

Thank you for volunteering to help out with recipe testing! Information and the recipes are below. Please let me know if you have any questions! You can email me at recipetesting@tastinghistory.com.

How to send in feedback:

Each recipe has its own feedback form. Click the link for whichever recipe(s) you've tested.

If you have any pictures of the process and/or finished dish, feel free to send them to recipetesting@tastinghistory.com.

[Feedback Form for Fritters](#)

[Feedback Form for Lamb Chops](#)

[Feedback Form for Baked Beans](#)

[Feedback Form for Pagan Pie](#)

[Feedback Form for Ravioli](#)

[Feedback Form for Rosee](#)

When to have feedback in:

Max would like to have feedback on this recipe by the end of September. If that timeline doesn't work, or something comes up, please let me know and we can figure something out.

Can I post about recipe testing on social media?

Yes! Max loves to see how recipe testing is going, he just asks that you please don't post the actual recipe.

Questions to keep in mind while you're testing:

- Was anything unclear or needs to be explained in more depth? (Either in the instructions or the ingredients)

- Was anything missing in the instructions or ingredients? (Did we forget to tell you when to put the salt in, etc.)
- Were any of the ingredients or equipment hard for you to find?
- How did it taste? What would you change about the recipe? (Add more salt, cook for less time, more/less spice)
- About how long did it take to make?
- How many servings would you say this makes?

Please reach out if you have any questions.

Thank you so much!

Katie (I'm assisting Max with this project)

Fritters in the Italian Fashion, England, 1660

[Feedback Form for Fritters](#)

Take a pound of the best Holland cheese or parmisan grated, a pint of fine flower, and as much fine bisket bread muskefied beaten to powder, the yolks of four or five eggs, some saffron and rosewater, sugar, cloves, mace, and cream, make into stiff paste, then make it into balls, and fry them in clarified butter. Or stamp this paste in a mortar, and make the balls as big as a nutmeg or musket bullet.

- The Accomplisht Cook by Robert May

Ingredients

1 pound (450 g) parmesan cheese, freshly grated
 2 cups (240 g) all-purpose flour
 2 cups (240 g) dried breadcrumbs
 1/2 cup (100 g) granulated sugar
 1 teaspoon ground mace
 1/4 teaspoon ground cloves
 Pinch of saffron threads

1 tablespoon rosewater
4 large egg yolks
1 1/2 cups (350 ml) heavy cream
3 drops edible musk oil (optional)
Clarified butter or vegetable oil, for frying

Instructions

1. In a large bowl, whisk together the parmesan cheese, flour, breadcrumbs, sugar, mace, and ground cloves.
2. In a small bowl, grind the saffron and mix in the rosewater. Set it aside for 5 minutes.
3. In a large bowl, beat the egg yolks until smooth, then add the cream and beat until smooth. If you wish to use musk oil, add the drops to this mixture. Add the saffron and rosewater as well.
4. Pour the liquid into the bowl with the flour and cheese mixture and mix until you have a stiff dough—when formed into balls, the dough should hold its shape. Form the dough into small $\frac{3}{4}$ -inch (2 cm) balls and set aside.
5. Add clarified butter or vegetable oil to a large saucepan until it is 1 $\frac{1}{2}$ inches deep. Set the saucepan over medium heat and heat the butter or oil to 325°F (162°C). Add a dough ball to the oil and fry for 3 to 4 minutes or until it is golden brown and cooked all the way through. Remove from the oil and set on a baking rack over a paper towel to drain. Repeat this, frying 6 to 8 balls at a time, until all of the balls are fried. Serve hot.

Fried Lamb Chops, England, 1783

[Feedback Form for Lamb Chops](#)

Loin or Neck of Lamb.

HAVING cut your lamb into chops, rub both sides of them with a yolk of an egg, and sprinkle some crumbs of bread over them, mixed with a little parsley, thyme, marjoram, winter savory, and a little lemon-peel, all chopped very fine. Fry them in butter till they are of a nice light brown, and garnish with fried parsley.

- The London Art of Cookery by John Farley

Makes 3 to 4 servings

Cook Time: 40 minutes

Ingredients

9 to 12 sprigs of fresh parsley (a sprig for each chop)
1 cup lard or vegetable oil, more or less, for frying
9 to 12 lamb chops
Kosher salt
5 large egg yolks
2 cups (225 g) dried breadcrumbs
2 tablespoons minced parsley
1 tablespoon minced thyme leaves
1 tablespoon minced marjoram
1 tablespoon minced winter savory
1 tablespoon grated lemon zest
6 tablespoons (85 g) unsalted butter or ghee (ghee has a higher smoke point, for easier frying)

Instructions

1. **Make the fried parsley:** Prepare the fried parsley before making the lamb chops. Wash the parsley sprigs and dry then very well with a paper towel or cloth.
2. In a small skillet, heat the cup of lard or vegetable oil over medium to medium-high heat. You want at least half an inch of oil. The temperature should stay within 10 degrees of 325° (within 5 degrees of 162°C). Once hot, add the parsley sprigs, a few at a time, and fry for 2 to 3 minutes turning them several times with a slotted spoon. Once crisp, remove the parsley and set on a wire rack to drain before serving.
3. **Make the lamb chops:** Dry the lamb chops with a paper towel and generously season them with salt. Set them aside.
4. Get two shallow bowls, each wide enough that it can easily fit a lamb chop on the bottom. In one bowl, whisk the egg yolks until smooth. In the other bowl, mix the breadcrumbs, minced parsley, thyme, marjoram, winter savory, and lemon zest.
5. One at a time, dip the lamb chops in the egg yolk and coat the meat. Shake off any excess then dredge them in the breadcrumb and herb mixture until well coated. Repeat until all of the chops are coated. Set them aside to rest for 15 minutes.
6. Heat the butter or ghee in a large skillet over medium heat. Once the butter is hot, add the lamb chops, 3 or 4 at a time, to the skillet and sear for 4 to 5 minutes on each side, or until they are lightly browned and the lamb reaches an internal temperature of 130°F - 140°F / 55°C - 60°C. If you are using butter, make sure the butter does not burn.

7. Once fried, arrange the chops on a plate and serve with the fried parsley.

Boston Baked Beans, United States, 1905

[Feedback Form for Baked Beans](#)

Real Boston Baked Beans.

Soak 1 quart best pea beans over night. In the morning pick out and throw away all discolored ones. Parboil until tender when pinched; do not cook until skins crack. Into bottom of 2-quart bean crock put 1/2 pound fat salt pork cut in slices. Fill crock with beans. Score 1/2 pound mixed salt pork and place on top; add 2 tablespoons molasses, 1 level tablespoon sugar, 1/2 teaspoon mustard, 1/2 teaspoon soda, 1/8 teaspoon red pepper, 2 level teaspoons salt. Fill crock with boiling water and set in oven with cover on. Fill as needed. Remove cover two or three hours before taking beans from oven. Beans should bake not less than eight or nine hours in moderate oven. These should be brown, and roll out whole.

- The Boston Globe (Thursday, February 9, 1905)

Makes 8 servings

Cook Time: 11 hours

Ingredients

4 cups (900 g) dried navy (pea) beans
1 pound (450 g) salt pork (can sub thick cut bacon or pork belly)
1 tablespoon granulated sugar
1/2 teaspoon dry mustard
1/2 teaspoon baking soda
1/8 teaspoon ground red pepper
2 teaspoons kosher salt
2 tablespoons (40 g) molasses

Instructions

1. Rinse the beans in cold water, then put them in a pot and cover them with fresh cold water. Let them soak overnight. Alternatively, set the pot over a medium-high heat and bring to a gentle boil. Simmer the beans for 2 minutes, then remove it from the heat and cover the pot, allowing the beans to soak for 1 hour on the countertop.

2. Once the beans are well soaked, set the pot over a medium heat and bring it to a gentle simmer. Simmer, covered, until the beans are tender, about 1 hour. Then drain the water.
3. Slice the salt pork (or bacon or pork belly) into ½-inch thick slices that are 3 to 4 inches long. Score the slices on one side. Place half of the slices in a single layer on the bottom of an oven-safe pot or in a slow cooker. Add the beans in an even layer over the pork and then place another layer of the remaining pork on top of the beans.
4. In a small bowl, whisk together the sugar, dry mustard, baking soda, ground red pepper and salt. Add the molasses and mix until well combined.
5. Preheat the oven to 250°F / 120°C. If you are using a slow cooker, skip this step.
6. In a medium saucepan over high heat, bring 4 cups of water to a simmer. Stir in the prepared molasses and spice mixture. Bring to a rolling boil then immediately pour it over the pork and beans in the pot. The pork and beans should be just submerged, add more hot water if necessary. Cover the pot, and set it in the oven, and bake for 6 hours checking periodically to add more hot water if needed. The beans and pork should be level or slightly submerged in water. After 6 hours, remove the lid, add more water to submerge the beans and continue to cook, uncovered, for 2 to 3 hours or until the beans are soft and most of the water has evaporated but they do not look dry. If you are using a slow cooker, set it to the low setting once you have added the water and cook for 8 hours making sure the beans do not dry out.
7. Once the beans are fully cooked, add salt to taste and serve with a slice of the cooked pork.

Pagan Pie, Germany, c. 1350

[Feedback Form for Pagan Pie](#)

Pagan Pie.

These are known as pagan pies. You should take a piece of dough and it should be thin and wide. And take some boiled meat and spec chopped up and apples and pepper and eggs therein and bake this and serve it up with care.

- Ein Buch von Guter Speise

Makes 1 9-inch pie

Cook Time: 5 hours

Ingredients

For the pastry:

3 cups (360 g) all-purpose flour

1 teaspoon kosher salt

1 cup (2 sticks or 230 g) unsalted butter, chilled and cut into 1/4-inch cubes, plus more for greasing

3 large eggs, divided

For the filling:

2 pounds (900 g) stew meat cut into large, 2-inch cubes

2 teaspoons kosher salt

1 quart (1 L) beef broth

1/2 pound (225 g) thinly sliced speck or other cured pork like guanciale or pancetta (bacon cannot be used unless it is fully cooked first)

1 pound (450 g) apples, unpeeled, chopped into 1/2-inch pieces

3 tablespoons chopped fresh herbs such as thyme, sage or parsley

2 teaspoons freshly ground black pepper

6 large eggs

Brown gravy, for serving (optional)

Instructions

1. **Make the pastry:** In a large bowl, mix the flour and salt. Add the butter and using your fingers, rub the butter into the flour until pea-sized pieces of butter remain. Add 2 of the eggs and work them into the dough until it comes together into a rough dough. If you need more liquid, add cold water, 1 tablespoon at a time. The remaining egg will be used for an egg wash in step 8.
2. On a lightly floured surface, gently knead the dough, just until it comes together in a consistent texture. Divide the dough into two pieces; one being roughly 1/3 of the dough and the other 2/3. Form each piece into a disk and wrap it tightly with plastic wrap and refrigerate for at least 1 hour or up to 2 days.
3. **Prepare the filling:** In a large pot, toss the stew meat with the salt, rubbing the salt into the meat. Pour the beef broth around the meat plus enough water to cover 1 inch above the meat. Bring the pot to a boil over medium-high heat. Lower the heat to a simmer and skim off the foam. Cover the pot and simmer until the meat is very tender, about 1 hour.
4. Remove the meat and mince it as finely as possible. Cut the slices of speck or other cured pork into smaller 1/2-inch strips. Separate the pieces, as they tend to stick together. In a large bowl, mix the boiled meat, the speck, and the apples until everything is evenly dispersed. Add the herbs and black pepper and toss everything to coat. In a separate bowl, beat the eggs and pour them into the bowl with the meat and stir to combine.

5. Preheat the oven to 425°F (220°C). Using butter or nonstick cooking spray, lightly grease a 9-inch springform pan or removable-bottom cake pan. A deep pie pan will work in a pinch.
6. Remove the dough from the refrigerator. On a lightly floured surface, roll the larger disk of dough into a circle that is roughly 15-inches across and about ¼-inch thick. Transfer it to the prepared cake pan and trim the excess dough to hang over the edge of the pan by 1/2 inch. Keep any excess trimmings for decoration. Roll out the smaller piece of dough into a 10-inch circle and set it aside.
7. Fill the pie crust with the prepared filling, packing it down so there are no gaps. Set the smaller circle of dough on top, bring the overhanging dough from the bottom crust over the top crust and crimp all the way around to seal. If you have additional dough, form it into optional decorations in the shape of leaves or apples and place them on top.
8. In a small bowl, make an egg wash by whisking the remaining egg from the dough ingredients with a teaspoon of water. Brush a generous coating over the top of the cake, covering any visible dough. Cut 4 to 8 slits in the top crust to vent the pie.
9. Place the pie on a baking sheet to catch any drippings and bake at 425°F (220°C) for 10 minutes, then reduce the temperature to 350°F (175°C) and bake another 50 to 60 minutes, or until a thermometer inserted in the middle of the pie registers 165°F (75°C). If the top begins to brown too much, set a sheet of aluminum foil on top. Once baked, remove the pie and set on a wire rack to cool for 15 minutes, then carefully remove the springform collar or removable bottom and allow to cool completely. This can be served at room temperature or warm. This can also be served with a brown gravy, if desired.

Cook's Note: The fresh herbs I've added to the ingredients do not appear in the original recipe, but they do add a depth of flavor to the dish and would be appropriate to the period.

Ravioli with Wonderful Common Herbs, Italy, 14th century

[Feedback Form for Ravioli](#)

If you want to make ravioli with herbs or other ingredients, take herbs and strip them and wash them well; boil them a little and take them out and squeeze out the water. Chop them with a knife and put them in a mortar and take fresh cheese and aged, eggs,

and sweet and strong spices and mix them together well and make a paste. And then make the thin pasta like lasagne and take a large amount and make the ravioli. When they are made cook them and when they are well cooked sprinkle them with a good amount of spices and cheese and they are good.

- Anonimo Veneziano

Makes 24 to 32 ravioli

Cook Time: 1 hour 15 minutes

Ingredients

For the pasta:

2 1/2 cup (300 g) durum wheat semolina

3 large eggs

1/4 teaspoon sea salt

For the filling:

1/4 teaspoon ground ginger

1/4 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/8 teaspoon ground cloves

1/4 teaspoon long pepper (or freshly ground black pepper)

1 cup (120 g) shredded mozzarella

1/2 cup (125 g) ricotta, drained of any excess liquid

1/2 cup (50 g) grated parmesan or pecorino, plus more for garnish

1 large egg

1/4 teaspoon sea salt

2 cups finely chopped spinach leaves

2 tablespoons minced basil leaves

2 tablespoons minced oregano

2 tablespoons minced sage

1 quart (1 L) chicken broth

Instructions

1. **Make the pasta:** Scoop the flour onto the counter, then form a well in the middle. Add 3 eggs and the salt and begin to beat the eggs in a circular motion with your fingertips or a fork, working in the flour, bit by bit, as you do so. Continue to incorporate the flour until you have formed a shaggy dough.

2. Knead the dough on the counter by stretching it forward with the palm of your hand, then folding it back on itself. Do this a few times, then turn the dough 90 degrees and

continue. If the dough is too firm, add a sprinkle of water. If it is too sticky, add a dusting of flour. After about 10 minutes, the dough should have become smooth and firm yet pliable. Form the dough into a ball and wrap it in plastic wrap and let it rest for 30 minutes as you prepare the filling.

3. **Make the filling:** In a small bowl, whisk together the ginger, cinnamon, nutmeg, cloves, and long pepper. Set aside 1/3 of the mixture for garnish at the end.

4. In a large bowl or food processor, add the mozzarella, ricotta, parmesan or pecorino, egg, and salt, and mix until they are smooth. Add the spinach, basil, oregano, sage, and prepared spice mixture (minus the 1/3 rd that you set aside) and mix until everything is well incorporated.

5. Once the dough has rested, unwrap it and set it on a lightly floured surface. Note that, if you wish to use a pasta maker, you can skip this step. Divide the dough into two equal pieces. Use a floured rolling pin to roll each piece out as thin as possible. Ideally, thin enough that you can see your hand through the pasta sheet when held underneath (about 1mm). Each piece of dough should be similarly shaped.

6. Lay one sheet of dough on the counter and space dollops of filling, about 2 to 3 tablespoons each, on the sheet of dough, leaving about 2 fingers of space between each dollop.

7. Set the second piece of dough on top of the sheet with the filling. Use a 2 ½ to 3-inch diameter cookie cutter or glass to cut out the ravioli. Gently pinch the dough around each ravioli to seal, pressing out any air bubbles, and place the ravioli on a plate or baking sheet sprinkled with semolina flour.

8. In a large saucepan over medium-high heat, bring the chicken broth to a boil. Add the ravioli, 4 or 5 at a time, to the boiling broth, and boil until the pasta is cooked, 4 to 5 minutes.

9. To serve, plate a few ravioli and sprinkle with a generous amount of parmesan or pecorino cheese and a small pinch of the reserved spice mixture.

Rosee (Rose Pudding), England, c. 1390

[Feedback Form for Rosee](#)

Rosee. Take thick milk, as previously directed. Cast thereto sugar, a good portion of pine nuts. Dates minced, cinnamon, & powdered ginger and seethe it, and mix it with flowers of white roses, and flour of rice. Cool it, salt it & messe it forth. If thou wilt instead of Almond milk, take sweet cream of cows.

Makes 4 to 6 servings

Cook Time: 45 minutes

Ingredients

4 large white roses with a strong scent (make sure they are pesticide-free)

3 cups (700 ml) heavy cream (or fresh almond milk)

1/3 cup (65 g) granulated sugar

3 tablespoons (30 g) rice flour

1/2 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon kosher salt

10 dates (80 g), pitted and finely chopped

1/2 teaspoon rose water (optional)

1/4 cup (40 g) pine nuts

Instructions

1. Pluck the petals from the roses and rinse them clean in cool water.

2. To a medium saucepan over medium-low heat, add the rose petals, setting aside a handful of petals for garnish, and heavy cream or almond milk. Once the cream begins to steam, stirring continuously, allow the petals to infuse into the cream, about 3 minutes. Do not let the cream boil or create a skin on top.

3. Remove the cream from the heat and pour it, with the petals, into a blender or food processor. Add the sugar, rice flour, cinnamon, ginger, and salt. Blend until smooth. Then add the dates and pulse several times until they are well dispersed throughout the mixture.

4. Return the cream mixture to the saucepan and taste. If you wish to have a stronger rose flavor, add a half teaspoon of rose water and taste. You can add more, but a little can go a long way. Once you have achieved the flavor you wish, add the pine nuts and set the cream over a medium-low heat and, stirring continuously, cook until it thickens, 5 to 8 minutes. Do not let it boil. If the mixture is not thickening as much as you'd like, mix another tablespoon of rice flour with some of the liquid in a separate bowl to create a slurry, then mix that back into the saucepan.

5. As soon as the mixture thickens, transfer it to small serving bowls or glasses and let it cool to room temperature. It will continue to thicken as it does. If you wish to stop the pudding from forming a skin, place plastic wrap in contact with the entire surface as it cools. Decorate with additional rose petals and serve it forth.

