

## Appendix B

The Welserin recipe calls for pear preserves. I did not want to purchase ready made preserves (assuming they could be found), but neither Welserin nor her contemporary Rumpolt saw fit to provide us with a recipe for pear preserves. Instead of moving to a parallel source from another region of Europe I decided to look back in time to earlier German manuscripts, hoping to keep the continuity of the region.

Luckily the Teutonic cookbook provides us with a sort of pear preserve.

18. Wilthu ein gruneß von Huzellen machenn:

so wasche die Huzell gar schone und stos sie klein und streich sie durch mytt Wein und seidt sye dann woll und thu dan darein guett Hoengk und wurz genuck und wer es zu din, so reib Prott darein und thu es in ein Haffenn so bleybett es dir 4 ader 6 wochen guett. das magst kallt ader warm gebenn und stre(u) Zucker daruff und Zimettrindenn.

18. If you want to make a green (dish) of pears

Wash the pears nicely and pound them finely. Pass them through a sieve with wine, boil them well and add good honey and enough spices. If it is too thin, add ground breadcrumbs. If you put it into a crockpot [covered pot], it will last for 4 to 6 weeks. It can be served cold or hot. Sprinkle it with sugar and cinnamon.

In keeping with the theme of this line of research I chose to update the recipe to coincide with what I have found by comparing the texts, namely that by the 16<sup>th</sup> century the use of honey had been all but phased out in most things. So, to this end I substituted sugar for honey in the recipe and I utilized the same Reisling wine that I chose for the end sauce.

To determine what spices to use I reviewed the Welserin manuscript and identified five recipes that were for dishes in which pears were the main ingredient. The break down of the seasoning was: two with cinnamon only; two with cinnamon and cloves; and one with cinnamon, ginger and cloves. The original recipe calls for cinnamon at the end, so I chose to go with cinnamon and cloves to fulfill the mandate of “enough” spices.

Lastly, the issue of pears, I went to the market and looked at all of the pears available to me. Of all on display the ones that were labeled “Forelle” looked the best in quality, so those are what I bought. Upon returning home I decided to see what I could find on the pear, fully expecting it to be a modern variety, but hopefully better than a Bosc. What I was able to find was fortuitous:

“Forelles are a very old variety, and are thought to have originated sometime in the 1600's in northern Saxony, Germany. The name Forelle translates to mean "trout" in the German language. It is believed that the variety earned this name because of the similarity between the pear's brilliant red lenticles and the colors of a Rainbow trout..” (1)

With no further research to substantiate this claim, I would not hold it as fact. But possibly luck was with me that day.

Ingredients:

6 small Forelle Pears  
¾ C Reisling Wine  
1 ½ C Sugar  
1 t Cinnamon  
pinch Cloves

Peel pears and cut in half, remove seeds and chop coarsely. Place in food processor with wine and process until smooth. Force mixture through a sieve into non-reactive cooking pot. Add spices and sugar, stir to combine. Bring to a boil and hold at a low boil for 30 minutes. Stir frequently to avoid scorching. Refrigerate or can using sanitary methods.

(1) Pear Bureau Northwest. [Forelle Pears - History](http://www.usapears.com/). [http://www.usapears.com/variety\\_forelle.php#history](http://www.usapears.com/variety_forelle.php#history)