

Raby Castle Historic Easter Recipes

Raby Castle has a good collection of historic cookery books dating from the 18th century onwards. As well as recipes for more familiar Easter treats like Simnel cake and Hot Cross Buns, the books show that over the centuries other recipes have been traditionally enjoyed.

This selection is taken from Good Things in England, a collection of recipes compiled in the early 1900s by Florence White, founder of the English School of Folk Cookery.

Good Friday Pudding (recipe recorded 1615)

This is made with warm oatmeal 'mixt with eggs, milk, suet and penny-royal*', boyled first in a linnen bag, and then stript and buttered with sweet butter.

*Penny-royal is a herb related to the mint family – it is not recommended for pregnant women to consume this herb.

Easter Cakes (recipe recorded 1904)

Flour $\frac{3}{4}$ lb; butter 8oz ; sugar 5oz ; currants 3oz ; cream of tartar half a tsp ; bicarbonate of soda quarter of tsp ; pinch of salt, 1 egg.

Time 10-15 minutes

- 1: Rub the butter quickly and lightly into the flour
- 2: Add the sugar, currants, cream of tartar, bicarbonate of soda and salt
- 3: Beat the egg
- 4: Mix it into the flour with a knife
- 5: Gather the mixture into one piece
- 6: Turn out onto a floured board
- 7: Roll out to about 1 inch thick
- 8: Cut out with a round, fluted biscuit cutter
- 9: Place onto a greased and floured baking sheet
- 10: Bake in a moderately hot oven for 10-15 minutes – keep watch as they catch easily and should only be a faint brown colour
- 11: Remove from oven and sprinkle with sugar
- 12: Lay on a sieve (or cooling rack) to cool

Sedgemoor Easter Cake (A Somerset recipe exhibited at the first English Folk Cookery Exhibition in 1931 and a variation on the recipe above)

Flour $\frac{1}{2}$ lb ; butter $\frac{1}{4}$ lb ; castor sugar $\frac{1}{4}$ lb ; currants $\frac{1}{4}$ lb ; mixed spice and cinnamon $\frac{1}{2}$ tsp of each ; 1 egg ; brandy 2tbs

- 1: Rub the butter into the flour
- 2: Add sugar, currants, spice & cinnamon
- 3: Well beat the egg and mix with the brandy, then mix into the dry ingredients
- 4: Roll out to about $\frac{1}{2}$ inch thick, cut into rounds and bake in a moderate oven for about 20 minutes