



DESSERT	
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Cenci di Carnevale

Tuscan traditional Carnival sweet treats made out of a fried dough sprinkled with sugar

INGREDIENTS:

- 500 gr flour 00
- 150 gr sugar
- 3 eggs
- 2 pinches baking soda
- 70 gr butter
- Olive Oil for deep-frying
- Confectioners' sugar

PREPARATION

Sift the flour into a bowl, add the eggs, sugar and start mixing together with the help of a fork.
 Melt the butter, add it to the mix and continue mixing.
 Add the baking soda and mix all together until it reaches a consistency a dough you can work with your hands.
 Place the dough on a large surface and knead it until smooth.
 Dust the surface and the rolling pin and start roll out the dough until it's 1cm (less than half of 1 inch).
 With a serrated pastry wheel, cut it into strips 10cm long (about 4 inches) and 5cm wide (2 inches).
 Deep-fry in olive oil a few at a time, until golden and crisp, then place on paper towels to drain of excess oil.
 When cooled, pile on a tray and dust abundantly with the confectioners' sugar.

FUN FACTS

These addictive pastries are supposed to be eaten during Lent and are associated with Carnevale, which takes place forty days before Easter. Cenci literally means pieces of fabric, and this is what they are called in Tuscany. But with a few variations, the same thing can be found in all the Italian regions, under all sorts of names. In the South, they are fried in lard instead of olive oil. They are irresistible!

