

Apple Tansy

This medieval egg bake uses apples which are in plentiful supply from the orchards of Worcestershire and neighbouring Herefordshire.

Apple Tansy was originally flavoured with tansy, a perennial herb of the aster family.

It is said to have been eaten at Easter in memory of the 'bitter herbs' of the Jewish Passover festival. John Gerard's Herbal of 1597 speaks of it as 'pleasant in taste' and recommends tansy sweetmeats as an 'especial thing against the gout.' (*FoE Project*)

This recipe came originally from Elizabeth Foley's cookery book (1693) and has been adapted to suit modern tastes. (*Wallace*)

Ingredients

4 good sized dessert apples

4 eggs,

1½oz (40g) butter

½ tsp caster sugar

a good pinch of cinnamon

a little grated nutmeg



Method

Peel, core and slice the apples into rings about ½ inch thick. Fry the rings in 1oz (25g) of the butter in a large frying pan, until they are soft, but still retain their shape. Leave them in the pan on one side. Beat the eggs with the sugar and spices. Add the remaining butter to the apple rings and return the pan to the heat. When the butter is foaming, add the egg mixture. Move the rings about in the eggs at first. When the omelette is just firm, turn it over for a moment so that the apple rings can brown. Sliding the omelette onto a plate and turning over using a second plate can help.

Serve warm with thick cream.