



Charlet Counterfeited of Fish

Take almondes, & drawe up a gode thik mylk with faire water, or with eongur broth; then take cod-lynge, or haddock, or thornbag fothen, & do away the skyn, & the bones, & then breke the fysfhe in a ftreynour, with thyne honde; then take one pynt of the fame mylk, & put hit in a poffenet, & do the fame fysfhe therto, & boyle hit that hit be thik, & ftere hit with a pot-ftik; & put therto fugre, & faffron; & in the fettynge doune, put therto a lytel bynegur that hit crudde, & then thete hit into a faire clothe, & let the qway renne away; & then lay hit in a chargeoure, & preffe hit, & then cut hit on leches, & lay hit in difthes, & take the remnant of the mylk, & fet hit over the fire, & put therto fugre, arid colour hit depe with faffron, & let hit boyle; & in the fettynge doune put therto a lytel wyne, & poure the fyrup above the leches; & then take pouder of ginger, fugre, launders, & maces, & drawe thereon; & canei medeled altogeder, & ferbe hit forthe.



8oz cooked haddock or cod
8oz ground almonds
2 tbsp. sugar
2 tbsp. white wine vinegar
2 tbsp. sweet white wine
¼ tsp. mixed ground ginger, mace and cinnamon
Pinch of saffron



- 1 -Grind the almonds with 1 pint water, and strain off the almond milk through a cloth.
- 2 -Beat the fish to a smooth paste, having removed all bones, stir in ½ pint of the almond milk, 1 tbs. sugar and the saffron, and heat to boiling, stirring continuously.
- 3 -Remove from the heat, stir in the vinegar, leave to stand for 10 minutes, then pour into a piece of muslin, and hang up in a cool place to drain for an hour or two, then press it into a deep dish, and leave for a further hour.
- 4 -Turn the charlet out of its muslin onto a clean board, cut across into slices and arrange in a dish.
- 5 -Heat the remaining almond milk and sugar with a little more saffron. Bring to the boil, remove from the heat, stir in the wine, and pour this sauce over the sliced charlet.
- 6 -Mix the spices into a further 2 tsp. sugar, and sprinkle on top just before serving.

