

Miele

Italian doughnuts (frittole) with mascarpone

By Miele

20 minutes, plus refrigeration time

Preparation Time

40 minutes

Cooking Time

30 doughnuts

Serves



INGREDIENTS

Mascarpone

500 ml (2 cups) cream
1 tbsp (20 ml) water
½ tsp citric acid

Frittole

1 egg
1 tbsp caster sugar
½ tsp vanilla paste or extract
1 lemon, zested
1 granny smith apple, unpeeled
and grated
120 g (¾ cup) sultanas
150 g (1 cup) self-raising flour
½ tsp baking powder
Pinch salt flakes
80 ml (⅓ cup) milk
Neutral oil for frying

To serve

Sifted icing sugar, to dust
Seasonal berries, to serve, optional

METHOD

Mascarpone

1. Combine all ingredients in an unperforated steam container, stir well and cover with cling wrap or foil. Place into the steam oven and Steam at 85°C for 30 minutes.
2. Cover with a tea towel and refrigerate overnight.
3. Pour curds into a muslin lined sieve set over a clean bowl. Strain in the fridge until the mixture separates, approximately 2 hours. Discard the whey, or use when making bread.

Frittolo

1. Combine the egg, sugar, vanilla and lemon zest in a large bowl, stir through the apple and sultanas.
2. Sift the flour, baking powder and salt in a separate bowl and fold through the apple mixture.
3. Add the milk and gently combine.
4. Heat a high sided medium saucepan, with 5 cm of neutral oil on medium heat, induction setting 6, until 160°C on a food thermometer. If using TempControl heat oil on setting level 2.
5. Add tablespoons of the batter into the oil, keeping them evenly spaced and not crowding the pan.
6. Cook for 5 minutes, turning during cooking to enable even colour. Control the oil temperature by fluctuating between induction setting 5-7, as needed. The fritters should be a light golden colour.
7. Place on paper towel to remove excess oil.

To serve

1. Dust the frittolo with icing sugar and serve with mascarpone and fresh berries, if desired.

Hints and tips

- Get creative and replace the sultanas with leftover ingredients, or those needing to be used up. Fruit such as peaches and apricots would work well in this recipe.
- Use the whey from the mascarpone to make bread or in fermentation.
- Reheat the doughnuts in the combi steam Pro oven on Mix & Match, Crispy Reheat setting 3.
- Store bought mascarpone can be used instead of making your own.
- These doughnuts are a family recipe from Daniel, our Culinary Expert at the Miele Experience Centre in South Melbourne. He says they are particularly delicious with an espresso!