



# A CAKE FOR TWELFTH NIGHT

Baroness Lote Winterborn



Tudor Celebrations



Recipe



Method

Advent: December 1<sup>st</sup>-24<sup>th</sup> was spent fasting.

Twelfth Night: December 25 - January 6<sup>th</sup> (Epiphany) was spent in celebration

- Feasting
- Charitable giving
- Decorating
- Caroling and wassailing
- Games
  - Mumming
  - Role reversal

Some difference in celebration based on class

How did the Tudors spend their Holiday Season?





RECIPE &  
INGREDIENTS

*Elinor  
Fettiplace's  
Receipt Book*

1604

Take a peck of flower, and fower pound of currance, one ounce of Cinamon, half an ounce of ginger, two nutmegs, of cloves and mace two peniworth, of butter one pound, mingle your spice and flower & fruit together, but as much barme [the yeasty froth from the top of fermenting beer barrels] as will make it light, then take good Ale, & put your butter in it, saving a little, which you must put in the milk, & let the milk boyle with the butter, then make a posset with it, & temper the Cakes with the posset drink, & curd & all together, & put some sugar in & so bake it.

# Step 1: The Posset

160g Milk

160g Brown Ale

24g Butter

2 g Sugar

24g Fresh Yeast (12 g Active Dry)

Warm all ingredients except the yeast so that the sugar dissolves and the butter melts. When the mixture has cooled to under 110F add the yeast and set aside.

# Step 2: The Cake

707g Flour

226g Dried fruit & Nuts (Currents, raisins, orange peel)

3.5g Cinnamon

3.5g Ginger Powder

1.5g Grated Nutmeg

1g Clove or Mace

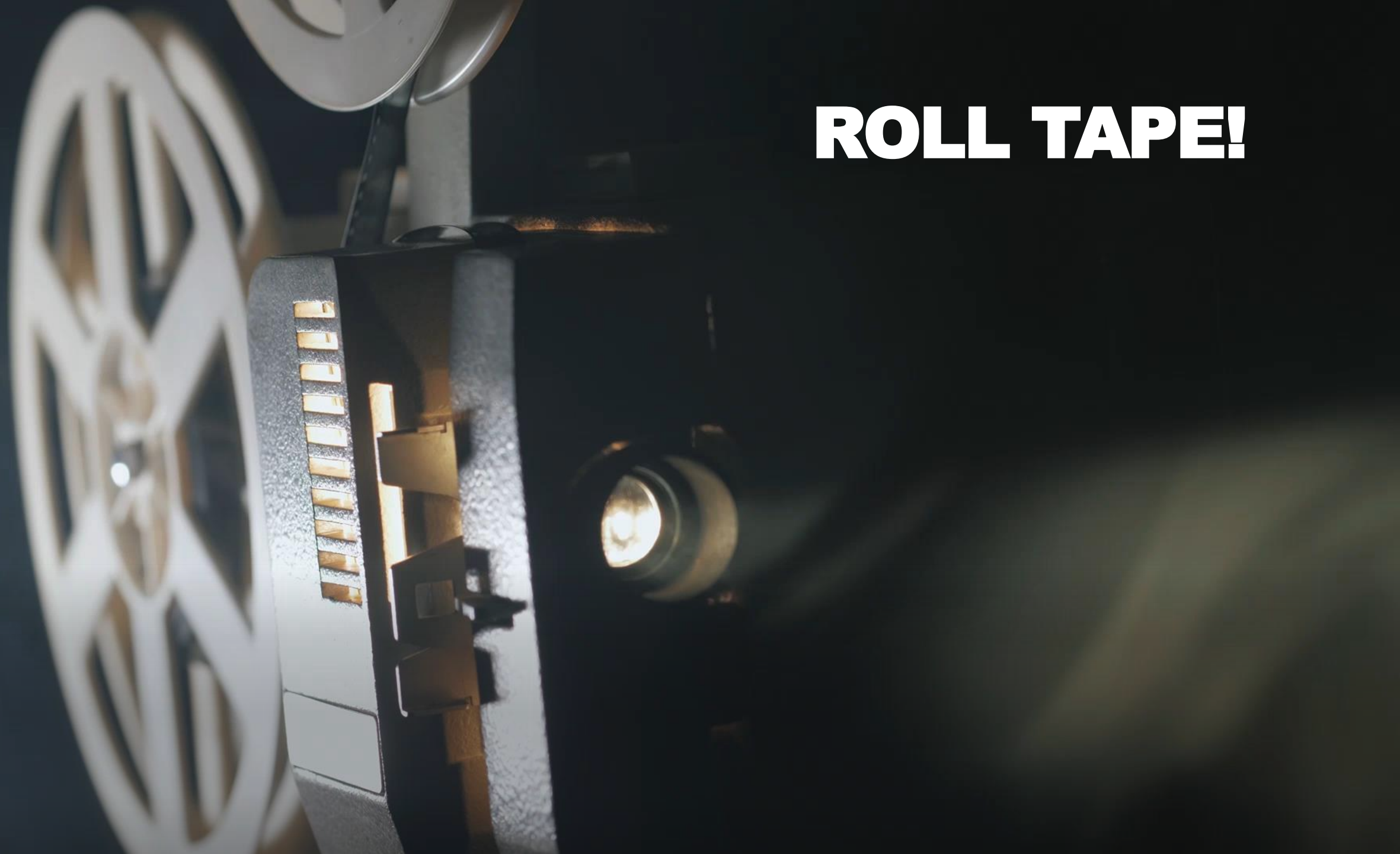
57g Salted Butter, room temperature (or Sweet Butter and then a bit of Salt)

Posset



**METHOD**

**ROLL TAPE!**



# Review of Method

- Place all the dry ingredients in a bowl and rub in the butter to a mealy texture
- Add the Posset and mix about  $\frac{3}{4}$  of the way
- Add in the fruit and nuts and mix until a smooth batter has formed
- Do not Knead
- Cover bowl with damp cloth and let ferment for 1 hour.
- Punch down the dough and pull in the sides to regulate the temperature throughout.
- Cover the bowl and let set for 12 hours
- Place the dough in your baking pan(s) and let proof for an hour.
- Heat your oven to 400F-450F. Place the cake in and then turn the oven down to 300F-325F.
- Bake until a skewer in the center come out clean. The center should be dry, not sticky. (Time?)
- Brush with a mix of sugar syrup and rose water while cake is still warm.



FINISHED CAKE

A kitchen scene featuring a brick countertop. On the counter, there are several large copper pots on tripods, a stack of plates, and a small yellow bowl. The word "BONUS!!" is overlaid in white text in the center of the image.

BONUS!!



# THE KITCHEN



Knife



Batter Bowl



Chest for Spices



Fire cover



Dripping Pan



Cooking pot

# Tools

14<sup>th</sup> and 15<sup>th</sup> Century

# A few Links & Books

- *Tudor Monastery Farm At Christmas.*  
<https://www.youtube.com/watch?v=6BwqihlXSmA>
- *If Walls Could Talk: The Kitchen. Episode 4. Lucy Worsley.*  
<https://www.youtube.com/watch?v=XtC6X7ylmZE&t=645s>
- *Tudor Cake. Fosters Bakery.*  
<https://www.fostersbakery.co.uk/tudor-cake>
- *Museum Boijman van Beuningen*  
<https://www.boijmans.nl/en>
- *A Tudor Christmas. Alison Weir & Siobhan Clark.*
- *At Christmas We Feast. Dr. Anne Gray*



**THANK YOU**

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