Honey Saffron Tarts

By Shelly Stuart

**Douceteȝ (MS Harlein 279)**

Take Creme a gode cupfulle, & put it on a straynoure; þanne take ȝolkys of Eyroun & put þer-to, & a lytel mylke; þen strayne it þorw a straynoure in-to a bolle; þen take Sugre y-now, & put þer-to, or ellys hony forde faute [leaf 40.] of Sugre, þan coloure it with Safroun; þan take þin cofyns, & put in þe ovynne lere, & lat hem ben hardyd; þan take a dysshe y-fastenyd on þe pelys ende; & pore þin comade in-to þe dyssche, & fro þe dyssche in-to þe cofyns; & when þey don a-ryse wel, take hem out, & serue hem forth.

**Honey & Saffron Tarts**

1 baked 9″ pie shell

1.5 c heavy cream

6 eggs

1/4 c. strong honey

1/8 tsp ground saffron (1 generous pinch ground)

Mix together the cream, eggs, honey and saffron. Pour into a precooked pie shell. Bake at 325 for 45 minutes or until set. With this amount of honey, the tart is lightly sweetened, which I liked against the saffron taste You could go sweeter.