

Apfelkuchlein

Source: New York Times Sunday Paper 1990

Ingredients

- 2¼ c. flour, divided
- 4 eggs, separated
- salt
- 1 tbsp sugar
- 1 tbsp vegetable oil
- 1¼ c. light beer
- 4 apples, preferably Granny Smith or Golden Delicious, uniform in size
- 1 tbsp freshly squeezed lemon juice
- 2-3 tsbps light rum or kirschwasser
- dash cinnamon
- 4 tsbps powdered sugar, divided
- 1 c. sunflower oil

Method

1. In a large bowl, combine 1¾ cups of the flour, the egg yolks, salt, sugar and 1 tbsp vegetable oil. Slowly pour in the beer. Beat to a smooth consistency by hand.
2. In a separate bowl, place the egg whites and a dash of salt. Beat until the whites form stiff peaks. Fold them into the beer batter and set aside.
3. Peel and core the apples and slice them into ½-inch rings. Sprinkle them with lemon juice, the rum or kirsch, a dash of cinnamon and 2 tbsp of the powdered sugar. (Do not add more than a dash of cinnamon because it can be overpowering.) Let the apple slices marinate for 30 minutes.
4. In a large skillet, pour the sunflower oil to a depth of about ¼ inch. (You may have to use more or less than 1 cup, depending on the size of your skillet.) Heat the oil. Dredge both sides of the apple rings in the remaining flour, then dip them into the beer batter. Fry the rings over medium-high heat for about 1½ to 2 minutes on each side, or until golden brown and puffy. Drain them on paper towels. Sprinkle with the remaining powdered sugar and serve hot.

Eight servings, about 16 apple rings.

Notes

Apfelkuchlein can be garnished with raspberries and mint leaves and served with vanilla ice cream.