

Carnival pastries 'chiacchiere' (Desserts)



Preparation

Arrange the flour with a hole in the centre, and add: the sugar, a pinch of salt, olive oil, orange zest, eggs and liqueur. Work with your hands until the dough is soft but firm. Cover with a cloth and let it rest for 30 minutes. After this time, roll it out to a thickness of about ½ cm. Cut out the shapes you prefer with a pastry wheel: a diamond shapes for the Tuscan version, rectangles with a cut in the centre for the classic form. In this latter case you will have to make the rectangles, cut a slot in the centre with the pastry wheel and then fold one of the ends inside the slot before flattening out again. Fry the pastries in hot oil and drain on a paper towel. When they are cool, sprinkle with icing sugar.

Tips

The cooking of these carnival pastries must be done in oil of a constant temperature: to check the temperature, equip yourself with a thermometer or do the test with a toothpick: as it rests on the bottom of the pan, if you notice bubbles on it this means that the oil is hot enough.

Trivia

There are several variants of these carnival pastries: in the dough, for example, you can replace the grappa with other spirits such as rum, brandy or marsala. The tradition of making these pastries dates back to the sweet snacks fried in pork fat that in ancient Rome were only made during the Carnival period.

Information

Preparation 50 minutes

Total Time 15 minutes

Serves X Serves 6 persons

Level of difficulty Difficult

la terra di Puglia



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Ingredients

Italian 00 flour 250 grams

Sugar 100 grams

Extra virgin olive oil (2 tablespoons of olive oil)

Oranges (The zest of an orange)

Liqueur 100 millilitres (Orange flavoured)

Eggs 2 units

Salt (A pinch of salt)

Oil (Oil for frying, as much as required)

Icing sugar (Icing sugar, to taste)