Appendix

Ingredientslist

|  |  |  |
| --- | --- | --- |
| Ingredient from the recipe | Early modern version | Version used in Test/Taste lab |
| Apple | There are multiple apple races which could have been used. Most cookbooks do not describe the specific apple race, they just offer a mention that the apple needs to be sour or soft. By looking at the book Pomologia[[1]](#footnote-1) there are multiple options for apples that were used for cooking or pies specific. However, there is one cookbook where the apple race is mentioned: Het Hollands, of Neederlands kook-boek .[[2]](#footnote-2) In there the recipe for an apple pie ask for *Renet* apple. The modern day *goudreinetten* would be the most similar apple.[[3]](#footnote-3) | Goudreinetten from the greengrocer were used in the test and taste lab. Because the season of goudreinetten ends in late fall/beginning of winter, these apples are normally not available from April onwards. Thus the greengrocer preserved enough in his cooler to still be able to use the apples for the Taste lab. |
| Butter | Butter was made plenty in the Early modern Low Countries. It was raw butter from grassfed cows. The Blaarkop cow was a breed which was used in the 17th and 18th century as a milk and meat cow.[[4]](#footnote-4) | Raw milk butter, unsalted, from the farm Sophiahoeve, Warmond. They have Blaarkop cows which are an old breed used in the Netherlands.[[5]](#footnote-5) |
| Eggs | While chickens are often portrayed on paintings, it however is difficult to find out which chicken species were kept for eggs. | Organic eggs from the farmersmarkt. |
| Flour | Flour was made in the windmills using millstones to grind the grains till it became flour.[[6]](#footnote-6) The recipe calls for ‘Terwen’ (wheat) flour specific.[[7]](#footnote-7) | Whole wheat flour, grinded with millstones, from the mill, brought through DeMolenwinkel.nl |
| Sugar | Sugar in the early modern times came from cane sugar and was made mostly in a cone shape. On an engraving from Philips Galle (publisher) and Jan van der Staet the process of making sugar cones/loaf is shown.[[8]](#footnote-8) | Plimoth Patuxet Museum offers edible reproductions of early 17th century sugar loaf, which are handmade by their colonial foodways historian. [www.plimoth.com/products/sugar-loaf](http://www.plimoth.com/products/sugar-loaf). |
| Roze water | Rose water was bought at the pharmacy, where the pharmacist often made the water from distilling rose petals.[[9]](#footnote-9) | After a test with 3 different versions the roze water from Nielsen-Massey was used.[[10]](#footnote-10) This brand was the strongest distillate and still palpable after baking the dish, the others needed almost half a bottle (50ml) before it was a bit palpable. |
| Wine | The recipe[[11]](#footnote-11) ask for ‘Rinse’wijn, which is translated to ‘Rijnse’, white wine from the Rhine and Moselle region. The grape most used was the Elbling.[[12]](#footnote-12) | Wine from the Mosellel-area, Margarethenhof Kalkstein Elbling 2020 |
| Ginger | Imported from the East-Indian.[[13]](#footnote-13) | Ground Ginger brought at the Herb shop de Peperbol. |
| Cinnamon | Cinnamon was imported mostly from Ceylon.[[14]](#footnote-14) Due to the travel by ship, the cinnamon would not be as fresh as the modern day version. | Ceylon cinnamon from the Herb shop de Peperbol, bought in November to make sure the spice would not be to fresh when used in April. |
| currants | Currants came from Greece, where the specific grapes were grown which were dried to create currants.[[15]](#footnote-15) | Horizon Bio Currants from Greece. |

**Recipe for the dough and the pie:**

Het Vermakelijck Landt-leven, Petrus Nylandt, 1669, Verstandige kock of Sorghvuldige Huys-houdtster

Deeg [pagina 21]: Neemt Terwen-meel, boter, rooswater, suycker ende een weynigh eyeren van yder naer behooren.

*(Om een appel-taert op de Waelsche manier te maken)*

*Neemt geschilde appelen, gereynight van ’t klockhuys, gietse in Rinse-wijn wel gaer, doeter by boter, gember, suycker, korenten, kaneel, Altesamen wel gekoockt, roerter dan 2 doren van eyeren in, leghtse in u deegh, en backtse in den oven als voren.*

1. Johann Hermann Knoop, “Fructologia, of Beschryving Der Vrugtbomen En Vrugten Die Men in de Hoven Plant En Onderhout.” (1763). The Pomologia is part of this book and describes all kind of apple races. [↑](#footnote-ref-1)
2. *Het Hollands, of Neederlands Kook-Boek; Onderwysende Hoe Men Alderhande Soorten van Spysen Keurlyk En Smakelyk Sal Bereiden Beschreeven Door Een Rooms-Gesinde* (Leiden 1724)157 [↑](#footnote-ref-2)
3. Marleen Willebrands argues that the Guldering was mostly used for baking and cooking. This version however is no longer available thus she advises to use the modern day Goudreinetten, this apple is also called the schone van Boskoop. See Marleen Willebrands, De verstandige kock. 203. [↑](#footnote-ref-3)
4. See for more information: SZH voor levend erfgoed, <https://szh.nl/dieren/rund/groninger-blaarkop/>, Groninger Blaarkop, Wageningen UR (2004) <https://edepot.wur.nl/5606>, Peter ten Hoor and Coen Peppelenbos, *De Groninger blaarkop* (Groningen 2002). [↑](#footnote-ref-4)
5. De Sophiahoeve, https://desophiahoeve.nl/roomboter/ [↑](#footnote-ref-5)
6. More information about grains and the making of flour can be found at bakkerijwiki.nl, a project of the Nederlands Bakkerijmuseum Hattem. [↑](#footnote-ref-6)
7. Recipe *deeg,* Petrus Nylandt, *Het Vermakelijck Landt-Leven*(1669) 21. [↑](#footnote-ref-7)
8. Engraving ‘De uitvinding van het raffineren van suiker’ Philips Galle and Jan van der straet, 1590, Musea Brugge, <https://collectie.museabrugge.be/collection/work/id/0000_GRO4131_III>. Winter, Johanna Maria van. ‘“The Cook Is the Best Doctor”: Plants for Food and Health: Recipes and Prescriptions’. In: The Green Middle Ages, The Depiction and Use of Plants in the Western World 600-1600., Claudine A. Chavannes-Mazel and Linda IJpelaar (red.), 165-79. Amsterdam University Press, 2022. 170 [↑](#footnote-ref-8)
9. Jacobi, *Den Cleynē Herbarius Ofte Kruydt-Boexken*.(1603) page 36 of PDF. *Schat Der Armen, of Huismedicyn Boekje van Veelerhande Medicamenten* (Rotterdam 1764) 201. Steven Blankaart, *Den Neder-Landschen Herbarius Ofte Kruid-Boek Der Voornaamste Kruiden*. (Amsterdam 1698) 505-506. *Het Hollands, of Neederlands Kook-Boek; Onderwysende Hoe Men Alderhande Soorten van Spysen Keurlyk En Smakelyk Sal Bereiden Beschreeven Door Een Rooms-Gesinde* (Leiden 1724)2e part 93, 111-112. [↑](#footnote-ref-9)
10. Roze water from Nielsen-Massey https://nielsenmassey.com/products/rose-water/ [↑](#footnote-ref-10)
11. Recipe *Om een appel-taert op de Waelsche manier te maken,* Petrus Nylandt, *Het Vermakelijck Landt-Leven*(1669) 21. [↑](#footnote-ref-11)
12. Mariëlla Beukers, Geheimen van de Wijnkelder (Het zwarte schaap, Lochem, 2024) 10-11, 94. [↑](#footnote-ref-12)
13. Jacobi, *Den Cleynē Herbarius Ofte Kruydt-Boexken*.(1603) page 49 of PDF. Marleen Willebrands, De verstandige Kock. Proef de Smaak van de 17de eeuw. (Gorredijk 2022) 139 [↑](#footnote-ref-13)
14. Marleen Willebrands, De verstandige Kock. Proef de Smaak van de 17de eeuw. (Gorredijk 2022) 139. Food. The history of Taste. 156-160, 186-187. [↑](#footnote-ref-14)
15. Gordana Zdunić, Katarina Šavikin, Dejan Pljevljakušić, Boban Djordjević, ‘Black (Ribes nigrum L.) and Red Currant (Ribes rubrum L.) *Cultivars, Nutritional Composition of Fruit Cultivars* (30 October 2015) 101-126. Currants, UMass Extension Center for Agriculture, <https://ag.umass.edu/sites/ag.umass.edu/files/fact-sheets/pdf/currants.pdf> (Last seen 30/07/2024) [↑](#footnote-ref-15)