



Bomboloni with Chocolate Espresso, Whisky Caramel, and Clementine Sauces

READY IN



4500 min.

SERVINGS



16

CALORIES



476 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon active yeast dry (from a)
- ☐ 16 servings chocolate espresso
- ☐ 1 large eggs
- ☐ 1 cup flour for dusting all-purpose plus more
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 6 tablespoons warm milk whole (105–115°F)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons sugar

- ☐ 1.5 tablespoons butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 quarts vegetable oil for frying

Equipment

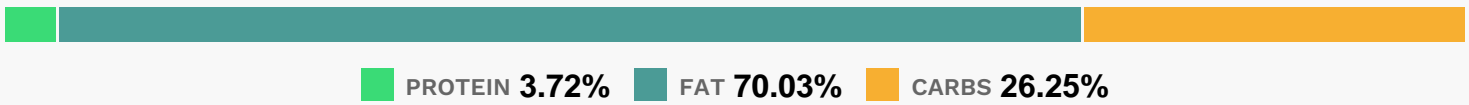
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Stir together yeast and milk in bowl of mixer and let stand until it appears creamy, about 5 minutes. (If mixture doesn't appear creamy, start over with new yeast.)
- ☐ Mix in 1/2 cup flour at low speed. Cover bowl with plastic wrap and a kitchen towel and let rise in a draft-free place at warm room temperature until doubled, about 1 hour.
- ☐ Mix in egg, butter, sugar, vanilla, cinnamon, salt, and remaining 1/2 cup plus 2 tablespoons flour at low speed until combined. Increase speed to medium and beat dough until smooth and elastic, 5 to 7 minutes.
- ☐ Scrape dough into center of bowl and dust with additional flour. Cover bowl with plastic wrap and a kitchen towel and let dough rise in a draft-free place at warm room temperature until doubled, about 1 hour.
- ☐ Punch down dough and turn out onto a well-floured surface (dough will be very sticky.)

- ☐ Cut into 16 equal pieces and form into balls with floured hands.
- ☐ Transfer to a lightly floured baking sheet 1 inch apart.
- ☐ Heat 2 1/2 inches oil to 350°F in a 4- to 5-quart pot over medium heat. Fry bomboloni in batches of 4, turning frequently with tongs for even browning, until puffed and golden brown, 2 to 3 minutes per batch.
- ☐ Transfer with a slotted spoon to towels to drain. Return oil to 350°F between batches.
- ☐ Cool bomboloni to warm and serve with sauces.
- ☐ •Bomboloni can be formed, but not fried, 1 day ahead and chilled on a rimmed sheet pan, loosely covered with plastic wrap.
- ☐ Let stand at room temperature 20 minutes before frying. •Although bomboloni are best freshly made, they can be fried a day ahead, cooled, and kept covered with plastic wrap at room temperature. Reheat, uncovered, in a sheet pan on a rack in a 300°F oven until warm, 4 to 5 minutes. •Oil can be cooled to warm, strained through a paper towel-lined sieve, and reused once more.

Nutrition Facts



Properties

Glycemic Index:11.76, Glycemic Load:5.2, Inflammation Score:-4, Nutrition Score:7.6873913718306%

Nutrients (% of daily need)

Calories: 476.08kcal (23.8%), Fat: 37.29g (57.37%), Saturated Fat: 10.5g (65.62%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 28.18g (10.25%), Sugar: 18.44g (20.49%), Cholesterol: 20.32mg (6.77%), Sodium: 53.31mg (2.32%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Caffeine: 335.6mg (111.87%), Protein: 4.46g (8.91%), Vitamin K: 46.02µg (43.83%), Manganese: 0.28mg (14.2%), Vitamin E: 2.1mg (13.99%), Fiber: 3.27g (13.07%), Copper: 0.24mg (12%), Magnesium: 45.71mg (11.43%), Vitamin B2: 0.17mg (10.22%), Iron: 1.51mg (8.38%), Phosphorus: 75.58mg (7.56%), Selenium: 4.87µg (6.95%), Vitamin B1: 0.09mg (5.94%), Folate: 20.42µg (5.1%), Calcium: 50.56mg (5.06%), Potassium: 159.97mg (4.57%), Zinc: 0.66mg (4.4%), Vitamin B3: 0.76mg (3.8%), Vitamin B5: 0.17mg (1.68%), Vitamin B6: 0.03mg (1.48%), Vitamin A: 58.88IU (1.18%), Vitamin B12: 0.06µg (1.01%)