



Appenzeller Cheese Crisps

READY IN



300 min.

SERVINGS



45

CALORIES



216 kcal

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 cups cheese grated
- ☐ 0.3 cup beer dark (not)
- ☐ 2 large eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup parmesan finely grated
- ☐ 0.5 teaspoon salt
- ☐ 1 quart vegetable oil
- ☐ 0.3 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ kitchen thermometer
- ☐ wax paper
- ☐ slotted spoon

Directions

- ☐ Bring milk just to a boil over moderate heat in a 3-quart heavy saucepan and remove from heat.
- ☐ Whisk in cheeses until melted, then cool to room temperature, about 15 minutes.
- ☐ Meanwhile, whisk together flour, baking powder, salt, and pepper in a large bowl.
- ☐ Stir eggs and beer into cheese mixture, then stir into flour mixture until combined. Force batter through a medium-mesh sieve into a 2-quart measure or bowl and let stand, uncovered, 30 minutes.
- ☐ Transfer batter to squeeze bottle.
- ☐ Heat oil in a deep 10-inch heavy skillet (preferably cast-iron) until thermometer registers 320°F. Working very quickly, squeeze batter into hot oil in loose swirls to form 4 (2 1/2-inch) lacy rounds, then fry, turning over once, until golden, about 1 minute total. (Rounds will expand to about 3 inches as they cook.)
- ☐ Transfer with a slotted spoon to paper towels to drain in 1 layer. Make more crisps in same manner.
- ☐ Serve warm or at room temperature.

Cheese crisps can be made 2 days ahead and cooled completely, uncovered, then kept in an airtight container, layered between sheets of parchment or wax paper, at room temperature. Recrisp on a baking sheet in a preheated 350°F oven, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:7.37, Glycemic Load:1.24, Inflammation Score:-1, Nutrition Score:3.2182609056649%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 216.07kcal (10.8%), Fat: 22.74g (34.99%), Saturated Fat: 4.13g (25.8%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.12g (0.13%), Cholesterol: 12.63mg (4.21%), Sodium: 65.68mg (2.86%), Alcohol: 0.07g (100%), Alcohol %: 0.26% (100%), Protein: 1.64g (3.28%), Vitamin K: 38.8µg (36.95%), Vitamin E: 1.78mg (11.84%), Calcium: 38.4mg (3.84%), Selenium: 2.62µg (3.75%), Phosphorus: 30.32mg (3.03%), Vitamin B2: 0.04mg (2.46%), Folate: 5.79µg (1.45%), Zinc: 0.2mg (1.36%), Vitamin B1: 0.02mg (1.31%), Vitamin B12: 0.08µg (1.27%), Vitamin A: 57.04IU (1.14%)