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Tudor Maids of Honour

It is believed that Henry VIII, King of England from 1509-1547, came across Anne Boleyn and her Maids of Honour (*the young ladies who attended the Queen*), eating the tarts from a silver dish. Tasting one for himself, the King was so delighted by its 'melt-in-the-mouth' sensation that he confiscated the recipe and demanded it be kept secret in a locked iron box at Richmond Palace.¹

Truth be told, I don't know what the origin of these cakes are, Henry VIII was either a clever foodie or this whole tale is crazy. But the ingredients are period, so let's go!

What you need:

- 230gr puff pastry; your own recipe or pre-made (gluten free is an option!)
- 110 gr curd cheese or 110 gr cottage cheese, which has been sieved
- 50 gr soft brown sugar
- 2 large eggs, beaten
- 2 tablespoons single cream
- 1 tablespoon orange flower water or 1 tablespoon rose water
- 75 gr ground almonds
- 50 gr mixed dried fruit, such as seedless raisins and
- candied peel, chopped
- icing sugar, for sifting

How to make them:

Pre-heat oven to 220C (450F/gas7) and lightly grease the cake tins you have available. Roll out the pastry - try to make sure that they are at least 1/4" bigger than needed, as the puff pastry shrinks during baking. I have used 1 gluten-free 'sheet' of pre-made puff pastry, the others are regular store bought puff pastry. Line the tins with the pastry and chill them whilst making the filling. The round tin in the pictures is the gluten-free one!

Place the curd cheese or cottage cheese into a large mixing bowl and add the beaten eggs, cream, sugar, orange flower water or rose water and almonds.

Mix well and then add the mixed dried fruit, mixing again well. Spoon the filling into the pastry cases and bake the tarts for 15-20 minutes or until well-risen, golden brown & firm to the touch. Allow them to cool a little and then carefully remove them and place them on a wire rack to cool completely. Arrange them on an attractive cake platter and sprinkle with icing sugar to serve.

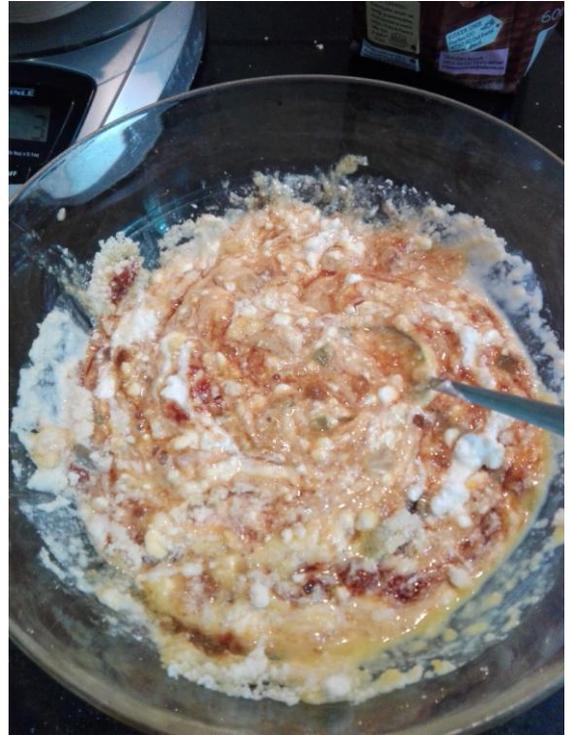
¹ <https://theoriginalmaidsofhonour.co.uk/pages/our-history>



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While the pastry chills & sets, you can make the batter



Fill the tins & bake! Enjoy 😊♥

