

## Nostradamus's Famous Cherry Jam

Not many people realise that in addition to foreseeing the future in a way that makes it almost impossible to interpret, the old gentleman also wrote some surprisingly clear and excellent recipes.

This one was written in 1555 and is so tasty it is still used today. It is the most famous of all his recipes. To add a bit of fun for you, the wording of the method is unaltered, a direct translation from the original Old French.

### INGREDIENTS

2 Kg stemmed, ripe cherries. (Must be ripe)

500 Gm Sugar

(That's all!)

### Method

*Take cherries the most beautiful & most ripe that can be found*

*Grate and rub them coarseley with clean hands.* (Ed. Interesting. Washing hands wasn't even suggested to doctor in England, about to operate on a patient, until 1847, almost 300 years later.)

*Place in the pan where the sugar is and place on the fire to boil until half, moving with a clean stick. And when they have so boiled you will pour them through a clean and tight cloth.*

*and press them. When all have been well pressed and only the bark and bones remain...,* (read skin and pips)

*...take what will have come out & will boil it in another pan on low fire watching all the time if it is cooked : because it will reduce much & taking always with the paddle or silver spoon to see if it is cooked. Keep away from giving it too much fire as it would go over or burn itself: as it is better for the Jelly to be a little green than too cooked: because when stored its sugar makes it dry.*

*When you will see that it is cooked, that is a drop put on marble, the drop remains tight and round without falling neither here nore there, or placed on a piece of tin or on a knife or glass the drop will be as vermillion as a perfect claret wine.*

*When it is cooked you will put it in little Jars of glass or wood like you would quince jelly. And when your jelly will be colde and tight, you will have a mode and type of jelly that you can't have better jelly of cherries, nor more excellent in beauty and goodness.*

*You will place it in glass jars not too deep: & leave it cool down, and if afterwards you look through the sun's light you will find it as beautiful as a ruby. You have to show or give to some great Prince or high Lord when they will be angry with the heat or otherwise altered they will find the jam hearty & delicious & without defects. And if you do it like I have put on paper, undoubtedly you will do a jelly in all perfection.*

### Notes

The quantities mentioned will yield just one 250mg jar. Truly, good things come in small packages!

So go on; treat yourself!