

Chicken Pasties Lombard

From Baroness Mistress Kathryn Goodwyn

This recipe (from Pleyn Delit) is an old favorite of mine - it does well hot or cold, and travels really well for camping tourneys.

4 boned Chicken breast portions
1 Egg, beaten
1 tbl. Lemon juice
½ tsp. Ginger

Pinch each: Cinnamon, Cloves, Cardamom
4 slices bacon
Pie crust recipe for 2-crust pie, or puff pastry

Cook the bacon until about half done. Pour off drippings. Roll out pastry and divide into four equal portions -- finish rolling each section as round as you can.

Mix beaten egg, lemon juice, and spices, and dip the pieces of Chicken into this mixture. Lay each piece of Chicken on one side of a piece of pastry, cover with slice of bacon, and bring other side of pastry around to cover it, making a turnover. Pinch edges together.

Bake in a 350 degree oven for 30-40 minutes. If you use puff pastry, the oven should be hotter and the pasties should not be cooked so long (I've never used puff pastry, so I can't guide you on this).

Sideboard: *Kathryn Goodwyn* ----The original recipe for this is 14th century, from Le Menagier de Paris. To see this text for this, plus this recipe and notes, see Pleyn Delit, by Constance B. Heatt and Sharon Butler, University of Toronto Press, Toronto & Buffalo, 1976.