

Spring Coronet Silver Spoon Competition - Soups

Euriol of Lothian

This is sixteenth century dish of lamb meatballs done in a Portuguese style, according to Elizabethan concepts of what is Portuguese style. Fartes are typically a light and delicate pastry according to Lorna J. Sass in To The Queen's Taste, a collection of Elizabethan recipes. I found it strange to have this term applied to a meatball. Oddly enough though, one of the first comments I got on these lamb meatballs was how surprisingly light and delicate they were. The original recipe is taken from *The Good Huswives Handmaid*, originally published in 1588.

Fartes of Portingale

Translation:

How to make Fartes of Portingale. Take a peece of a leg of mutton. Mince it smal and season it with cloves, mace, pepper, and salt, and Dates minced with currants: then roll it into round rolles, and so into little balles, and so boyle them in a little beef broth and so serve them forth.

Translation:

How to make Balls of Portugal. Take a piece of a leg of mutton. Mince it small and season it with cloves, mace, pepper, and salt, and Dates minced with currants: then roll it into round rolls, and so into little balls, and so boil them in a little beef broth and so serve them forth.

Interpretation:

1 lb ground lamb	½ tsp ground mace
2 Tbsp currants	½ tsp salt
6 dates, minced	½ tsp ground pepper
2 cups beef broth	½ tsp ground cloves

Combine lamb, currants, dates and spices, mixing well. Take meat mixture and form into ½ inch size balls. Place balls of meat into boiling beef broth, for about 10 to 15 minutes, stirring as needed until meat is fully cooked, then server.

References:

To The Queen's Taste, Lorna J. Sass, The Metropolitan Museum of Art, 1976.