



RECIPES

Bomboloni

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INGREDIENTS

7g sachet dried yeast
1/3 Cup & 2 T sugar, plus extra for rolling
3 1/3 cups plain flour
1 1/4 cup warm milk
Grated rind of 1 lemon
1/3 cup softened unsalted butter, chopped
4 Cups vegetable oil, for frying

PASTRY CREAM

6 egg yolks
1/2 cup sugar
1/3 cup plain flour
15 oz milk
2 teaspoons vanilla extract

Step 1

- For pastry cream, beat yolks and sugar until pale. Sift in flour, whisking to combine. Place milk in a pan and bring to scalding point, then add to egg mixture.

Step 2

- Turn heat to low and return mixture to pan, stirring constantly until thick. Add vanilla, then transfer to a bowl and cover with plastic. Refrigerate to chill.

Step 3

- For Bomboloni, place yeast in a small bowl with 1 tablespoon each of sugar and flour. Stir in warm milk. Set aside in a warm place for 15 minutes until mixture bubbles and froths.

Step 4

- Place remaining sugar and flour in a bowl with rind and butter, then add yeast mixture. With hands, combine mixture, then turn onto a floured board.

Step 5

- Knead for 5 minutes until smooth and elastic, then place in a lightly oiled bowl, cover with a towel and set aside in a warm place to rise for about 2 hours.

Step 6

- When dough has nearly doubled in size, punch it down with your fist. Use a rolling pin to roll out dough on a lightly floured surface to about 1/4 inch thick. Use a 1 1/2 inch pastry cutter to make 24 rounds and place on a baking tray (allowing room to expand). Cover with towel and set aside to rise for another hour.

Step 7

- Heat oil in a deep-fryer or heavy-based saucepan and heat to 350°F. You don't want oil too hot, as the Bomboloni will darken before the inside is cooked, so adjust heat if necessary. Fry, 3 or 4 at a time, until golden. You may need to turn with tongs. Remove and drain on paper towels. While still warm, roll in extra sugar. Cool completely.

Step 8

- Make slit and pipe in filling