



As promised here's a recipe from 1606, to celebrate that fact that we are now the largest foodie group in the Selby area. It's a sort of custard thing really!

To make a posset.

"Take a quart of new Cream, a quarter of an ounce of Cynamon, Nutmeg quartered, and boyl it till it taste of the spice, and keep it alwayes stirring, or it will burn to; then take the yolks of 7 Eggs beaten well together with a little cold Creame; then put that into the other Creame that is on the fire, and stir it till it begin to boyle; then take it off and sweeten it with Sugar, and stir on till it be indifferent coole; then take somewhat more than a quarter of a pinte of Sack (half a pinte will be too much) sweeten that also, and set it on the fire till it be ready to boyle; then put it in a convenient vessel, and pour your Creame into it, elevating your hand to make it froath, which is the grace of your Posset; and if you put it thorow a tunnell, it is held the more exquisite way."