

Carnival apple fritters *(Desserts)*



Preparation

Place the egg yolks in a bowl with two tablespoons of sugar, setting aside the two egg whites. Beat the egg yolks and sugar with a whisk, add the warm melted butter, sift in the flour and the yeast, and then add the milk until you have a smooth but thick batter. Beat the egg whites until stiff, then fold into the batter evenly and let it rest for about 30 minutes. Meanwhile, peel and core the apples, and cut into 1 cm thick slices. Place them in a shallow bowl, sprinkle with the remaining sugar and drizzle with brandy. Heat the oil, dip the apple slices in the batter with a wooden skewer and fry in the hot oil a few at a time. Brown them on both sides, drain on absorbent paper and, once cool, sprinkle with icing sugar.

Tips

Once the apple fritters are fried, put them on paper towels to remove all excess oil; when frying them, make sure they are well separated to prevent them from sticking. Also, sprinkle sugar over them while they are still hot, and if you want to give them an extra twist, add some powdered spice such as cinnamon.

Trivia

These apple fritters are a specialty of the region of Trentino Alto Adige, prepared during Carnival with the fruit that sums up the area: apples. In Trentino they grow many different varieties: Golden Delicious, Gala, Winesap, Morgenduft, Fuji and Braeburn, Granny Smith, Renetta and Canada.

Information

Preparation 1 minutes

Total Time 10 minutes

Serves X Serves 6 persons

Level of difficulty Difficult

la terra di Puglia



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Ingredients

Italian 00 flour 250 grams

Milk (1 glass of milk)

Butter 60 grams

Eggs 4 units

Yeast (8g of baking powder)

Brandy (1 glass of brandy)

Apples (4 'Renetta' apples)

Sugar (6 tablespoons of sugar)

Oil (Oil for frying, as much as required)

Icing sugar (Icing sugar to taste)