

Authentic Italian Christmas Struffoli

Authentic Italian Christmas Struffoli

Authentic Italian Christmas Struffoli, also known as honey balls, is an Italian Christmas dessert that brings up cherished holiday family memories for me and many Italian families. These golden, bite-size balls of sweet dough are a hallmark of traditional Italian celebrations. Deep-fried to perfection, they are crispy on the outside, soft and chewy on the inside. Once fried, they are generously coated with a warm honey-sugar glaze that holds them together in a mound or wreath shape.

Colorful sprinkles and sliced almonds turn this simple treat into a festive centerpiece for your holiday dessert table. Each bite offers a satisfying crunch followed by the sweetness of the honey, making it impossible to eat just one.

Tips for success when making Authentic Italian Christmas struffoli

1. **Uniform size dough balls:** Roll the dough into evenly sized balls, about the size of a marble. This ensures they fry evenly, resulting in a consistent texture.
2. **Maintain the right oil temperature:** Heat the oil to 350-degree F and monitor the temperature throughout frying. If the oil is too hot, the struffoli will brown too quickly and remain undercooked on the inside. Too cool,

and they will absorb excess oil becoming greasy instead of light and crispy.

3. Work quickly with warm honey: Coat the fried balls in the honey while still warm, This helps the honey to stick evenly and creates a glossy coating. Stir gently to cover all the dough balls with honey, add the sprinkles and almonds before the honey sets. This Authentic Italian Christmas stuffolli is more than just a dessert- it's a celebration of tradition and family. By following these simple tips ,you will create a delicious centerpiece for your holiday table. Whether enjoyed with a cup of coffee or as part of a Christmas spread, stuffolli brings Italy to the season.

Ingredients

- 3 cups flour
- 1/2 cup sugar
- 1 1/2 teaspoon baking powder
- Zest for one lemon and one orange
- 1/2 cup melted butter
- 3 eggs
- 1/3 cup white wine
- 2 cups honey
- 1/2 cup sugar
- sprinkles
- sliced almonds

Instructions

1. in a bowl blend the flour, baking powder, sugar, lemon and orange zest and blend well.
2. Make a well in the center of the flour mixture, add the eggs, butter and wine gather the flour mixture towards the center forming a ball . Then, on a lightly floured broad knead the dough until smooth. Wrap and let the

dough rest in the refrigerator for at least 30 minutes.

3. Then flatten the dough and cut into strips roll into a rope then cut into small even dice roll into balls.
4. Bring the oil to medium high heat fry the dough balls in batches until golden brown about 4-5 minutes. remove and drain on paper towels.
5. To a large saute pan add the honey and sugar, Cook on low until the sugar melts.
6. Then add the fried dough to the honey mixture. Stir to coat all the dough balls.
7. Place a small glass in the center of a large dish. Add the honey balls in a circular pattern forming a wreath. Top with sprinkles and the sliced almonds. I tied some cooking twine into a bow, used cranberries and rosemary sprigs to add a festive touch. ENJOY!!!!!!