



Cretan Sweet Fritters

30'
Hands on

15'
Cook Time

10
Portion(s)

1
Difficulty



Method

- In a bowl, add all of the ingredients for the dough and knead with your hands, until you create an elastic dough that pulls back from the sides of the bowl. You can also do this in a mixer using the hook attachment.
- Cover bowl and set it aside to rest for 30 minutes.
- Pick up pieces of dough and roll out into a thin sheet on a working surface that has been generously dusted with flour.
- Use a pastry wheel cutter to cut the dough into strips that are 2 cm wide and 50 cm in length.
- Heat the vegetable oil to 170* C (338* F) in a deep, wide pot, over medium heat.
- Use a large fork to pick up a strip of dough from the edge. Twist it around the fork tips and dip it into the hot oil, holding on to the other end with your other hand.
- Start to twist it around the fork, as you would pasta.
- When all of the dough is wrapped around the fork tips, remove the fork and let it fry, turning it over a few times, until golden all over.
- Repeat the same process to make the rest of the fritters.
- When ready, remove from pan and allow to drain and cool on paper towels.

For the syrup

- Heat the sugar, water and cinnamon in a pot, until the mixture comes to a boil.
- Boil for 3-4 minutes and remove from heat.
- Add the honey and lemon.
- Dip the cold fritters into the syrup one at a time and allow them to soak up enough of the syrup on all sides.
- Transfer to a serving platter, drizzle with honey, sprinkle with coarsely chopped walnuts and cinnamon.
- Serve.

Ingredients

For the dough

- 500 g hard flour
- 60 g tsipouro
- 1 tablespoon(s) olive oil
- 1/2 teaspoon(s) salt
- 200-250 g water
- seed oil

For the syrup

- 500 g granulated sugar
- 250 g water
- 2 tablespoon(s) cinnamon, ground
- 1 tablespoon(s) honey
- 1 lemon

To serve

- walnuts
- cinnamon
- honey

Διατροφικός πίνακας

Nutrition information per portion

438 Calories (kcal)	5.4 Total Fat (g)	1.1 Saturated Fat (g)	88.0 Total Carbs (g)
22%	8%	6%	34%
52.0 Sugars (g)	6.2 Protein (g)	1.7 Fibre (g)	0.06 Sodium (g)
58%	12%	7%	1%