

CRISPELLE ABRUZZESI

Servings & Timing

- **Servings:** About 20 crispelle
 - **Prep Time:** 20 minutes (active)
 - **Rising Time:** 2 hours 30 minutes
 - **Cooking Time:** 15 minutes
 - **Total Time:** About 3 hours
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Ingredients

- **2 1/4 teaspoons dry yeast**
 - **1 teaspoon sugar**
 - **1/4 cup lukewarm water** (to dissolve yeast)
 - **4 cups all-purpose flour**
 - **1 teaspoon salt**
 - **2 medium potatoes**, boiled and mashed
 - **1 1/2 cups lukewarm water**
 - **Oil for deep frying**
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Instructions

1. Activate the Yeast

1. In a small bowl, dissolve the **dry yeast** and **sugar** in **1/4 cup lukewarm water**.
2. Let sit for **5–10 minutes**, until foamy.

2. Prepare the Dough

1. In a large mixing bowl, combine the **flour** and **salt**.
2. Add the **mashed potatoes**, mixing them into the flour.
3. Pour in the **activated yeast mixture**.
4. Add **1 1/2 cups lukewarm water**, a little at a time, until a soft, sticky dough forms.
5. Beat the dough **by hand for about 10 minutes**—the dough should be elastic and smooth.

3. First Rise

1. Cover the bowl with plastic wrap or a damp towel.

2. Place in a warm, draft-free spot and let rise for **1½ hours**, or until doubled.

4. Beat Again & Second Rise

1. After the first rise, beat the dough for another **10 minutes**.
2. Cover again and let rise for an additional **1 hour**.

5. Fry the Crispelle

1. Heat vegetable oil in a deep pot to **350°F (175°C)**.
2. Using slightly oiled hands, pinch off small portions of dough and stretch slightly.
3. Carefully slide each piece into the hot oil.
4. Fry until **golden and puffed**, turning once.
5. Drain on paper towels.

Optional finishes:

- Sprinkle with sugar
 - Drizzle with honey
 - Toss with anchovies (yes—traditional in some Abruzzo towns!)
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Tips & Tricks

- **Potatoes are key:** They make the crispelle incredibly soft and airy.
- **Use warm—not hot—water:** Hot water kills yeast; lukewarm activates it.
- **Wet or oil your hands** when handling the dough to prevent sticking.
- **Fry immediately after the second rise** so the dough stays puffy.