



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

FEB 2012
Recipe 32

For more recipe ideas, please visit:
WWW.GCFARMS.COM/RECIPES.HTML

Fritelle di Melle (Traditional Italian Apple Fritters)

PREPARATION

- 1 - Marinate the apple pieces in the orange juice and Marsala wine for 15 minutes.
- 2 - Mix together the flour, baking powder, grated lemon zest, and grated orange zest.
- 3 - Whisk together the sugar and egg yolks until white.
- 4 - Beat together the egg mixture and flour mixture. Stir in the milk and beat well.
- 5 - Add the flour and egg mixture to the apple pieces in the marinade. Stir gently to blend the ingredients together evenly. Allow to rest for 10 minutes.
- 6 - Heat the oil and gently add spoonfuls of the fritter mixture to a frying pan. Allow to cook through (until golden brown), and then remove with a slotted spoon. (Note: The oil should not be too hot; otherwise the apple will not cook in the center of the batter.)
- 7 - Drain on paper towels, sprinkle some sugar (optional), and serve either hot or cold.

Fritelle di Mele (Italian Apple Fritters)

Cook's Note: My good friend and very talented Italian cook, Luciana Valenti, was kind enough to share this traditional Italian festive treat just in time for Carnival. Fritelle di Mele are usually sold in street kiosks or stands Carnival night. These traditional sweet pastries are excellent paired with fresh fruit or egg custard.
Bon Appetit!
-George



(photo by Marc-Henri)

INGREDIENTS

- 2 apples, peeled, cored and cut into small pieces
- 1/4 cup sugar
- 1/2 cup milk
- 1/2 cup orange juice
- 1-1/8 cup all-purpose flour, sifted
- 2 eggs, yolks
- 1/4 cup Marsala wine
- Zest of 1 lemon
- Zest on 1 orange
- 1/4 teaspoon baking powder
- canola oil (for deep-frying)

COOK'S NOTE:

My good friend and very talented Italian cook, Luciana Valenti, was kind enough to share this traditional Italian festive treat just in time for Carnival. Fritelle di Mele are usually sold in street kiosks or stands Carnival night. These traditional sweet pastries are excellent paired with fresh fruit or egg custard.

Bon Appetit!
-George