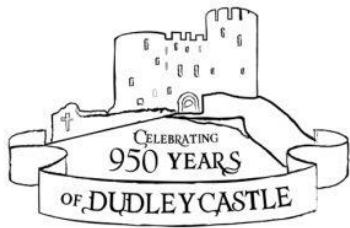


Mrs Sherwood's Delicious Medieval Recipes!



Maids Of Honour

Delicious short crust pastry traditional filled with cream cheese & lemon curd

Ingredients

We recommend shop brought short crust pastry for the tarts cut them to size for a muffin tray

FOR THE FILLING

- 25g butter/dairy free butter
- 100g full fat soft cheese/vegan soft cheese
- 50g caster sugar
- 1 lemon, zest of
- 75g caster sugar
- 1 level tbs plain flour
- 2 egg yolks
- 75g ground almonds
- 1 tbs milk
- 2 tbs lemon curd

Method

- Put half a tsp lemon curd in each (no more or it will bubble over)
- Beat the butter, cheese and sugar until just evenly mixed. Stir in the lemon zest, sugar, flour, yolks and ground almonds
- Divide the mixture between the cases and bake for 20 to 25 minutes. 180 degrees (Gas mark 4)

It is thought Anne Boleyn (Catherine of Aragon's lady in waiting) wooed King Henry the VIII with her delicious recipe named after her maid of honours!



