

Crisps & Fritters

Euriol of Lothian

Crisps and Fritters are simply a variety of foods ranging from pancakes to fried dumplings. Simply put, crisps and fritters are fried. Listed below are several recipes that come from a variety of 14th and or 15th century sources.

Pipesfarces

Le Ménagier de Paris c. 1395

Et qui veult faire des Pipesfarces, convient avoir de bon fromage de gain par grosses lesches comme le doy, et les enveloper en la paste des pettes crespes et puis les bouetter en son sain chault; et les gardez d'ardoir; et quant ilz sont seiches et jaunettes les drecier, et les crespes avec.

Pipefarces. Take egg yolks and flour and salt, and a little wine, and beat together strongly, and cheese chopped in thin slices, and then roll the slices of cheese in the batter, and then fry in an iron skillet with oil in it. This can also be made using beef marrow.

1 lb Mozzarella
2 eggs
½ cup flour
1 tsp salt
¼ cup white wine
Cooking Oil

Slice cheese into finger sized pieces. Beat eggs with fork, add a little flour and salt and wine to the eggs making a smooth batter. Dip cheese slices into batter and fry until golden brown. Drain on paper towels. Serve warm.

Fritelle da Imperadore Magnifici

Libro di cucina del secolo XI (14th or 15th century)

Se tu voy fare fritelle de Imperadore, toi la chiara de l'ova e fete de formazo fresco, e batille cum la chiara de l'ova, e mitige un pocho de farinaq e pignoli mondi. Toy la padella cum assay onto, falo bolire e fay le fritelle. Quando sono cocte, polverizali ben zucharo e tienli caldi, etc.

The Emperor's Magnificent Fritters. If you want to make the Emperor's fritters, take egg whites and slices of fresh cheese, and beat them together with the egg whites, and add a little flour and hulled pine nuts. Take a pan with plenty of fat, bring it to the boil, and make the fritters. When they are cooked, sprinkle them with plenty of sugar and keep them hot, etc.

½ lb. Ricotta cheese
3 egg whites
2 Tbsp pine nuts
5 Tbsp flour
Sugar
Cooking Oil

Mix cheese and egg whites together, beat until well blended then stir in pine nuts. Drop cheese mixture into hot frying oil. Cook until golden brown. Drain and sprinkle with sugar.

Frytour blanched.

Form of Cury (14th Century)

Take almaundes bluanched, and grynde hem al to doust withouten eny lycour. Do þerto pourdour of gyngauer, sugur, and salt; do þise in a thynne foile. Close it þerinne fast, and frye it in oile; clarifie hony with wyne, & bake it þerwith.

Take blanched almonds and grind them all to dust without any liquid. Do thereto powder of ginger, sugar, and salt. Do this in a thin foil (of pastry). Close it therein fast, and fry it in oil, clarify honey with wine & bake it therewith.

½ lb. Blanched almonds
1 tsp ginger
2 Tbsp sugar
¼ tsp. Salt
Potsticker or Egg Rool wrappers
Cooking Oil
2/3 cup honey
¼ cup white wine

Grind almonds. Add ginger, sugar and salt and mix with ground almonds. Drop a spoonful into wrapper and seal them with water. Fry in oil, until golden brown. Drain on paper towel. Heat honey and wine together, pour over fritters and bake at 350°F for 10 minutes.

A fritur þat hatte emeles

Diuersa Cibaria (14th century)

Nym sucre, salt, & alemauns & bred, & grind am togedre; & soþþen do of ayren. & soþþen nim grece oþur botere oþur oyle, and soþþen nim a dihs, & smeore heom; & soþþen nym bliue, & cose wiþ sucre drue: & þis beoþ þin cyueles in leynten ase in oþur time.

Take sugar, salt, and almonds and bread, and grind them together, and then do of egg and then take grease or butter or oil, and then take a dish and smear them and then take quickly and sprinkle with dry sugar: and this be thin cakes in Lent as in other time.

1/2 cup sugar
¼ salt
1 cup ground almonds
1 cup fine bread crumbs
4 eggs
Cooking oil
Extra sugar to sprinkle on top

Combine sugar, salt, ground almonds and fine bread crumbs. Beat eggs together and add to dry mixture. Deep fry in oil until golden brown. Drain on paper towels. Put on plate and sprinkle with sugar.