

Incredible Israeli Levivot Winter Fruit Fritters + Creamy Vanilla Dipping Sauce + Very Vanilla Floats



israeli levivot winter fruit fritters

preheat+dice+sift+whisk

Preheat oven to 375 degrees F. Dice 1 large apple or pear into small pieces. In a large mixing bowl, sift together **1 C flour**, **1 tsp baking powder**, and **½ tsp salt**. Crack and whisk **1 egg** in a separate bowl.

add+whisk+add+mix

Add **1 T sugar** to the egg and whisk together. Then whisk in **½ C whole milk** to the egg and sugar. Add wet ingredients to dry ingredients and mix until combined.

fold+oil+bake

Fold diced fruit into batter. Pour **1 tsp of oil** into each cupcake well of a dozen-welled cupcake tin and spread the oil around so that it covers all surfaces of the wells. Divide the batter among the wells. Bake for 15-20 mins or until fritters are cooked through. Let cool slightly, then drizzle with Creamy Vanilla Dipping Sauce (recipe below!)

Family Fun Recipes

::recipes continued::

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creamy vanilla dipping sauce

split+scrape+measure

Split **1 vanilla pod** down the middle lengthwise with a knife (adult should do this!). Hold the pod at one end and, using the back of your knife, (or, kids could use a spoon to do this - carefully!), scrape the seeds from the pod and add them to a small saucepan. *Alternatively, use 2 tsp vanilla extract.* Measure **2 cups heavy whipping cream/full fat coconut milk**, **¼ C sugar**, and **a pinch of salt** and add them to your saucepan.

simmer+whisk+melt

Simmer ingredients together over low heat for about 3-5 minutes until sauce has thickened and reduced a bit. Then turn off heat and immediately add **1 T unsalted butter** to the pan. Whisk until butter melts. Set sauce aside until Levivot Fritters are finished baking, then serve with fritters for dipping! Reserve ¼ C Creamy Vanilla Sauce for Very Vanilla Floats!

very vanilla floats

measure+pour+stir+enjoy!

Measure **3 C sparkling water** and **¼ C Creamy Vanilla Dipping Sauce** and pour into a pitcher. Add **1-2 Tablespoons vanilla ice cream** to each cup, then top with sparkling water/vanilla mix. Enjoy!

::continued::

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shopping list!

Incredible Israeli Levivot Winter Fruit Fritters

- 1 large apple or pear
- 1 egg
- 1 C all-purpose flour
- 1 T sugar
- 1 tsp baking powder
- ½ C whole milk
- ½ tsp salt
- ½ C olive oil

Creamy Vanilla Dipping Sauce

- 1 vanilla pod OR 2 tsp vanilla extract
- 2 C heavy whipping cream/full fat coconut milk
- ¼ C sugar
- Pinch of salt
- 1 T unsalted butter

Very Vanilla Floats

- 3 C sparkling water
- ¼ C Creamy Vanilla Dipping Sauce (from recipe above)
- 2 C vanilla ice cream

::continued::

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Let's learn about Levivot:

Levivot is a Sephardic pastry of fried batter. It's eaten as part of the celebration of Hannukah. Levivot is Hebrew meaning "little patty fried in oil."

They are traditionally served at the end of the meal with a rose or orange blossom syrup.

The custom of frying foods in oil started centuries ago to symbolize the small jar of oil that was used to light The Temple of Jerusalem for 8 miraculous days after the Judean victory over Syrian-Greek forces.

Levivot is also the word for Israeli potato pancakes. "Lev" (pronounced "leev") means "heart" in Hebrew.

Though levivot are not exactly shaped like the objects we draw to symbolize the heart (♥), records indicate a more antiquated and realistic interpretation of the heart would have looked more like a dumpling; hence, the given name.

The Surprise Ingredient: Vanilla!

★Vanilla is indigenous to southeastern Mexico. Vanilla left Mexico in the 1500s destined for Spain. Originally, it was only valued for its use as perfume.

★For hundreds of years, Mexico was the only country that grew vanilla. Now, Madagascar, an island country off the coast of Southeastern Africa grows the world's largest amount of vanilla.

★Only the Melipona Bee, in Central America, can pollinate the vanilla flower. In other parts of the world, farmers mimic the process by using a wooden needle.

★Vanilla is a member of the orchid family and prefers hot, wet, tropical climates. Vanilla is also the only edible orchid (that we know of).

★Just like grapes to make wine, no two vanilla beans are exactly the same in taste, color, or aroma.

Time for a laugh!

What did the tennis player say before playing with vanilla ice cream? **I'd like a soft serve, please!**

What do you call a house with an ice-cream sundae on top? **Desserted!**

How do astronauts eat their ice creams? **In floats!**

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