

# Seven Minute Apple "Doughnuts" for Passover

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

*Like a cross between a hot apple pie and an apple croissant, these quick and easy "doughnuts" made from matzo cake meal are absolutely delicious. One of the most important and ubiquitous foods of the Passover holiday is matzo, basically an unleavened cracker. While it's part of the ritual of this holiday, it's also a wonderful ingredient to cook with. Matzo Meal makes a delicious breading. (Matzo) "Cake Meal" is more finely ground and powdery, like cake flour. This recipe uses Cake Meal. May your table be blessed!*

*~ Cleo Coyle, author of [The Coffeehouse Mysteries](#)*

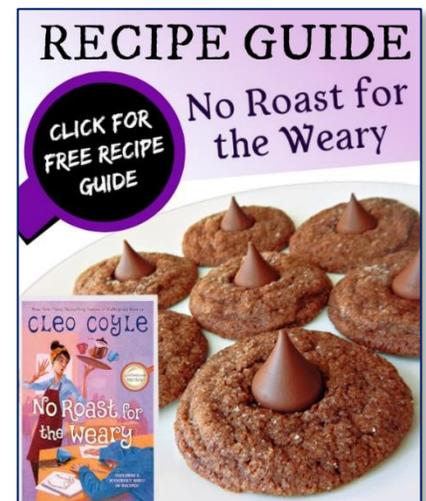
Serves 1 or 2 people (double or triple for a group)

## **Ingredients:**

- 1 Granny Smith apple**, peeled, cored and sliced into thin rings (about 1/8-inch in thickness)
- 1 large egg**
- 1/2 cup water** (or plain, unflavored seltzer)
- 2 teaspoons of a neutral-tasting oil** (vegetable, canola, etc...)
- 1/8 teaspoon kosher salt** (or generous pinch of table salt)
- 1/3 cup (matzo) Passover Cake Meal** (do not substitute flour\*)  
+ a little extra Cake Meal for Step 4
- Oil for frying** (use a neutral-tasting oil)\*\*

**\*\*How Much Oil?** As you'll see in my recipe photos, I use a skillet with 1-1/2 to 2 inches of oil, enough to float and flip the doughnuts. But if you have a deep fryer, feel free to use that instead.

**\*Note** that raw flour will not give you the same amazing results. Passover "Cake Meal" is not raw. It is an already-baked product made from finely ground matzos, and that is what you need here.



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**Directions: (1) Peel and core apple.** For best results, I suggest a tart, firm apple like a Granny Smith. A sweeter apple will taste cloying. A mushy apple may not stand up to the high heat of frying.

**(2) Cut into rings of about 1/8-inch in thickness.** You'll get about 8 rings out of an average Granny Smith apple.

**(3) Make Batter:** Crack the egg into a mixing bowl. Add water, oil, and salt. Whisk well. Add the (matzo) Cake Meal and whisk very well, until you have a smooth batter. Now judge the thickness. The batter should be somewhat thick, but thin enough to pour—like a pancake or cake batter. See my photo (at right). >>>

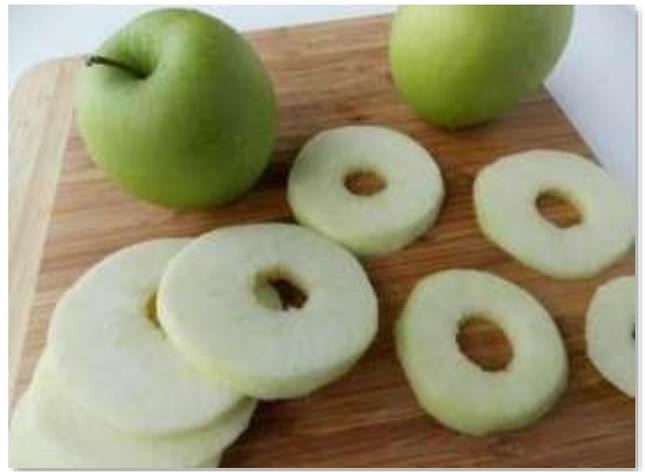
**Too thick?** If the batter is too thick (like frosting), you will need to thin it out. Add 1 tablespoon of water and whisk again until smooth. (Continue adding small amounts of water until you get the consistency you need.) On the other hand...

**Too thin?** If the batter becomes too thin, add a bit more Cake Meal, and whisk well until smooth.

**Sitting batter will thicken over time:** As the Cake Meal sits in the liquid, it will absorb the liquid, expand, and thicken the batter. If you are not frying right away or if the batter sits for some time between batches, be prepared to whisk in a little more water to thin out the mixture again.

**(4) IMPORTANT – Coat apple rings in dry Cake Meal.** This step is often missing from similar recipes, but it's important to prevent the batter from sliding off the slippery surface of the apple ring. Place a few extra tablespoons of dry Cake Meal in a bowl. Drop apple rings in and lightly coat both sides (as shown).

**(5) Coat apple rings with batter.** After each ring is well battered, allow excess batter to drip off (as shown below), lifting by the apple's hole. Then bring the battered ring to the pan of hot oil and lay it gently into the pan.



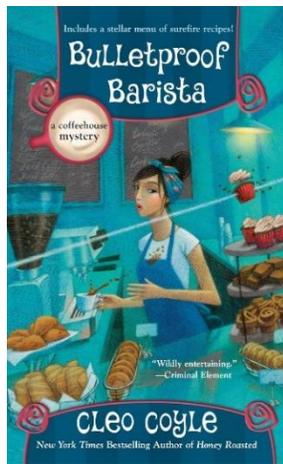
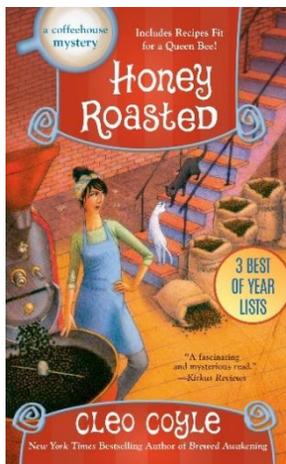
## (6) Foolproof Frying...

IMPORTANT - Is the oil hot enough? Sprinkle a bit of dry Cake Meal into the pan. If it sizzles and dances, the oil is hot enough. If the Cake Meal sinks to the bottom of the pan, the oil is too cold.

**Fry the battered apple rings until golden brown**, flipping halfway through the cooking process. Do not crowd the pan. As the pastry cooks, hot oil should be bubbling up around it. If the oil is not bubbling, it is not hot enough.

**(7) Drain, cool a bit, and sprinkle with cinnamon sugar.** Drain doughnuts on paper towels for a minute or so. If you don't cool them off a bit before sprinkling them with sugar, the sugar may melt.

**Make cinnamon sugar** by mixing  $\frac{1}{2}$  cup granulated sugar with **1 tsp. ground cinnamon**. Sprinkle generously on the warm doughnuts and...

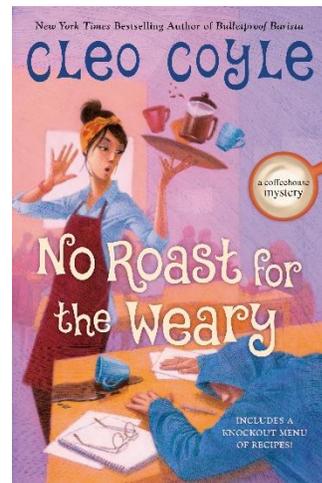


*Eat with joy! ~ Cleo*

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