

## GEORGIAN RECIPES and signs

### 1. Lamb's wool (Gossip Bowl)

A version of mulled ale (also used for wassailing). Traditionally served with Whigs or Wigs that were dipped into the lamb's wool. Used for general get-togethers, especially at times of celebration (Christmas, Easter etc). Made by roasting apples, then boiling up ale, cider and spices, mixing it all together and then straining it through a sieve.

#### Ingredients:

- 4 eating apples
- 2 pints beer (I used Theakston's Old Peculiar)
- 1 pint dry cider
- 50g soft dark brown sugar
- 1 strip of lemon peel
- ¼ teaspoon each of:
  - mixed spice
  - freshly ground nutmeg
  - ground cinnamon

#### Method:

1. Pre-heat oven to 350°F/180°C/Gas Mark 4.
2. Slit the skin round the centre of the apple (crab apples can be used if available). Put in a roasting dish and bake until soft and pulpy (approx 30mins).
3. Put the ale, wine, spices and lemon rind into a large saucepan and bring to the boil. Then simmer for 5 mins.
4. Remove the apple flesh from the skins and core, then mash.
5. Stir the apple pulp into the mixture and allow it to simmer for a minute or two.
6. Remove from the heat and pour the mixture through a sieve, pressing the pulp down to remove as much of the liquid as possible.
7. Reheat and add the sugar and stir until dissolved.

Serve from a pitcher or punch bowl.



# Gossip's Bowl

(also known as Lamb's wool)

A drink prepared for less grand gatherings, served hot with ingredients that include ale, cider, sugar, roasted apples, mixed spice, nutmeg and cinnamon.

Don't forget to pick up a Whig to be "dunked" in the cup.

According to *The Cook's Oracle* by Dr William Kitchener (1827):

*.....Before our readers make any remarks on this composition, we beg them to taste it; if the materials are good, and their palate vibrates in unision with our own, they will find it one of the pleasantest beverages they ever put to their lips, - and, as Lord Ruthven says, "this is a Right Gossip Cup, that exceeds all the Ale that ever Mother Bunch made in her life-time.".....*



## 2. Whigs or Wigs

These are small spiced dough balls (including caraway, to aid digestion, ground mace, ground cloves and grated nutmeg). Easily made in the bread maker and freeze well.

I cheated and used my bread making machine:

### **Ingredients: (makes approx 16)**

½ tsp fast action dried yeast  
250g strong white flour  
1 tsp sugar  
25g butter  
1 tbs dried milk powder  
½ tsp salt  
1 medium egg  
100ml water  
½ tbsp caraway seeds  
Pinch of ground mace, ground nutmeg, ground cloves

### **Method:**

1. Follow the manufacturers' instructions regarding the order of liquid/dry ingredients, and set your machine to the dough setting.
2. When the cycle is complete tip the dough out onto a lightly floured surface, knead well and cut into 16 pieces.
3. Shape each into a small ball and arrange, spaced well apart on a greased baking sheet. Cover loosely with oiled cling film and leave to rise in a warm place for 30 minutes.
4. Remove cling film and bake at 200°C (400F, gas mark 6) for 12-15 minutes.

### ***To make without a bread machine***

### **Ingredients:**

1.35kg (3lb) Flour  
450ml (¾ pint) Milk, warm  
110g (4oz) Sugar  
110g (4oz) Butter, melted  
2 tbsp Yeast  
1 Egg, beaten, (plus extra for coating)  
2 tsp Salt  
1½ tsp Ground Nutmeg  
½-1 tsp Ground Mace  
½ tsp Ground Cloves  
1-2 tsp Caraway Seeds

## Method

1. Dissolve yeast in a little of the warm milk with pinch of sugar.
2. Place in a warm place until bubbles begin to appear.
3. Mix milk, sugar, butter, beaten egg, salt, and spices.
4. Stir in the yeast mixture.
5. Gradually add enough flour.
6. Turn out onto floured surface and knead till smooth and elastic.
7. Place in greased bowl, cover.
8. Allow to stand in a warm place until doubled in volume.
9. Knock back and knead briefly.
10. Divide the dough into twenty four portions.
11. Form each onto a round ball.
12. Place onto greased baking trays.
13. Cut a deep cross on each bun with sharp knife.
14. Brush with beaten egg.
15. Sprinkle with caraway seeds.
16. Bake for 20 minutes.



# Whigs or Wigs

These are small spiced dough balls including caraway, to aid digestion, ground mace, ground cloves and grated nutmeg.

These should be “dunked” into your Gossip Cup.



### 3. Rout Cakes

During the Regency (latter end of Georgian) evening parties were common. The word rout, synonymous with large unruly gatherings, soon came to mean a fashionable assembly, or large evening party. Rout Cakes, a kind of rich sweet cake flavoured with orange juice, rose water, brandy, Madeira and currants and were created especially for the occasion.

#### **Ingredients: makes 18 – 20 biscuits**

150g plain flour  
Pinch of salt  
50g butter, softened  
50g Caster sugar  
Small egg  
½ teaspoon orange juice  
½ teaspoon rosewater  
1 teaspoon sweet sherry or Madeira  
1 teaspoon brandy  
25g currants

#### **Method:**

1. Heat oven to 350°F/180°C/Gas Mark 4.
2. Sift flour and salt into a bowl.
3. Work the butter in to make a crumbly mixture.
4. Add the sugar and fruit and mix in.
5. In a small bowl beat the egg.
6. Add the orange juice, rosewater, sherry/Madeira and brandy.
7. Stir well and mix in the liquid slowly until the dough is smooth.
8. Place the mixture in small heaps, 2cm across, on a lightly greased baking sheet.
9. Bake for 16-18 minutes.
10. Cool on a wire rack.



# Rout Cakes

During Regency Times evening parties were much the rage. The word rout, synonymous with large unruly gatherings, soon came to mean a fashionable assembly, or large evening party.

Rout Cake, a kind of rich sweet cake flavoured with fruit, was created especially for the occasion.

*Extract from Jane Austin's Emma*

*.....Every body in and about Highbury who had ever visited Mr. Elton, was disposed to pay him attention on his marriage. Dinner-parties and evening-parties were made for him and his lady; and invitations flowed in so fast that she had soon the pleasure of apprehending they were never to have a disengaged day...No invitation came amiss to her. Her Bath habits made evening-parties perfectly natural to her, and Maple Grove had given her a taste for dinners. She was a little shocked at the want of two drawing rooms, at the poor attempt at rout-cakes, and there being no ice in the Highbury card parties. Mrs. Bates, Mrs. Perry, Mrs. Goddard and others, were a good deal behind hand in knowledge of the world, but she would soon shew them how every thing ought to be arranged.....*



#### 4. Bath Buns

Again, made in my bread machine:

**Ingredients: Makes 16 “bite sized buns”**

##### **Ingredients:**

½ tsp fast action dried yeast  
250g strong white flour  
1 tsp sugar  
25g butter  
1 tbs dried milk powder  
½ tsp salt  
1 medium egg  
100ml water  
75g Sultanas  
25g mixed chopped peel  
A few spoonfuls of Demerara sugar  
8 glacé cherries, halved  
A beaten egg

##### **Method:**

1. Follow the manufacturers' instructions regarding the order of liquid/dry ingredients. Add all the ingredients except the sultanas and peel.
2. Set your machine to the “raisin dough” setting.
3. Add the sultanas and peel at the “raisin beep”.
4. When the cycle is complete tip the dough out onto a lightly floured surface, knead well and cut into 16 pieces.
5. Shape each into a small ball and arrange, spaced well apart on a greased baking sheet. Cover loosely with oiled cling film and leave to rise in a warm place for 30 minutes.
6. Remove cling film, brush with the beaten egg, sprinkle with Demerara sugar and pop a half glacé on top.
7. Bake at 200°C (400F, gas mark 6) for 12-15 minutes.





# Bath Buns

Bath Buns are probably this city's most famous gastronomic contribution. No one is sure of their origin, but they were mentioned as early as 1763.

The original Bath bun was the “Sally Lunn” a brioche or rich egg and butter dough topped with crushed caraway seeds. The Bath Bun we know today uses a sweet yeast dough containing dried fruit and sprinkled with sugar. This version was invented by Dr Oliver whose patients loved them so much their waistlines expanded at an alarming rate so were quickly replaced with the savoury Bath Oliver biscuit.

## An original recipe:

*'Mix together one quartern of flour and a pound of butter, five eggs and a cup full of yeast and set before the fire to rise. When effected, add quarter pound of sugar mauled fine in an earthern pottle and (add)an ounce of carraways mixed in. Add a little treacle. Make into little cakes the size of a pippen (sic) and place in an iron spider and cover with cloth, to rise. When effected, put on the iron top, cover same with hot ashes and coals and surround with same and bake. These cakes are good with tea. If they are to be sent to a fine gentleman's table, omit the carraways, split and butter and insert berries or fruit and pile same on top .....*



## 5. Regent's Punch

### Ingredients:

1. 4 Large Lemons
2. 16 fluid ounces water
3. 3 tsp loose green tea (three teabags worth)
4. 190g icing sugar
5. 1 bottle chilled champagne or sparkling wine (alcoholic version)  
**or**
6. ½ litre good quality lemonade

### Method:

7. Roll the lemons on a table to make them juicier.
8. Pare the zest (only the yellow part of the rind) of the lemons.
9. Cut the remaining white rind from the pulp, remove the seeds, then chop the pulp coarsely.
10. Discard the white rind and the seeds.
11. In a non-reactive pan, boil the water, pulp, and zest for 10 minutes.
12. Let the mixture cool for 1 minute, then pour it over the tea leaves in a heat proof bowl or teapot.
13. Stir, then let steep three minutes.
14. Strain through a fine mesh strainer.
15. Stir in the sugar and chill.
16. To serve, pour the chilled mixture into a punch bowl or pitcher and stir in the chilled champagne.



# Regent's Punch

(non-alcoholic)

Although Regent's punch usually contained a sparkling wine, it was also made with lemonade as a refreshing summer drink. Other ingredients include lemon and green tea (an expensive ingredient in Georgian times, hence the lock on the tea caddies).

According to *The Cook's Oracle* by Dr William Kitchener (1827):

*.....When the proportion of fluids is destroyed by profuse perspiration this may be drunk plentifully. Let a large jug be made early in the day - it will then become warmed by the heat of the air, and may be drunk without danger - which water, cold as it is from the well, cannot in hot weather.....*

