Apple fritters

Apple rings dipped in batter, fried golden in oil and showered with vanilla sugar, from Rome's Jewish kitchen.

Makes
1 batch, each for 6 to 8 people

Cooking time
2 to 3 minutes per side

Kind
Fritters and pancakes

From
Italy, Rome

Source
Mele fritte: A Roman Jewish fritter, Joe Baur, with the recipe "Apple fritters with vanilla sugar" by Leah Koenig; BBC Travel, 7 December 2023

Called
Italian: *mele fritte* (fried apples)

Allergens

Contains
wheat (gluten): plain flour
milk: milk

Suits vegetarians.

Worked out from the ingredients as written. Products differ, so read their labels. How allergens are worked out

Ingredients

Vanilla sugar

- [ ] 2 vanilla pods
- [ ] 300 g sugar

Fritters

- [ ] 4 baking apples, large, peeled
- [ ] 210 g plain flour
- [ ] 3 tablespoons sugar
- [ ] ½ teaspoon salt
  the source uses coarse kosher salt
- [ ] ½ teaspoon bicarbonate of soda
- [ ] 355 ml milk
  or a non-dairy milk
- [ ] vegetable oil, for frying
  sunflower or grapeseed, for example

You will need

- a food processor
- a glass jar with a lid
- an apple corer, a melon baller or a sturdy metal teaspoon
- a large frying pan
- a large plate lined with kitchen paper

Method

Vanilla sugar

1. [ ] Split the vanilla pods open along their length and scrape out the seeds. Keep the empty pods.
2. [ ] Pulse the seeds with the sugar in a food processor until evenly blended.

3 ☐ Spoon the sugar into a glass jar, push the empty pods down into it and close the jar tightly.

Fritters

4 ☐ Remove the cores from the baking apples with an apple corer, a melon baller or a sturdy metal teaspoon. Slice the apples across into rings 1.25 cm thick.

5 ☐ Put the plain flour, sugar, salt and bicarbonate of soda in a large bowl and mix them with a whisk. Whisk in the milk until the batter is smooth.

6 ☐ Pour vegetable oil into a large frying pan to a depth of 1.25 cm and warm it on a medium heat until its surface shimmers. Put a large plate lined with kitchen paper next to the hob.

7 ☐ Fry the rings four or five to a batch. Coat each one in batter, hold it over the bowl for a moment so that the extra runs off, then slide it carefully into the oil.

8 ☐ Cook for 2 to 3 minutes, turn the fritters over and cook the other side for 2 to 3 minutes, until both sides are golden brown.

9 ☐ Lift them on to the lined plate to drain. While they are still hot, scatter plenty of vanilla sugar over them, and serve at once.

Notes

- The vanilla sugar can be used at once, though its flavour grows with time; in a tightly closed jar it keeps for up to a year.[1]
- Hot oil can burn and can start a fire. Writing of deep frying, the Food Safety and Inspection Service of the United States Department of Agriculture says never to leave the fryer unattended, to keep water out of the hot fat, and never to put out a grease fire with water.[5]

The apples

The source asks for four large baking apples, peeled.[1] Saveur's printing of the recipe, adapted from the same book, names Honeycrisp or Granny Smith, and gives the four apples as 1½ lb (about 680 g).[2]

Varieties the sources name:

Honeycrisp (North America) Granny Smith (North America)

This recipe

It follows Mele fritte: A Roman Jewish fritter. The source uses metric measures; the US amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: The source gives every quantity in both systems; we follow its metric ones, and the American amounts are our conversions. For the flour that gives 1 2/3 cups where the source prints 1 1/2 cups, because the site counts 125 g of plain flour to the cup. The source allows milk or a non-dairy milk; we list milk and name the other in a note. Its kosher salt is listed as salt, with a note, and its baking soda as bicarbonate of soda. Its yield, "Makes 6 to 8", is read as people, as Saveur's printing has it, and given as the note to one batch; the frying time of 2 to 3 minutes is for each side.

How the recipes are chosen and converted

Sources

1. Mele fritte: A Roman Jewish fritter (https://www.bbc.com/travel/article/20231206-mele-fritte-a-roman-jewish-fritter), Joe Baur, with the recipe "Apple fritters with vanilla sugar" by Leah Koenig; BBC Travel, 7 December 2023.
2. Apple Fritters With Vanilla Sugar (https://www.saveur.com/recipes/apple-fritters-with-vanilla-sugar/), Leah Koenig; Saveur, 12 September 2023.
3. Recipes for Hanukkah (https://www.myjewishlearning.com/article/hanukkah-foods/), My Jewish Learning, last modified 27 November 2023.
4. The International Jewish Cook Book (second edition) (https://www.gutenberg.org/ebooks/12350), Florence Kreisler Greenbaum; Project Gutenberg, 1919.
5. Deep Fat Frying and Food Safety (https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/deep-fat-frying), Food Safety and Inspection Service, United States Department of Agriculture.

From The World of Apples, apple.io/recipes/apple-fritters/