

Apple Soup

From Baroness Lady Genievieve de'Charbonneau

1 to 2 dozen apples (cleaned, cored and sliced)	¼ teaspoon nutmeg
1-cup Chicken soup stock	¼ teaspoon ginger
½ -cup sugar	2 pints heavy cream (optional)
1-teaspoon cinnamon	2 liters ginger ale (optional)
	1 bottle champagne

Take apples, stock, sugar and spices and gently cook over low heat for 30 minutes (or until the apples are soft). Let mixture cool and puree in a food processor until liquefied. Chill and store mixture until serving time.

Sideboard: Variants include stirring in cream and serving, or cream and ginger ale, or cream and champagne. This some base travels well and can be stored in a freezer for several months. It is a great camping staple to pack for those long hot summer events. In it's plain state it is a form of medieval applesauce.

The debate is still out over which period and country claims this as theirs. There is documentation for similar recipes from Germany, France and Scandinavia as of the late 15th C.E.