

Maids of Honour Tarts

(A modernized recipe for modern cooks)

These are sort of like miniature lemony cheesecakes. Yum.

1 double pastry or pie crust, uncooked

6 teaspoons lemon curd (if unavailable, use a soft jam)

5 teaspoons butter

¼ cup soft cheese, like cream cheese, cottage cheese or ricotta.

1/3 cup fine sugar or sweetener of choice

Zest of 1 lemon

1 level tablespoon plain white flour

2 egg yolks

1/3 cup ground almonds

1 tablespoon full fat milk

1 muffin or tart tray with 12 holes

- 1. Preheat oven to 390°F (200C)*
- 2. Grease the muffin or tart tray lightly*
- 3. Roll out the pastry and cut 12 round circles large enough to line the tray openings, including the sides of the indents. (So the pastry comes up to the edges)*
- 4. Make the filling: Combine butter, soft cheese, sugar, lemon zest, plain flour, egg yolks, and ground almonds in a bowl. Mix with a fork until well combined. Add the milk to soften the mixture and stir again. Set aside.*
- 5. Drop ½ teaspoon of lemon curd into the center of each pastry.*
- 6. Now fill each pastry hole to the full with the filling*
- 7. Bake for 25 minutes or until golden brown and firm to the touch. Let cool.*

Recipe adapted from lovebritishhistory.co.uk

*Recipe brought to you by Regency Romance author [Linore Rose Burkard](#).
Romance to Warm the Heart/Fiction to Stir the Soul*

*In this brief excerpt from, **Before the Season Ends**, the dashing, mysterious Mr. Phillip Mornay, called the 'the Paragon' in society, escorts Ariana Forsythe to a ball at no less a venue than Carlton House, the Prince Regent's London palace. This event marks the start of things heating up between Ariana and the Paragon. Fun, fun, fun!*

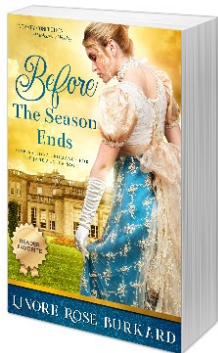
It was near midnight when Mr. Mornay took Ariana for refreshments through a great opened double-door to an adjoining chamber. The floor was carpeted, footmen abounded, and, though the menu was service a' la française, there were servants to carve one's meat or fill one's glass.

Ariana delighted in the rich wallpaper, the elegant trimmings, beautiful china and golden utensils. The damasked table glittered with sparkling crystal and delectable dishes. She was a princess in another world tonight, a dream world where all of life was beautiful...

*Mr. Mornay stood back politely while she chose refreshments. She accepted slices of beef and turkey au jus from a footman, then helped herself to cold ham with French mustard, apricot tart, and **Maids of Honour**; herbed asparagus and green beans; a poached pear and raspberry cream. Many more dishes beckoned for her attention but Ariana was in a state of high excitement and was not certain she could even consume the contents on her plate.*

The guests came and went for refreshments at will, the men standing politely back while the ladies helped themselves. Once Ariana had finished eating, Mr. Mornay escorted her back to the ballroom, leaving then to have a bite himself. She soon found herself surrounded by a group of boisterous guests who were telling stories. She was fascinated by tales of those who had encountered highwaymen or footpads, even in Mayfair! A footpad, she was assured, would slit a man's throat for mere shillings...

(end of excerpt)



Read Ariana and Phillip's story in **Before the Season Ends**, Book One of the Regency Trilogy now!

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