

## Apple Moyse or Apple Mousse



### Ingredients:

8 apples, peeled, cored, and chopped  
2 egg yolks  
2 tbsp rosewater  
2 tbsp sugar  
25g butter  
Ground cinnamon and ginger to serve

1. *Malus Cuscutaria*,  
The Pome Water tree.



Make stewed apples by boiling apple slices or chunks in a little water. Blend them together to make a puree. Put the apple puree back in the pan. Mix 2 egg yolks with 2 tbsp rosewater and add to the apples with 2 tbsp sugar and 25g butter. Heat slowly and stir all the time until it thickens like a curd. Place in a serving dish and sprinkle with cinnamon and ginger.

### For a vegan alternative:

Stew the apples in the same way and make an apple puree. In a small cup mix a tbsp of cornflour with a little cold soy milk to make a paste. In a separate pan, heat 100ml soy milk with the cornflour paste, apple puree, 2tbsp of sugar, and 2tbsp of rosewater. Once the mixture thickens, stir in 25g of vegan butter and remove from the heat. Serve in a dish with the cinnamon and ginger sprinkled over the top.

This recipe comes from a book called *A Proper Newe Book of Cokerye* (c.1572). Apples were believed to be sleepy in the 16<sup>th</sup> and 17<sup>th</sup> centuries due to their cool and moist properties. However, it was thought safest to eat raw apples and other orchard fruits in the summer when it was hot. In the winter, such fruits needed to be cooked and served with spices to balance out their watery nature. Too much cold and watery foods when it was cold would cause corruption in the stomach which could result in foul vapours rising to the head. These could overwhelm the brain and bring nightmares. We know today that apples are a potential source of melatonin, which helps us to feel sleepy. This sleepy quality can be boosted by the inclusion of sleepy spices such as cinnamon. Other fruits which help us to sleep are kiwis, bananas, and cherries.