

To Make Pear Puddings

From Baroness Mistress Kathryn Goodwyn
From The Closet of Sir Kenelm Digby, Opened (1669)

"Take a cold Turkey, Capon, or cold Veal. Shred it very small; and put almost as much Beef-suet as your meat, and mince it very small. Then put salt and Nutmeg grated, half a pound of Currants; a little grated bread, and a little Flower. Then put in three yolks of Eggs, and one of the whites, beaten very well. Then take so much Cream, as will wet them, and make them up as big as Bon-christian pear; and as you make them up, take a little Flower in your hand, that they may not cling. Then put in little sticks in the bottom like the stems of Pears; or make them up into balls. Butter the dish very well, and send them up in the same dish you bake them in. They will be baked in about half an hour. I think the dish needeth not to be covered, while it baketh. You may make minced Pyes thus; and bake them with Puff-paste in a dish like a Florenden, and use Marrow instead of Suet."

Carolingian version from the Old Days:

1 1/2 scrawny chicken	3 egg yolks
(or a 3 lb one)	1/2 cup flour
1 1/2 sticks butter	14 slices stale bread
1 scant cup sugar	

The chicken is simmered for a couple of hours, until meat falls off the bone. Shred, then proceed as in Digby's directions.

Variations:

1. Add 1 tab. orange peel, dash cloves
2. Add 1/2 cup chopped apple, and some cinnamon
3. Add 3 tab. grated cheese (least favorite)

This tends to be an expensive recipe, due to the chicken, butter, and the need to buy a loaf of bread. I spent about \$6.00 to \$6.50 per batch. (Orange peel is not exactly cheap, unless you grate your own!)