



Frappe

Traditional Carnevale Treats
Serves a family

Ingredients

500 gms flour	1 lemon, zest
80 gms butter	1 cup White wine
3 eggs	Vegetable oil
30 gms sugar	Icing sugar
Salt	

Method

Mix all ingredients (except oil and icing sugar) in a bowl. Adding wine gradually until it forms a dough. Transfer to work surface and knead until smooth and non sticky.

Form a ball. Wrap in clingfilm and allow to rest in fridge for 30 minutes.

Roll out until very thin, about $\frac{3}{4}$ mm thick. Cut into strips about 3-4 cm wide, preferably with a notched wheel, so they have a wobbly edge.

Heat plenty of vegetable oil in a pan and fry the frappe for a few minutes until golden and bubbly. Drain them on absorbent paper, then once cooled, sprinkle them with icing sugar.

Those who prefer not to fry can cook the frappe in the oven by placing them on a baking tray covered with just damp baking paper. Bake at 200°C for about 10 minutes or until golden

