

These are extremely delicate fried pastry shells that are made using rosette irons. These are extremely delicate fried pastry shells that are made using rosette irons.

Rosettes

- 2 eggs, beaten
- 1/4 tsp. salt
- 1/2 tsp. ground cardamom
- 1 tbsp. sugar
- 1 cup all-purpose flour
- 1 cup milk
- 2 tbsp. butter, melted
- Peanut oil for frying

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Garnish:

Confectioners' sugar

Beat the eggs, salt, cardamom, and sugar together in a mixing bowl. Beat the flour and milk alternately into the mixture. Stir in the melted butter.

To make rosettes, heat the peanut oil to 375 degrees (1 1/2 inches of oil in an electric frying pan works great for this). Dip a rosette iron into the hot oil, then into the batter. Do not let the batter run over the top of the iron as this may make it difficult for the rosette to release. Immerse the batter-coated iron in the hot oil until the rosette comes out free. Fry for 20 to 25



The Rosette Iron can be purchased in most kitchen specialty stores (I have even seen them in grocery stores). They come with many attachments of various shapes and sizes. Some even have a muffin-like shape and you can make the batter spicy by substituting a small amount of salt for the sugar or adding spices for added flavor. These muffins can be filled with shrimp dips or pasta combinations.

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seconds. Remove the rosette to drain on paper towels. Reheat the iron in the oil and repeat the process. Dust with confectioners' sugar.