**A Jellied Ypocras, or Elizabethan Jello Shots**

There are, I believe, two possible reactions to the phrase, "historical Jello shots":

YUCK!

Sign Me Up!

Try to guess which category I fall into...

Original Recipe from:

**A Book of Cookrye, Very Necessary For All Such As Delight Therin,** published in 1584**,** “To make jelly”.

Take Calves feete and fley them, and faire washe them, and set them on to seethe in faire licour, and faire scum them, and when they be tender sod, faire straine out the licour, and see your licour be verye cleere, and put your licour into a pot, if there be a pottle of it, put a pottle of claret wine unto it, and two pound Sugar, a quartern of sinamon, half a quartern of ginger, an ounce of Nutmegs, an ounce of grains, some long Pepper, a fewe Cloves whole, a few Coliander sads, Isonglasse being faire washed and laid in water a day before, Turnsole being aired be the fier and dusted, and when they be wel sod, let it run through a bag, and put two whites of Egs in the bag.

Redacted Recipe:

Take calves feet and flay them, wash them, and set them in a pot to simmer covering them in water. Skim the scum off the top. When they are tender, strain out the liquid. Put the liquid back into a pot. If there is a pottle of liquid put a pottle of wine of claret in it. Add two pounds sugar, a teaspoon of a cinnamon, half a teaspoon of ginger, a whole nutmeg (cracked), an ounce of grains of Paradise, a few long peppers, a few whole cloves, and a few coriander seeds. Soak isoning glass (fish air bladders) for a day, add turnsole dried by the fire then powdered, and two egg whites to a bag. Pour your mixture through the bag as a clarifying agent.

Ingredients:

1 bottle (750ml) of merlot wine (inexpensive wine works great for this with all the spices and the sugar)

1 1/2 cups water 12 ounces sugar 1 whole nutmeg

1 tsp cinnamon 1/2 tsp ginger 2 tsp grains of paradise

2 whole long pepper pods 3 whole cloves 6 whole coriander seeds

4 packets Knox unflavored gelatin

The Process:

Please note that quantities were for a half gallon of wine (pottle) and the ingredients were recalculated for a standard bottle of wine. I did not have any fish bladders and turnsole is poisonous, so I did not use them. Since I didn’t use the other two clarifying agents, I did not use the egg whites either. Since I'm not starting with calves' feet, I started by heating the wine with the water, sugar, and spices. I put the spices into a linen bag and simmered this mixture for around 10 minutes. I then added the gelatin, turned the heat off, and stirred continuously for 5 minutes. I carefully transferred the liquid into a mold, then let them cool on the counter for a short time before transferring them to the refrigerator to set overnight. The jelly was removed from the molds shortly before transporting them for people’s enjoyment.