



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

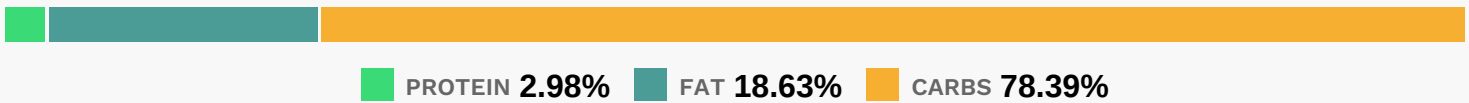
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ kitchen thermometer

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 onto 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 pastryand shake gently, allowing excess honey todrip back into pan.
- ☐ Roll pastry in powdered sugar mixture to coat.
- ☐ Place on preparedbaking sheet. Arrange pastries on platter.
- ☐ For the best results, dipthe pastry twists in a mild-flavored honey,such as orange blossom. An assertivelyflavored honey will overwhelm the pastryand the spiced powdered sugar.
- ☐ Finish the meal with aglass of Moscato, a sweet white wine. Donatellarecommends the 2007 Rivera "Piani di Tufara"Moscato di Trani, Dolce (Italy, \$15). The wine'sspicy raisin notes are complemented by bitteralmond flavors and an apricot finish. If that bottleis unavailable, try the 2008 Michele Chiarlo Nivole
- ☐ Moscato D'Asti (Italy, \$16), a sparkling Moscatowith stone-fruit flavors.
- ☐ To avoid coating yourfingers in the sticky glaze, use one hand fordipping the pastry twists in honey and theother for rolling the pastry in the powdered sugar mixture.
- ☐ Bon Appétit

Nutrition Facts



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%)