



RECIPE CARD WK1

TARTE OWT OF LENTE

The name derives from the fact that it contains all the things you're not allowed to eat during Lent – cheese, cream and eggs, cooked in a light pastry case! If you like a strong cheese taste, then this is the dish for you.

Original recipe

Gentyll manly Cokere (MS Pepys 1047, c.1500)

*Take neshe chese and pare hit and grynd hit yn A mortar and breke
T egges and do ther to and then put yn buttur and creme and mell
all well to gethur put not to moche butter ther yn if the chese be fatte
make A coffyn of dowe and close hit a bove with dowe and collar hit
a bove with the yolkes of eggs and bake hit well and serue hit furth.*

Adapting the recipe for modern use

- 100g Cheshire cheese
- 150ml cream
- 1 egg
- Seasonings
- Shortcrust or other pastry
- Egg yolk to glaze

Chop and pound cheese in a mortar.

Add the other ingredients and make a spreadable paste.

Make a pastry tart case, about 25cm (10inches) diameter – you can use a tart tin if easier – and thin pastry lid.

Fill the case with cheese, cream, egg and butter mixture, then put on the pastry lid – seal and glaze with egg yolks.

Bake at 220°C/gas mark 6 for 40 minutes or until golden.

RECIPE NOTES

You could use any pre-1600 variety of cheese, such as Cheshire, Wenslydale, Roquefort, Gorgonzola, Parmesan, or Cheddar, but the original probably used curd cheese (the recipe specifies it should be neshe – soft), so ricotta or quark would also work well. The egg stops it curdling.