

Fried Apple Recipe

Ingredients: Serves 4

1 cup all-purpose or plain flour

¼ cup cornstarch

½ teaspoon baking powder

Vegetable oil, for deep-frying, plus 2 tablespoons, plus 1 teaspoon

1 teaspoon dark sesame oil

1 apple, peeled, cored, and cut into 12 wedges

½ cup sugar

1 tablespoon sesame seeds

Method:

Stir the flour, cornstarch, baking powder, the 2 tablespoons vegetable oil, and 1½ cups water in a bowl just until combined. Prepare a bowl of ice water. Oil a heatproof platter with the sesame oil. Place the batter, ice water, and platter near the stove. Heat a wok over high heat. Add oil to come 1½ inches up the sides of the wok, and heat it to 300°F. Dip 2 apple pieces in the batter and then add them to the oil. Fry in gently bubbling oil until the batter turns light gold, about 1½ minutes. Using a wide wire-mesh strainer, transfer the apples to a colander to drain. Do not discard the oil. Heat the remaining 1 teaspoon vegetable oil in a second wok or in a medium saucepan over medium-high heat. Add the sugar, which will become pebbly. Add 1 cup water and bring to a boil over high heat, stirring just until the syrup boils. Cook the caramel, swirling the wok or saucepan by the handle, but without stirring, until the caramel is golden brown, about 15 minutes. Remove the caramel from the heat. Use a fine wire-mesh strainer to remove any bits of fried apple batter from the oil. Reheat the oil to 300°F. Return all the apples to the wok and fry until golden brown, about 5 minutes. Reheat the caramel over low heat without stirring until fluid. Using a strainer, transfer the apples to a colander to drain. Oil a large metal spoon. Working with 2 pieces of apple at a time, use the spoon to place the apples in the hot syrup, coating them carefully. Lift them from the syrup, sprinkle with some sesame seeds, and transfer to the ice water for 2 seconds to harden the sugar coating. Remove the apples, shake off the excess water, and place them on the oiled platter. Serve immediately.