

## TASTE WITHOUT WASTE

### Apple Fritters

Enough for 2 hungry people or 4 'snacky' breakfasters

#### **Ingredients**

2 large apples, peeled, cored and cut into 0.5mm thick rounds

Juice of 1 small lemon

1 tsp cinnamon plus extra for dusting

125g plain flour, plus extra for rolling

2 eggs, seperated

150ml milk

40g caster sugar, divided plus extra for dusting (mixed with ground cinnamon if you like)

Sunflower oil for frying

#### **Method**

Combine the lemon juice and cinnamon in a large bowl. Add the sliced apple rings and use your hands ensure that each surface is well coated. Cover with cling film and leave to marinate for at least 30 minutes.

Whisk together the flour and 25g of the sugar in a large bowl. Set aside. Beat together the yolks and milk. Gradually pour the liquid mixture into the flour, beating constantly with a balloon whisk or wooden spoon to combine. Try not to over mix - you just don't want any pockets of flour remaining. Cover with cling film and refrigerate the batter for 30 minutes (and up to 12 hours if necessary).

Just before you plan to cook the fritters, whisk the egg whites until soft peaks form. Whisk in the remaining 25g of sugar.

Use a large metal spoon to gently fold the egg whites into the batter, 1/3 at a time, employing a large scooping motion to limit the loss of air.

Have your production line ready – marinated apples then a plate of flour for dusting then your batter then the frying pan then a plate with cinnamon-sugar mixture (optional) and then a last plate covered in kitchen towel. Place a large frying pan over a medium heat. Once hot add about 20ml of oil. Dust each apple ring in flour and then dip into the batter, giving it one or two shakes to get rid of some of the excess. Lower into the hot oil and cook for 2-3 minutes until the base is golden brown and edges are beginning to set. Flip over and cook for a further 2-3 minutes. Roll in the cinnamon-sugar mixture if using and then transfer to the kitchen paper whilst you cook the remaining fritters.

Best served straight away, however will keep for up to 24 hours if refrigerated in an airtight container. Suitable to eat warm or cold.

*Source: Adapted from Sydney's Northern Institute TAFE (Culinary College)*

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