

Tart with Plums Sabrina Welserin 12th Night 2020

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Thinking about the time of year and what would be available, I chose a dried fruit tart. While pears and apples might have been available fresh via storage cellars, I chose the dried plum tart. Since the theme was 'small and sweet', I made individual tartlets rather than the single tart specified in the recipe.

http://www.daviddfriedman.com/Medieval/Cookbooks/Sabrina_Welserin.html

70 A tart with plums, which can be dried or fresh

"Let them cook beforehand in wine and strain them and take eggs, cinnamon and sugar. Bake the dough for the tart. That is made like so: take two eggs and beat them. Afterwards stir flour therein until it becomes a thick dough. Pour it on the table and work it well, until it is ready. After that take somewhat more than half the dough and roll it into a flat cake as wide as you would have your tart. Afterwards pour the plums on it and roll out after that the other crust and cut it up, however you would like it, and put it on top over the tart and press it together well and let it bake. So one makes the dough for a tart."

The main taste of this tart will be of the plums and wine. Since there is a great variety of wine in this world, I focused my research on finding a wine as similar as possible to that which might have been used by Sabrina Welserin. Augsburg, where she was from, was nearest to the German wine growing region of Wuttemberg. The Trollinger grape was extensively grown in Wuttemberg and was the basis of the local wine. I was unable to source a German Trollinger wine, however I found an Italian Trollinger "Schiava Alto Adige" made with 95% Trollinger grapes.

https://www.germanwines.de/fileadmin/user_upload/Website/Service/Downloads/PDF/900_Auf-einen-Blick_englisch_12_01_2016.pdf

TROLLINGER

"These unpretentious red wines are light and fruity, crisp in acidity, and reminiscent of wild cherry or red currant on the nose. Grown almost exclusively in Württemberg, it is the locals' quaffing wine of choice."

<https://en.wikipedia.org/wiki/Trollinger#Italy>

"In Italy it is a permitted variety in several Denominazione di Origine Controllata (DOC)s including ... Alto Adige DOC – Varietal label Schiava must have a minimum 95% of the variety from grapes harvested ..."

The secondary taste of the tart will be of sugar and cinnamon. Quantities are not specified. I used approx 2 Tbsp of sugar and 1 tsp of cinnamon for 8 ounces of dried plums. I chose leather-dry plums without potassium sorbate preservative or sulphates, neither of which would have been used in period.

I stewed the plums, spices, and wine together until the plums were mostly rehydrated. Then I strained according to the recipe, and let the plums get cool enough to handle before assembling the tartlets. I think this recipe would be much improved by adding rosewater and/or sugar to the crust next time.

