

WHERE IN THE WORLD?

Week 3 ingredients notes

Chocolate wine

Cocoa beans were being sourced from Central America, travelling to England via Spain and France.

Rice was imported from China and South Korea, although by the 15th century it was grown in Italy, and by 16th century it was also being grown in the Caribbean and the Americas.

Port was created in Portugal (and originally called Oporto wine after Porto, where it originated). It was imported from the latter half of the 17th century, and given a huge boost by the 1703 Methuen Treaty, which reduced duties on Portuguese wines.

Potato tort

Sweet potato was coming from Central America and Spain, but it was hard to cultivate in colder northern Europe.

Ginger, from India, was of vital importance in British cookery, and one of the cheapest spices, so it was used prolifically, for example in gingerbread.

Citron, a large, citrus fruit with a thick rind, came from North East India, Persia and southern Europe. It is hardly known in the UK today, although it is often found in 'mixed peel'.

Eryngo roots, which were the – usually candied – roots of the sea holly, were sold in tins. They were an aphrodisiac, so this pie is a sort of early Georgian Viagra for the man in your life. You can read more about these roots and their containers in this [blog post](#).

Orange flower water shows that we are now moving steadily forward in time: in the Medieval and Tudor period, rosewater was the more common flavour. Orange flower water originated in the Middle East, but by the 1720s would have been imported ready-made from France or Portugal. Originally used as a perfume, especially for linen, but in widespread use for food by the end of the 17th century.

Sack was fortified wine (fortified for the voyage, not necessarily, as today, during fermentation), from Spain or the Canaries. The nearest equivalent today is a sherry or fortified wine.

Puddings of several colours

Puddings are about as English as you can get. The French, who were starting to define cookery in the Georgian period, later called them 'les poudings', and were quite rude about them.

Clove gillyflower: this flower was so called for its clovey-nutmeg scent. From Turkey originally, it was introduced to UK in the Tudor period.

Rosewater, a flavoured water made by steeping rose petals in water, was a very medieval flavour, declining in use in the 18th century. It was imported from Persia and Bulgaria.