Dutch apple fritters

Slices of sour apple dipped in a batter of flour and beer, fried and dusted with icing sugar.

Makes
6 servings

Kind
Fritters and pancakes

From
Netherlands

Source
Kookboek van de Amsterdamsche Huishoudschool, sixth, improved edition (in Dutch), no date on the title page; the Koninklijke Bibliotheek gives [1925]

Called
Dutch: *appelbeignets* (apple fritters)

Allergens

Contains

wheat (gluten): wheat flour
barley (gluten): beer

Check the label for

rye (gluten): beer
oats: beer
milk: beer
sulphites: beer

Suits vegetarians and vegans. Contains alcohol.

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

Ingredients

- [ ] 2 cups wheat flour
  In the source: “250 Gr. tarwemeel”
- [ ] 1¼ to 1½ cups beer
  In the source: “3 à 3½ d.L. bier of spuitwater”
- [ ] salt, a little
- [ ] 12 to 14 tart apples, cored, peeled and cut into slices that are not too thick
  In the source: “12 à 14 zure appelen (goudreinetten of bellefleurs)”
- [ ] vegetable oil, plenty, for deep frying
- [ ] confectioners' sugar, for dusting

You will need

- a small, deep iron pot
- a larding needle or a knitting needle
- grey paper for draining

Method

1. [ ] Heat plenty of vegetable oil in a small, deep iron pot to 347°F.
2. [ ] Core and peel the tart apples and cut them into slices that are not too thick.
3. [ ] Quickly mix the wheat flour with a little of the beer and the salt, and stir out the lumps.
4. [ ] Add as much more of the beer as gives the batter the thickness it needs.

5 ☐ Turn a few slices of apple in the batter, lay them in the hot oil and fry them until light brown and cooked through.

6 ☐ Lift them out of the oil with a larding needle or a knitting needle.

7 ☐ Drain them well on grey paper, dust them with confectioners' sugar and serve them warm.

Notes

- If no small hole appears in the fritters while they fry, the batter is still too thick and needs a little more beer.[1]
- The Netherlands Nutrition Centre advises filling a deep fryer no more than half full of oil, because otherwise the pan can overflow and catch fire, and heating the oil to no more than 347°F.[5]

The apples

The source asks for 12 to 14 sour apples and names two kinds in brackets, "goudreinetten" and "bellefleurs".[1]

This recipe

It follows Kookboek van de Amsterdamsche Huishoudschool, sixth, improved edition (in Dutch). 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: Translated from the Dutch; the lines shown as printed are in the source's own words. Its "tarwemeel" is wheat flour, and we give it under that name. The book keeps the word apart from "bloem", another of its words for flour, and it bakes its sifted wheat loaf with "tarwemeel" and its unsifted one with "ongebuild tarwemeel", so the word here means sifted wheat flour and not wholemeal; we have not matched it to a flour sold today. Its "3 à 3½ d.L. bier of spuitwater" is 3 to 3½ decilitres of beer or soda water: we give beer, and write the decilitres as millilitres. Its "zure appelen" are sour apples, and "goudreinetten" and "bellefleurs" are the two kinds it names. For frying it allows lard, a proprietary vegetable fat or a proprietary salad oil; we give vegetable oil, and leave its line for the fat out of the printed wording because it names the two products. It heats the fat until "a blue vapour comes off it" and gives no temperature; we give the 175 °C that the Netherlands Nutrition Centre names as the most for deep frying. The cups are our conversions, the flour at the cup weight of white all-purpose flour. The icing sugar is named only in its method. It gives no frying time, and the yield is the book's statement that all its recipes are calculated for six persons.

How the recipes are chosen and converted

Sources

1. Kookboek van de Amsterdamsche Huishoudschool, sixth, improved edition (in Dutch) (https://resolver.kb.nl/resolve?urn=MMKB18A:018317000:00264), C. J. Wannée; H. J. W. Becht, Amsterdam; read at Delpher, of the Koninklijke Bibliotheek, no date on the title page; the Koninklijke Bibliotheek gives [1925].
2. Kookboeken uit 1901-1945 (in Dutch) (https://collecties.kb.nl/themas/koken/kookboeken-uit-1901-1945), Koninklijke Bibliotheek, the national library of the Netherlands.
3. appelbeignet (in Dutch) (https://anw.ivdnt.org/article/appelbeignet), Algemeen Nederlands Woordenboek, Instituut voor de Nederlandse Taal.
4. Oud- en Nieuw: festijn van wafels en oliebollen (in Dutch) (https://www.bakkerijwiki.nl/index.php?t=4&h=84&s=407), Bakkerijwiki, Nederlands Bakkerijmuseum.
5. Hoe gebruik ik de frituurpan? (in Dutch) (https://www.voedingscentrum.nl/nl/gezonde-recepten/kookhulp/frituren-hoe-frituur-ik-.aspx), Voedingscentrum, the Netherlands Nutrition Centre.

6. TARWEMEEL (in Dutch) (https://gtb.ivdnt.org/iWDB/search?actie=article&wdb=WNT&id=M067796), Woordenboek der Nederlandsche Taal, Instituut voor de Nederlandse Taal, article published in 1930.

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