



Picarones con Miel

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



804 kcal

SIDE DISH

Ingredients

- ☐ 2 cups pumpkin puree canned
- ☐ 1 cinnamon sticks
- ☐ 1 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 bay leaf fresh (preferably)
- ☐ 2 Tbsp granulated sugar
- ☐ 2 cups honey
- ☐ 0.5 oz yeast instant

- ☐ 1 tsp kosher salt
- ☐ 0.3 cup milk
- ☐ 1 navel oranges
- ☐ 1 star anise
- ☐ 1.5 qts vegetable oil for frying

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ pot
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ kitchen towels
- ☐ peeler

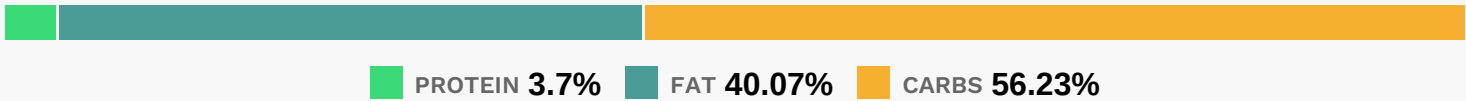
Directions

- ☐ To make the infused honey, use a vegetable peeler to remove the zest (with no pith) from the orange in wide strips; set aside the fruit for another use.
- ☐ Combine the orange zest with the honey, bay leaves, cinnamon stick, and star anise in a small saucepan and bring to a simmer over medium heat. Take the pan off the heat and allow the honey to steep for 1 hour. Strain the honey, cover, and store at room temperature until needed.
- ☐ To make the picarones, combine the yeast with the warm water in a small bowl and leave at room temperature for 10 minutes until foamy.
- ☐ Transfer the mixture to the bowl of a stand mixer fitted with a dough hook.
- ☐ Add the sugar, egg, pumpkin purée, and salt and mix on medium speed until well combined. Slowly add the flour, about one-half cup at a time. Continue to mix at medium speed until the

dough is smooth and elastic, about 8 minutes. Turn the dough out onto a clean, dry work surface, cover it with a clean, dry kitchen towel, and leave it to rise at room temperature until doubled in size, about 1 hour.

- ☐ Heat the oil to 350°F in a stockpot, using a candy or deep-fry thermometer to monitor the temperature. Line a baking sheet with parchment paper.
- ☐ Punch down the dough with your fists, deflating it enough to handle and portion it into 16 equal balls.
- ☐ Roll each ball into a 6-inch rope (3 inches in diameter) and press the ends together to form a ring.
- ☐ Let the rings rest for 10 minutes.
- ☐ Fry the rings in batches, turning once, until crispy and golden brown, about 2 minutes per side.
- ☐ Drain on the baking sheet.
- ☐ Sprinkle the picarones with confectioners' sugar and serve hot, with the infused honey drizzled over the top or in a bowl for dipping.
- ☐ Reprinted with permission from The Latin Road Home by Jose Garces, © 2012 Lake Isle Press

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:64.53, Inflammation Score:-10, Nutrition Score:21.442174040753%

Flavonoids

Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 803.78kcal (40.19%), Fat: 37.16g (57.16%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 117.31g (39.1%), Net Carbohydrates: 112.98g (41.08%), Sugar: 76.61g (85.12%), Cholesterol: 24.17mg (8.06%), Sodium: 311.03mg (13.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.45%), Vitamin A: 9624.89IU (192.5%), Vitamin K: 75.39µg (71.8%), Vitamin B1: 0.6mg (39.78%), Folate: 145.26µg (36.31%), Manganese: 0.57mg (28.68%), Selenium: 19.06µg (27.22%), Vitamin E: 3.69mg (24.57%), Vitamin B2: 0.42mg (24.53%), Iron: 3.66mg (20.32%), Vitamin B3: 3.9mg (19.52%), Fiber: 4.33g (17.32%), Vitamin C: 13.4mg (16.24%), Phosphorus: 111.7mg (11.17%), Copper: 0.19mg

(9.29%), Vitamin B5: 0.92mg (9.2%), Potassium: 290.37mg (8.3%), Magnesium: 31.15mg (7.79%), Vitamin B6: 0.13mg (6.64%), Zinc: 0.9mg (6.01%), Calcium: 54.59mg (5.46%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.21µg (1.39%)