



Pastry Twists with Spiced Sugar-Honey Glaze

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon yeast dry generous ()
- 1.5 cups flour
- 0.5 cup wine dry white room temperature
- 1 tablespoon ground cinnamon
- 0.5 teaspoon nutmeg
- 1 cup honey
- 20 servings olive oil extra virgin for frying extra-virgin
- 1 cup powdered sugar

- 0.3 teaspoon salt generous ()
- 0.3 cup frangelico cut into 1/2-inch cubes, room temperature
- 0.3 cup frangelico cut into 1/2-inch cubes, room temperature

Equipment

- bowl
- frying pan
- baking sheet
- whisk
- kitchen thermometer

Directions

- Whisk flour, salt, and yeast in medium bowl to blend well.
- Add lard and rub in with fingertips until mixture resembles coarse meal. Make well in center of mixture and pour wine into well. Stir with fork until shaggy dough forms. Gather dough together and turn out on lightly floured work surface. Knead dough until smooth and elastic, adding warm water by teaspoonfuls if dough is dry, about 10 minutes.
- Line large baking sheet with parchment paper.
- Roll out dough on lightly floured surface to 1/8-inch thickness. Using fluted pastry wheel, cut dough into 1 1/4-inch-wide by 4-inch-long strips. Gently twist each strip in center, forming bow.
- Place pastry twists on prepared baking sheet. Reroll dough scraps to 1/8-inch thickness and cut out additional strips. Twist strips and place on prepared baking sheet.
- Pour enough olive oil into large saucepan to reach depth of 1 1/2 inches. Attach deep-fry thermometer to side of pan with bulb submerged in oil; heat oil to 360°F. Working in batches, fry dough twists in oil until golden on all sides, turning occasionally, 2 to 3 minutes. Using slotted spoon, transfer fried pastries to paper towels to drain. Cool completely. DO AHEAD: Can be made 1 day ahead. Store airtight at room temperature.
- Line another large baking sheet with parchment paper. Bring honey to simmer in medium saucepan.
- Remove from heat. Cool until just warm.
- Whisk powdered sugar, cinnamon, and nutmeg in medium bowl to blend.

- Working with 1 fried pastry at a time, dip pastry into warm honey. Lift pastry and shake gently, allowing excess honey to drip back into pan.
- Roll pastry in powdered sugar mixture to coat.
- Place on prepared baking sheet. Arrange pastries on platter.
- For the best results, dip the pastry twists in a mild-flavored honey, such as orange blossom. An assertively flavored honey will overwhelm the pastry and the spiced powdered sugar.
- Finish the meal with a glass of Moscato, a sweet white wine. Donatella recommends the 2007 Rivera "Piani di Tufara" Moscato di Trani, Dolce (Italy, \$15). The wine's spicy raisin notes are complemented by bitter almond flavors and an apricot finish. If that bottle is unavailable, try the 2008 Michele Chiarlo Nivole Moscato D'Asti (Italy, \$16), a sparkling Moscato with stone-fruit flavors.
- To avoid coating your fingers in the sticky glaze, use one hand for dipping the pastry twists in honey and the other for rolling the pastry in the powdered sugar mixture.
- Bon Appétit

Nutrition Facts

PROTEIN 2.98% **FAT 18.63%** **CARBS 78.39%**

Properties

Glycemic Index: 10.86, Glycemic Load: 12.5, Inflammation Score: -1, Nutrition Score: 1.9604347923204%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 139.98kcal (7%), Fat: 2.92g (4.49%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 27.62g (9.21%), Net Carbohydrates: 27.1g (9.86%), Sugar: 19.89g (22.1%), Cholesterol: 0mg (0%), Sodium: 30.47mg (1.32%), Alcohol: 0.62g (100%), Alcohol %: 1.48% (100%), Protein: 1.05g (2.1%), Manganese: 0.16mg (7.81%), Vitamin B1: 0.08mg (5.09%), Selenium: 3.37µg (4.82%), Folate: 18.07µg (4.52%), Vitamin B2: 0.06mg (3.28%), Iron: 0.58mg (3.21%), Vitamin B3: 0.59mg (2.97%), Vitamin E: 0.42mg (2.79%), Fiber: 0.52g (2.06%), Vitamin K: 1.86µg (1.77%), Phosphorus: 12.37mg (1.24%), Copper: 0.02mg (1.11%)