

BABISH

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cook: **2 h**



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BABISH

**Flatbread Wrap Dough**

- 350 g Einkorn Stone Ground wheat flour, plus more for dusting
- 100 g spelt flour
- 50 g rye flour
- ¾ tsp kosher salt
- 160 g lard, divided (or substitute unsalted butter)
- 1 large egg, beaten
- 70 g whole milk
- 100 - 125 g water, room temperature

Roasted Squab

- 3 rosemary sprigs, roughly chopped
- 6 thyme sprigs, roughly chopped
- 4 ½ sage leaves, roughly chopped
- 3 bay leaves, roughly chopped
- ½ small yellow onion, quartered
- ½ cup red grapes, halved
- 3 whole squab (or other small poultry)
- chicken fat, melted, as needed
- kosher salt, as needed
- freshly ground pepper, as needed

Pickled Cabbage and Onions

- 2 cups green cabbage, thinly sliced
- 1 cup yellow onion, thinly sliced
- 1 tsp caraway seed
- 1 tsp anise seed
- 1 tsp kosher salt
- ½ sp mustard seed
- ½ tsp black peppercorns
- 8 oz water
- 6 oz white vinegar
- 4 oz honey
- pinch of saffron, optional

Flatbread Wrap Dough

1. Combine the flours and salt in a large bowl. Mix to combine.

- 350 g Einkorn Stone Ground wheat flour, plus more for dusting
- 100 g spelt flour
- 50 g rye flour
- ¾ tsp kosher salt
- measuring cups and spoons set
- whisk
- mixing bowls

2. Add 100 g of lard and rub the fat into the flour mixture until crumbly.

- 100 g lard, divided (or substitute unsalted butter)
- mixing bowls

3. Then, add the egg, milk, and 100 g of water to the bowl. Mix until well combined and a homogenous dough forms. If the dough is too dry, add the remaining water in small increments until the dough is hydrated but not sticky.

- 1 large egg, beaten
- 70 g whole milk
- 100 - 125 g water, room temperature
- mixing bowls
- rubber spatula

4. Knead the dough on a clean work surface for 8-10 minutes or until the dough is smooth and the dough is no longer tearing.

Flatbread Wrap Dough

5. Roll the dough out to about ½ inch thickness, then fold the dough in thirds. Rotate the dough 90 degrees and repeat the process 3 more times.

Flatbread Wrap Dough

- rolling pin

BABISH

-  1 ½ tbsp white vinegar
-  1 tsp Dijon mustard
-  180 - 250 g olive oil
-  kosher salt, to taste
-  freshly ground pepper, to taste

Chili Rings

-  2 red bell peppers
-  7 ½ oz Einkorn Stone Ground wheat flour
-  2 tsp chili powder
-  1 tsp garlic powder
-  1 tsp baking powder
-  1 tsp kosher salt
-  ½ tsp freshly ground black pepper
-  ½ tsp baking soda
-  ¼ tsp cayenne pepper
-  12 oz cold beer, preferably ale
-  32 oz lard

Assembly

- Flatbread Wrap (above)
-  Mayonnaise (above)
-  Roasted Squab, sliced (above)
-  Pickled Cabbage and Onions (above)
-  Fresh sheep or cow cheese
-  Chili Rings (above)

TOOLS

-  measuring cups and spoons set
-  whisk
-  high walled skillet
-  vegetable peeler
-  mixing bowls
-  mini prep bowls
-  butcher's twine
-  heatproof bowl

Flatbread Wrap Dough

-  mixing bowls
-  damp kitchen towel

7. Working with 1 portion at a time, press the dough into a flat round on a lightly floured work surface (if sticking). Roll the dough out to a round about 3 mm thick.

 350 g Einkorn Stone Ground wheat flour, plus more for dusting

Flatbread Wrap Dough

-  rolling pin

8. Preheat a large cast iron skillet or griddle over high heat. Once preheated, cook the dough rounds for about 2 minutes on each side or until bubbling and beginning to brown.

Flatbread Wrap Dough

-  large cast iron skillet or griddle

9. Keep the cooked wraps covered with a clean dish towel until ready to assemble.

Flatbread Wrap Dough

-  damp kitchen towel

Roasted Squab

1. Preheat the oven to 450 °F. Prepare a large rimmed baking sheet with parchment paper and a grill rack.

-  oven
-  rimmed baking sheets
-  parchment paper
-  grill rack

2. In a medium bowl, combine the rosemary, thyme, sage, bay leaves, onion, and grapes. Toss to combine and set aside.

-  3 rosemary sprigs, roughly chopped
-  6 thyme sprigs, roughly chopped
-  4 ½ sage leaves, roughly chopped
-  3 bay leaves, roughly chopped
-  ½ small yellow onion, quartered

BABISH

-  rubber spatula
-  rolling pin
-  parchment paper
-  rimmed baking sheets
-  stock pot
-  paper towels
-  cutting board
-  Chef's knife
-  damp kitchen towel
-  large cast iron skillet or griddle
-  oven
-  basting brush
-  meat thermometer
-  fridge

-  measuring cups and spoons set
-  rubber spatula

3. Pat the squab dry using paper towels. Stuff the cavities with the herbs/onion mixture, then truss the birds with butcher's twine (see video for reference).

-  3 whole squab (or other small poultry)
-  paper towels
-  butcher's twine

4. Brush the exterior of each bird with chicken fat and then season generously with salt and pepper.

-  chicken fat, melted, as needed
-  kosher salt, as needed
-  freshly ground pepper, as needed
-  basting brush

5. Transfer the birds to the prepared sheet tray and roast for 15-20 minutes or until the thickest part of the breast meat reaches 145 - 155 °F.

Roasted Squab

-  rimmed baking sheets
-  parchment paper
-  grill rack
-  oven
-  meat thermometer

6. Let rest for 5 minutes before carving.

Roasted Squab

-  cutting board
-  Chef's knife

Pickled Cabbage and Onions

1. Combine the sliced cabbage, onion, and spices in a heatproof bowl. Fold to combine, then set aside.

-  2 cups green cabbage, thinly sliced



- 1 tsp anise seed
- 1 tsp kosher salt
- ½ sp mustard seed
- ½ tsp black peppercorns
- heatproof bowl
- measuring cups and spoons set
- rubber spatula

2. In a small sauce pot, combine the water, vinegar, honey, and saffron (if using). Bring the mixture to a simmer, then pour the hot liquid over the sliced vegetables.

- 8 oz water
- 6 oz white vinegar
- 4 oz honey
- pinch of saffron, optional

Pickled Cabbage and Onions

- small saucepan
- measuring cups and spoons set
- whisk

3. Let the mixture sit for at least 30 minutes or let cool to room temperature and refrigerate overnight in a sealed container

- fridge

Mayonnaise

1. Combine the egg yolks, vinegar, and mustard in a medium bowl. Whisk constantly while slowly pouring in the olive oil.

- 2 large egg yolks
- 1 ½ tbsp white vinegar
- 1 tsp Dijon mustard
- 180 - 250 g olive oil
- mixing bowls
- measuring cups and spoons set
- whisk

2. Continue whisking until the mayonnaise is thickened and smooth.



 mixing bowls

3. If the mayonnaise is still too thin after incorporating all of the oil, add more as necessary until desired thickness is achieved.

4. Season to taste with salt and pepper then refrigerate until ready to use.

 kosher salt, to taste

 freshly ground pepper, to taste

Mayonnaise

 fridge

Chili Rings

1. Using a vegetable peeler, peel the bell peppers. Cut off the stem and remove the core of each pepper. Slice the peppers into ¼-½ inch slices.

 2 red bell peppers

 cutting board

 Chef's knife

2. In a large shallow bowl or dish, combine the flour, chili powder, garlic powder, baking powder, salt, pepper, baking soda, and cayenne pepper. Whisk to combine, then slowly pour in the beer while stirring. Once the batter is homogeneous, set aside for 5 minutes.

 7 ½ oz Einkorn Stone Ground wheat flour

 2 tsp chili powder

 1 tsp garlic powder

 1 tsp baking powder

 1 tsp kosher salt

 ½ tsp freshly ground black pepper

 ½ tsp baking soda

 ¼ tsp cayenne pepper

 12 oz cold beer, preferably ale

 mixing bowls

 measuring cups and spoons set

 whisk

BABISH high walled skillet

4. Dredge the peeled and sliced peppers in the batter, then carefully lower them into the frying oil. Fry the chili rings for about 2 minutes or until golden brown. Transfer the fried rings to a paper towel-lined sheet tray.

Chili Rings

 32 oz lard large cast iron skillet or griddle rimmed baking sheets paper towels

Assembly

1. Warm the Flatbread over a burner or in the microwave until pliable. Add a smear of Mayonnaise, then layer the Roasted Squab, Pickled Cabbage and Onions, and fresh cheese.

Flatbread Wrap (above)

 Mayonnaise (above) Roasted Squab, sliced (above) Pickled Cabbage and Onions (above) Fresh sheep or cow cheese

2. Fold and roll the wrap around the fillings, making sure to leave one end open. Serve immediately with a side of Chili Rings.

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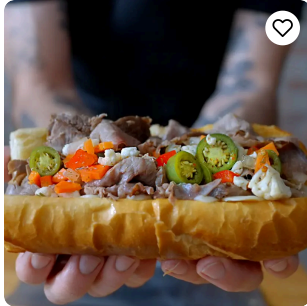
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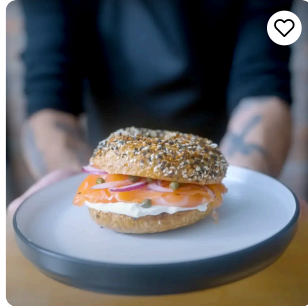
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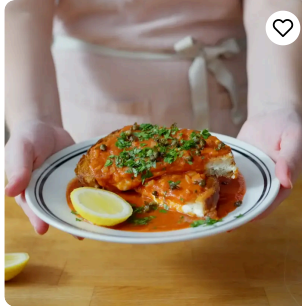
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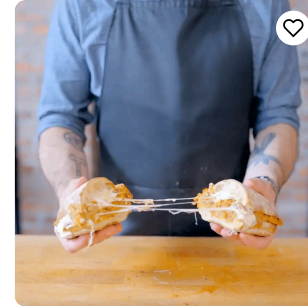
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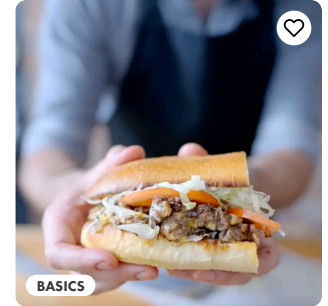
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