

DMU MUSEUM MEDIEVAL MENUS

EASY • 15 minutes prep



DE MONTFORT
UNIVERSITY
MUSEUM



Self-Raising
Flour



Unsalted
Butter



Egg



Cater Sugar



Lemon



Almond
Essence

BOSWORTH JUMBLES



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The Bosworth Jumble is a light, buttery biccly claimed to have been the favourite of King Richard III.

As with most baking recipes the tale surrounding the Jumbles' origin should be taken with a 'pinch of salt' - pun intended!

Legend has it that the treat was the forte of Richard III's court chef and became the favourite of the king.

In 1485 Henry Tudor defeated Richard III and his forces close to the town of Market Bosworth, and supposedly the recipe was discovered on the body of the chef as Henry's forces looted the fallen soldiers.

These were dark times, but not so dark that a King and his army cannot enjoy a tasty snack before engaging in warfare.

INGREDIENTS

Yields 12-16 Jumbles

225g Caster Sugar

225g Unsalted Butter

350g Self Raising Flour

1 Large Egg

1 Lemon (zested)

1 ½ tsp Almond Essence

Allergens: Egg - Butter

EQUIPMENT

Mixing Bowls

Spatula

Whisk

Baking Tray

(Baking Parchement, optional)

INSTRUCTIONS



1. Make Your Buttercream!

In a large bowl, cream the butter and the sugar until you have a light and fluffy consistency. Pre-heat the oven to 180°C or Gas Mark 4.



2. Mix in the Egg!

Beat the egg with a whisk or fork and combine with butter cream, pouring a small amount at a time. Next, mix in the lemon zest and almond essence.



3. Slowly Add Flour!

Slowly combine the self-raising flour and continue to mix until you have a stiff consistency.



4. Rumble in the Jumble!

Tear off small amounts of the dough, rolling in your hands to form small sausage-shapes which you can shape into the traditional 'S'-shapes.



5. Assemble the Troops!

Place the jumbles onto baking paper or a lightly greased and floured baking tray - keep them spaced apart to avoid them sticking together.



6. Time to Bake!

Bake for 5-7 minutes and turn the tray to bake evenly - continue baking for another 7-10 minutes. Allow to cool for 10 minutes and enjoy!

Cooking times may vary from appliances so do keep an eye out so they do not burn!