

Cruste Rolle

Medieval
Cookery

Recipe by Daniel Myers

A fried cracker, sort of like a tortilla chip. These could easily serve as a pre-dinner snack (like breadsticks) or as a dessert coated in sugar.

2 cups flour
3 eggs
dash salt
pinch saffron
oil (for frying)

Put the flour in a mixing bowl and make a well in the center. Beat the eggs, saffron, and salt and pour into the well. Mix thoroughly, adding additional flour if too wet, or a bit of water if too dry. Separate the dough into pieces about a half-inch in diameter and then roll them out as thinly as possible [they will end up about 2 to 3 inches in diameter - which has been suggested to me as being the size of a Medieval sacramental wafer]. Fry in olive oil. Best served hot.



Source:

England, 14th c.
England, 15th c.