

An evening fit for an Earl



Willoughby Bertie, Fourth earl of Abingdon (1740–1799), was born on 16 January 1740 at Gainsborough, Lincolnshire. He was educated at Westminster School and at Magdalen College, Oxford, where he graduated MA in 1761. During the 1760s he travelled extensively on the continent.

During the 1770s...he gained his reputation as an eccentric and at times radical opponent of the North administration [and] one of the upper house's most vocal critics of the administration's American policies.

Abingdon was also a figure of significance on the London music scene. As a patron, he helped to organize the Bach–Abel concerts with his brother-in-law Giovanni Gallini and was involved in efforts to bring Haydn to England. J. C. Bach and Haydn were among the composers who dedicated works to Abingdon and to members of his family. The earl was also a composer. He set to music a number of literary pieces as well as his own lyrics. He was also noted by contemporaries as an accomplished flautist.

Abingdon died on 26 September 1799 and was buried at Rycote, his Oxfordshire home. His wife had predeceased him and their third but only surviving son, Montague Bertie, succeeded as fifth earl of Abingdon.

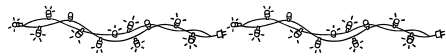
Excerpt by William C. Lowe taken from *The Oxford Dictionary of National Biography* (online 2014)

Bernard Clermont was a chef in the kitchen of the Fourth Earl of Abingdon, and published a cookbook entitled *The Professed Cook*, which included a translation of *Les Soupers de la Cour* and *La Cuisine Reformée* by Menon. Clermont first published his English translation in 1767 under the title of *The Art of Modern Cookery Displayed*. The second English edition of 1769 had the same contents as the first but the title was changed to 'The Professed Cook'. For this third edition, from which we have taken the recipes, Clermont added a considerable amount of material of his own with Menon's original work taking less of a prominent place on the title-page even though the complete text is still present. The book has on its title-page '...By B. Clermont Who has been many Years Clerk of the Kitchen in some of the first Families of this Kingdom, and lately to the Right Hon. the Earl of Abingdon.'

1. Pâte feuilletée (Puff pastry)

Mix some fine flour with cold water, salt and one or two eggs; the paste ought to be as soft as the butter it is made with. In winter soften the butter by squeezing it in your hands; in summer, ice it. Put butter according to judgment, to make it very rich, and work it with a rolling-pin several times, folding it in three or four folds each time - use it to any kind of pies, or small cakes.

(*The Professed Cook* by Bernard Clermont, 1776)



2 cups/10 oz/280 g strong white bread flour
1 egg white
4 fl oz (115 g, ½ cup) cold water
3 oz (85 g, ½ cup) butter, diced up and made into five equal portions

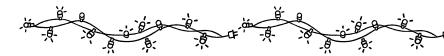
Mix the flour, cold water and egg white together. Knead to a smooth dough and roll out the dough to a rectangle of 15" (38 cm) long and 5" (12.5 cm) wide, and mark it in three equal lengths by scoring it gently with a knife. Dot half of one fifth of the butter over the central section of the pastry, fold over one end, dot the remaining part of the one fifth portion of butter on top of this, and cover it over with the other end of the rectangle. Turn the thick pad of pastry through 90 degrees, and roll it out as thinly as you can into a rectangle the same size as before. Carry out this procedure 5 times altogether, using as much flour as you need on the board and rolling pin to stop the pastry from sticking to them. Leave the completed pastry in the refrigerator for about 30 minutes before rolling it out for use. This is perfect for a two-crust sweet or savoury pie.

Normal shortcrust pastry made with 8 oz flour can also be used.

2. Marmelade de Coigns (Quince Marmalade)

To make red Quince Marmalade. Boil in water until they are quite tender and pound them in the mortar to a marmalade to sift, and mix in the proportion of five pounds of Sugar to four of quinces: if you would have it red, mix cochineal with it.

(*The Professed Cook* by Bernard Clermont, 1776)



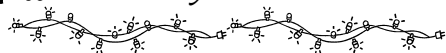
About 1½ lbs/675g quinces
About 1 lb/ 450g preserving sugar
About 16 fl oz/450 ml water

The quantities above are only approximate because it is important to weigh the quinces after you have peeled and cored them, and to use the same weight of sugar and the equivalent proportion of liquid. Put the peel and cores in a saucepan, barely cover them with water and bring to the boil. Reduce the heat and simmer for at least 10 minutes. Strain the liquid into a bowl. Cut the quinces into quarters and put them in a saucepan with the same weight of sugar and quantity of liquid strained from the peel and cores. Bring them rapidly to the boil and keep them boiling as for jam (220 F, 105C), using a sugar thermometer, for about 30 minutes. By this time the quinces should be soft and a little of the liquid spooned onto a saucer should turn to jelly. If it is not ready, a further 10 minutes' cooking should suffice. Use a knife and fork to cut the quinces into small pieces in the saucepan as the jelly cools, then pour it all into clean, warm jars. These quantities produce about 3 lbs/1.35kg of jam.

3. *Tourtes de Franchipane* (Frangipane Tarts)

Mix three Eggs with a pint of Cream, two or three spoonfuls of Flour, and a proper quantity of Sugar ; boil these together about half an hour, stirring continually ; then add some Almond Biscuits, called Macaroni Drops, bruised to powder, a little Lemon Peel or other fruit minced very fine, a bit of Butter, two Yolks of Eggs, a few drops of Orange Flower Water : Use the best sort of Paste ; put the Cream into it, and a few bars of Paste over, laid according to fancy, or cut in flowers ; sugar it over to give a glaze, and serve cold.

(*The Professed Cook* by Bernard Clermont, 1776)



Pastry for tarts (Shortcrust pastry made with 225 g/ 8 oz. flour, 65g/2½ oz butter, 40 g/1 ½ oz lard, and cold water to mix /or puff pastry)

Filling:

312 g mincemeat (from a jar, or home-made)
½ eating apple, peeled, cored and chopped into small chunks
¼ tsp Orange flower water
2 Tablespoon brandy

Frangipane topping:

100 g spreadable butter
100 g caster sugar
2 eggs
100 g ground almonds
1 Tbsp plain flour
½ tsp almond essence
A few flaked almonds for sprinkling
Garnish of orange and lemon peel if desired

Make the pastry and cover in plastic film and store in the fridge while you make the topping. Preheat the oven to 400°F, 200°C, Gas 6. Grease two 12-bun tins. Spoon the mincemeat into a small bowl and combine with the apple, orange flower water and brandy.

To make the frangipane topping, beat the butter and sugar until light and creamy. Add the eggs and beat again. Finally, add the ground almonds, flour and essence and mix briefly to combine.

Roll out the pastry thinly and cut into circles to line the tins, re-rolling scraps of pastry to use it all up. A 6 ½ cm cutter worked best in the tins I used. Add a level tsp of mincemeat mixture to each circle – no more, or it will boil over. Spoon a dessert spoonful of almond mixture on top of each tart.

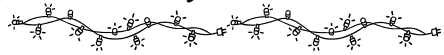
Sprinkle a few almond flakes on each tart and bake for 15-20 minutes until golden and springy. Cool on a wire rack and dust with icing sugar.

Makes at least 24 frangipane tarts.

4. Fromage a la Crème de Marmelade (Cheesecake)

Boil a pint of cream, and mix it with a few spoonful of lemon marmelade, and a little dried preserved lemon chopped very fine; and a little Rose water : when it is just milk-warm, take it off the fire, add four yolks of eggs beat up; make a liason over the fire without boiling, sift in a sieve, mix altogether and Season it with Cinamon, Nutmeg & Sugar.

(*The Professed Cook* by Bernard Clermont, 1776)



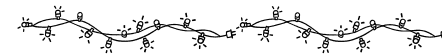
Shortcrust pastry made with 225 g/ 8 oz. flour, 65g/2½ oz butter, 40 g/1 ½ oz lard, and cold water to mix /or puff pastry
1 tsp each of ground cinnamon and grated nutmeg
3 large lemons (or 1 T lemon marmalade)
3 T sugar
6 egg yolks
8 oz cream cheese
3 oz butter (melted)
3 Tablespoon Rosewater

Make pastry case and bake it at 425 for 10 minutes. Let cool. Either peel the lemons and boil the peels in water until soft and beat in a food processor, or take 1 Tablespoon of lemon marmalade and mix together with the cream cheese and melted butter and beat well in a large bowl or blend all with a blender. Add the egg yolks one at a time, and beat well into the mixture. Add the rosewater, sugar cinnamon and nutmeg to the mix and beat well. Make the pastry of your choice to line an 8 inch/20 cm diameter cake tin or 24 individual tart cases. Pour the cheesecake mixture in, and cook at Gas Mark 4/350 F/180 C for an hour in the case of a single cake or 30 minutes if you are making tarts. The mixture rises only slightly during cooking and then cools to a firm, close-grained texture, so it is as well to make the cheesecakes deep.

5. Gimblettes (Jumbals)

Put half a pound of flour upon the table ; make a hole in the middle, and put therein six ounces of fine sugar-powder, a small glass of orange-flower water, and as much brandy ; work these to a malleable paste, adding a little milk, if the liquid already used is not sufficient ; form the jumbals to what shape you please, put them in water ready to boil, stir them about, and as they rise to the surface, take them out and drain them on a sieve; bake them in a moderate oven ; when done of a fine colour, take them out and glaze the tops with a feather dipped in the clear liquid of whites of eggs beat up. This water is found under the froth after settling a little, and it will dry with the heat of the buns.

(*The Professed Cook* by Bernard Clermont, 1776)



3 cups flour
2 cups sugar
½ cup softened butter
3 eggs
4 egg yolks
¼ cup milk
2 fluid oz brandy
1 Tablespoon Rosewater

Pre-heat the oven to 350°F/180°C/Gas 4. Blend all ingredients into a paste. The mixture should be slightly sticky, but if too moist, add more flour, and if too dry, a splash of milk.

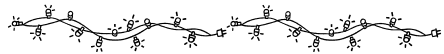
Wrap up the dough in plastic wrap and refrigerate overnight
Take small pieces of dough and roll them into walnut-sized balls. Now roll them into logs slightly thicker than a pencil. Knot the forms as you wish.

Bake them at 350F for 12-17 minutes until the bottoms are slightly browned. Recipe makes about 7 dozen depending on size.

6. Des Meringues au Chocolat (Chocolate Puffs)

Pound a quarter of a pound of chocolate and mix it with whites of eggs well beat up, as much sugar as will make it of the consistence of a thick batter ; drop it in small drops upon white paper, strew powder-sugar over, and bake in a very moderate heat : when done, glue two drops together with caramel sugar, and put a bit of sweet-meat between : this is made of what size is most agreeable.

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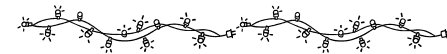
White of 1 large egg at room temperature
4 oz/115g caster sugar
1 oz/28g finely grated dark chocolate (at least 70 per cent chocolate)

Line a couple of tins with non stick baking parchment which is tidier and easier to use than rice paper. Use a mixer to whip the egg white until very stiff. Slowly add the sugar whilst beating, then the chocolate. Although the mixture will soften and become runny, ensure only small amounts, well spaced, are spooned onto the parchment. In the eighteenth century, these would have been put in a cooling oven at the end of baking as they are supposed to dry out rather than bake. For a modern oven, use the lowest setting, ideally 100 C Gas Mark ¼ . They will take about an hour to set firm and crisp. Although they will usually come off the baking parchment easily once they have cooled, it's best to make sure, using a knife to lift them cleanly. Put them together with cream or mascarpone cheese.

7. Gateaux à la Madeleine (Madeleines)

To a pound of Flour, put a pound of Butter, eight Eggs, Yolks and Whites, three quarters of a pound of Sugar Powder, a glass of Water, a little Lemon-peel chopped very fine, and dried Orange-flowers ; work the Paste well together, then cut it into pieces of what bigness you please; bake them, and glaze them with Sugar.

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You will need a 12-cup madeleine tray

2 eggs
100g/3½ oz caster sugar
100g/3½ oz plain flour, plus extra for dusting
1 lemon, juice and zest
1 tsp orange-flower water
¾ tsp baking powder
100g/3½ oz butter, melted and cooled slightly, plus extra for greasing

Preheat the oven to 400°F, 200°C, Gas 6. Brush the madeleine tray with melted butter then shake in a little flour to coat, tapping out the excess.

Whisk together the eggs and the sugar in a bowl until frothy. Lightly whisk in the remaining ingredients. Leave to stand for 20 minutes before carefully pouring into the prepared madeleine tray.

Bake for 8-10 mins, or until the mixture has risen a little in the middle and is fully cooked through. Transfer the madeleines to a wire rack and leave for a few minutes to cool slightly. Ice with icing containing a dash of lemon juice/orange-flower water.

8. *Tourtes de Chocolat (Chocolate Tart)*

Mix a little flour and cream, with a proportionable quantity of chocolate, a bit of sugar, and three eggs; boil it about half an hour, stirring continually, for fear it should catch at bottom; put it into the paste, and whites of eggs beat up and frothed upon it, glaze it with sugar.

(The Professed Cook by Bernard Clermont, 1776)



Pastry for tart (any shortcrust pastry recipe made with 6 oz/170g flour)

350ml double cream

250g dark chocolate

2 eggs plus 1 egg yolk

Bake a pastry case of shortcrust pastry. Gently heat the cream in a saucepan then remove from the heat just before boiling. Stir in the chocolate and cool until tepid. In another bowl, beat eggs and yolk, then pour in the chocolate beating constantly. Pour into the baked case and bake for 20-30 minutes until set but with a slight wobble in the middle. Gas Mark 4/350 F/180 C.

9. *Biscotins*

Make a Paste with a pound of Flour, half a pound of Butter, as much fine sugar, add three Spoonfuls of Rose-Water and a small glass of Brandy; add Yolks of Eggs to work it pretty soft, and with this Paste form small Biscuits, to what size and shape you please

(The Professed Cook by Bernard Clermont, 1776)



10 oz/280g flour

6 oz/170 g of butter

4 oz/115g granulated or caster sugar

1 egg yolk

2 fl oz/60g brandy

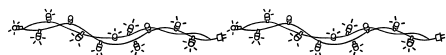
1 Tbsp rose-water

Sift the flour into a mixing bowl and add butter cut into small pieces. Work them together with your hands as if for pastry, until they are well mixed into a consistency like breadcrumbs. Stir in the sugar first, then the egg yolk mixed with the brandy and rose-water. Knead the dough to a moist pastry. Put it in the fridge for 15 minutes to become firm, then roll it out about ½ inch/1 cm thick on a floured board. Cut the dough into shapes and bake at 350°F/180°C/Gas 4 for about 30 minutes, until they are golden brown. You can also sandwich two together with jam after they have been baked.

10. Des Macarons (Macaroons)

Pound some sweet almonds very fine, and a few bitter ones with them; add pounded sugar, and a few drops of orange-flower water or rose-water while pounding, for fear they should turn oily; when done, mix them with their weight of sugar, and some whites of eggs beat up, four to each pound of almonds and sugar: when this is all well worked together, drop it upon white paper in small nuts, and bake in a soft oven; they require but a short time. When done of a fine colour, you may glaze some with white glaze, or any other colour.

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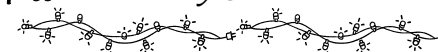
2 egg whites
6 oz/170g ground almonds
4 oz/115g granulated sugar
1/8 tsp almond essence
2 tsps rose-water/orange-flower water
Rice paper
A little demerara sugar or some flaked almonds for decoration

Whisk the egg whites until they are stiff. Stir in the ground almonds, sugar, almond essence and rose-water and mix well. Put the rice paper on to baking trays and place the macaroon mixture on top in teaspoon-sized blobs. Pat each blob into an oval shape and sprinkle a little demerara sugar or place a flake of almond on each one. Bake at 300°F/150°C/Gas 2 for 30 minutes, then leave the macaroons to cool before removing them from the trays and trimming the edges of the rice paper away with scissors. These quantities make 20-25 macaroons.

11. Almond Cake

Take half a pound of Flour, half a pound of pounded sweet Almonds, and five or six bitter ones, half a pound of Sugar, and six Eggs, work all well together; form it into a Cake, and bake it on a sheet of paper, well buttered; when cold, glaze it with a white Sugar Glaze.

(The Professed Cook by Bernard Clermont, 1776)



120 g butter, softened, plus a little extra for greasing
120 g golden caster sugar
1 Tbsp caster sugar
4 large eggs, separated
2 lemons, zest and juice
60 g self-raising flour, sifted
120 g ground almonds
2 Tbsps milk
50 g icing sugar
1 tsp mixed spice

Preheat your oven to Gas Mark 4/350 F/180 C. Rub an 8" cake tin with butter. Beat together the butter and sugar until light and fluffy. Add the egg yolks one at a time, then the lemon zest and juice.

When the mixture is nice and smooth, fold in the flour and almonds and finally the milk. Don't mix it too much – just enough to combine. Spoon the mixture into a bowl and put to one side.

In a very clean bowl, whisk the egg whites until they form soft peaks. Beat in the remaining 1 Tablespoon of sugar until smooth. Stir a spoonful of egg white into the almond mixture. Add the rest of the egg white and fold together carefully – you don't want to beat the bubbles out of the egg white.

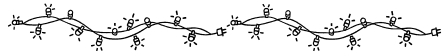
Spoon into the prepared cake tin and smooth the mix out evenly with the back of a spoon. Place on the middle shelf of your pre-heated oven and bake for about 45 minutes until cooked through, risen and golden brown.

When cool, sift the icing sugar and mixed spice over the top of the cake.

12. *Tourte de Pommes (Apple tarts)*

Peel the Apples, clean out the kernels, and boil them to a Marmalade, with a few drops of Water, a sufficient quantity of Sugar, a little Cinnamon, and a Lemon Squeeze; you may also add a bit of the rind: when done, take out the Lemon Peel and Cinnamon; use the Pâte de Feuilletage, cover it with the same, and glaze it with Sugar.

(The Professed Cook by Bernard Clermont, 1776)



Pastry for tart: Shortcrust pastry made with 225 g/ 8 oz. flour, 65g/2½ oz butter, 40 g/1 ½ oz lard, and cold water to mix /or puff pastry

For Apple Filling:

3 medium-sized apples (Granny Smith or other firm apple) peeled, cored and sliced thin

¼ cup/50g granulated sugar

1 Tbsp fresh lemon juice

1 teaspoon ground cinnamon

¼ tsp fine sea salt

Crab-apple or quince jelly

Demarara sugar to sprinkle on top

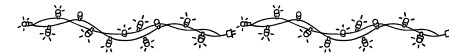
Preheat the oven to 400°F, 200°C, Gas Mark 6. Roll out the dough to ¼ inch thickness. Line 5-inch tart shells, or smaller tart cases, with dough. Gather excess dough and use that for cutting out desired shapes (like a small leaf) with a cookie cutter to lay on top of tart. Set aside.

In a medium bowl, toss together sliced apples, sugar, cinnamon, salt and lemon juice. Cover mixture with plastic wrap and let sit for 5-10 minutes to allow apple to expel a little moisture. Then put a small spoonful of crab-apple or quince jelly in the bottom of each tart, and arrange apple slices on prepared tart shells. Add decorative dough cut-outs on top. Sprinkle demarara sugar as desired. Bake for 30-40 minutes (or 20 mins for smaller tart shells) until crust is golden brown and cooked through. To check if ready, lift crust and check if bottom is golden brown. Can be served hot or cold.

13. *Gateau de Savoy (Savoy biscuits)*

Take an equal weight of Eggs and Sugar; separate the Yolks and Whites; put the Sugar to the Yolks, with some Lemon-peel finely chopped, a spoonful of Orange Flower water; beat up these very well together; and also the Whites, which you mix with the Yolks, stirring continually, and half as much weight of Flour as you used of Eggs; pour it into the vessel you intend to bake it in, being first well-rubbed with Butter and bake in an Oven about an hour and a half: If it is of a good colour, you may serve it without garnishing; and if not, as it may be too brown, or too pale, glaze it with a white Sugar Glaze, or with any other colours

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4 eggs, separated

1 Tbsp Orange flower water

2/3 cup white sugar

7/8 cup plain flour

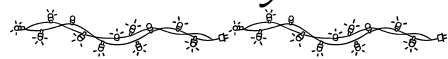
½ tsp baking powder

Preheat the oven to 400°F, 200°C, Gas Mark 6. Line two 17 x 12 inch baking sheets with parchment. Fit a large pastry bag with a plain ½ inch round tube.

Place egg whites in bowl and beat on high until soft peaks start to form. Slowly add 2 Tablespoons of the sugar and continue beating until stiff and glossy. In another bowl beat egg yolks and remaining sugar and orange flower water. Whip until thick and very pale in colour.

Sift flour and baking powder together on a sheet of wax paper. Fold half the egg whites into the egg yolk mixture. Fold in flour, and add the remaining egg whites. Transfer mixture to pastry bag and pipe onto prepared baking sheet. Bake 8 minutes.

18th Century Punch

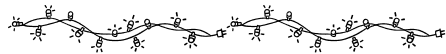


2 pints claret
½ pint brandy
1 teaspoon grated nutmeg
Sugar and lemon juice to taste

Warm the wine until just beginning to steam. Add the nutmeg and then lemon juice and sugar to taste.

18th Century Lemon Brandy

To make Lemon Brandy Pare the Rinds of Seven Lemons thinn then put to em a quart of Brandy and Let it Steep 48 Hours. Then boyle a pint of Water With ½ a pound of fine Sugar till its Cleane Scum'd. So put it Scalding Hott to yr peels and brandy and let it stand Close Coverd 24 Hours then Straine it and boyle it up. The brandy I like is Done in all Receipts as this receipt only I put a quart of Water and 3 quarters of a pound of Sugar and let it Run through a Jelly Bagg.



7 lemons
1 pint plus 12 fl oz brandy
16 fl oz still mineral water
8 oz sugar

Pare the peels of the 7 lemons and add them to the brandy. Let this stand for 2 days. Then boil the water and sugar mixture and add it hot to the brandy and peel. Cover it and after 24 hours strain the peel out, boil the remaining punch and put it into the bowl.

T=Tablespoon
Tsp = teaspoon

Please use gluten-free products if you wish, and label them as gluten-free – people will be glad of this!