

Tartys In Applis

Recipe by Daniel Myers

It seems a bit unusual to grate apples, and it does make this recipe a bit messier to make than the typical fruit tart. Still, it's a quick and easy apple pie, and it tastes delicious.

4 - 5 apples
6 figs, chopped
1/4 cup raisins
1 1/2 tsp. powder douce
1/4 tsp. salt
pinch saffron

Short Paest for Tarts

Peel, core, and grate apples. Add figs, raisins, and spices. Mix well and put into tart crust. Bake at 350° until done - about 40 minutes. Serve warm or cold.

Source [Forme of Cury, S. Pegge (ed.)]: *For To Make Tartys In Applis. Tak gode Applys and gode Spycis and Figys and reysons and Perys and wan they are wel ybrayed colourd wyth Safroun wel and do yt in a cofyn and do yt forth to bake wel.*

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Source:

England, 14th c.



Vegetarian



Easy