



## Venetian Carnival Fritters (Frappe)

 Dairy Free

READY IN



75 min.

SERVINGS



72

CALORIES



45 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 cup brandy
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 3 cups olive oil for deep frying
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 6 tablespoons vegetable shortening

### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ plastic wrap
- ☐ hand mixer
- ☐ tongs
- ☐ pastry cutter

## Directions

- ☐ Watch how to make this recipe.
- ☐ Using an electric mixer, beat the butter or shortening and sugar in a large bowl until fluffy. Beat in the egg and the brandy. Beat in the salt.
- ☐ Add the flour and beat until blended.
- ☐ Transfer the dough to a lightly floured work surface and knead until a soft dough forms. Form the dough into a ball. Divide the dough into 4 equal pieces. Shape the dough pieces into balls. Wrap the dough balls with plastic wrap and refrigerate 30 minutes.
- ☐ Working with 1 dough ball at a time, roll the dough ball into a 12-inch diameter round (the dough should be very thin and almost transparent). Using a fluted pastry cutter, trim the edges to form a square shape.
- ☐ Cut the dough into 1-inch strips.
- ☐ Cut each strip in half crosswise to form 5-inch-long strips. Gently stretch the strip gently so that you have enough dough to tie a bow. Repeat with remaining dough strips. Gather the dough scraps, then reroll and cut them to make additional bowtie pastries.
- ☐ Line a baking sheet with paper towels.
- ☐ Heat the oil in a large heavy frying pan over medium heat to 375 degrees F. Working in batches, fry the pastries until they puff and become golden, turning once, about 2 minutes total. Using tongs, transfer the pastries to the paper towel-lined baking sheet to drain the excess oil. While still hot, dust the pastries generously with confectioners' sugar and serve.
- ☐ The pastries can be made 2 days ahead. Store in an airtight container at room temperature.

## Nutrition Facts



 **PROTEIN 4.87%**  **FAT 62.22%**  **CARBS 32.91%**

## Properties

Glycemic Index:2.02, Glycemic Load:2.4, Inflammation Score:-1, Nutrition Score:0.77826086593711%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 45.16kcal (2.26%), Fat: 3.04g (4.67%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.97g (1.08%), Cholesterol: 5.17mg (1.72%), Sodium: 18.34mg (0.8%), Alcohol: 0.21g (100%), Alcohol %: 1.64% (100%), Protein: 0.53g (1.07%), Selenium: 1.61µg (2.3%), Vitamin E: 0.34mg (2.28%), Vitamin B1: 0.03mg (1.87%), Folate: 7.01µg (1.75%), Vitamin K: 1.67µg (1.59%), Vitamin B2: 0.02mg (1.4%), Manganese: 0.02mg (1.21%), Iron: 0.2mg (1.1%), Vitamin B3: 0.21mg (1.04%)