

q cuisine: with ALESSANDRO RUSSO

Chiacchiere di Carnevale

The chatter, crumbly, crunchy and delicate flakes typical of the Carnival period, sprinkled with powdered sugar. Also call lettuces, rags, damsels, frappe, sfrappole, crostoli, galani, gale, lies, nun ribbons, knots of love, intrigues. There are different variations as well as for the ingredients also for the shape of rumbling rhombus, square, knotted strip, flower.

INGREDIENTS

250 of flour, 50 sugar, 1 egg, 25 butter, 1 | 2 glass of liqueur, grated orange peel or untreated lemon, a pinch of salt and powdered sugar.

METHOD

Sift the flour, add the sugar, the salt, the beaten egg, the liqueur (or rum, the marsala, the brandy, lemon or orange liqueur), vanilla bean or the grated orange or lemon zest and butter. Work until the ingredients are well mixed, it must be malleable.

Leave the loaf formed at room temperature for at least 30 minutes.

Roll out and pass each single sheet with the pasta maker set to the widest thickness and then to the penultimate.

With a scalloped cut wheel, cut rectangles or the shape you want, practice on each two central cuts, parallel to the long side.

Fry each chat in oil at a temperature of 150-160 °, turn them after a few minutes, just golden on both sides, remove them and place them on absorbent paper.

Before serving, sprinkle with icing sugar and accompany with a glass of Limoncello, Nocino, Liquor with laurel.

