

**Submitted by:** Cecilia Rosa de Sancta Maria

**A&S Category:** A pie

**Event:** September Baronial of St. Florian-de-la-Riviere

**Date:** September 3<sup>rd</sup>, 2005-09-01

### **Summary of Project**

For this entry I have redacted “*Tart in Ymbre Day*”, a cheese and onion pie, suitable for ovo-lacto vegetarians, or holy-days requiring

abstinence from eating animal flesh (rather than all meat products).

Initially I had difficulty determining what exactly a period ‘pie’ *was*. Despite searching through the sources I was able to locate, I could not come up with a satisfactory answer to this problem. I finally determined, through looking at a variety of period recipes, that items called by name as a ‘pie’ or ‘pye’ of some sort, had one thing in common, a pastry crust upon which other ingredients were placed with the resulting item being baked. The items I have chosen to create, although not specifically labeled a ‘pie’, share the primary characteristic of period ‘pyes’ – a pastry shell made of flour, water and fat.

The recipes used come from the “Boke of Gode Cookery”, a website devoted to period recipes and modern translations. Although I would prefer to view the original recipe (or even recipes printed in secondary sources), I was unable to gain access to such documents.

Therefore, I am using the ‘original’ recipe as stated on this website, but creating my own redaction, rather than using their ‘modern’ translation, however in places I do refer to their footnotes regarding unusual wording/ingredients.



*Tart in Ymbre Day Redaction*

## **Tart in Ymbre Day (Amber Day Tart)<sup>1</sup> Redaction**

**Period: 14<sup>th</sup> C. England**

### ***Original Recipe:***

Tart in ymbre day. Take and perboile oynouns & erbis & presse out  
be water & hewe hem smale. Take grene chese [brede] & bray it in a  
morter, and temper it vp ayren. Do pertto butter, saffroun & salt, &  
raisons corauns, & a litel sugur with powdour douce, & bake it in a  
trap, & serue it forth.

**From:** *Curye on Inglissh: English Culinary Manuscripts of the Fourteenth-Century*, by C.B.

Hieatt & S. Butler, Oxford University Press: New York (1985).

### ***Ingredients Used:***

4 onions

1 bunch parsley, washed and drained

250g. block of extra sharp cheddar cheese, coarsed grated or crumbled

6 eggs (for a regular 6 inch pie plate, 8 for a 9 inch plate)

2 tablespoons of melted butter

4 drops yellow food colouring

½ c. currants (raisins or prunes chopped coarsely will suffice)

¼ to 1/2 ts. each cloves, nutmeg, sage, basil, thyme, rosemary, cinnamon and ginger (or to  
taste)

1 blind baked pastry shell (made of 2 cups flour, 250g. cubed butter, a dash of salt and  
enough water to make the mixture into a dough)

Extra pastry dough for decoration/top crust

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<sup>1</sup> Matterer, J.L. 2000. "Tart in Ymbre Day". *A Boke of Gode Cookery Recipes*.

### ***Misc. Notes Regarding Ingredients:***

I am unsure what type of onion the recipe was meant for. As this was a last minute project, I have not been able to ascertain if brown onions are out of period or not. Because of this, I have resorted to using brown onions in this redaction, although acknowledging they may not be period.

Regarding the reference to ‘grene chese’, Matterer (2000) states that in period cooking it refers to “any well-aged cheese”. With this in mind, I have chosen to use an extra sharp cheese, as I feel it would meld nicely with the sharp onion flavour. Additionally, Matterer notes that “powder douce” was a “mild mixture of spices, often containing sugar with cinnamon & related spices, but without pepper”. This was the reasoning behind the selection of herbs listed above. I’ve chosen herbs that have a slightly nutty or ‘fresh’ flavour, which compliments eggs, and offsets the potential sharpness due to the onions and aged cheddar.

### **Cooking Method:**

***Pastry Shell*** - mix 2c. flour and salt in a large bowl. Cut in solid shortening (butter) until the mixture resembles coarse bread crumbs.

Slowly add water in small amounts, mixing the dough well between additions. Stop adding water when the dough pulls away from the sides



*Pastry ingredients laid out.*



*Pastry filled with uncooked rice for blind baking.*

of the mixing bowl. Roll out into a circle large enough to fit your pie plate, and hang over the edges. Grease and lightly flour the pie plate (you could also use baking paper or cornmeal), then lay the pastry over the pie plate, pressing it well into the dish. Trim overhanging pastry to the top edge of the plate (you may also crimp the edges). Place a foil pie plate or large piece of foil over the pastry and fill

with dry beans or rice. Bake in a warm oven until the base of the pie browns and sounds ‘solid’ when tapped with a fork (190 degrees, for approx. 10 -12 minutes).

**Pie Filling** - Coarsely chop the onions & parsley, mixing in a large bowl. Pour boiling water over the raw onions and parsley (enough to cover), then cover with a tea towel and set aside. Mix the remaining ingredients together. Drain the onions & parsley in a sieve, pressing the mixture firmly to squeeze out as much liquid as possible. Mix the onions/parsley with the egg/cheese mixture and combine well. Pour into



*Onions and parsley soaking in boiling water, other ingredients ready for mixing.*

the cooled pastry shell and bake for 45-60 minutes at 190 degrees. The pie is done when a knife inserted into the center, withdraws clean (except for cheese clumps).

#### **Taste Test:**

My lord Raphael and I tried one of the individual pies, cut in two – half we microwaved to heat it, the other half we tried cold. Of the two, we found the onion to taste sweeter when the pie is warmed, but the individual flavours shine through when eaten cold.