

RECIPES: CARNIVAL TIME

NONNA ELVIRA'S SFOGLIA FRITTA Cook & Talk



INGREDIENTS FOR for 6 people

300g 00 flour
4 eggs
1 tbsp olive oil
A pinch of salt

Cooking fat/oil
Castor sugar to
dust



METHOD

Pasta Pastry

Put the flour in a mountain form on a pastry board and make a well in the centre

Break the eggs into the centre of the well

Beat gently with a fork, adding a pinch of salt and the oil, taking care not to break the edges of the well

Gradually flick flour into the egg mixture until as much of the eggs as possible have been absorbed. Then continue kneading until the rest of the flour has been absorbed - this could take up to 20 minutes, until you have a nice supple ball of dough

At this point you can begin to roll out the pastry, rolling the pin in one direction and stretching out the pastry until it covers a large area

Once this stage has been reached, take a sharp knife and cut into 3 inch squares.

Frying

Heat the fat or oil (traditionally 'strutto/sugna' a type of white lard looking like 'Trex') in a large frying pan. Place the squares in the fat, they will blister and fill with little bubbles. Turn and remove when golden. You will need to cook in several batches. Drain on absorbent paper then dip in castor sugar.

Buon martedì grasso!

Notes

