

# Historic Cooking

EPISODE 2

## CHEESECAKE

Victorian



# VICTORIAN CHEESECAKE

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*'THE BOOK OF HOUSEHOLD MANAGEMENT' by MRS. ISABELLA BEETON- 'Mrs Beeton's Cookery Book, is an extensive guide to running a household in Victorian Britain, first published as a book in 1861*

## ORIGINAL RECIPE

This Victorian cheesecake is quite different to the cheesecakes we know and love today - it is more like a lemon curd tart.

The recipe comes in two stages. Making the curd comes first, then add flavour and bake in a puff pastry case.

For some reason cheesecakes fall out of fashion for about half a century. From the 1920 -1960's. They reemerge in cookbooks in the 1970's and look more like the sort of cheesecakes we are used to.



## INGREDIENTS

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¼ lb (114 g)	Butter	Almonds
1 lb (454 g)	Caster sugar	Candied Peel
6	Eggs	Raisons
3	Lemons	Amaretto
	Puff pastry	

## METHOD

1. Make the filling.
2. Combine butter, caster sugar, eggs and the zest of 2 lemons, then add the juice of 3 lemons in a heavy bottom pan.
3. Have the mixture on a low heat and stir constantly.
4. Keep stirring the mixture until the sugar is dissolved and begins to thicken.
5. The curd is done when it becomes the consistency of honey.
6. For the second stage, pre-heat your oven to 180°C.
7. Get your puff pastry and roll out to the thickness of a pound coin.
8. Cut your puff pastry into disks which are slightly bigger than your tart tin.
9. You can grease your tins with a little butter or vegetable oil to help stop them sticking.

10. Line your tart tin with the pastry, and make sure to keep some excess pastry around the side.
11. Next, place your filling in the centre of the tart tin. Victorians would typically use almonds, candied peel and raisins. We used a few different options, but you can use your own flavouring.
12. Then spoon over the curd so it is just over half full (don't overfill them as they rise in the oven).
13. Bake in the oven about about 15-20 mins until golden on top.
14. Once baked, take the tarts out of the oven.
15. Carefully take the tarts out of the casing whilst they are still warm.
16. Let cool on a wire wrack.



# TOM'S VEGAN CHEESECAKE

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*This recipe was created by Thomas Adkins*

## ABOUT MY RECIPE

Vegan doesn't always mean healthy. You can still indulge in lovely 'creamy' sweet treats like this cheesecake.

The great thing about this recipe is that there are so many great alternatives to dairy.

I've opted for Oatly cream cheese as it's great quality and cooks like dairy cream cheese. This recipe will work with classic cream cheese, or other alternatives like soy or almond.





## INGREDIENTS

200g Biscuits  
50g Vegan Butter  
450g Vegan Cream Cheese  
(room Temp)  
200g Sugar  
1 tsp Vanilla Extract  
Zest 1 Lemon

10g Flour  
10g Corn Flour  
Juice 1 Lemon  
50ml Vegan Cream or Water

500g Frozen Berries  
200g Caster Sugar  
2 Star Anise (or  
Cinnamon sticks)  
1 tsp Vanilla Extract

## THE BISCUITS BASE

1. Pre-heat your oven to 180°C.
2. Place you vegan butter in a small pan, on a medium low heat and let it melt.
3. Blitz your biscuits in a food processor until they reach the consistency of sand.
4. Next add your melted vegan butter and blend for about 30 seconds.
5. Line your loaf tin with two strips of baking parchment.

6. Then tip your biscuit mixture into the baking tin and press it down using the back of a spoon.
7. Place into the oven for about 10 minutes, then take out and let it cool on the side.

## THE FILLING

8. In a large bowl add your vegan cream cheese and use a spatula to break it up and soften it. This will help when it comes to whisking.
9. Add the sugar to the bowl and, using a whisk, mix the cream cheese and sugar together.
10. Add the vanilla extract and lemon zest.
11. Combine the flour, corn flour, lemon juice & vegan cream in a smaller bowl.
12. Whisk to make a smooth paste.
13. Add the flour paste into the large bowl and mix well.
14. Pour into the tin over the biscuits base, smooth out and then place into the oven.
15. Bake in the oven for 40 - 50 minutes.
16. Once the top of the cheesecake looks golden, take the tin out of the oven and let cool for 1 hour.
17. After the hour the cheesecake should have cooled down enough for you to be able to take it out of the tin. Make sure you let it cool for another 2 - 3 hours until it's firm.

## COMPOTE

1. To make the compote place all your ingredients together in a pot on a high heat.
2. Bring it to the boil whilst occasionally stirring.
3. Once it starts boiling, let it cook for 2 minutes, then reduce the heat to a low simmer and cook for about 30 - 40 minutes.
1. Take out the star anise or cinnamon sticks and let cool.
2. You can keep this in a jar in the fridge for 2 weeks.