

03/25/10 - Pesach Bumuelos or Sephardic Matzo Fritters

Breakfast on Passover presents a dilemma. What is there to eat that doesn't involve, toast, bread, rolls, pastry, oatmeal.... Sometimes the kids fill up on those awful Passover cereals that imitate year round varieties. If you prefer something more than matzo with butter and jam or hard boiled eggs (Huevos Haminados), this recipe is for you.

Eggs, matzo, and cinnamon fritters drizzled with straight honey or honey lemon syrup will solve your breakfast boredom for at least a couple of the days.

Bumuelos

4 sheets of matzo

Water

3 eggs

½ teaspoon cinnamon

1 quart of safflower oil

Syrup

1 cup water

1 cup sugar

¾ cup honey

1-2 tablespoons fresh lemon juice



Pour one quart of oil in a saucepan deep enough to accommodate deep frying safely. Begin to heat the oil. Place 4 sheets of matzo in a flat baking dish and cover them with water. Let the matzo sit for 5 minutes in the water to get soggy.

Meanwhile, whisk the 3 eggs in a bowl, then add the cinnamon, and whisk a little more to combine. Now break up the soggy matzo sheets with your hands and squeeze all of the water out of the sheets. Put this mushy mess in the bowl with the beaten eggs.

Work the matzo into the eggs using both hands. When the oil is about 325°, scoop a small amount of batter into your hands. The batter is very loose and seems like it will fall apart, but it doesn't. Let the batter slide off your fingertips into the oil. The bumuelos immediately puff and float up to the surface. Fry 1-2 minutes per side. Turn the bumuelos only once when you see the underside turning gold around the edges.

When the bumuelos are golden on both sides remove them from the oil with a tong or slotted spoon. Drain them on paper towels.

Serve warm, drizzled with syrup.

To make the syrup boil all the syrup ingredients in a sauce pan for a few minutes.



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