

Rosquetes

Rosquetes have always been one of the favourite titbits in the Canary Islands. There are many recipes for these, from wine *rosquetes* to “*laguneros*”, “*borrachos*”, etc and they may be either fried or baked.

Preparation:

Whisk the eggs with the sugar. Then add the oil, milk, anise (some prefer to use eau-de-vie), the lemon and the grains of *matahúva*. Mix well, gradually incorporating the flour with a pinch of salt, until the mixture is just right. Cover with a cloth and leave to stand for one hour.

Then make the *rosquetes*, taking small balls of dough and roll out over a table dusted with flour, into round strips. Join at the ends, creating the *rosquete*.

Fry in hot oil and when they are golden brown, remove from the pan and place on a plate. Sprinkle with icing sugar.



Ingredients:

100 grs. of sugar.

4 eggs.

One small glass of anise.

10 cl. of oil.

10 cl. of milk.

250 grs. of flour.

Grated lemon rind.

Matahúva.

Salt.

Icing or powdered sugar (normal sugar may be used, crushing it in the mortar until a fine powder is obtained).