

WHERE IN THE WORLD?

Week 2 ingredients notes

Jumbals

Jumbals would sometimes have been part of a dessert course, which would have been laid out in a banqueting house in the gardens or on a rooftop terrace. The course consisted of beautiful, usually sugar-based foods, intended to excite the eye as much as the appetite.

The boiled and baked nature of these, along with the shape, show that they are related to both pretzels and bagels, and they have the same, eastern European roots.

Caraway seeds came from Turkey (Anatolia), and **aniseed** from Egypt and Greece. Both of them were used to freshen the breath, and were often coated in sugar as comfits. They were considered to aid digestion and alleviate flatulence.

Capon with oranges

Oranges were originally brought to England from China, but by the 16th century they were grown in Spain and southern France, as shown on the map. Cultivation had also just started under Spanish rule in the New World (Florida). Sweet oranges were relatively new in the Tudor period, and frequently given as Christmas gifts as they were expensive, garish and delicious. In the 17th and 18th century as glassmaking technology improved, orangeries became popular in Britain, and big houses were able to grow their own oranges. There is still an orangery at Hampton Court Palace, built for William III and Mary II.

Nutmeg was originally from the Moluccas (today part of Indonesia), which was the only place it grew until the British invaded the Dutch colonies in the East Indies in 1810 and transplanted the seedlings elsewhere. It is a hallucinogen, and was also used to bring on miscarriages – abortionists were

sometimes known as 'nutmeg ladies' in early modern Britain. It is surprising that mace was used much earlier than nutmeg, and nutmeg only becomes popular under Elizabeth.

A tarte of green peas

Peas were a staple food of the English, eaten throughout history, almost always in the form of dried peas. Eating them fresh like this was a development of the Tudor period, when Italian gardeners developed sweet varieties like our garden pea. There was a mad pea craze in the 17th century, especially in France. On one occasion William III was served green peas, and spitefully ate them all in front of his pregnant sister-in-law Princess (later Queen) Anne, whom he despised, knowing that she was craving them.

Saffron by this stage would be coming from Essex and Cornwall, and no longer from abroad.