

Strauben von Mandeln

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Introduction

Allergy alert: These food products contain dairy, egg, wheat, rice and almonds.

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Mach ein gute dicke Mandelmilch/Klopff Eyer darein/fast Eyer und Milch gleich/thu ein wenig salz und zucker darein/von wegen des schmalzes/ein wenig Rosewasser/mach mit Schönem Meel ein straubenteig nicht zu dünn/bachs wie andere strauben/oder lauter stern/mit ziemlichen röhrlein/nit zu klein/leges auff ein schönes weißtuch/darnach bestrewe es wol mit Zucker/sie werden schön unnd gut. Also magstu süsse Oepffel klein hacken/und in einen straubenteig thun und mit grossen röhren backen/sind fast gut.

Almond funnel cakes²

Make a good thick almond milk/beat eggs into it/mix the eggs and milk together/add a bit of salt and sugar into it/from a weight of fat/a bit of rosewater/make with fine flour into a strauben batter not too heavy/bake as for other strauben/or plain stars/with seemly tubes/not too small/lay on a clean white cloth/thereon strew well with sugar/they are nice and good. Also you can hack sweet apples small/and put in a strauben batter and bake with large piping/are quite good.

Modern redaction

½ lb water

½ lb almond milk

2 sticks butter

1/3 teaspoon salt

10 ounces bread flour

8 eggs

1 apple, peeled and chopped fine

Instructions:

1. Boil almond milk, butter, salt.
2. Add flour and remove from heat.
3. Work mixture together and return to heat.
4. Continue working the mixture until all flour is incorporated and dough forms a ball.
5. Transfer mixture into bowl of a standing mixer.
6. Mix on medium, cool for 3 or 4 minutes. The bottom of the bowl should be cool to the touch.
7. With mixer low speed add eggs, 1 at a time, making sure the first egg is completely incorporated before adding the next egg.

¹ Wecker, Anna: Ein Köstlich new Kochbuch Von allerhand Speisen, an Gemüsen, Obs, Fleisch, Geflügel, Wildpret, Fischen und Gebachens, Dergleichen vormals nie in Truck außgangen, Amberg, 1598

² Translation: by Katrine de Saint Brieuc, OL, Kingdom of An Tir, Barony of Three Mountains, otherwise known as Portland, Oregon

8. When all the eggs have been added, dough should be smooth and stretchy. Place a little between your thumb and fore finger and move them apart. The dough should stretch between them about an inch.
9. Add apples mix to incorporate
10. Preheat vegetable oil to 350
11. Pipe dough, or star shapes directly into oil
12. Cook until golden brown and puffy.
13. Remove from oil and allow to drain.
14. Sprinkle with granulated sugar.
15. Serve warm.

Almond milk

Ein gute Milch (page 21)

Nimb ein fast wolgekochten rieß inn Milch oder wasser / nach dem es gelengeheit / wie vorgemeldet / gib / trieg ihn durch ein tuch / das nicht zu dick sey / mit Rosenwasser / so dick du kanst: nimb Mandeln / auch so vil deß Reiß gewesen / ein wenig mehr / triebe es auch mit gesottenem wasser oder gewälter Milch / macht es nicht so dick wie den Reiß / darnach rühre es unter-einander / in der dicke / wie ein ziemlicher dicker straubenteig / zuckers wol / thus es in ein blatten oder schüssel / stelle es in einen keller / bedeck es / daß nichts darein falle / so wirt es noch dicker / bestecks mit Weinbeer / doch daß nicht hinunder fallen.

A good Milk

Place a very well cooked rice in milk or water / until it is the length / as the aforementioned / place in / force it through a cloth / that is not too thick / with rosewater / as thick as you can: take almonds / also so many as known for the rice / a bit more / force it also with boiling water or simmered milk / make it not so thick as the rice / then stir it under each other / in the thickness / as a proper thick strauben batter / sugar well / place it in a platter or dish / place it in a cellar / cover it / that nothing therein falls / so will it get thicker / stick in some grapes / so that it will not fall down.

1 cup rice

6 oz blanched and peeled almonds

3 cups water

1 cup milk

1 tbl rosewater

1 cup water- reserved

1. Bring all ingredients to a boil, minus reserve.
2. Reduce to a simmer and cover.
3. Simmer for 20 minutes
4. Puree mixture until well mixed.
5. push/strain through a fine mesh strainer or cheese cloth with reserve water.
6. Cover and store in the refrigerator unless you use right away.