



BIOSÜDTIROL



Organic Farmer Rosi Serves: Apple Fritters.

Preparation: 20 minutes

Difficulty: Easy

Ingredients (4 portions)

- 3-4 Bonita apples
- 130 g organic flour
- 130 ml organic milk
- eggs
- 2 tablespoons sugar
- a pinch of salt
- rum
- vanilla sugar
- lemon
- oil
- cinnamon
- icing sugar

Preparation

Peel and core the apples, and cut them into 1 cm-thick slices. Put the flour into a bowl, stir in the milk a little at a time, and



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then add an egg yolk, lemon, vanilla and rum. Add a pinch of sugar and salt to the egg white, and beat until stiff. Fold the beaten egg white into the other ingredients. Dip the slices of apple into the mixture one by one and fry them in boiling oil until golden brown. Sprinkle with cinnamon and icing sugar. Serve them with a smile!

Rosi's suggestion

If you want to make these fritters a bit lighter, you can add beer to the dough. Enjoy!