Thin Fried Pastries from the Ancient Time. A Must for Carnival

Rosanna Di Michele (January 27, 2021)

IN CUCINA. Whether you call them chiacchiere, frappe or bugie .... small stripes of crispy dough fried in oil and covered with powdered sugar. You can find this typical dessert in every region of Italy during the Carnevale season

In Italy is not the right time to start a diet, because it’s Carnival time! Carnival is a festive season which occurs immediately before Lent.

A curiosity from the ancient time. Frappe were born when the Romans used to celebrate the so-called “Saturnali” in honour of Gods.

RECIPE

Ingredients (4-6 servings):

Flour (500 grams) Sugar (100 grams) Eggs (5) Extra-virgin olive oil (50 grams) A pinch of salt Vanilla extract (one tsp.) Powdered sugar - enough to sprinkle the chiacchiere.

Preparation:

-On a clean countertop, arrange the flour in the shape of a hill with a hole in the center. -Pour the sugar, oil, vanilla extract and eggs in the middle. -Add a pinch of salt and start to knead the dough until it forms into a ball. -Cut the dough into slices and run each one through a pasta maker until it is as its thinnest. -Cut the thinned out dough into 1 inch wide strips, and cut a 1 inch long slit in the middle of each strip. -Warm up the oil in a deep pan and begin to fry the chiacchiere. -Sprinkle the finished product with some powdered sugar and your CHIACCHIERE are ready!

Buon appetito Rosanna [2]

Ingredienti (4-6 persone):

Farina (gr.500) Zucchero (gr.100) Olio extravergine di oliva (gr.50) Uova intere (5) Pizzico sale Vanillina (1 bustina)

Procedimento:

-Disporre la farina a fontana; versare lo zucchero, l'olio e le uova. -Aggiungere un pizzico di sale e Iniziare a lavorare l'impasto, fino e formare una palla. -Tagliare a tranci l'impasto e iniziare ad assottigliare con la macchinetta fino al minimo spessore . -Si fa scaldare in una pentola l'olivo e si cominciano a friggere le chiacchiere. -Si spolverano con lo zucchero a velo e ...pronte le CHIACCHIERE !!!

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