

# ARCHAEOCON 2023

## ArchaeoCon 2023 Workshop with Rosalva Parada

### *Globi (Cato, 79)*

#### Ingredients:

- 1 cup / 8oz semolina flour  
with option to use spelt flour, regular flour, or bread flour
- 1½ cups / 12oz ricotta cheese
- Honey / enough for rolling doughnuts
- Poppy seeds
- Olive oil (about three cups) or pork or beef lard
- Candy or frying thermometer

#### Optional ingredients:

- Zest of one medium lemon
- Saffron threads

#### Method:

1. In a medium bowl stir together the flour and ricotta cheese until no dry flour remains and the dough comes together. Add in the optional ingredients at this point.
2. Form small dough balls the size of a kumquat or large cherry (around 15 grams each). Flatten them slightly so they will cook more evenly on the inside.
3. Heat about 2 to 3 inches (about 3 cups of olive oil) in a small or medium heavy-bottomed saucepan. Use the thermometer to gauge when the oil reaches 360 degrees Fahrenheit and, working in batches, drop the globi into the oil and fry them until they are a deep golden brown on all sides.
4. Use a skimmer or slotted spoon to remove them from the oil and place them on paper towels.
5. Quickly douse them with honey while they are still warm and sprinkle them with poppy seeds. Serve warm.