

“FRIED FLOWERS”



Ingredients

- Mold to make flowers.
- 3 eggs (170 gr).
- 175 gr of flour.
- 150 gr of milk.
- 1 drizzle of anise.
- 1 pinch of salt.
- Extra virgin olive oil, for frying I recommend you to use the Picual variety since it is the most stable for frying.
- Sugar and cinnamon to bathe the flowers.

How to make pan flowers or fried flowers

We put all the ingredients in the blender glass and beat. It must remain like a liquid dough. We pass the mixture to a wider container so that it is easier for us to put in and take out of the mold.

We put enough extra virgin olive oil in a pan. We introduce the mold in the pan and leave it inside until the oil is hot. This is essential because if it is not hot, the dough will not come off.

Once the mold is very hot, we take it out of the oil and put it in the dough so that it gets wet with this. You do not have to enter it completely. We put it in the pan and we give little tugs upwards.

We leave it a few seconds to brown and we turn it over so that it is browned on the other side.

We remove the flower and put it on kitchen paper so that it absorbs the excess oil. We put it in the mixture of sugar and cinnamon and butter.

And so we are making all the dough, every time we take out a flower we put the mold back into the oil, it must always be hot. Ready to eat!