

Mallorca's Gastronomy

Rubiols & Crespells



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Rubiol's History



- The origins of robiols are still unknown today, it is thought they could be Italian.
- Some are based on the fact that there is a cheese called robiola, which they did in Mallorca in the Roman Empire approximately between the 1st and 5th centuries of empire, or in the similarity in the name they have with ravioli.
- Nowadays is typical make robiols in Easter.

Crespells History



- Unlike the robiols the history of the crespells is more known for the writes found in Mallorca and it came with the Roman Empire and the arrive of a lot of Jewish or also called “chuetes” in the middle of the 5th century.
- The most typical shape of the crespells is de Jewish star or also named David’s star, because its from Jewish origin.
- Nowadays is typical make crespells in Easter but in any time of the year we can do them.
- In Inca we don’t say “crespells” we say “estrelletes” (litle stars) because of his shape.

Ingredients of the Rubiols

Ingredients for 4 people

- 1kg of Flour
- 4 Egg yolks
- 200 ml of orange juice
- 200 ml of oil
- 200 ml of milk
- 200 gr of pig butter (In this case we'll use butter)
- 200 gr of sugar
- 1 lemon zest

Fillings (Rubiols)

- Chocolate
- Curd
- Cabell d'àngel (Pumpkin Jam)
- Flan
- Caramel
- Fruit Jam



Elaboration of the Rubiols

Flour



Egg yolks



Orange Juice



Oil



Sugar



Pig butter or Butter



lemon zest



Ingredients of the Crespells

Ingredients

- 275g of Flour
- 2 Egg yolks
- 35g of extra virgin olive oil soft
- Sugar glass
- 100 gr of pig butter (In this case we'll use butter)
- 100 gr of sugar
- 1 lemon zest

Elaboration of the Crespells

Flour



Egg yolks



extra virgin
olive oil soft



Sugar
glass



Pig butter or Butter



Sugar



lemon zest



Similar food in other countries

- These crescent-shaped preparations are common throughout the Mediterranean basin, from Occitania to Turkey, through Italy and Croatia, and can be sweet or salty.

Examples:

- Panzerotti (Italy)
- Burekas (Turkey)



Panzerotti



Burekas