

Mutzen

(also called Muzen)

This is a fun little doughnut like pastry that is served often at the Mardi Gras time or New Years in certain parts of Germany. Depending on where you are in Germany you add different ingredients to the batter. Here is one recipe.



Ingredients:

1 cup all purpose flour
1 egg
2 teaspoon milk
1 teaspoon baking powder
1 teaspoon salt
2 teaspoons sugar
1 / 4 cup sour cream

1 1 / 2 cups of vegetable oil for frying.

1 cup sugar, vanilla sugar or powdered sugar for rolling the Mutzen in.

Heat your oil up on medium heat. Be very careful not to get the oil too hot. It can catch on fire. I used a small 2 quart sauce pan, and the oil was 1 inch deep.



2. Add all the ingredients and blend. You can adjust the batter by adding more flour if it is too thin or some more milk if it is too thick.

Some optional to add to the batter, if you wish:

1 teaspoon cinnamon

1 teaspoon chopped lemon peel

2 tablespoons raisins (preferably soaked in rum)

2 teaspoons rum instead of milk

2 tablespoons toasted almonds



Using two spoons dip one spoon into the hot oil then take a small lump of dough and push it off into the oil with the other spoon.



Try one first and see if your oil temperature is right. If the Mutzen browns too fast then turn down the oil. Cook for about 1 minute on each side. This picture shows what happens if you get the temperature too hot. The top lightly browned one will not get much browner even if you let it stay in the 350° hot oil a bit longer.



I cooked about 8 or so at a time so as not to crowd or cool down the oil. Flip them with a skimmer or something similar to cook the other side.







It is good to test one out to see if it is cooked all the way in the center.



Remove the cooked Mutzen and roll in sugar. I used vanilla sugar here.
You can use regular sugar or powdered sugar also.



