



THE DOUGH HOUSE

— Intimate Gastro Experiences —

Traditional Chiacchiere di Carnevale Recipe



The Story Behind the Dish:

Chiacchiere di Carnevale are delicate, crispy fried pastries traditionally enjoyed during Italy's Carnival celebrations. Their name, "chiacchiere", means "chatter" or "gossip," referring to their light and airy texture that almost melts in your mouth. These sweet treats have origins dating back to Ancient Rome, where similar fried dough was prepared during feasts. Over time, each Italian region has developed its own version, sometimes calling them frappe, bugie, cenci, or crostoli, but the joy they bring remains the same!

Ingredients (Makes about 30 chiacchiere)

- 150g 00 flour
- 20g caster sugar
- 1 pinch of salt
- ½ tsp baking powder
- 1 medium egg
- 15g (1 tbsp) unsalted butter, melted
- 1 tbsp grappa or white wine (optional, for extra crispiness)
 - 1 tsp vanilla extract and zest of 1/2 lemon
- 30ml full fat milk (if needed, to adjust consistency)
 - Vegetable oil, for frying
 - Powdered sugar, for dusting
- TDH Early Harvest Pistachio for decorating

Instructions

1. Prepare the Dough: In a mixing bowl, combine flour, sugar, salt, and baking powder. Make a well in the center and add the egg, melted butter, grappa (or wine), and vanilla - lemon zest. Knead the dough until smooth and elastic. If too dry, add a little more milk.
2. Rest the Dough: Wrap the dough in plastic wrap and let it rest for at least 30 minutes at room temperature.
3. Roll and Cut: Roll out the dough very thin (1-2mm thick) using a rolling pin or pasta machine. Cut into strips, circles or diamond shapes using a pastry cutter.
4. Fry Until Golden: Heat oil to 170°C (340°F) and fry the chiacchiere in small batches until golden and crispy (about 30 seconds per side). Drain on paper towels.
5. Dust with Sugar and Pistachios: Once cool, generously sprinkle with powdered sugar and early harvest pistachios.
6. Enjoy! Serve fresh and crispy, paired with espresso or a glass of sweet wine!