

The Feast of Three Princes

A Second Meal,

FROM 13TH CENTURY ANADALUSIA



Compiled and adapted by Edwin Latorre

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1. Jimli with Meatballs

Jimli is a tangy meat stew with a warm, spicy flavor. The addition of the meatballs to the stew adds variety to both flavor and texture.

meatballs

“Take meat from the shoulder and the leg of a ram, without tendons or veins, and pound it very hard. Add a little oil, pepper, cinnamon or lavender, a little onion juice, a little salt, another little bit of egg and a little fine flour.”

– From the Anonymous Andalusian Cookbook of the 13th Century¹

For Meatballs

- 1 lb Ground Beef
- 2 tablespoons Olive Oil
- 1 teaspoon Salt
- 1 teaspoon Ground Black Pepper
- 1/2 teaspoon Ground Cinnamon
- 1 Medium Onion
- 1 teaspoon Water
- 1 Egg beaten
- 1 tablespoons All Purpose Flour

Preparation time: 20 - 30 minutes

Cooking time: 30 - 40 minutes.

1. Peel and cut the onion into chunks
2. In a blender, food processor or mortar puree the onion with a teaspoon of water until it becomes pulp.
3. Crack and beat in the egg in a small bowl.

¹Perry, Charles, translator. *An Anonymous Andalusian Cookbook of the 13th Century*. DavidFriedman.com - *Recreational Medievalism*,
<http://www.davidfriedman.com/Medieval/Cookbooks/Andalusian/andalusian4.htm?fbclid=IwAR3cSw5C3ByFmwcbXcYQJnUjU-0DBrurZzZnn44nlUdYna5RG2QI0MfVNPM#Heading133>

4. In a large mixing bowl, thoroughly combine the meat, salt, black pepper, cinnamon and oil together in a bowl. Using one's hands is best for this.
5. To this mixture, add the onion, beaten egg and flour either with a spoon or by hand.
6. Form the mixture into teaspoon sized balls.
7. In a skillet over medium heat, add a little bit of oil, enough to coat the skillet. Choose an oil which will not smoke too much.
8. As soon as the oil is hot, fry the meatballs in batches, being sure to turn them to avoid sticking and so all sides are browned. The meatballs should be cooked through, with a light char on the outside.
9. Set aside half for Jimli and enjoy the rest.

Note: These meatballs may be prepared ahead of time. They should be placed in a sealed container in the refrigerator and should keep for 3 to 4 days. Else, they may be frozen in a sealed container for longer, and defrosted in the refrigerator in the days prior to cooking.

Jimli

“Take the meat of a plump calf, or a sheep, and cut it in small bits; put it in a pot and add to it pepper, coriander and a little cumin, saffron and whatever oil is necessary, strong vinegar and murri naqî' -less of the murri than of the vinegar-and meatballs already made, citron leaves and peeled and split almonds; put this on a moderate fire, and when the meat is cooked, cover it with two eggs, a little beaten with cinnamon and saffron, and leave it on the hearthstone until it binds and the fat rises and the broth evaporates.”

- From the Anonymous Andalusian Cookbook of the 13th Century²

For Jimli

1lb Stew beef or lamb cut up into bite size pieces
1/2 teaspoon black pepper
1 teaspoon Coriander
1/2 teaspoon Cumin
1 pinch Cinnamon
1 pinch saffron (or 1/4 teaspoon Tumeric + 1/2 teaspoon paprika)
Zest of 1 Lime
2 Bay Leaves
1 Cup Red Wine Vinegar
1/2 Cup Soy Sauce
2 tablespoons Water
1 Cup peeled and split almonds
2 Eggs
Prepared Meatballs
Vegetable oil as needed

Preparation time: 10-20 minutes

Cooking time: 180 minutes.

1. In a small bowl beat the two eggs and the cinnamon.
2. In a pot over medium high heat, add enough oil to coat the bottom.

² Perry <http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian1.htm#Heading13>

3. Add the meat, pepper, coriander, cumin, saffron (or substitutes), lime zest, and bay leaves. Cook till brown on all sides
4. Add the split almonds, Vinegar and Soy Sauce.
5. Add the beaten eggs mixed with cinnamon. Lower heat and cook for 1-3 hours or more until the meat softens. Add water if it becomes too dry.

(5A. If the meatballs were prepared in advance. Preheat your oven to 300 degrees Fahrenheit. Place the meatballs on a tray covered with aluminum foil and reheat them in the oven for 15 -20 minutes.)

6. When the broth has thickened, the liquids have reduced by half and the meat is soft, remove from the heat and add the meatballs
7. Serve hot.

Note: This recipe may be prepared in advance and should keep in the refrigerator for 3 to 4 days. It is best reheated in a slow cooker for several hours, but may also be reheated in a pot over low to medium heat. Be sure to reheat the dish thoroughly.

2. Guiso de Lentejas (A dish of lentils)³

This simple lentil pottage, enhances the mild flavor of lentils with acidity and herbal notes from coriander.

“Se lavan las lentejas y se ponen a cocer en una olla con agua dulce, aceite, pimienta, cilantro y cebolla cortada. Cuando están cocidas se echa sal, un poco de azafrán y vinagre; se cascan tres huevos, se dejan un poco a la lumbre y luego se retira la olla. Otras veces se cuecen sin cebolla. Se pueden guisar con colocasia picada a la que se ha dado un hervor. O bien con levadura desleída, a fuego lento. Cuando las lentejas empiezan a espesarse se les añade manteca buena o aceite dulce, poco a poco, conforme lo vayan chupando hasta que están suficientemente cocidas y tienen aceite bastante. Entonces se retiran de la lumbre y se espolvorean con pimienta.”

- Fadālat al-Jiwān fī tayyibāt al-ta ‘ām wa-l-alwān
by Ibn Razin at- Tugibi in the 13th Century

1/2 pound lentils

3 Cups Water

1/2 teaspoon Salt

1/4 teaspoon Ground Pepper

1/2-1 Medium Onion

1/2 teaspoon Coriander

1 pinch Saffron (or 1/4 teaspoon Tumeric + 1/2 teaspoon Paprika)

1/8 cup olive oil or melted butter

(Maybe 1/4 Bunch Cilantro)

1/4 Red Wine vinegar

1-2 Eggs

Preparation time: 20 - 30 minutes

Cooking time: 1 1/2 - 2 hours

³ This recipe is an adaptation of Cassandra Baldasano's excellent redaction "Guiso de Lentejas." *Medieval Cuisine*, <http://www.medievalcuisine.com/site/medievalcuisine/Euriol/recipe-index/guiso-de-lentejas>. Accessed 4 10 2020.

1. Pick the lentils clean of any foreign material, rinse in cold water and drain.
2. Peel and chop the onion.
3. If it will be used, wash and finely chop the Cilantro.
4. Add the lentils, water, salt, onion, coriander, saffron (or substitutes), olive oil/butter and if so desired, the cilantro to a large saucepan and heat at medium to medium high heat until boiling.
5. Once it boils, reduce to a simmer and simmer at low heat until the lentils become tender. About 1/2 to 1 hour
6. Add the vinegar and either mix the egg inside the lentils or crack on top and leave.
7. Once the liquid is thickened to the consistency you desire, remove from the heat and serve.

Note: This will hold in the fridge for about a week. can be frozen to be eaten later if you mix the egg in with the lentils.

3. Eggplant Isfiriya⁴

These fried eggplant patties provide a wonderful combination of textures, with rich spicy and umami flavors. Soy sauce has been used as an approximate substitute for the murri naqî, as that is not commonly available in many areas of the United States.

“Cook the peeled eggplants with water and salt until done, take out of the water and rub them to bits in a dish with grated bread crumbs, eggs, pepper, coriander, cinnamon, some murri naqî' and oil; beat all until combined, then fry thin breads, following the instructions for making isfîriyya.⁵”

- The Anonymous Andalusian Cookbook

1-2 Eggplants peeled and cubed
1 Cup Bread Crumbs
1/2 teaspoon Pepper
1 teaspoon Coriander
1/4 teaspoon Cinnamon
2 teaspoon Soy Sauce
2 Eggs, Beaten
Oil for frying

Preparation time: 20 - 30 minutes

Cooking time: 20 - 30 minutes.

1. Peel and cube the eggplant
2. Boil eggplant cubes until tender. Drain and reserve.
3. In a bowl, thoroughly combine the bread crumbs, pepper, coriander, cinnamon and soy sauce.

⁴ This recipe is a minor modification of Justin du Coeur and Rebecca Vessenes excellent redaction, “Eggplant Isfiriya.” *Carolingian Cooks Guild*, 9 29 2012, <http://recipes.wiglaf.org/rbook/recipe/view/354>. Accessed 3 10 2020.

⁵ Du Coeur and Vessenes and Martinelli, Candida and Friedman, David, editor. *The Anonymous Andalusian Cookbook*. Translated by Charles Perry, Middletown, DE, Italophile.com, 2019. Pg. 53

4. Add the cooked eggplant to the bowl and mash the contents together with a potato masher or a large fork until well combined.
5. In a small bowl, beat the eggs.
6. Add the beaten egg to the eggplant mixture. Mix by hand until it becomes a homogenous mass.
7. Thickly coat the bottom of a frying pan with oil. Heat this over medium high heat until inserting a wooden spoon causes bubbles.
8. With a tablespoon, scoop out small portions of the eggplant mixture and gently drop them into the oil (being careful to avoid splashing hot oil). Using a spoon or spatula to flatten into a flat, roughly oval patty.
9. Fry the eggplant patty until golden brown (2 - 3 minutes). Then flip the eggplant patty and cook the other side until golden brown (another 2-3 minutes). Be careful to avoid burning the patties.
10. Remove the cooked Isfiriya from the oil and let drain on a paper towel until it is time to serve.

The Isfiriya are best served warm.

4. Simple Flatbread (serves 4-6)

A basic flatbread that can be made on a skillet if you don't want to go out and buy it.

- 1 Cup Flour
- 1/2 teaspoon salt
- 1/2 Cup Water
- 2 tablespoons Oil

Preparation time: 1 hour

Cooking time: 20 - 30 minutes.

In a bowl mix the flour and salt. Make a hole in the center of the flour

1. Slowly drizzle the water into the flour, mixing by hand as you add. Be careful to watch how much water you add. Too little and it will be crumbly. Too much and it will be batter instead of dough.
2. Add the oil to the dough and thoroughly incorporate the oil by hand. You can still add flour and water at this point if the dough is too stiff or too loose.
3. Remove the dough to a floured cutting board (or other clean surface) and knead the dough for about 10 minutes, until it is elastic.
4. In a slightly oiled bowl, cover the dough with a damp rag and let it rest for a half hour at room temperature.
5. Cut the dough into either 4 or 6 equal pieces depending on your needs.
6. By hand, roll the dough pieces into balls. Then flatten each dough ball into a flat oval, either with a rolling pin or the palm of your hand.
7. Heat a frying pan to medium heat with just enough oil so the bread doesn't stick.
8. Cook the dough disks for about two minutes on each side. Leave on a plate after cooking to serve from.

Note: The bread is best if eaten right away, but if mold doesn't grow on it, bread can last a while if you keep moisture away.

5. Zulabiyya

Essentially an Andalusian funnel cake, Zulabiyya will provide a hint of sweet and citrus to close your meal.

“Knead fine flour and add water little by little until the dough is slack. Let it be lighter than the dough for musahhada [pancakes, which means it should be like a crepe batter]. Leave it in a pot near the fire until it rises. You will know it is done when you tap on the side of the pot with your finger. If you hear a thick, dense sound, it has risen...

Then put a frying-pan on the fire with plenty of oil, and when the oil boils, take this runny batter and put it in a vessel with a pierced bottom [a funnel]. Put your finger over the hole; then raise your hand and the vessel over the frying pan and quickly remove your finger. The batter will run out through the hole into the frying-pan while you are turning your hand in circles⁶”

- The Anonymous Andalusian Cookbook

1½ teaspoon Yeast
1 tablespoons of room temperature Water
1½ Cups Flour
⅔ Cup Water
1½ tablespoons Oil (olive, vegetable, etc.)
1 teaspoon Sugar
½ teaspoon Salt
(1-2 drop Red Food Coloring optional)
1 Cup Honey
Juice of 1 Lime
Oil for frying

Preparation time: 20-30 minutes

⁶ Martinelli, Friedman & Perry, pg. 147.

Cooking time: 20 - 30 minutes.

1. In a container, mix the yeast and a tablespoon of room temperature water. Leave for 10 minutes to activate. You will know when the yeast has activated, as it will form a tan, foamy head and double in volume. If the yeast is not activating, you may add a teaspoon of sugar to feed it.
2. In a separate bowl, mix the flour, water, 1½ tablespoons oil, salt, sugar and the activated yeast. Set aside in a warm place for an hour to rise. The consistency should be something like crepe batter. (If you like, you can add food coloring to these batches. It used to be done with various herbs like saffron, but general food coloring is just as good.)
3. In a small, non-reactive (stainless steel, pyrex or ceramic) saucepan, warm the honey and lime juice over medium-low heat until it simmers and a foamy scum rises to the top. Clean the foam off the top or the liquid with a slotted spoon. Set aside in a wide pan (for use as a dip later).
4. In a tall walled frying pan or slow saucepan, add oil for frying to a depth of ¾ to 1 inch. Heat the oil over medium-low heat until a wooden spoon inserted bubbles. Watch that the oil does not smoke.
5. Move the batter in batches into either a pastry bag with a narrow tip or a plastic freezer bag with enough room to handle it diagonally. If using the freezer bag, snip a tiny piece out of the corner to pour it, about a pen tip's width.
6. Carefully squeeze the batter into the oil, either working in circles, lattices or any desired shape. Just be sure to keep the shape close enough that it floats as one piece
7. Fry the batter until golden brown (1 - 2 minutes). Once it is golden brown on the bottom, carefully flip and let the other side cook to golden brown (1 - 2 minutes).
8. Carefully remove the Julabiya from the hot oil and let drain for a minute or so on paper to soak up any excess oil.
9. After that, dredge the cooked Zulabiyya and dip into the warm honey-lime mixture. on both sides for about 10 seconds. Move to a plate for serving.

Shopping List

Following is a consolidated list of the ingredients for all of the dishes included in this booklet. All of the ingredients should be available in major grocery stores in the United States.

Vegetables

Eggplant 1-2 depending on size, Limes 2-3, White or Spanish Onions 2 medium, (Optional: Cilantro 1 bunch)

Meat

Ground Beef 1 lb, Stew Cubes (Beef or Lamb) 1 lb,

Dairy

Eggs, (Optional: Unsalted butter)

Spices

Bay Leaves, Black Pepper, Cinnamon, Coriander, Cumin, Saffron

Dry Goods

All Purpose Flour, Almonds (blanched/peeled and slivered), Bread crumbs, Lentils 1 lb, Salt, Sugar, Yeast

Oils & Liquids

Honey, Olive Oil, Red Wine Vinegar, Soy Sauce, Vegetable Oil for frying

SUGGESTIONS FOR PREPARATION

The recipes included in this compilation are designed to serve approximately four people. Carefully read all the recipes and consider the order of preparation. Plan to be cooking for much of the afternoon and evening before the event. The first and second recipes may be made ahead of time to lighten the cooking load on the day of the event.

This menu includes many dishes both pan and deep fried in healthy fats. If you have not deep fried in the past, take some time either search the internet or a general cookbook (such as any edition of the Joy of Cooking) for instructions and cautions on deep frying. You should also seriously consider buying a fry screen at your local housewares, big box or grocery store.

SOURCES

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<http://www.medievalcuisine.com/site/medievalcuisine/Euriol/recipe-in-dex/guiso-de-lentejas>. Accessed 4 10 2020.

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