

Crustuli

I think of my Nana every time I make these little “nuggets”!
She used the scola-pasta to make the design on the dough
before she fried the pieces!



About 3 cups flour
2 eggs
1/4 cup olive oil (vegetable oil is okay too)
1/2 cup sweet red wine
1/2 teaspoon salt
1/2 teaspoon baking powder
1 1/2 teaspoons cinnamon
1 tablespoon finely grated orange zest
Dash of nutmeg (optional)

Vegetable oil for deep frying.

1 1/2 cups honey
3/4 cups sugar

Mix the eggs, oil and wine. In a separate bowl, combine flour, baking powder, cinnamon, orange zest and nutmeg. Add the flour mixture to the egg mixture and work into a soft dough. The dough should remind you of gnocchi dough. Shape the dough into a ball. Cover the ball with a bowl and let the dough rest for about 30 minutes.

Flatten the dough into a disc about ½1/2 inch thick. Cut the disc into strips about half ½ inch ½ wide. Roll each strip into a rope about half inch ½ thick. Cut the strip into pieces about 1 inch long.

Roll the dough over the tines of a fork or over a gnocchi board to make grooves into the dough. Cut all of the strips and roll and cut all of the dough into the gnocchi size pieces while the oil is heating. Deep fry the crustuli until they are golden brown. Place the fried nuggets on paper towel to absorb the excess oil. Cool the crustuli.

Heat the honey and sugar in a small deep saucepot. Bring the mixture to a rapid boil. Watch carefully so it does not boil over. As soon as the honey boils, remove the pot from the heat. Coat the crustuli with honey and cool. Serve the coated “cookies” within a day or two. If you are not serving them soon—place the nuggets in an airtight container and coat with the honey mixture just a little while before serving.