

# Bean Appetit - Whip It Up

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## The Bite:

*Voulez-vous* a French-style apple-icious dessert? This Fat Tuesday, let the good times roll...into a pan of hot oil. Grab a bottle o' Chicago-made Nielsen-Massey's organic vanilla bean extract, then fry up these delish beignets from the [French Pastry School](#). Will you want more than one? *Oui*.

The French Pastry School Apple Beignet

Serves 10-12



Ingredients (local or organic whenever possible):

- 2 tsp [Calvados](#) (apple brandy)
- 3 1/4 oz apple cider
- 1 3/4 oz eggs
- 2 tsp hazelnut oil
- 1 tsp Nielsen-Massey organic vanilla extract
- 4 1/2 oz sifted [pastry flour](#)
- 3 oz fresh egg whites
- 1 tsp granulated sugar
- 2 pinches salt
- 6 Braeburn apples
- Frying oil, as needed

Combine Calvados, cider, whole eggs, hazelnut oil, and vanilla. In another bowl, make a well with the flour, add the Calvados mixture to the center, gently stirring the liquid ingredients outward into the flour until the batter is smooth. In a separate bowl, whisk egg whites, sugar, and salt until smooth, stiff peaks form. Gently [fold](#) into batter. Allow to rest 30 minutes. Peel, core, and slice apples widthwise into 8 (1/4" thick) round slices.

In a sturdy pan that's at least 3 inches deep, heat about an inch of oil to 375 degrees. Dip apple slices in batter and quickly fry the slices on both sides until golden brown. Remove golden brown apples from oil and place on paper towel. [Dredge](#) in granulated sugar and serve.

## Wanna Try:

[Nielsen-Massey Organic Madagascar Bourbon Pure Vanilla Extract](#), available at [The Chopping Block](#), 4747 N. Lincoln Ave. [Map It](#) (773-472-6700). Extract, \$12/8 ounces.

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[The Egnog Recipe Tip](#)

[The Apple Cider Pudding Recipe Tip](#)

### Small Changes Add Up

If 10,000 Chicago Biters bake with organic instead of conventionally grown vanilla once a month for a year, we'll keep seven sinks worth of pesticide-laden extract out of our bellies.



### Cocktail Fact

In the late 1700s, Thomas Jefferson introduced vanilla to the United States by bringing 200 beans from France, where he was serving as the U.S. ambassador.