



## Jersey Wonders

### FROM LE MOULIN DE QUÉTIVEL

(LES MERVELLES/MÈRVEIL'YES)

It seems that wonders were traditionally only eaten at Easter, but now they are an all-year-round treat.

Many people are insistent that their family recipe is the correct one and adamant that flavourings should not be added. Not only are flavourings disputed, but the method of folding varies from family to family and from parish to parish. Very basic enquiries have revealed that some favour one slit - either rolled from one end or rolled from both sides through the slit - but there are also two or three slit versions and a simpler method whereby an oval piece of dough is twisted into a figure of eight/butterfly shape. At Le Moulin de Quétivel, Rebecca, the Miller's wife, favours the one-slit method for speed of preparation as she has twelve children to feed! This method is often employed by those cooking wonders for local fetes. There are some interesting theories on the symbolism of the shape of Mervèlles, but very possibly they have the hole in the middle for very practical reasons to ensure that they cook through properly.

There is little recorded history of wonders, but there are comparable confections around France called 'beignets' but also, interestingly, some called 'merveilles' in South-West France. Deep-fried treats were traditional for Mardi-Gras and are still a very popular street food at 'Carnaval'. It may well be that something similar was brought here in the late medieval period when the Island was a stopping point en-route from Gascony to England.



## Jersey Wonders

### INGREDIENTS:

- 4oz butter
- 1lb flour
- 6oz sugar
- 4 eggs
- lard for deep-frying

### METHOD:

Rub the butter into the flour with your fingertips until the mixture resembles fine breadcrumbs. Stir in the sugar and eggs and mix to combine. Turn out onto a lightly floured surface and knead gently until smooth.

Break off a lump of dough the size of a walnut and roll into a ball. Using your hands, flatten into an oval approximately 2 ½-3in in length. Cut a slit in the middle and turn inside out. Repeat with the rest of the mixture to produce 24 wonders.

Preheat the lard in a large deep pan until smoking hot. Lower the wonders into the hot fat a few at a time and cook until golden brown on both sides. Lift out and drain on kitchen paper while you cook the rest.

Wonders will keep for several weeks in an airtight container and are said to keep better in an earthenware jar.

**Should anyone wish to share their family recipe and method of folding, the Miller's wife would be interested in hearing from you. You can contact the Miller's Wife at this address: [enquiries@nationaltrust.je](mailto:enquiries@nationaltrust.je). We look forward to hearing your family secrets!**