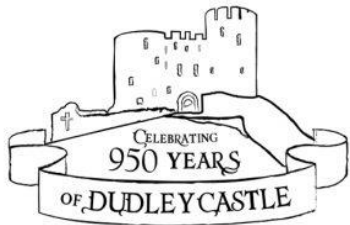


# Mrs Sherwood's Delicious Medieval Recipes!



## Pear Mousse

Delicious Fruit mousse with a custard consistency. We recommend serving with cream.

### Ingredients

- 4 pears
- 1 cup white wine
- 1/2 cup sugar
- 4 egg yolks (1 mashed banana)
- 1 tsp. cinnamon
- 1/2 tsp. ginger

### Method

- Peel and core the pears, cut into small pieces add to a pan along with the white wine and cook till pears are soft (15 minutes approx. medium heat)
- Allow to cool. Mash the pears. Add the Sugar, 4 yolks, cinnamon and ginger and the mashed pears to a saucepan
- Heat on a medium setting till its boiling and becomes very thick stir continuously
  - Serve hot or cold

*It is thought pears came to England from France but have been around since the Roman Empire, more than 2000 years ago!*

*The word pear is derived from the Anglo-Saxon Pere.*

*Dudley castle has a strong Anglo-Saxon heritage dating back way before the first castle was built in 1070*

