

## FASTNACHTSDIENSTAG

## EVERYTHING YOU NEED TO KNOW ABOUT FASCHINGSKRAPFEN



**Fasching, or carnival season in Austria, isn't just about wearing crazy, colourful costumes and watching parades - it's also the time of year when you can eat as many Krapfen, or jam-filled doughnuts as you want. As we approach Faschingsdienstag, or Shrove Tuesday, here are some things to know about Krapfen before you give them up for Lent.**

#### **It's got to be apricot**

It's not a real Viennese Faschingskrapfen unless it has sticky apricot jam inside. According to strict Krapfen standards, apricot jam must make up at least 15 percent of the entire doughnut, and at least six fresh egg yolks must be included in every kilogram of flour used to make the dough.

Vienna Krapfen-makers who scrimp on their jam and eggs may end up with a fine from the MA 59 - the food inspection officers.

The best Krapfen are fluffy with a crispy surface and have a visible injection hole on the side. (Bite straight into it to avoid jam disasters.) They are finished off with a generous coating of fine icing sugar. Sometimes rum is added to the jam, so if you feel rather giddy after scoffing a couple, that could be why.