



ZEPPOLE DI PATATE

Antonio's Italian Doughnuts

These are so good. This is the first time this recipe has been revealed outside of the family. Antonio used to make these every weekend and bring them into Mediterranean Foods to sell. It became a weekend ritual for many customers to come in for "Tony's Doughnuts" to have with their Saturday morning lattè.

Taken from Food and Family – Tastes and Memories of Italy.
Published by Mediterranean Foods.

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ZEPPOLE DI PATATE



Region

Napoli, Campania

Ingredients available at Mediterranean Foods

Ingredients

- 100g Soft butter
- 1/2 Cup castor sugar
- 700g 00 high grade flour, sifted
- 1/2 Teaspoon salt
- 1 Teaspoon vanilla essence
- 2 Teaspoon rosewater
- Oil for frying
- 5 Egg yolks
- 2 Egg whites
- 30g Instant yeast granules
- 3 Medium sized floury potatoes
- Sugar for dusting

1. In a big bowl, cream the butter and sugar until pale and creamy. Add the egg yolks and beat in, then add the egg whites. Cook, cool and then pass through a potato ricer or sieve the peeled potatoes (don't even think of using a food processor!) and add to the mixture.

2. When combined add the vanilla, rosewater and mashed potatoes. Stir to combine, then add the flour, yeast and salt. Knead well until the dough is soft and pliable – it is possible that you may need to add a drop or two of iced water, depending on how big the potatoes are. The dough shouldn't be sticky though.

3. Break off evenly sized pieces of the dough and roll into skinny sausages with your hands. Join the ends of the 'sausage' with a damp fingertip to 'stick' the doughnut together. Place each doughnut on a baking tray lined with non-stick paper and put the tray somewhere warm for the dough to prove. This will take a least an hour and probably longer – it depends on how warm your kitchen is.

4. When the doughnuts have doubled in size, deep fry in hot oil until golden brown and fully risen. If you feel a bit nervous about whether or not the doughnuts are ready, pull one apart and make sure it's cooked through. You don't need a deep fryer to make these, just a big pot with enough oil in it to cover the doughnuts is just fine.

5. Roll each doughnut in a sifted mixture of cinnamon and sugar while still hot and rest on some absorbent kitchen paper. Eat with gusto!!!

Buon Appetito!



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