



DID YOU KNOW?

With no fridges, meat was preserved during Tudor times by rubbing salt on it!



TUDOR SMARTARD RECIPE

ASK AN ADULT TO HELP YOU MAKE THESE DELICIOUS SWEET COTTAGE CHEESE FRITTERS, FIT FOR A TUDOR LORD OR LADY!



While we're used to eating sweet desserts today, sugar was very expensive and rare in Tudor England. After gorging on meaty pies and puddings during a feast, wealthy Tudors would eat other types of sweet treats such as honeyed fruits, jelly and gingerbread, along with these cheesy fritters called smartards. At the time, there were lots of varieties of cheese, just like we have today, and these sweet cottage cheese fritters are very similar to what you could see at feasts in Tudor times. They would have been served to guests after they had already consumed plates of rich, delicious food.

Have a go at making them, but don't forget to ask an adult to help you!

SMARTARD RECIPE (SERVES TWO)

- 4 eggs
- 230 ml oil
- 50 g cottage cheese
- 4 tsp double cream
- 2tsp sugar

METHOD

- Sieve the cottage cheese to remove any excess water and then mash it with a fork to turn it into smooth paste. Put into a bowl.
- Add the eggs and cream to the cheese, and whisk it all together until smooth.
- Carefully heat the oil in a frying pan. Add the mixture to the oil in small amounts, turning them into small disk shapes. Cook on a medium heat until they brown around the edges
- Carefully remove from the oil and place on paper towels to cool. Then, sprinkle with sugar and serve.

LOL!
Which of Henry VIII's wives stole all the crackers?
Anne of Cheese!

