

# Mrs Cromwell's Recipes

## How to make a Rare Dutch Pudding.

Take a pound and a half of fresh Beef, all lean, take a pound and a quarter<sup>1</sup> of Beef Suet, sliced both very small, then take a half penny stale Loaf and grate it, a handful of Sage, and a little Winter Savory, a little Time, shred these very small; take four Eggs, half a pint of Cream, a few Cloves, Nutmegs, Mace and Pepper finely beaten<sup>2</sup>, mingle them altogether very well, with a little Salt; roll it all up together in a green Colwort Leaf<sup>3</sup>, and then tie it up hard in a Linnen Cloth<sup>4</sup>, garnish your Dish with grated bread, and serve it up with Mustard in Sawcers.

## How to roast a Leg of Mutton the French way.

Take half a pound of Mutton and a quarter of a pound of Suet, season it with sweet Hearbs, and a little Nutmeg, and two or three Shallots; slice these very small, and stuff the Mutton round, then take some of the best Hackney Turnips<sup>5</sup>, and boyl them in Beef Broth very tender, then squeeze the water from them a little, set them in a Dish under the Leg of Mutton when it is half roasted and so let the gravy drop into them, and when the meat is roasted serve them in a Dish with it, with a little Fresh Butter and Vinegar, garnish your Dish with sliced Onions and Parsley, and some of the Turnip sliced.

## A rare Citron<sup>6</sup> Pudding.

Take a penny Loafe and grate it, a pint and a half of Cream, half a dozen of eggs, one Nutmeg sliced<sup>7</sup>, a little Salt, an Ounce of candied Citron sliced small, a little candied Orange Peel sliced, 3 Ounces of Sugar, put those into a wooden Dish well flowered and covered with a Cloth, and when the water boyleth put it in; boyl it well, and serve it up with Rose-water and stick it with Wafers or blanch'd Almonds.

## How to make Marrow Puddings, (which she usually had to her breakfast.)

Take a pound of the best Jordan Almonds, blanch them, beat them fine in a stone or wooden Mortar (not in brasse) with a little Rose-water, take a pound of fine powder Sugar, a penny Loaf grated, grated Nutmeg, a pint of Cream, the Marrow of two Marrow-bones, two grains<sup>8</sup> of Ambergris<sup>9</sup>; mingle them altogether with a little Salt, fil the skins, boyl them gently as before.

## A Country way to make Sawsedges.

Take Pork, not so much fat as lean, mince it exceeding small together, then take part of the Fleck of Pork, which is the Suet, in pieces about the bignesse of the top of your finger, season each apart with minced Sage, good store of Pepper and Salt, some cloves and Mace, mixe in the seasoning into each of them; take the small sheeps Guts, and cleanse them, (others use Capons Guts) and fil them with your Funnel, always putting some of the Fleck between the minced, if you have it ready you may sprinckle a little Sack<sup>10</sup> on the top of the Sawsedge Meat, it will make it fil the better.

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1 In reading, Stuart actually read "a pound and a half".

2 Ground in a pestle and mortar.

3 "Colewort" refers to some kind of cabbage. Kale is probably the closest modern equivalent.

4 Although the recipe doesn't mention cooking, it seems somewhat unlikely this would be eaten raw. Furthermore, since the recipe for "rare Citron Pudding" says to boil it, one can only assume the same for this beef pudding.

5 The glossary given in the modern edition points out that in the 1600s, Hackney was a market garden area supplying vegetables to London.

6 "Citron" is a lemon-like fruit with a thick skin, native to the Mediterranean. It is one of the ancestors of other citrus fruits, including lemons and limes.

7 As the book points out, slicing a nutmeg would be very difficult, so presumably it means "grated".

8 A "grain" as a measure of weight is based on the weight of a single grain of barley, which is just under 65 milligrammes.

9 "Ambergris" is a secretion of sperm whales. It is very rare and expensive. It was formerly used as a fixative for perfumes, but has been replaced for that by a synthetic equivalent. The glossary says that it smells like a cross between new-mown hay and violets.

10 Strong white wine, usually from Spain or Portugal, akin to sherry.