

Stories for Lipreading



'THE GENTLEMAN'S RELISH' OR 'PATUM PEPERIUM'

[This text is read aloud at the beginning of this video:]

Welcome to Stories for Lipreading. If you haven't used our website before, we suggest you look at our 'How to Use' page before you begin. We hope you enjoy this short factual piece about 'The Gentleman's Relish' or 'Patum Peperium'.

'The Gentleman's Relish' or 'Patum Peperium'

Have you heard of Patum Peperium? You might know it as 'The Gentleman's Relish'. The name means 'Pepper Paste' in Latin.

It was invented in 1828 by an Irish expatriate called John Osborn, who was living in Paris at the time. He introduced it at the Paris Food Show in 1849, and in 1855 it won a *Citation Favorable*. That was high praise from the French.

The full recipe for The Gentleman's Relish is a secret. The main ingredient is anchovies which have been matured in brine in barrels, washed and then heavily spiced to a secret formula. It is believed that nutmeg, cayenne pepper, black pepper, cinnamon, ground ginger and bay leaves feature in the recipe. As you might expect, it has a strong flavour. It is fishy, salty and very spicy, and should be spread thinly on toast.

The Victorians and Edwardians loved it. They liked to serve savouries in small dishes with, or after, the pudding course. Nowadays, we have settled for a simple cheese course.

In 1971, Elsenham Foods bought the rights to make the relish from the Osborn family.

Today, The Gentleman's Relish is often used as a seasoning ingredient in lamb stews. Some people melt it on steaks, or use it as a sauce for pasta meals. A famous recipe, Scotch Woodcock, calls for anchovy fillets to be laid on top of scrambled eggs, but stirring the Relish into the scrambled eggs provides a good substitute.