

## *Medieval Parsnip Fritters*

Parsnips are believed to be native to the eastern Mediterranean area and were cultivated by the ancient Romans. They were a staple of the Medieval European diet.

### **Ingredients**

10 to 12 medium parsnips  
6 Tbs. vegetable oil  
1 cup almond milk  
salt to taste  
2 cups flour  
1/2 tsp. salt  
  
1/2 tsp. saffron  
1 egg  
1 1/2 cups ale at room temperature  
(try a Samuel Smith Nut Brown Ale)

### **Utensils**

knife and cutting board  
measuring cup  
measuring spoons  
frying pan  
paper towels  
cookpot **or** microwave-safe dish  
large mixing bowl  
wooden spoon  
fork  
plate  
spatula  
serving platter  
serving bowls

This dish is seasoned to taste. Make the almond milk. See the recipe below. In a large mixing bowl make a batter by combining the flour, salt, saffron, egg, and ale. Stir until the batter is thick and almost smooth. Let the batter sit for 15 minutes. While the batter is resting, wash and scrape the parsnips. Cut them into halves or thirds, then cut each section down the middle lengthwise. Slice the parsnip sections into strips. Steam the parsnips in a microwave-safe dish in the microwave or in 1/2 inch of boiling water in a cookpot on the stove for about 10 minutes, until they are easily pierced with the tip of a knife. Drain and pat the pieces dry with paper towels. Cover a plate with paper towels. The dish can be prepared up to this point in advance. Heat the oil in the frying pan on the stove over medium high heat. Dip the parsnip strips in the batter and fry them in the hot oil until they are golden brown on both sides. Using a spatula, remove the parsnips to a plate covered with paper towels to drain off any excess oil. Arrange the parsnips on a platter, sprinkle with salt, and pour the almond milk over them. Serve warm in a bowl.

**To make almond milk**—Blanch 1/2 cup almonds in 1 cup boiling water for 2 to 3 minutes. Drain and pour cold water over them. This will make popping off the skins easier. Remove the skins, then grind the almonds in a blender. Do not use a food processor, as it will make almond butter rather than pulverizing the nuts. If

the nuts are becoming oily, add ice water to the mixture. Add 1 1/2 tsp. honey and a dash of salt to 1 cup boiling water and stir until dissolved. Wine may be substituted for water if the recipe calls for it. Pour the liquid over the nuts and let it soak for 10 minutes, stirring the mixture occasionally. Strain the mixture and store in a sealed container in the refrigerator. Almond milk will keep up to 3 days.