

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 16th 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 looked into what pears might be of period varieties and did not have much luck. Previously I had determined that the Forell pear is period, but unfortunately they are highly season dependant and are currently not available.

On Bartlett I was able to find the following information:

The Bartlett (f which the English name is Williams' Bon Chretien) was found as a wild tree by a Mr. Stair, a schoolmaster at Aldermaston, Berkshire, England in 1770. It was acquired from him from him by Mr. Williams, a nurseryman at Turnham Green, Middlesex, who distributed it. The pear thus became known as the Williams and is still known by that name in England and France. It was brought to this country around 1797-99 by James Carter of Boston for the Brewer estate. In 1817 Enoch Bartlett of Dorchester, Mass. Became the owner of the estate and not knowing the true name of the pears being grown on it, distributed trees under his own name.(Pears of New York, Hedrick, p. 124-5) (1)

Which is a citation of a citation which I found on the internet – and therefore not terribly reliable. In Cariadoc's online Miscellany there is an article written in personal “Concerning Trees and Their Fruits” that lists the Bartlett pear among the possibly pre-1650 pears. (2) Again, not a primary source.

The d'Anjou pear is another with claims to history, but little to back it up. I was able to find the following:

Pear production was of particular importance during the Middle Ages in France and Belgium. The French popularised pears but it was the Belgians who gave serious attention to breeding new and improved varieties. Nicolas Hardenpont (1705-1774), a priest at Mons, introduced several varieties among them the Glou Morceau, still cultivated today. Dr. Van Mons, a pharmacist and physician of Louvain, influenced by Hardenpont, developed some 400 varieties of pear, some of which are still grown, eg the Beurré d'Anjou. (3)

Because this project is about mustards and not pears I have chosen to content myself with the fact that I am not using super modern pears. I decided to use a combination of Bartlett and d'Anjou to make things interesting.

Ingredients:

3 Small Bartlett Pears

3 Small d'Anjou Pears

$\frac{3}{4}$ C Reisling Wine

1 $\frac{1}{2}$ C Sugar

1 t Cinnamon

pinch Cloves

Peel pears and cut in half, remove seeds and chop coarsely. Place in mortar and pound until you have achieved a thoroughly squashed mass. It is easiest to do this in smaller batches depending on the size of your mortar. Combine the pears and the wine and then 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.

Photos of this process can be seen in Appendix C.

- (1) Seelig, R.A., Barbara Benner. 1962 February. Fruit and Vegetable Facts and Pointers: Pears. United Fresh Fruit & Vegetable Ass'n, 777 14th St., NW, Washington 5. D.C. <http://food.oregonstate.edu/a/pear.html>
- (2) Friedman, David. Cariadoc's Miscellany. © David Friedman and Elizabeth Cook, 1988, 1990, 1992, 1996, 1998, 2000. http://www.daviddfriedman.com/Medieval/miscellany_pdf/Miscellany.htm
- (3) Grafton, Gillian. "A History of Pear Growing in the UK". The New Real Cider and Perry Page. 6/3/2005. <http://homepage.ntlworld.com/scrumpy/cider/history2.htm>