

# WHERE IN THE WORLD?

## Week 1 ingredients notes

### Fylettys en galentyne

The original 15th century recipe calls for saundres, or red sandalwood, as a colouring agent. You can track its journey from India to England on the map. Adding colour to food was very popular in late medieval and Tudor food, and dishes for the upper classes would have been a riot of colour.

**Pork** was eaten a great deal in Tudor England, as pigs could be kept and fed on household waste. It was increasingly associated with the poor though, and by the 18th century, the rich tended to eat it only as cured products, largely leaving fresh pork to the working classes.

**Vinegar** was a classic taste of this period, used to sharpen sauces and give a tang to many dishes.

**Cinnamon** was imported from Sri Lanka and Ceylon. The trade routes were closely controlled by Arabs until the early 16th century, when the Portuguese started trading from Ceylon, making cinnamon more accessible for the English table.

**Pepper** came from South India, though the word may refer to a number of varieties, including black, white, long pepper, and cubeb pepper. The latter two were going out of use by the Tudor period, and even black pepper was no longer as expensive and prestigious as it had been.

**Cloves and mace** were brought in from the Moluccas (then part of China, now Indonesia – you can see its location on the map). The islands were repeatedly fought over between the 16th and 18th centuries, and controlled by the Spanish, Portuguese, Dutch and British at various times in what has become known as the 'spice wars'. Both cloves and mace were very popular Tudor flavours. Mace is the outer

skin of the nutmeg, dried into blades, although surprisingly, it wasn't until later that the nutmeg itself was used.

## Ryschewys close and fryez

All the imported ingredients featured in this dish would have made it very desirable (and expensive)!

**Dried figs** were originally brought in from Egypt, Arabia (between 4000-2700BC) and Greece (by 800BC) but by the Tudor period, they were flourishing across Europe. They had even been introduced to South America and Haiti by Spanish settlers.

**Dates** were cultivated in North Africa and the Middle East, and the Romans are thought to have had a love affair with them! Currants came from a Greek grape variety. As the original recipe suggests, they grew near Corinth.

**Saffron**, which you can see on the map, was originally sourced from Greece and Persia. But by the Tudor period it was being produced in Cornwall and Essex, particularly the town of Walden, which was renamed Saffron Walden in the 16th century.

**Sugar** was coming to the Tudor table from Persia, via Antwerp where it was processed. All of this changed with the advances in seafaring under Elizabeth I.

## Tartes owt of lente

Fast days, including Lent and Advent, were implemented by the Catholic Church, and enforced throughout the changing religious scene of Henry VIII's England. You were not supposed to eat any animal products, though fish was fine (and the definition of 'fish' was on occasion very flexible). This tart includes many of the foods forbidden on fast days, which amounted to about half the year. Cheesecakes like this were popular in the medieval and Tudor period – this one is plain, but often they were flavoured with rosewater and dried fruit, or alternatively with herbs or spinach. All of the ingredients in this recipe were native to England.