

Pink Lady Apple Fritters Mille-feuille



2 Pink Lady® apples
100g flour
60g corn flour
50g icing sugar
1 tsp baking powder
Iced water
Sunflower oil (approximately. 1,5 lt)
2 tbsp caster sugar
1 tsp cinnamon sugar
4 tbsp yoghurt

*In a mixing bowl combine the caster sugar and cinnamon and set aside
Pre heat the oil in your thermostatic fryer to 180°C or alternatively, shallow fry in a sauce pan.
Core the apples and cut the top and base of each apple so they sit flat either way up
Cut the apples into six equal portioned rings per apple
Once you've cut them, place them in the acidulated water (water with lemon juice added to avoid browning)
Mix the flour, corn flour, icing sugar and baking powder together in a mixing bowl
Add a handful of ice and then gradually add iced water to make a batter
The batter should coat the back of a spoon*

Chef's Tip

*The batter will get thinner as the ice melts, so be careful not to make the batter too thin
Place the apple rings on a kitchen towel and pat them dry
Take an apple ring and coat it with the batter
Place the apple ring in the hot oil dragging it away from you, preventing the oil from splashing
Repeat the process so that you have 4 - 6 apple rings in the fryer at a time
Turn the apple rings over after 30 seconds to get an even browning
Once golden, remove and carefully shake off the excess oil
Place on a plate covered with kitchen towel and sprinkle with the cinnamon sugar
Repeat the process until you've done all the apple rings
Serve with the yoghurt and apple (see www.pinklady.co.za for recipe)*

Serves 4

www.pinklady.co.za

Created by:



Pink Lady®, so much
more than an apple!™