

A GRAND 'SALLAD' FOR THE SPRING

Ingredients and Processes

The following text recipe has been taken from the *Receipt Book of John Nott, Cook to the Duke of Bolton, 1723*.

Take cowslip buds, violet-flowers and leaves; young lettuce, spinach, Alexander Buds, Strawberry leaves, water cresses, each apart by themselves and then take also Capers, Olives, Samphire, Cucumbers, Broombuds, Raisins and Currans parboiled, Almonds blanched, Barberries and other pickles, then lay a Turnip or some other hard thing for a Standard in the middle of the Sallad, let it be formed like a Castle made of Paste washed over with the Yolks of Eggs and within it a Tree made in like manner and coloured with green Herbs and stuck with flowers; you must also have annexed to it twelve supporters round it, sloping to it, and fastened to the Castle.

Then having made four rings of Paste, each bigger than the other, the Biggest must compass the Castle and reach within three inches of the Feet of your supporters; the second must be within to inches of that, and so place as many as you think convenient and according to the size of your dish, that they may be like so many Steps, one above another, then place one sort of your salad round on the uppermost Ring, and so on till you come to the Dish, laying a several sort on every one; then place all your Pickles from the Sallad to the Brim of the Dish each by itself, then garnish your Dish with all things suitable to the Season.

These grand Sallads and only for great Feasts. Remember that in Autumn your standard ought to be the Resemblance of a Castle carved out of Carrots and Turnips; in the winter a tree hung with Snow, in summer a green Tree.

