global. Ironically, in the United States when the government decided to take the most extreme action possible – Prohibition – to stop the march of alcohol, it actually prompted some of the world's most memorable and exciting drinks, because bartenders were forced to experiment with limited ingredients. When it became obvious by 1933 that Prohibition was failing and was abandoned, the cache of being once illicit gave cocktails an edgy glamour.

Also a lucky upshot of Prohibition for Londoners was the arrival of America's leading barmen in search of employment. The most famous of these was Harry Craddock, who went on to compile The Savoy Cocktail Book, the highest-selling cocktail compendium in history. If Craddock had any anxieties about leaving New York, he need not have. He quickly found a job at the Savoy's American Bar, which he ran with great flair, making it a haunt for both old-money Londoners and Hollywood stars such as Ava Gardner, Errol Flynn, and Vivien Leigh. Like Jerry Thomas before him, he knew how to self-publicise – he would even go so far as to advertise his return from holidays in *The Times*.

Among his 750 drinks, Craddock thought it "a great necessity of the age" to develop effective 'Anti-Fogmatics' in particular. They were alcoholic drinks that were designed to clear the head in the morning, which Craddock did not think a contradiction. He insisted that drinking in the morning was beneficial, and recommended that his cocktails be drunk "before 11 am, or whenever steam and energy are needed." One of his enduring anti-fogmatics was the unappetisingly named Corpse Reviver No 2, although one would be hard-pressed to find anyone who knocks them back for breakfast these days. With a dash of absinthe on top of gin, Cointreau and Kina Lillet, Craddock did offer the health warning: "Four of these taken in swift succession will unrevive the corpse again." He was well aware of the potency of his own concoctions and advised, for the Bunny Hug – a mix of whisky, gin and absinthe – that: 'This cocktail should

MAI TAI

Trader Vic, the godfather of tiki, created the fruity extravaganza that is the Mai Tai during World War II. In recent years orange, grapefruit and pineapple juices have been added to make it an even sweeter, longer drink. Originally Victor Jules Bergeron, or Trader Vic as he is better known, used 17-year-old Jamaican rum to make it at his bar in San Francisco, which would have given the 1940s Mai Tai more body and aroma, and a richer flavour.

Ingredients:
Rum, lime juice, Curacao, orgeat syrup, agave syrup

Directions:
Shake 50ml rum, 25ml lime juice, 12.5ml Curacao, 12.5ml orgeat almond syrup and 6ml agave syrup together, and pour into an ice-filled glass.

The service was all part of the allure of cocktails in the US

DECANTERS, COCKTAIL SETS, ETC.
WITH PRINCE'S PLATE AND STERLING SILVER MOUNTS

25442.—Prince's Plate Cocktail Tray, and Shaker, with 6 Glasses etched cockerels £4 10 0
If with Cut Glasses, as single illustration £5 0 0

26685.—Prince's Plate Cocktail Set, with 6 Cut Glasses .. £6 5 0
(Tray can be used separately.)

B 5169.—English Cut-glass Decanter, Sterling Silver Mount. £1 15 0

20490.—Cocktail Shaker, with Strainer and Spout.

	Prince's Plate.	Sterling Silver.
1 pint ..	£1 10 0	£6 5 0
1½ pints ..	2 5 0	6 15 0
2 ,, ..	2 17 6	8 5 0
3 ,, ..	3 15 0	—

B 4471.—English Cut-glass Spirit Decanter, with Sterling Silver Mount, 16 in. high. £5 5 0

20927.—Cocktail Shaker.

	Prince's Plate.	Sterling Silver.
½ pint ..	£0 18 6	£4 0 0
¾ ,, ..	1 2 6	4 10 0
1 ,, ..	1 7 6	5 5 0
1½ pints	1 12 6	—

B 5021.—English Hand Cut Spirit Decanter, Sterling Silver Mount. £1 18 6

B 5167.—English Cut-glass Spirit Decanter, with Sterling Silver Mount. £3 18 6
B 3497.—Sterling Silver Wine or Spirit Labels 10/6

B 5168.—Sterling Silver Cocktail Tray, with Sterling Silver Mounted Cut-glass Shaker and 6 Glasses, tinted blue. £18 15 0

B 4633.—English Cut-glass Spirit Decanter, with Sterling Silver Mount .. £2 2 0

immediately be poured down the sink before it is too late."

He made more delicate classic drinks too, such as the ever-popular White Lady, a light combination of gin, egg white, Cointreau and lemon juice; the Bentley, to celebrate Bentley Motors' Le Mans rally victory, made with Calvados, Dubonnet and Peychaud's bitters; and the Mayfair, a delicious spiced mix of cloves, gin, apricot brandy, orange juice and syrup. He also championed the Dry Martini in London, for which we have been grateful ever since.

The other star of post-war London was Scottish bartender Harry MacElhone. His big break had come in 1911, at Harry's New York Bar on the Rue Daunou in Paris, as beloved by F Scott Fitzgerald, Ernest Hemingway and Coco Chanel. James Bond gave the bar more cachet still when he proclaimed it the best place in Paris to get a "solid drink" in Casino Royale. The bar claims to be the birthplace of such classics as the French 75, a gin and Champagne cocktail named after a World War I gun, the Bloody Mary, and the Monkey Gland, made with gin, orange juice, grenadine and absinthe. Embracing the bar's louche reputation, MacElhone thoughtfully had luggage tags made for regulars that read, "Return me to Harry's Bar, 5 Daunou.'"

Not quite so refined was the era of tiki cocktails, such as the Mai Tai, which mainly had a rum base. The aesthetics of these tropical drinks could not be further from a sleek, clear Martini or a discreet White Lady, with their glasses full of outlandish garnishes. His drinks memorably captured the fashion for garish drinks like Pina Coladas, loaded with syrup, sweet fruit and showy decorations such as paper umbrellas, Day-Glo plastic stirrers and patterned straws. It originated, again, in America. After Prohibition, Trader Vic, or Victor Jules Bergeron as he was christened, opened his first restaurant in San Francisco where he pioneered rum-based cocktails. His tiki style was never as popular in Britain as it was in the United States, but it still remains a firm favourite with drinkers who have a sweet tooth.

In the early 21st century, classic cocktails made a comeback, and the emphasis at a new wave of cocktail bars was 'mixology', involving novel ingredients, complex flavours, and plenty of theatricality in the preparation. Alexis Soyer, Jerry Thomas and Harry Craddock would be proud – the elegance of bartending has come full circle.

Two ladies sip cocktails in an upmarket Parisian fashion boutique, c.1928

"The aesthetics of these tropical drinks could not be further from a sleek, clear manhattan"

THE BEE'S KNEES

A twist on the Gin Sour, this shaken and then strained mix of gin, honey, and lemon juice is thought to have been concocted during Prohibition in the United States, when questionable bootlegged spirits needed masking with something sweet. It embodies the paradox that the 1920s was also the Jazz Age, an era of Great Gatsby-style sophisticated fun – and therefore a golden age for drink innovations. Cocktails from this period often also have the advantage of being easy to throw together, as they would have been in the makeshift speakeasies.

Ingredients:
Gin, lemon juice, honey syrup

Directions:
Add all ingredients to a cocktail shaker. Add ice and shake until chilled. Strain into a chilled coupe or cocktail glass. Garnish with a lemon peel or lemon wheel.

FAMOUS COCKTAIL QUOTES

‘I like to have a Martini, two at the very most. After three I’m under the table, after four I’m under my host.’

COMMONLY ATTRIBUTED TO DOROTHY PARKER

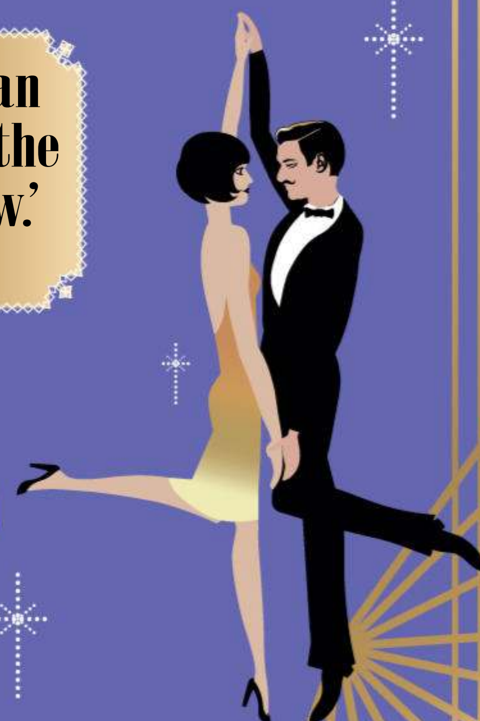
‘This frozen Daiquiri, so well beaten as it is, looks like the sea where the wave falls away from the bow of a ship when she is doing 30 knots.’

ERNEST HEMINGWAY

I don’t know what reception I’m at, but for God’s sake give me a gin and tonic. DENIS THATCHER

‘Listening to new jazz records for an hour with a pint of gin and tonic is the best remedy for a day’s work I know.’

PHILIP LARKIN



“A real Gimlet is half gin and half Rose’s Lime Juice and nothing else. It beats Martinis hollow.”

RAYMOND CHANDLER, THE LONG GOODBYE

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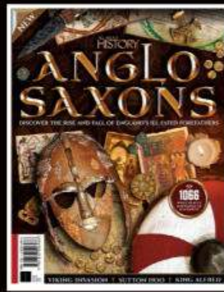
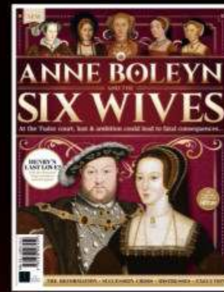
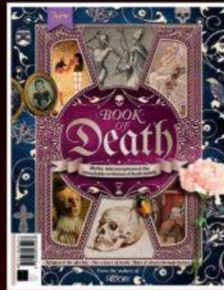
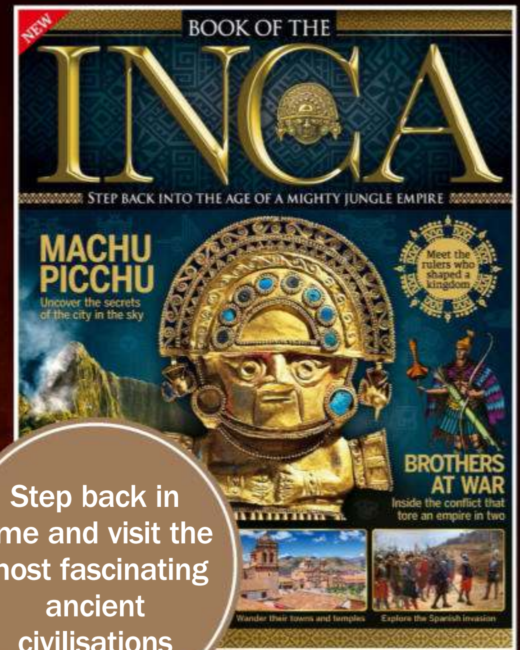
Examine world wars and epic battles through maps and rare documents









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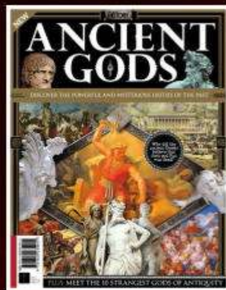

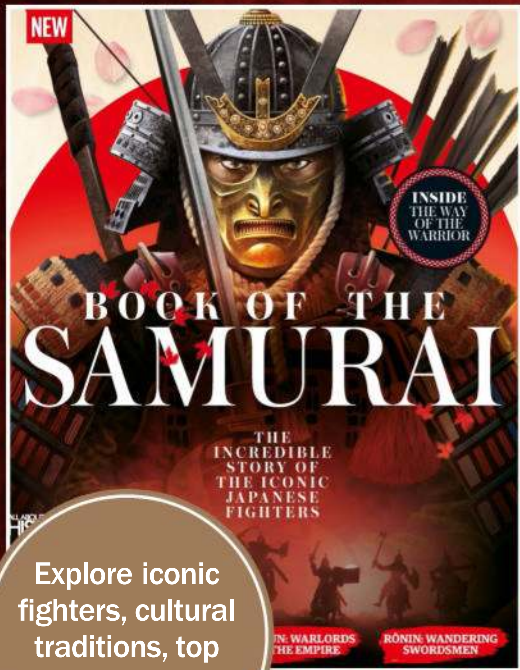

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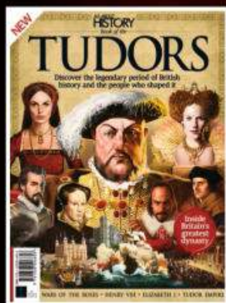

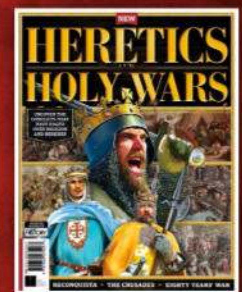

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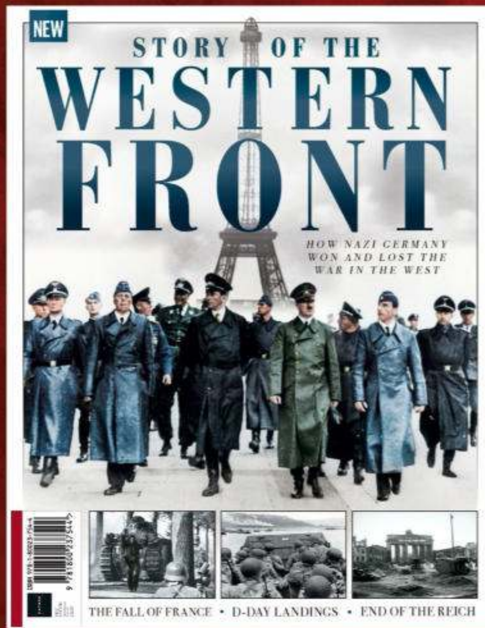

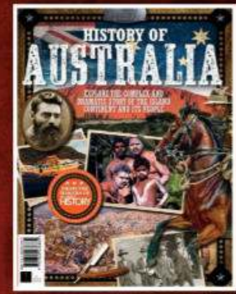

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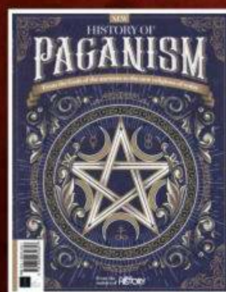

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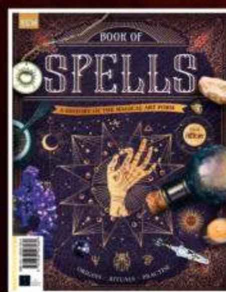

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