

Apple Fritters with Cider Glaze



Ingredients

Apples:

2 tbsp. unsalted butter
2 large cooking apples, peeled and diced small
2 tsp. ground cinnamon
1/8 tsp. ground nutmeg
2 tbsp. light brown sugar
2 tbsp. granulated sugar
pinch of salt
few drops lemon juice

Dough:

1 ½ oz. unsalted butter, soft
2 oz. granulated sugar
¼ oz. salt
1/8 tsp. ground nutmeg
.75 oz. non-fat milk solids (powdered milk)
1 large egg
14.5 oz. bread or high gluten flour
½ oz. dry active yeast
8 oz. water, approximately 100°F

Glaze:

4 cups powdered sugar, sifted
2 cups apple cider
½ tsp. ground cinnamon
pinch salt
2 tsp. vanilla extract

For Frying:

2-3 qts of vegetable or canola oil

Directions

1. Apples: Melt butter in a large sauté pan over medium heat. Add apples and cook slowly. Add sugar and spices. Cook until apples are tender, but sugar is not caramelized. Remove from heat and let cool.
2. Dough: Combine all ingredients except yeast and water in a bowl of a stand mixer that has been fitted with a dough hook.
3. Combine water and yeast. Make sure water is not too hot, it should be slightly warmer than body temperature. Stir the water and let sit until foamy. Then add to bowl.
4. Turn on mixer and let mix on low speed for 5 minutes. Increase to medium speed for 7 minutes.
5. Add the apple mixture and mix until combined.
6. Cover bowl loosely with plastic wrap or a clean tea towel and place in a warm (70°F) area, until dough has risen to twice its size. This could take 1-2 hours depending on the environment.
7. After risen, remove dough from bowl and put on a well-floured surface. Gently roll to a large rectangle that is approximately ¼" high. Use as much flour as necessary to keep from sticking. Cut into large squares or rectangles approximately 2 inches by 2 inches, or as desired. Gently move from counter to a sheet pan. Leave approximately 1/2" inch between each piece. Cover with a clean towel and leave in a warm place until "puffy", approximately 30 minutes.
8. In the meantime, heat oil in a large pot that is taller than it is wide. Heat the oil to 325°F according to a fry thermometer.
9. Glaze: In a medium bowl, mix together all ingredients until smooth.
10. When the oil is hot, carefully place fritters in hot oil. Do not over crowd pot, keeping a margin around each fritter. Fry gently until golden brown on one side and then flip over to fry to other side.
11. When done, remove from oil and briefly drain on paper towels. Briefly toss each fritter while it is still hot in glaze, and then remove to a cooling rack over a bowl or sheet drain to drain, and dry.

* Raw fritters are easily frozen and fried in small batches later. Thaw before frying.

Yields approximately 2 dozen fritters

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