



Marithé's delicious recipes

Sugared stars (EGG FREE)

INGREDIENTS

- 500 g wheat flour,
- 50 g butter,
- 7 tablespoons powdered milk (+ 1 spoonful),
- 1 tablespoon rum,
- 1 tablespoon grated lemon zest,
- A pinch of salt,
- A pinch of bicarbonate of soda or baking powder,
- Deep fat for frying (sunflower oil).

INSTRUCTIONS

- Cream the butter with a fork.
- Put the flour into a large mixing bowl.
- Form a well and put in 3 spoons of sugar, the rum, powdered milk, salt, bicarbonate and a third of a cup of water. Mix.
- Roll into a ball, wrap it in a tea cloth and place in the refrigerator for 2 hours.
- Roll out the dough to the thickness of a finger, cut it into star shapes.
- Deep fry the stars in the hot oil, removing them when they are well risen (barely 5 minutes).
- Drain on absorbent paper.
- In a plate, put the remaining 4 tablespoons of sugar + the lemon zest, roll the stars in this flavoured sugar and serve warm.

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