

Apple Beignets

Swick

Serves 20 | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Preheating the Oil

- canola, grapeseed or other oil with a high smoke point

In an electric deep fryer or heavy-bottomed pot, add enough oil until it reaches about 1/3 of the way up the vessel.

Slowly preheat the oil over low heat until it reaches between 350-375 degrees Fahrenheit (175-190 degrees Celsius).

Step 2: Preparing the Apples

- 4 Granny Smith apples*
- 1 lemon

Fill a large bowl with cold water and squeeze in the lemon juice. Peel and core the apples. Slice into rounds about 1/2" to 3/4" -inch thick. Place into the water to prevent them from discoloring.

Note: Golden Delicious, Crispin, Cortland and Winesap apples can be substituted. Sliced bananas, peaches or apricots can also be used.

Step 3: Making the Batter

- 240 g cake flour
- 3 large egg yolks
- 3 large egg whites
- 24 ml vegetable oil
- 200 ml dry, white wine
- 40 g sugar
- 2 g sea salt

As the oil approaches the proper cooking temperature, start to make the batter.

First sift the flour and salt into a large bowl.

In a separate bowl, whisk the egg yolks, wine and vegetable oil together until well combined. Add the mixture to the flour and gently whisk until a smooth batter is achieved.

In a separate bowl, start to whisk the egg whites. Gradually incorporate the sugar while constantly whisking. Whisk the meringue until you form stiff peaks.

Stir in about one-third of the meringue into the batter to loosen the mixture. Fold in the remaining meringue. The batter should be used immediately.

Step 4: Cooking & Serving the Apple Beignets

- 1 cup granulated sugar
- 1 tbsp ground cinnamon
- all-purpose flour (for dusting)
- vanilla ice cream (optional)

Mix the sugar and cinnamon together and place into a shallow pan or bowl. Place the flour into another shallow container and place the batter beside the deep frying vessel.

Once the oil is at the proper cooking temperature, drain and dry a few apples. Dust them lightly with the flour and submerge them into the batter. Allow any excess to drip off before placing into the oil. Fry the beignets on the first side until golden brown. Flip over with tongs or a spider to brown on the other side.

Once both sides are brown and crispy, remove from the oil. Coat the hot beignet in the cinnamon sugar. Transfer to a rack. Serve warm with vanilla ice cream, if desired.