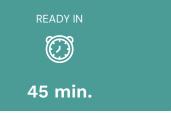
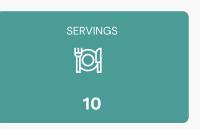


## Struffoli

airy Free







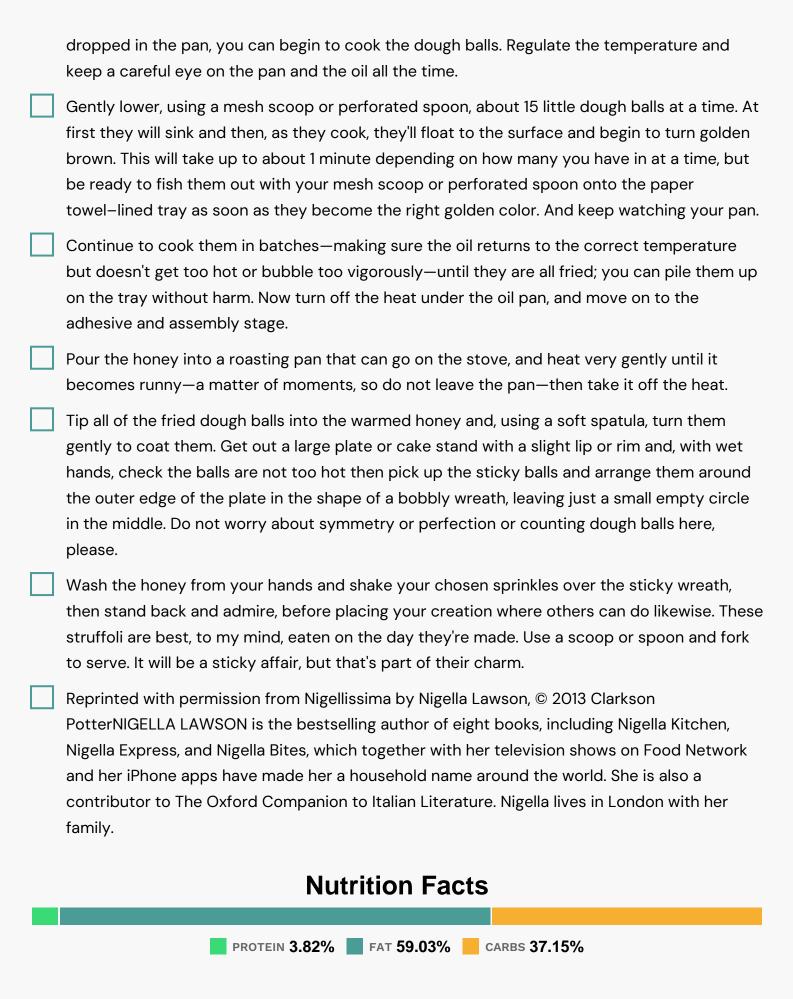
SIDE DISH

## Ingredients

0.5 teaspoon double-acting baking powde
6 eggs
3 cups flour plus more for rolling
1.5 cups honey
1 lemon zest finely grated
2 tablespoons olive oil
2 tablespoons semolina

2 teaspoons approx christmas sprinkles

	1 tablespoon sugar
	2.5 quarts flavorless vegetable oil for frying
Εq	uipment
	frying pan
	baking sheet
	paper towels
	blender
	roasting pan
	stove
	spatula
	candy thermometer
Directions	
	Get out a large, rimmed baking sheet and shake the semolina over the base. And get out another tray (it doesn't have to be a baking sheet) and line it with a double layer of paper towels. Set both aside while you get on with the dough.
	Beat the eggs, sugar, finely grated lemon zest, and 2 tablespoons of olive oil until frothy. Gradually add about 2 2/3 cups of the flour and the baking powder, and mix to a dough. If it is too sticky, then add more flour and keep kneading, using either your hands or a freestanding mixer fitted with a dough hook, until you have a smooth, pliable dough. This doesn't take very long: probably around 3 minutes or 5 by hand.
	Flour your work surface and turn out your dough. Then divide the dough into 10 roughly equal pieces, each about the size of a golf ball. Take 1 ball and roll it into a rope approx. 1/2 inch thick, then with floury hands divide this into about 20 small pieces, and roll each piece between your hands (flouring them again if this helps) to make marble-sized balls.
	Place the formed balls of dough on the semolina-sprinkled baking sheet, as you shape them. Repeat the process with the remaining golf-ball-sized portions of dough: you should make a staggering 200 of the tiny balls!
	Heat the vegetable oil in a wide, heavy pan—about 11 inches diameter and at least 6 inches deep—and then when the oil is at 375°F but no higher (you can leave a preserving or candy thermometer in, if you want), or a piece of bread sizzles and browns immediately when



## **Properties**

## **Nutrients** (% of daily need)

Calories: 791.76kcal (39.59%), Fat: 53.08g (81.67%), Saturated Fat: 8.54g (53.37%), Carbohydrates: 75.15g (25.05%), Net Carbohydrates: 73.85g (26.86%), Sugar: 44.08g (48.98%), Cholesterol: 98.21mg (32.74%), Sodium: 61.61mg (2.68%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 7.74g (15.47%), Vitamin K: 88.89µg (84.66%), Selenium: 23.88µg (34.11%), Vitamin E: 4.58mg (30.55%), Vitamin B1: 0.33mg (21.95%), Folate: 87.54µg (21.88%), Vitamin B2: 0.34mg (20.17%), Manganese: 0.32mg (16.11%), Iron: 2.6mg (14.43%), Vitamin B3: 2.47mg (12.37%), Phosphorus: 103.28mg (10.33%), Vitamin B5: 0.62mg (6.23%), Fiber: 1.29g (5.17%), Zinc: 0.75mg (4.98%), Copper: 0.1mg (4.88%), Vitamin B12: 0.23µg (3.92%), Vitamin B6: 0.08mg (3.88%), Calcium: 36.56mg (3.66%), Vitamin D: 0.53µg (3.52%), Magnesium: 13.97mg (3.49%), Potassium: 109.55mg (3.13%), Vitamin A: 142.86IU (2.86%), Vitamin C: 1.03mg (1.25%)