

VOLUME 14 | MARCH 2022

IN THE LOOP



Monthly newsletter for TRACEUS, co-funded by Erasmus+ programme of the EU



Participants of the TRACEUS project research on torrijas

Where does the recipe come from, and why do we eat them at Easter? They are such a simple and logical dessert that even if you didn't know them, you could invent them in 10 minutes. For this simple reason, they are one of the oldest sweets on record: two very similar recipes appear in the book "De re coquinaria". There is no special link between torrijas and Easter until the second half of the 19th century.



OVERVIEW

- Project update

Spring arrives, the trees begin to sprout and the countryside fills with flowers, a new season and a new stage in our project.

The TRACEUS platform will be ready in the next few days and our seniors will begin to train with the online tools and will also begin to generate audiovisual documents, which will serve to share customs and life: "tastes, smells, colours and memories".

Let's go ahead with this new stage!

Torrijas are associated with difficult times and economic hardship, when the availability of a cheap and affordable element such as leftover bread made it possible to eat a sweet from time to time without spending too much. In fact, to prepare torrijas, the ideal is for the bread to be somewhat hard, two or three days old, and they are also made with sweet wine, because popular tradition tells us that torrijas represent the body and blood of Christ.

But it is not only in Spain that torrijas are eaten; other European countries also have their own version of the traditional torrija. In France they call their version pain perdu, or lost bread. In Great Britain and Germany they are called something similar, poor knights of Windsor and Arme Ritter respectively. The Portuguese know them as rabanadas, although they are more of a typical Christmas sweet.

As you can see, torrijas are a very old and traditional sweet with as many versions as there are places where they are prepared. So choose the one you like best, because it is time for torrijas.



TORRIJAS

INGREDIENTS

- 1 loaf of bread from the day before.
- 1 litre of milk.
- 1 cinnamon stick.
- Peel of a lemon.
- 4 tablespoons of sugar.
- 3 eggs.
- Sugar and cinnamon for coating.
- virgin olive oil

METHOD

- Put the milk in a saucepan with the cinnamon stick, the 4 tablespoons of sugar and the peel of a lemon. When it comes to the boil, remove from the heat and pour over the bread; leave it for a few minutes so that the bread absorbs all the milk and soaks well.
- Put a frying pan with virgin olive oil on the heat.
- When it is hot, dip the bread in the egg and fry in the oil until golden brown.
- Remove and place on a plate with kitchen paper to absorb the excess oil.
- Then, while still hot, we coat them in a mixture of sugar and cinnamon.
- And they are ready to eat... some people like them freshly made and others like them cold when the sugar forms a syrup.

