

Cuddurune: Sicilian Fried Breads

For the Dough

1 package dry yeast
2³/₄ cups all-purpose flour
2 teaspoons virgin olive oil
1 teaspoon salt
1 cup lukewarm water
Olive oil for frying

For the Filling

1/3 stick pepperoni, minced
1/2 cup grated Parmigiano
2 tablespoons fresh oregano or rosemary
Dried oregano for garnish after frying

Add flour and salt to the food-processor container and process for one minute with the cutting blade. Dissolve the yeast in the warm water and let proof for 5 minutes. Stir the olive oil into the yeast mixture.

With the food processor running, gradually pour the yeast-oil mixture into the flour. Continue processing until the dough forms a ball. Remove from the processor and knead by hand on a lightly floured surface for a few minutes until the dough is smooth and satiny.

Divide the dough in half, placing one half in a covered, oiled bowl. Flatten the other half into a disk. Spread some of the pepperoni, parmigiano, and herbs over the disk. Fold in half and flatten into a disk. Spread more of the filling ingredients and fold again. Continue this process until you have used all the ingredients. Knead briefly and put in a separate oiled bowl. Cover with plastic wrap.

Let both bowls of dough rise for about 1 hour and 15 minutes or until the dough is doubled in bulk. Punch the dough down. If you prefer a lighter, softer dough and if you have the time, let rise a second time. (I never bother with this.)

Heat about 1/4-inch of olive oil in a frying pan. Take handfuls of the plain dough and flatten them into disks about 2 1/2 inches in diameter. Fry on medium heat until just golden brown on each side. Remove from the pan and sprinkle heavily with sugar. Fry the savory dough in the same way. Remove from the pan and sprinkle with dried oregano. Eat while they are still hot.