

Para hacer todo tipo de buñuelos
Martino da Como

A Study of (non-Lenten) Fritter Recipes
in Martino da Como's
Libro de Arte Culinaria

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Introduction

I have made two different buñuelos recipes for past A&S competitions. The first recipe, from the Manual de Mujeres, for a local competition, had to be begun again about halfway through the project because I obtained a copy of Martino's cookery book in English translation and reconsidered my interpretations. The second recipe was from Martino's Lenten recipes so I had plenty of material to look through as I worked. However, I had never made a study of all the recipes together which is the project I'll present here. Of course, I still consider this an incomplete study because I have chosen to work with just the eight recipes that were for regular days and not for Lenten season.

About the Book and Author

Martino de Como, born Martino de Rossi, was born in the Blenio valley, an area belonging to the Duchy of Milan at that time. In 1457, Martino became cook to Francesco Sforza, who had control of the cities of the duchy, but was not officially invested as Duke of Milan. From there, he went to the Papal Court to cook for Cardinal Ludovico Trevisan, who was known for his lavish banquets. A copy of Martino's cookery book, dedicated to Cardinal Trevisan, is preserved in the Library of Congress. Only two other copies of the book exist. One is housed in the Vatican Library. The other, dedicated to Gian Giacomo Trivulzio, is kept at the Riva del Garda Library.

Martino was friends with Platina (born Barolomeo Sacchi) who described him as "prince of cooks". Indeed, much of his own book *De honesta voluptate et valetudine* (written in 1468) was taken directly from Martino's *Libro de Arte Coquinaria*.

Martino may also have known Ruperto de Nola and/or may have spent time in Naples as his work contains references to and shows influences of Spanish and Catalan cuisines. (Naples had come under Catalan influence in 1442 when the area was conquered by Alfonso V of Aragon.) The book that I worked from *La cocina mediterránea en el inicio del Renacimiento* by Juan Cruz Cruz reprints Martino's book in Spanish. However, the original is Italian, which I do not read, is available to download as a PDF from Candida Martinelli's Italophile Site (http://italophiles.com/ancient_cookbooks.htm).

About the Ingredients

Cheeses

There are three types of cheeses mentioned in this set of recipes: queso fresco, queso viejo, and juncada, which is gioncata in Italian. Queso fresco, fresh cheese, is that made and eaten without any aging. For this study, I chose to use ricotta. Queso viejo, aged cheese, is generally harder and aged for several months or more. For this study, I chose to use Asiago.

The most interesting cheese is "juncada". Juan Cruz Cruz adds a footnote in his editing of Martino's *Libro* "Así se le llamaba a una especie de queso fresco que se ponía en cestos de juncos"¹, which I translated: "In this way [juncada], one calls a type of fresh cheese that is put in reed baskets." Note: Junco (*Scirpus holoschoenus*) is a specific type of reed plant.²

I also found an article on a short history of cheese that gave some more information on juncada. "La leche de cabra y de oveja dejada en canastas coagulaba espontáneamente o la coagulación se aceleraba mezclando continuamente con ramitos de higuera o añadiendo directamente zumo de

¹ P. 184

² Thanks to Marianne de Eli on the SCA Iberia Facebook page for helping me understand this. She gave me the following website that discusses junco.

http://www.regmurcia.com/servlet/s.SI?sit=c%2C365%2Ca%2C0%2Cm%2C1050&r=ReP-5129-DETALLE_REPORTAJES

higos o semillas de cardos silvestres. Separando de tal manera la parte más densa, que se coagulaba y adquiriría una cierta consistencia, dando así origen a los primeros quesos denominados también “Juncadas”, puesto que se producían en contenedores de junco o canastas.”³ My translation is thus: The milk of goats and of sheep, left in baskets curdled spontaneously or the curdling accelerated by mixing continuously with twigs from a fig tree or adding fig juice or wild thistle seed. Separating in that manner, the part most thickened, which had curdled and acquired a certain consistency, giving rise to the first cheeses called “juncadas”, on this account, that they were produced in reed containers or baskets.

Finally, in the 1993 Proceedings of the Oxford Symposium on Food and Cookery, Gillian Riley discusses the Italian gioncata and translates it as “junket”, explaining that it is traditionally molded in hollowed out reeds.⁴ Exploring this line of translation, I discovered that junket can be defined as a dish of sweetened cheese curds.⁵ Therefore, I decided to make my own slightly sweetened fresh cheese. I did not choose to form it in hollowed reeds since it would be mixed and lose its shape. I did not choose to drain it in a reed basket, either.

“Flor de”

This translation made me think twice. In just reading the recipes, it seemed obvious that “flor de harina” was flour, but since “flor” actually means flower in Spanish, I had to wonder whether I was taking a bigger assumption than I should. The RAE website gives this definition from 1732 “se llama tambien lo mas puro, esmerado y perfecto de algunos frutos: como flór de la canela, de la harina, etc.” or “also called the most pure, polished, or perfect of some fruits, like “flór de cinnamon, wheat, etc.” I chose to consider this definition for wheat flour, but I believe “flor de saúco” refers specifically to the flowers of the elderberry. Gillian Riley also addresses this in her 1993 presentation at the Oxford Symposium. She was discussing all manner of white foods and mentions that the elderberry has a froth of small, white flowers that perfume little fritters or served as filling for tarts.⁶

Leche

For the milk in these recipes, I used whole milk with a little cream added. This was the closest that I could approximate to the raw milk they would have had access to.

Azúcar

Sugar cane was brought to Spain by the Arabs and became a major export from the Levant region. Those in the Mediterranean would have had much more ready access to sugar than those in Northern Europe. For this reason, I wholeheartedly embraced the use of sugar!

Ajada

I translated this as “garlic sauce”. It is a sauce made of bread steeped in water, garlic, and salt. The definition from 1726 is given as: “Especie de salsa o mojo hecho con pan desleído en agua, y ajos cachacados, y sal, para comer el pescádo, y otras viandas.”⁷

Cuajada and Suero

This was another tricky bit for me. There is in Spain a cheese called “Cuajada”.⁸ However, it can also mean simply “curdled”. The only place that the word appears in the recipe is in the title. Through

³ See gredos-tietar.slowfood.es website reference; the fifth paragraph under “Griegos y Romanos”.

⁴ P. 169

⁵ <http://www.merriam-webster.com/dictionary/junket>

⁶ P. 170

⁷ www.rae.es is the Royal Academy of the Spanish language website through which one can peruse dictionaries as early as the 1700s.

the rest of the recipe, it talks about the “suero” or “agua” that the juncada makes. For this reason, I chose to use the “whey” from the cheese that I made for this recipe.

Arroz

Juan Pizarro’s article, “Rice: The Finest Grain” (taken from his book: Seasonal Spanish Food) is mainly about making paella, but it discusses some of the most common types of rices found in Spain. I was particularly interested in the rice grown on the Mediterranean side of the country. These are the medium and short grain rices such as Bomba, an old-fashioned rice varietal. When people ask him what rice to use if Spanish varieties are not available, he recommends rices used to make risotto such as Arborio rice. This is what I chose to use for the rice fritters. It came out as almost a rice pudding consistency during my cooking experiments.

Manzana

I could not find an heirloom style of apple. I have used Cripp’s Pink (Pink Lady) Apples. These are a relatively young variety (1990s) from Australia that have a wonderful, crisp texture and tart flavor.

Ingredient	Translation	Used in Recipe #
Queso Fresco	Fresh Cheese	161, 162
Queso Viejo	Aged Cheese	161, 162
Flor de Harina	Wheat Flour	All
Claras de Huevos	Egg Whites	161, 162, 163, 164, 168
Leche	Milk	161, 164, 168
Azúcar	Sugar	All
Flor de Saúco	Elderberry Flowers	161
Juncada	“Fresh Cheese” (see notes)	163
Ajada	“Garlic Sauce”	163
Suero de Juncada	Whey	163
Agua de Rosas	Rose Water	163, 164, 168
Arroz	Rice	164
Hojas de Salvia	Sage Leaves	165
Huevo	Egg	165, 166, 167
Canela	Cinnamon	165, 166, 167
Azafrán	Saffron	165, 166, 167
Manzana	Apple	166
Hojas de Laurel	Bay Leaves	167
Almendras Blancas	Blanched Almonds	168
Pechuga de Pollo	Chicken Breast	168

Table 1: All ingredients used in the recipes

About the Cooking Methods

All of these recipes are fried. I interpreted this to mean sautéing rather than what we call “deep fat frying”. The 1732 definition from RAE is: “Aderezar en la sartén con manteca, sevo, grassa, azéite ù otro liquor, alguna cosa: como carne, pescado, &c, ... Suelenlos guisar con especias y manteca, ó freirlos en azéite cubiertos de hariina.” (To dress something (such as meat, fish, etc.) in the skillet with animal fat

⁸ <http://www.cheese.com/cuajada/>

(manteca, sebo, grassa), oil, or other liquid... commonly cooking them with spices and fat or frying them in oil covered with flour.)

The difference is the medium in which the fritters are sautéed. There are five different fats listed in these recipes. Using the RAE website, I attempted to determine how these differed.

Recipe #	Primary Method	Secondary Method	Optional Method(s)
161	Freír en buena manteca	Freír en mantequilla	Freír en buen aceite
162	Freír en buena manteca	Freír en mantequilla	Freír en buen aceite
163	Freír en buena manteca	Freír en mantequilla	
164	Freír en buena manteca	Freír en mantequilla	
165	Freír en manteca	Freír en buen aceite	
166 (first)	Freír en manteca	Freír en buen aceite	
166 (second)	Freír en buen grasa	Freír en buen aceite	
167 (first)	Freír en grasa	Freír en lardo	
167 (second)	Freír en grasa	Freír en buen aceite	
168	Freír en buena manteca	Freír en mantequilla	

Table 2: Comparing cooking methods in recipes

Aceite – (1726) (Vease Azeite.) El liquór grueso que se saca de las azéitunas, exprimiéndolas en los molinos ò prensas.⁹ (See “azeite”. The thick liquid removed from olives, squeezed out in the mills or presses.)

Grasa – (1780) La manteca, unto, ó sebo de qualquier animal. (The fat of an animal)

Lardo – (1734) El gordo del tocíno. (The fat of the hog)

Manteca – (1734) La gordúra de qualquier animal, especialmente la del lechón. Y diciendose Mantéca, absolutamente se entiende la de puerco. Llámase tambien Unto. (The fat of an animal, especially a suckling pig. And saying “manteca” one understands of the pig. One also says “unto”.)

Mantequilla – (1734) Cierta género de pasta que se hace con mantéca de vacas, mui batida y suave, con azúcar. (Certain type of paste made with the fat of cows, very beaten and smooth, with sugar.)

Mantequilla is butter in modern Spanish. I almost wonder if it was then, too. The definition above makes it sound as though it is not; however, later definitions add “de leche” so that it becomes made with “the fat of the milk of cows”. I did not experiment with the use of butter even though I love to sauté in butter when I’m not worried about calories!

For my redactions, I used vegetable oil. I actually prefer to use olive oil in most circumstances, but this was a cost saving measure. I also used an electric skillet so that I could maintain the temperature of the oil between 340-360F, which is below the smoke point for virgin and extra virgin olive oil (400-420F)¹⁰. Lard would have a similar smoke point range of 360-400F, whereas butter has a much lower smoke point.

⁹ The RAE definition goes on to explain why it is written with the “z” instead of the “c” that modern Spanish speakers would recognize. “Es voz Arábica del nombre *Zeit*, cuya raíz es del Hebreo *Zaiit*, que vale oliva, por lo que se debe escribir con z, y no con c.”

¹⁰ <http://www.goodeatsfanpage.com/collectedinfo/oilsmokepoints.htm>

About the Recipes

After examining the recipes, although there are eight recipes in this section, I found that only 4 of them stand alone. The other four recipes refer the cook back to a previous recipe to reference ingredients or cooking methods or style. Of those four recipes, I found a variety of conditions for the batter or dough of these fritters. Some seemed meant to be more solid while others seemed meant to be more fluid. Some seemed to require a lot of flour while one required barely any.

Recipe #161 The first recipe in the chapter, I believe is meant to be a fairly stiff, almost dough like consistency. The recipe tells me to “make these fritters round with the hand or whatever other form pleases you”. In order to hold a form, there needs to be enough flour to stiffen the dough. However, it can’t be too stiff because I am also told to add sufficient flowers to it, but they should not be crushed in order to not make the dish too liquidy. Recipe #162 refers back to this one. I did not have access to elderflowers while working with this recipe and did not want to substitute another edible flower so this is the only recipe I did not redact.

Recipe #163 This recipe tells the cook to make the fritters “with a spoon, little by little, big or small as pleases you”. This indicated to me a slightly looser dough. It didn’t seem to require holding its shape as recipe 161 did. Recipe #164 refers the cook back to this recipe.

Recipe #165 This recipe seemed to me the thinnest of the recipes and I made it more as a batter than a dough. The cook is told to “coat or wrap” the sage leaves in the mixture. Recipes #166 and #167 refer the cook back to this recipe. The main problem I had with this set of recipes was the use of saffron to make it yellow. I never found the right balance to make the batter a nice yellow color.

Recipe #168 The almond fritters are a completely stand alone recipe. They do not refer back to a previous recipe nor is there another recipe in the chapter to refer back to them. I interpreted these to be another stiff dough as the cook is told to make them in “whatever form you wish”.

My Redactions

#161 Elderflower Fritters

**This is the only recipe that I did not attempt.

According to my reading of the recipes, it should be the same as the recipe below, except that it would be slightly looser due to the addition of milk and the need to put the elderflowers into the dough without crushing them.

#162 Fritters of Egg white, Flour and Fresh Cheese

1 cup Ricotta
1 cup Asiago, grated
1 cup Flour
½ cup Egg whites
¼ cup Sugar

- Mix all well.
- Shape into small round patties.
- Fry in a thin layer of oil until golden on both sides.

#163 Fritters of Fresh Cheese and Whey

1 gallon whole milk
1 cup of heavy cream
1/3 cup of white vinegar
1 Tbsp sea salt
1 Tbsp sugar
3 Cloves of garlic
4 Slices of bread, toasted lightly
1 cup warm Water
1 cup Whey
2 cups Flour
½ cup Egg whites
¼ cup Sugar
2 Tbsp Rose water

- Make fresh cheese.
 - Bring whole milk and heavy cream to 195F. Stirring almost constantly.
 - Remove from heat and stir in the vinegar.
 - Let stand for 30 minutes to develop the curds.
 - Pour through cheesecloth set in a strainer into a large bowl to collect the whey.
 - Allow to drain for 1 hour.
 - This produced about 3 ½ cups cheese and almost 12 cups of whey
- Make the Ajada.
 - Soak bread and garlic in the water while the cheese drains.
 - After soaking, mash well in a mortar or food processor to make smooth.
- Mix the cheese and ajada with the rest of the ingredients.
- Drop by small spoonfuls into a thin layer of oil and fry until golden on both sides.

#164 Rice Fritters

2 ½ cups Milk
1 cup Arborio rice
3 cups flour
¾ cup egg whites
½ cup sugar
5 Tbsp Rose water

For Queen's Prize Tourney:

4 cups "milk" (3 cups 2% + 1 cup cream)
2 cups Arborio rice
4 cups flour
1 cup egg whites
½ cup sugar
¼ cup rose water

- Bring the rice and milk to a boil and then simmer for 30 minutes or until milk is mostly absorbed.
- Remove from heat and add the rest of the ingredients.
- Mix well.
- Drop by tablespoons (larger or smaller if you prefer) into a thin layer hot oil.
- Fry until golden. Flip and continue frying.

#165/166/167 Batter for Sage Leaves, Apples, and Bay Leaves

2 eggs
6 Tbsp flour
2 tsp sugar

12 strands saffron
2 Tbsp hot water
½ tsp cinnamon

This batter is used for all three recipes.

- Put the saffron into the hot water and allow to diffuse for up to 15 minutes.
- Mix the eggs, flour, and cinnamon.
- Add in the saffron water.

For the sage leaves:

- Simply wash the sage leaves and pat dry.
- Coat them in the batter.
- Fry gently and quickly in a thin layer of oil.

For the apples:

- Peel the apples and cut in thin slices.
- Sauté the slices in oil for 2 minutes then flip and do the same on the other side.
- Remove from the oil and let them drain.
- Coat them in the batter.
- Fry in a thin layer of oil on one side until golden.
- Flip and fry on the other side until done.

For the bay leaves:

- Wash the bay leaves and pat dry.
- Fry quickly in a thin layer of oil.
- Remove from the oil and allow to drain.
- Coat them in the batter.
- Fry gently and quickly in a thin layer of oil.

Recipe #168: Almond Fritters

1 cup blanched almonds
1 Tbsp Rose Water
2 Tbsp Milk
2 chicken breasts
2 egg whites
1 Tbsp sugar
5 Tbsp flour

For Queen's Prize Tourney
2 cups blanched almonds
2 Tbsp rose water
3 Tbsp milk
4 chicken breasts
1 cup egg whites
3 Tbsp sugar
¾ cup flour

- Bake the chicken breasts until thoroughly cooked. (350F for 35 minutes should suffice.)
- Blanch your almonds by adding to boiling water for 1 minute and then quickly rinsing in cold water. The skins should slip off when pinched at the larger end.
- Grind almonds with rose water and milk.
- Grind the chicken breast.
- Combine all the ingredients.
- Sauté in a thin layer of oil until golden on both sides.

Appendix A

The Spanish Recipes

Capítulo V

Para hacer todo tipo de buñuelos

161. Buñuelos de flor de saúco.

Coge buen queso fresco, y un poco de buen queso viejo, y haz que estén muy bien molidos y con ellos pon un poco de flor de harina y claras de huevo según la cantidad que quieras hacer, también un poco de leche y de azúcar; y maja muy bien todas estas cosas, sácalas del mortero, añadeles suficientes flores de saúco según le parezca a tu discreción; y estas flores no deben ser ni molidas ni machacadas, hacienda esta composición no demasiado clara, es decir líquida, para que puedas hacer los buñuelos redondos con la mano, o si no de cualquier otra forma que te guste, poniéndolos a freír en buena manteca or mantequilla, o si no en buen aceite; y calientes calientes los mandas a la mesa.

162. Buñuelos de claras de huevo, flor de harina y queso fresco.

Observarás el orden y la forma descrita en el apartado precedente, except que en estos buñuelos no debes poner ni leche ni flor de saúco.

163. Buñuelos de juncada, y leche cuajada.

Coge la juncada, y con ajada ponla en la estameña hasta que haya salido bien el suero o agua que hace la juncada. Hecho esto cogerás el suero que quede en la estameña, y con un poco de flor de harina, claras de huevo según la cantidad que quieras hacer, azúcar y agua de rosas mezclarás bien estas cosas. Y esta composición no debe estar demasiado triturada, haciendo los buñuelos con la cuchara poco a poco, grandes or pequeños como te gusten; y los freirás en buena manteca or mantequilla que esté bien sazónada.

164. Buñuelos de arroz.

Cuece el arroz muy bien en leche, y sacándolo para hacer buñuelos observarás el orden y manera arriba descrito, except que no le debes poner ni queso ni otra leche.

165. Buñuelos de salvia.

Coge un poco de flor de harina, y destempérala con huevos y azúcar, y un poco de canela y azafrán para que esté amarilla; Y toma hojas de salvia enteras, y una a un alas rebozarás or envolverás en esta composición, friéndolas en manteca or en buen aceite.

166. Buñuelos de manzana.

Pela las manzanas y córtalas en láminas finas quitándoles sus granos o pepitas que tienen en el medio, y fríe en poco estas láminas en manteca, or en aceite; después sácalas y ponlas a escurrir en un tablero. Y rebózalas o envuélvelas en las misma composición que se dice en el apartado precedente, y otra vez las freirás en buena grasa; y si fuese tiempo de cuaresma las puedes freír en aceite, y no les pongas ni grasa ni huevos.

167. Buñuelos con ramas de laurel.

Fríe las hojas de laurel en alguna buena grasa o lardo. Después sácalas y déjalas escurrir; y con parecida composición que se dice para la salvia harás estos buñuelos.

168. Buñuelos de almendras.

Coge almendras blancas bien molidas y con agau de rosas y un poco de leche pasarás por la estameña, y toma la pechuga de pollo cocida, y májala por separado de las almedras; también un poco de flor de harina, dos o tres claras de huevo, y más or menos según la cantidad que quieras hacer, y con un poco de azúcar mezclarás todas estas cosas; hacienda estos buñuelos en cualquiera forma que quieras los freirás despacio en buena manteca o en mantequilla, y haz que no estén demasiado cocidos.

Appendix B The Italian Recipes

CAPITOLO V PER FAR OGNI FRICTELLA

Per fare frictelle de fior de sambuco.

Habi de bono caso fresco, et un poco di bon caso vecchio, et fa' che siano molto bene pesti et con essi metti un poco di fior di farina et di bianchi d'ova secundo la quantità che vole fare, item un pocho di lacte et del zuccaro; et macina te molto bene tutte queste cose in seme, cavatele del mortare, vi giognirai di fiori di sambuco abastanza secundo che pare a la tu a dcretionem; et li ditti fiori non vogliono essere né pesti né rotti, facendo la ditta compositione né troppo chiara, cioè liquida, perché possi fare le frictelle tonde con mano overo in quale altra forma ti piace, mettendole a frigare in bono strutto o botiro, overo in bono olio; et calde calde le manda in taula.

Per fare frictelle de bianco de ovo, fior de farina et caso fresco.

Observerai l'ordine et modo descripto nel capitolo precedente, excepto che in queste frictelle non hai a mettere lacte né fiori di sambuco.

Per fare frictelle de gioncata, et lacte quagliato.

Piglia la ioncata, et con l'agliata mittila in la stamegna tanto che ne sia bene uscito quello sero o aqua fa la ditta ioncata. Et facto questo prendirai quel sero rimasto in la stamegna, et con un poco di fiore di farina, di biancho d'ovo secundo la quantità che vol fare, col zuccaro et dell'acqua rosata me scolarai queste cose bene in seme. Et questa tal compositione non vole essere troppo stretta, facendo queste frictelle con il cocchiario a poco a poco, grande o piccole como ti piace; et farale frigare in bono strutto o butiro che sia bene staionate.

Per fare frictelle de riso.

Fa' cocere il riso molto bene ne lo lacte, et cavandolo fora per farne frictelle observerai l'ordine et modo scripto di sopra, excepto che non gli hai a mettere né caso né altro lacte.

Per fare frictelle de salvia.

Piglia un poco di fiore di farina, et distemperala con ova et zuccaro, et un poca di canella et zaфра no perché sia gialla; et habi de le foglie de salvia integre, etad una ad una l'integnirai o involterai in questa tale compositione, frigendole nel strutto o in bono olio.

Per fare frictelle de poma.

Monda le poma et tagliale in fette sottile cavandone quilli grani o anime che hanno nel mezo, et frigi un poco le ditte fette nel strutto, o in olio; et poi leva foraad asciuccare sopra ad un tagliero. Et intenti o involte in simile compositione como se dice nel capitolo precedente, et un'altra volta le farai frigere in bon grasso; et si fusse in tempo quadragesimale le poi frigere in olio, et non gli mettere grasso né ova.

Per fare frictelle con fronde de lauro.

Frigi de le foglie de lo lauro in qualche bon grasso o lardo. Poi cavale fora et lassale sciuccare; et con simile compositione como se disse de la salvia farai queste frictelle.

Per fare frictelle d'amandole.

Habi l'amandole bianche ben piste et con acqua rosata et un pocho di lacte le passarai per la stamegna, et habi il petto del pullo cotto allessò, et pistalo separato dall'amandole; item un poco di fiore di farina, doi o tre bianchi d'ova, et più et mancho secundo la quantità che voli fare, et con un poco di zuccaro mescolarai tutte queste cose; facendo queste frictelle in qualunque forma tu voli le frigerai ad ascio in bono strutto o nel butiro, et fa' che non siano troppo cotte.

Appendix C My Translations (from the Spanish)

Chapter 5: In order to make all types of fritters

161. Elderflower Fritters

Take good fresh cheese and a little good aged cheese, and grind well and with these put and little of fine wheat flour and egg whites according to the quantity that you wish to make, also, a little milk and a little sugar. Pound all these things very well in a mortar. Take them out of the mortar adding sufficient elder flowers according to what seems best to you. These flowers should not be crushed nor flattened making this mixture too clear, that is to say liquid, in order that you can make these fritters round with the hand or whatever other form pleases you. Put them to fry in good animal fat or butter, or if not in good oil. And hot, send them to the table.

162. Fritters of Egg white, Flour, and Fresh Cheese

Observe the order and manner described in the preceding section, except that in these fritters you should put neither milk nor elder flowers.

163. Fritters of Fresh Cheese and Whey

Take the fresh cheese and put it with the garlic sauce in a cheese cloth¹¹ until it has left well the serum or water that the fresh cheese made. To make this, you will take the serum that remains in the cheese cloth and with a little flour, egg whites (according to the quantity you wish to make), sugar, and rose water and mix these well. And this mixture should not be too crushed. Make these fritters with a spoon little by little, big or small as pleases you. Fry them in good animal fat or butter that is well aged.

164. Rice Fritters

Cook the rice very well in milk, and taking it out, in order to make fritters, you will observe the order and manner described above except that you should put with it neither cheese nor other milk.

165. Sage Fritters

Take a little of the best wheat flour and mix it with eggs and sugar, and a little cinnamon and saffron in order that it be yellow. And, take whole sage leaves and one by one you will coat or wrap them in this mixture, frying them in fat or good oil.

166. Apple Fritters

Peel the apples and cut them in fine sheets, removing the grains or pips that they have in the middle. And, fry these sheets a little in animal fat or in oil. Then take them out and put them to drain on a board. Coat or wrap them in the same mixture that was said in the previous section. Once again, fry them in good animal fat. If it is the time of Lent, you can fry them in oil and don't put with them animal fat nor eggs.

167. Bay Leaf Fritters

Fry the bay leaves in some good animal fat or pork lard. Then take them out and leave them to drain; and with a mixture like that said of making the sage, you will make these fritters.

168. Almond Fritters

Take well ground, white almonds and pass them through a sieve¹² with rose water and a little milk. Take cooked chicken breast and mash separately from the almonds. Also, a little wheat flour, two or three egg whites (more or less according to the quantity you wish to make) and with a little sugar mix all these things, making these fritters in whatever form you wish. Fry them slowly in good animal fat or in butter. Make them so that they are not overly cooked.

¹¹ The word *estameña* meant a thick, woolen cloth in 1732 Spain. I translated it here as cheese cloth.

¹² Here, I chose to translate *estameña* as “sieve” because it made more sense.

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Online Resources

About Maestro Martino & his cookbook(s)

http://www.historiaviva.org/cocina/Libros_Nola_Como-ing.shtml

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http://italophiles.com/maestro_martino.pdf

A downloadable file of the Italian version of Martino's book

<http://www.maestromartino.it/eng/maestromartino.html>

Website for the Maestro Martino Association which "has been created with the aim to highlight the historical figure of the great Renaissance cook, ... by creating a Milanese center devoted to Author's Cuisine with economic, cultural and tourist aspects at an international level."

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About Cheese

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About Rice

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"*Rice: the finest grain*" by José Pizarro discusses the types of rice available in Spain and finding suitable substitutions if those types are not available.

About Oils / Fats

<http://www.goodeatsfanpage.com/collectedinfo/oilsmokepoints.htm>

Translations as needed

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