

Oranges of Xativa which are Cheesecakes

Toronjas de Xativa que son almojavans



Class by Baroness Kiriell du Papillon, OP, OL

from: The book of cooking, Ruperto de Nola(Robert)
Logrono, 1529

About the book

The earliest known edition of this manuscript is in Catalan, and is known as the *Libre del Coch* by Maestre Robert. The first Spanish edition (1525) was titled *Libro de Cozina* and referred to the author as Ruperto de Nola. The translation for this session is from the 1529 Spanish edition entitled *Libro de Guisados*, which was translated by Robin Carroll-Mann

The recipe

You must take new cheese and curd cheese, and grind them in a mortar together with eggs. Then take dough and knead those cheeses with the curd cheese, together with the dough. And when everything is incorporated and kneaded take a very clean casserole. And cast into it a good quantity of sweet pork fat or fine sweet oil. And when the pork grease or oil boils, make some balls from said dough, like toy balls or round oranges. And cast them into the casserole in such a manner that the ball goes floating in the casserole. And you can also make *buñuelos* (108) of the dough, or whatever shapes and ostentations you wish. And when they are the color of gold, take them out, and cast in as many others. And when everything is fried, put it on plates. And cast honey upon it, and on top of the honey [cast] ground sugar and cinnamon. However, note one thing: that you must put a bit of leaven in the cheeses and in the eggs, and in the other put flour. And when you make the balls, grease your hands with a little fine oil, and then [the balls] go to the casserole. And when it is inside, if the dough crackles it is a signal that it is very soft, and you must cast in more flour [into the dough] until it is harder. And when the fritter is made and fried, cast your honey on it, and [cast] sugar and cinnamon on top as is said above.

Toronjas de Xativa que son almojavanas.
Hase de tomar quesos frescos/ y requesones. z majar los en vn mortero con buevos juntamente. Despues tomar massa: z amassar aqellos quesos con los reqsones juntamente cõla massa. y desque todo sea encoorporado. z amasado tomar vna caçuela muy limpia. y echar en ella buena quatidad de gordura de puerco dulce/ o azeyte dulce q sea muy fino. y desque el ynto de puerco/ o azeyte beruiere: bazer dela dicha massa vnass pellas como pelotas/ o naranjas redondas. y echarlas dentro en la caçuela. De manera q la pelota vaya nadado por la caçuela. z puedes bazer dila mas la tãbiẽ buñuelos / o las formas z gentilezas q quisiere. y desque tengan color: de oro sacarlã. y echar otras tãtas. y desq todo sea frito ponerlo en platos. y echar sobrello miel z sobre la miel açucar: z canela molidos. Empero nota vna cosa q en los quesos: y en los buevos as de poner vna poca de leuadura: y en lo otro pornas harina. y desq bagas las pelotas yntar te as las manos con vn poco de azeyte q sea fino: y despues vayan ala caçuela. y desque esten dentro si la massa cluxe es señal q es muy blãda: z a se le de echar mas harina hasta q este mas dura. y echa la fruta: z frita echarle sumiel z açucar/ z canela encima como es dicho arriba.

The reproduction

150g new cheese (mozzarella will do)	vegetable oil
150g ricotta	cinnamon
2 eggs (~60g each)	sugar
2 cups of flour	honey
1 tsp instant yeast*	

Grate the mozzarella and grind in a large mortar with the ricotta and eggs. Stir in the yeast and allow to rest a little.

Measure the flour into a bowl and make a well in the centre**. Stir in the cheese and egg mixture to make a soft dough. Tip out onto a board and knead for 5 or six minutes.

Allow to sit somewhere warm for approximately an hour.

Form into balls and using your thumb press a hole in through the middle. Allow to rest for 20 minutes or so.

Fry at 190° C until golden brown. Drizzle with honey while hot and sprinkle with cinnamon and sugar.

For more medieval and renaissance recipes, please feel free to check out my foodblog at Kirielskitchen.blogspot.com



Notes

*As well as experimenting with instant yeast I also made this recipe using a sour-dough starter, that being. It worked well but as is typical with sour-doughs, it took basically a whole day to make.

**The recipe says to mix the wet ingredients with a dough – I did make a version mixing the wet ingredients with a simple water and flour dough. The resulting 'donuts' were pretty good but it was very awkward to mix the two. As the final results were almost identical, I have settled on using the flour.