

Elizabethan Apple Puffs

This was a favorite autumn dish enjoyed by the nobility.

Ingredients

1 lb. firm tart cooking apples
4 eggs
3 Tbs. brown sugar
2 tsp. rose water
1/8 tsp. ground ginger
1/2 tsp. ground nutmeg
1/2 cup white raisins
6 Tbs. butter
1 lemon

Utensils

knife and cutting board
measuring cup
measuring spoons
peeler
mixing bowl
wooden spoon
grater
frying pan
metal spatula
serving plate

Mince the raisins and cut the lemon in half. Peel, core, and grate the apples. Place the eggs, sugar, rose water, ginger, and nutmeg in the mixing bowl. Beat until well blended. Add the apples and raisins. Stir until well blended. The dish can be prepared up to this point in advance. Heat the butter in the frying pan on the stove over medium high heat until it begins to bubble. Drop spoonfuls of the mixture into the pan, 2 inches apart. Let the apple puffs set. When the edges are lightly browned, use a metal spatula to turn them over and cook until the other side is brown. Place the finished apple puffs on a warm serving plate and squeeze lemon juice over them before serving. Serve hot.