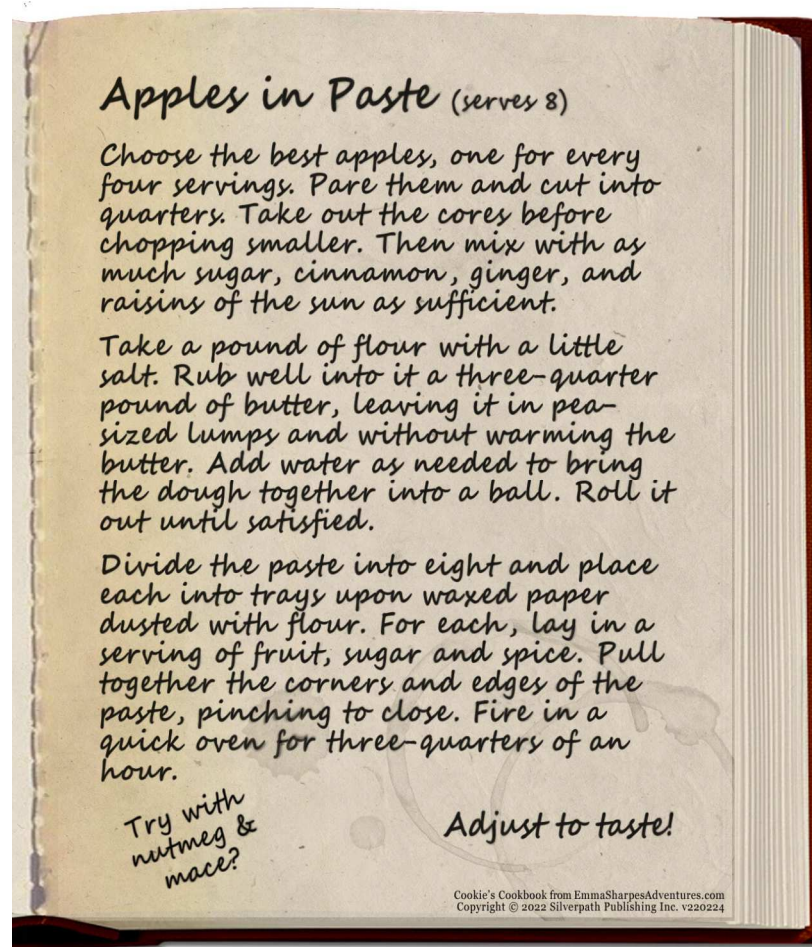


Cookie's Cookbook – Apples in Paste



“Course it’s good,” she said in reply to William’s enthusiastic praise for the dessert. “It’s got fruit an’ sugar innit. Ya cannae beat sugar in a dessert!” As Cookie laughed, Emma sat down next to Jack, putting her back to the carriage of one of the cannons. “Ish really good!” he told her through a full mouth. Emma took a bite and let the hot apple and raisin flavours fill her mouth—crunchy, sweet, and delicious.”

– *The Day the Pirates Went Mad*, Chapter 12: A Pirate’s Life, pg 102.

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We decided the first of Cookie’s recipes that Emma would have transcribed had to be the apple dessert mentioned in Chapter 12. First, we researched how a 17th/18th century recipe was written and then we developed an accompanying ingredient list in a familiar format.

Following the adjacent instructions, we used:

- A pound of all purpose flour (3 cups)
- Three-quarters of a pound of butter (1.5 cups)
- A pinch or two of salt (1/8 tsp)
- Two apples, peeled & chopped (4 cups)
- Raisins (1/4 cup)
- Sugar (1/4 cup)
- Cinnamon (1 tsp)
- Ginger (1/4 tsp)

We placed the dough and filling on waxed paper in a large muffin tin to be pinched closed and baked in the oven at 375° F for 45 minutes. **Yum!**

Weight conversions were made using:

<https://www.omnicalculator.com/food/cooking-measurement>

What we learned:

Paste, or pastie, is pastry. From *SavoringthePast.net* we learned about the three types of pastry common to the time. Cookie would have used something simple and flaky like the short paste variant.

<https://savoringthepast.net/2012/10/29/the-crust-of-time/>

“Raisins of the sun” were referred to in multiple recipes. These are today’s regular raisins as opposed to the smaller raisins of Corinth, which were commonly referred to as currants at the time – which are also not what we call currants today! <https://www.manuscriptcookbookssurvey.org/plum-pudding-boiled-and-baked/>

Wording of Emma’s transcription is inspired by examples of 17th/18th century recipes, eg: <http://www.godecooking.com/engrec/engrec.html>