

THE LADY'S ASSISTANT

BY CHARLOTTE MASON | PUBLISHED IN 1775

A few original recipes from 18th-century English cooking and historical foodways.

TARTLETS

Have very small and shallow tin pans; butter them, and lay a bit of puff-pastry, marking it nearly round the edges, and leaving a hole in the middle, bake them; when they are cool, fill them with custard, or put into each half an apricot, raspberry-jam, or any preserved fruit, a little preserved apple, or marmalade; pour it over custard with very little sugar in it.

ICING FOR TARTS

Beat the white of an egg; rub it on the tarts with a feather, and sift double-refined sugar.

ANOTHER WAY

Melt a little butter, rub it on the tarts with a feather, and sift double-refined sugar.