

Zeppole (Italian Donuts)

Traditional Italian zeppole donuts made with choux pastry dough. Crispy, fluffy fried treats dusted with powdered sugar - perfect for dessert!

10 min

PREP

20 min

COOK

30 min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Zeppole (Italian Donuts)

Ingredients

- 1 cup water
- 1 cup milk
- 8 tbsp unsalted butter
- 1 cup flour
- 4 egg
- 3 tbsp granulated sugar
- 1 tsp salt
- 1 tsp powdered sugar

Instructions

1 Make the choux pastry base

Combine 1 cup water, 1 cup milk, 8 tablespoons butter, 3 tablespoons sugar, and 1 teaspoon salt in a medium saucepan. Bring to a rolling boil over medium heat, stirring constantly until the butter melts completely.

2 Remove the pan from heat and immediately add 1 cup all-purpose flour all at once. Stir vigorously with a wooden spoon until the mixture forms a smooth paste with no lumps, about 1 minute.

3 Return the pan to medium heat and stir constantly for 2-3 minutes until the dough pulls away from the sides and forms a ball. A thin film should coat the bottom of the pan when done.

4 Add the eggs

Transfer the hot dough to a large mixing bowl and let cool for 2 minutes. Beat with an electric mixer on medium speed for 1 minute to cool slightly.

5 Add 4 eggs one at a time, beating well after each addition until fully incorporated. The dough will look broken at first but will come together with continued mixing.

6 Continue beating for 1-2 minutes until the dough is smooth and glossy. When you lift the beaters, the dough should form thick ribbons that slowly fall back into the bowl.

7 Prepare for frying

Transfer the dough to a piping bag fitted with a 1/2-inch round tip, or use a plastic bag with one corner cut to 1/2-inch opening.

- 8 Heat oil to 375°F (190°C) in a deep fryer, heavy pot, or Dutch oven. Use a cooking thermometer to monitor the temperature throughout frying.
- 9 **Fry the zeppole**
Pipe 1-inch lengths of dough directly into the hot oil, using kitchen scissors to cut the dough cleanly. Fry 6-8 pieces at a time to avoid overcrowding.
- 10 Fry for 4-5 minutes total, turning the zeppole halfway through, until golden brown on all sides and puffed up completely.
- 11 **Serve**
Remove with a slotted spoon and drain on paper towels for 1 minute. Transfer to a serving platter and dust generously with powdered sugar while hot.

Tips

Always use a kitchen thermometer to maintain oil temperature at exactly 375°F - this ensures proper cooking and prevents oil absorption.

Let the cooked flour mixture cool slightly before adding eggs to prevent them from scrambling and creating lumps in your dough.

Add eggs one at a time and mix completely between additions to achieve the smoothest, most cohesive dough texture.

Use a piping bag or plastic bag with the corner cut off to create uniform zeppole shapes and control portion sizes easily.

Don't overcrowd the oil when frying - cook in small batches to maintain consistent oil temperature and ensure even cooking.

Test your oil temperature with a small piece of dough first - it should sizzle immediately and rise to the surface within seconds.

Drain fried zeppole on paper towels for just a minute before transferring to serving plates to prevent sogginess while removing excess oil.

Serve immediately while still warm for the best texture contrast between the crispy exterior and soft interior.