

Renaissance Dough

MAKES 1 DOUBLE CRUST

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HIS DOUGH, or “paste” as it was called, is perfect for a two-crust sweet or savory pie. In Shakespeare’s day, after baking, the top crust on dessert pies was often replaced with a separately baked, highly ornate top crust of multicolored preserves or sugars with intricate designs.

Of course, you may use store-bought ready-to-use or frozen crusts for any of the recipes in this book calling for Renaissance Dough. Nowadays, with so many good ready-made options available, you don’t need to lie “guiltily awake” (*King Richard III*, 5.3) if you don’t want to bother with the fuss of making your own dough.

2 cups sifted loosely packed pastry flour (8 ounces)

½ teaspoon salt

1 large egg, beaten, cold

½ cup butter, cut in small cubes, cold

Mix the flour, ½ cup ice-cold water, the salt, and egg together on a cold surface until crumbly. Flatten the dough with a rolling pin and place one quarter of the butter cubes on the dough. (Keep the remaining butter refrigerated until ready to use.) Roll the butter into the dough, fold the dough over, and roll again. Repeat the process 3 more times until all the butter is incorporated. Cover the dough in plastic wrap and refrigerate for at least 1 hour.

ORIGINAL RECIPE:

To make a puffe paste

Take a quart of the finest flower and the whites of three egges, and the yolkes of two, and a little colde water and so make it into perfect paste, then drive it with a rouling pin abroad, then put on small peeces of butter as big as Nuts upon it, then folde it over, then drive it abroad againe, then put small peeces of butter upon it as you did before, doe this tenne times, always folding the paste and putting butter between everie folde. You may convey anie prettie forced dish, as Florentine, Cherry, tarte, rice, or pippen, &c. between two sheets of that paste.

DELIGHTES FOR LADIES, 1603