

Castagnole



🍴 For about 36 castagnole

Ingredients

450 gr flour "00"
75g sugar
4 small eggs
5 tablespoons oil
7 tablespoons Mistrà
grated zest of one organic lemon
8 gr of baking powder
1 pinch of salt
1 teaspoon finely grated citrate
1 tablespoon vinegar
sugar or honey for garnish

Method

In a bowl beat the egg yolks with sugar, add half flour and mix, add oil, Mistrà, lemon zest, vinegar, salt and continue stirring. Apart beating the egg whites until stiff and incorporate to the mixture of egg yolks, still stirring constantly. Add the remaining flour in which you have added the yeast and citrate. Pass the mixture on pastry board and knead briefly. You will get a compound rather soft, but still substantial. Form many small loaves, with hands greased with oil, from which obtain the balls, then let rest for 10 minutes. Meanwhile, heat the oil (160 °) in a high-sided pan and fry the balls a few at a time. Allow to drain on absorbent paper the castagnole and once cold, roll in sugar and serve. You can also garnish with honey dissolved in a water bath.