

Introduction

Fried Cinnamon Apple Rings are a delightful twist on traditional fried desserts, combining the natural sweetness of apples with a crispy, cinnamon-sugar batter. These treat rings are perfect for fall festivities, holiday gatherings, or simply as a sweet snack to enjoy at home. With crispy exteriors and soft, sweet apple insides, they are a satisfying blend of textures and flavors that everyone can appreciate. Not only are they easy to make, but they also offer a fantastic way to showcase seasonal apples. Let's get started!

Detailed Ingredients

4 large apples

Choose varieties like Granny Smith, known for their tartness, or Honeycrisp for sweetness and crunch.

1 cup all-purpose flour

This will be the base for your batter, providing structure and texture.

1 cup granulated sugar

Adding sweetness to your batter, this sugar will also caramelize slightly during frying.

1 tablespoon ground cinnamon

Cinnamon is essential for that warm, aromatic flavor that pairs beautifully with apples.

1 teaspoon baking powder

This ingredient will make your batter light and fluffy.

1/2 teaspoon salt

A minor addition that enhances the overall flavors.

1 large egg

This helps bind the ingredients together, contributing to the batter's richness.

1 cup milk

Provides moisture to your batter, ensuring a smooth consistency.

1 teaspoon vanilla extract

A touch of vanilla adds depth to the flavor profile, harmonizing nicely with the cinnamon and sugar.

Vegetable oil for frying

Choose a neutral oil with a high smoke point to achieve crispy, golden rings.

Optional: powdered sugar for dusting

A light sprinkle can add a beautiful finishing touch and extra sweetness.

Prep Time

Approximately 20 minutes. This includes the time taken to peel, core, and slice the apples, as well as prepare the batter for frying.

Cook Time, Total Time, Yield

Cook Time: 15 minutes

Total Time: 35 minutes

Yield: About 20-24 apple rings, depending on the size of the apple slices.

Detailed Directions and Instructions

Prepare Apples

Start by peeling and coring the apples. Use a knife or an apple corer to remove the center. Slice each apple into 1/4-inch thick rings. The rings should be uniform in thickness to ensure even cooking. Set the apple rings aside in a bowl, preferably filled with water and a squeeze of lemon juice to prevent browning while you prepare the batter.

Mix Dry Ingredients

In a medium-sized mixing bowl, whisk together the all-purpose flour, granulated sugar, ground cinnamon, baking powder, and salt. Ensure there are no lumps in the mixture, as this will contribute to the texture of your batter.

Prepare Batter

In another bowl, beat the large egg until frothy. Then add the milk and vanilla extract. Mix well until fully combined. Gradually incorporate the wet ingredients into the dry ingredients, stirring continuously until you have a smooth batter. Be careful not to overmix; a few small lumps are acceptable.

Heat Oil

In a deep skillet or frying pan, pour vegetable oil until it's about 1 inch deep. Heat the oil over medium-high heat until it reaches approximately 350°F (175°C). You can use a thermometer to check the temperature or drop a small amount of batter into the oil; if it sizzles and rises to the surface, the oil is hot enough.

Coat and Fry

To fry the apple rings, dip each one into the batter, allowing any excess to drip off. Carefully place the battered apple rings into the hot oil, making sure not to overcrowd the pan. Fry them in batches, turning occasionally with a slotted spoon, until they are golden brown and crispy, which should take about 2-3 minutes per side.

Drain and Dust

Once the apple rings are nicely browned, remove them from the oil and place them on a plate lined with paper towels. This will help drain any excess oil. If desired, dust the warm apple rings with powdered sugar for added sweetness and presentation.

Serve

These delicious Fried Cinnamon Apple Rings are best served warm. They can be enjoyed on their own or paired with vanilla ice cream, whipped cream, or caramel dipping sauce for an indulgent treat. You can also serve them as a delightful dessert at your next gathering!

Notes

- Feel free to experiment with different apple varieties to find your favorite flavor profile.
- Adjust the levels of cinnamon and sugar in the batter as per your taste preferences.
- Make sure the oil is hot enough before frying, as this helps to achieve that golden, crispy exterior. If the oil is not hot enough, the rings may absorb too much oil and become greasy.
- To keep the rings warm while you finish frying the batches, transfer them to a baking tray and place them in a warm oven.

Cook techniques

- Deep frying creates a crispy texture by cooking the batter rapidly.
- Ensure your frying temperature is consistent for even cooking.
- Use a slotted spoon to turn the apple rings gently while frying to avoid breaking them.

FAQ

Can I use other types of apples for this recipe?

Yes! You can use any variety you like, such as Fuji, Jonagold, or Braeburn, depending on your taste preference.

Can I make the batter ahead of time?

While you can prepare the dry ingredients in advance, it's best to mix the wet ingredients with the dry just before frying for the best texture in your apple rings.

Can I bake the apple rings instead of frying them?

Baking is an option but will yield a different texture. If you want to try baking, preheat your oven to 375°F (190°C), place the coated apple rings on a parchment-lined baking sheet, and bake for about 20-25 minutes, flipping halfway through.

What can I do with leftovers?

Store any leftover apple rings in an airtight container in the refrigerator for up to 2 days. Reheat in a toaster oven to regain crispiness.

Conclusion

Fried Cinnamon Apple Rings are a perfect blend of sweet and savory, providing a delectable treat that everyone will love. With a simple list of ingredients and straightforward preparation, they make for an enjoyable cooking experience. Treat your family and friends to these delicious apple rings, and watch as they become a favorite at any gathering. Crispy on the outside and soft on the inside, they're a delightful reminder of classic comfort food with a twist.

More recipes suggestions and combination

- Fried Banana Fritters: A similar recipe with the tropical flavor of bananas.
- Cinnamon Sugar Doughnuts: For a classic fried treat with warm spices.
- Caramel Apple Cheesecake Bars: Combining apple and cream cheese for a delicious dessert.
- Apple Cinnamon Pancakes: A perfect breakfast dish that uses apples as well.
- Homemade Apple Crisp: A baked dessert that highlights the flavor of apples topped with a



crumbly oat topping.