



## BRUNGIOLOS DE CARMELA

*from*

### **Sweet Myrtle & Bitter Honey**

The Mediterranean Flavors of Sardinia

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### **Brungiolos de Carmela** *Ricotta fritters*

Serves 4

- 2 cups fresh sheep's milk ricotta cheese (or other creamy ricotta cheese)
- 1 teaspoon active dry yeast
- 1 egg
- 1/4 teaspoon salt
- 1 teaspoon finely chopped flat leaf parsley
- 1/2 cup all-purpose flour, plus more for coating
- Vegetable oil for frying
- Bitter honey for drizzling
- Powdered sugar for dusting

Place the ricotta in a fine-mesh sieve and let sit over a bowl in the refrigerator for at least an hour to drain.

Dissolve the yeast in 1/4 cup of warm water. Let sit for 2 to 3 minutes, until the mixture foams.

In a medium bowl, combine drained ricotta with the egg. Add the salt, parsley, yeast mixture, and the 1/2 cup of flour. Mix well.

In a deep heavy saucepan, add enough oil to reach a depth of about 5 inches. Place over high heat (oil is ready when a small piece of bread browns in 30 seconds).

With your hands, form the ricotta mixture into 2-inch balls and lightly roll in flour to coat. Fry in small batches, turning once, until golden brown, 2 to 3 minutes. Remove with a slotted spoon. Place on paper towels to drain and cool.

Warm the bitter honey in a small saucepan over low heat.

Serve the brungiolos while still warm, drizzled with honey and dusted with sugar.

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