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## Apple and Orange Tart

The original recipe for this pastry is from *The Good Huswives Handmaid for Cookerie in her kitchen* (1588):

*For a tarte of apples and orange pilles. Take your orengees and lay them in water a day and a night, then seeth them in faire water and honey and let seeth till they be soft; then let them soak in the sirrop a day and a night: then take forth and cut them small and then make your tart and season your apples with suger, synamon and ginger and put in a piece of butter and lay a course of apples and between the same course of apples a course of orengees, and so, course by course, and season your orengees as you seasoned your apples with somewhat more sugar; then lay on the lid and put it in the oven and when it is almost baked, take Rosewater and sugar and boyle them together till it be somewhat thick, then take out the Tart and take a feather and spread the rosewater and sugar on the lid and let it not burn.*

Or, try this slightly more modern version. This recipe takes **three days** due to the soaking times, so be sure to plan ahead:

### **Ingredients:**

- 6 medium oranges. (use Valencia oranges, though temple oranges, blood oranges, and Seville oranges should all work as well. Both bitter (Seville) and sweet oranges were available during the 16th C. Don't use navel oranges (the skins are too thick).
- 4 cups water
- 1 1/3 cup honey
- 14 small Macintosh apples. (Any small cooking apple will do.)
- 1 cup sugar
- 1 tsp cinnamon
- 1/2 tsp ginger
- 2 Tbsp rosewater
- 1 Tbsp sugar
- 1 9" pie crust and lid (If you use a store-bought or a shortening and cold water crust, bake it 10 minutes before adding stuff.)

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## Preparation:

1. 2 days prior—set whole oranges to soak in water for 24 hours.
2. The next day, in a large saucepan, mix honey with 4 cups of the water used to soak the oranges.
3. Add the oranges, bring to a boil, and simmer until the peels on the oranges feel soft.
4. Place the oranges in a container and pour on all the syrup from your saucepan. If there is not enough syrup to completely cover the oranges when weighted, add a little more water. Put a plate or other heavy object on top of the oranges to hold them under the syrup, cover your container, and let the oranges soak for 24 hours.
5. The next day, when you're ready to bake, preheat oven to 350F.
6. Slice oranges and remove the seeds. If the syrup has not completely saturated the rinds, boil the slices in the syrup until the rinds are saturated (this should not be necessary).
7. Chop the oranges into small pieces (I used a blender), and
8. Mix in 1/3 cup sugar, 1/2 tsp cinnamon, and 1/4 tsp ginger.
9. Peel, core, and quarter your apples, mix them with the remaining sugar, cinnamon, and ginger.
10. Make and roll your pie crust. (If you are using a premade pie crust be sure to bake it for 10 minutes before filling it.
11. Place a layer of apples on the bottom of the crust, cover with a layer of oranges. Repeat the layering until you're out of filling. (Typically, you'll get two layers of each)
12. Put on the top crust, crimp the edges, and bake for 1 hour.
13. Ten minutes before the pie finishes baking, mix your rosewater and sugar and stir over low heat until it becomes syrupy. Five minutes before the pie finishes baking, remove the pie from the oven, brush on the rosewater syrup, and return the pie to the oven until the hour is up.
14. Cool before eating. Enjoy!

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If you're feeling particularly ambitious, try making this crust from the original 1588 recipe:

*"To make paste and to raise coffins. Take fine flour and lay it on a board and take a certaine of yolkes of egges as your quantitie of flower is, then take a certain of Butter and water and boile them together but you muist take heed ye put not too many yolkes of egges, for if you doe it will make it dry and not pleasant in eating, and ye must take heed ye put not in too much Butter, for if you doe, it will make it so find and so short that you cannot raise: and this paste is good to raise all manner of coffins: likewise if ye bake veneson, bake it in the paste above named."*