

Family Traditions: The Annual "Crespillos"

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tasty and original dessert for your family.

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Dora del Hoyo adopted the "crespillo" tradition when she began to take care of the house where St. Josemaría lived in Rome. The recipe is easy to follow and inexpensive,

and makes for a tasty and original dessert for your family.

Ingredients

(serves 6 – 8 people):

- ½ kilo fresh spinach leaves
- 200 grams self-raising flour
- 1 dessert-spoon sugar (10 g)
- 2 eggs (100g)
- 1.5 decilitres milk (150g)
- Sugar for sprinkling

Method

- Wash the spinach very well, and leave just 2 or 3 cm of stalk on each.
- Mix the flour and sugar in a bowl. Beat the eggs and milk together and then add them to the flour, whisking them hard to a smooth batter.
- Dry the spinach-leaves well, and coat them on both sides with the batter.

- Heat a pan of oil to about 170° C and fry the leaves, several at a time, until a light golden brown.
- Drain them on some kitchen-paper and sprinkle with sugar.
- Cover with a white napkin and serve immediately.

Recipe from Alicia Bustos, *Cocina Inteligente*, Eunsa, Pamplona, 2004.

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