



Recipe n°2

FRITTERS FROM “MOUDON”

Prepared with the Valentine TF3 fryer
by Chef Philippe Lignon





Valentine presents a recipe created by Chef Philippe Ligron

RECIPE N°2

FRITTERS FROM “MOUDON”

FOR 5 PERSONS

Preparation time	5 h
Cooking time	3 min

Ingredients

Milk	100 ml
Whole cream	50 ml
«Vaudois» white wine	10 ml
Kirsch	25 ml
Salt	3 gr
Sugar	15 gr
Egg	25 gr
Flour	250 gr
Baking powder	3 gr
Pork lard	5 gr
Butter	10 gr
Sugar and cinnamon for topping	50 gr

Material needed

Valentine TF3 fryer
Absorbent paper towel
Scale

METHOD

- Weigh all ingredients.
- Mix the milk, the whole cream, the wine and the kirsch.
- Heat this mixture to approximately 30°C.
- Pour this liquid in a large bowl, add the salt, sugar and egg and mix it well.
- Incorporate little by little the flour mixed with the baking powder.
- Work the dough, add the butter and the lukewarm liquid pork lard.
- Work the dough, beat it, lift it until it no longer sticks to your fingers and that bubbles are forming on the surface. When the dough is smooth, let it rest for 1 to 2 hours. Cover it with a kitchen towel and plastic.



- Roll out the dough slightly.
- Cut balls, place them on a floured platter and let them rest for an hour. Cover.
- Grease your fingers with oil, shape the donut by forming a large edge and stretching the middle VERY thinly.
- Immerse the donut in the heated oil at 180°C.
- Cook the first side well and then slightly the second side.

Finishing

Place the well browned donuts on absorbent paper. You can dip the donut in caster sugar with added cinnamon too!



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DID YOU KNOW?

What a joy for me to propose you this traditional recipe from a region of the French speaking part of Switzerland which is dear to me: the Broye Vaudoise!

Maybe because I live in this region, but above all because this recipe symbolizes everything that I like in our gastronomy: the terroir and the traditions. This recipe is very rare.

In fact, this recipe generally passes from mothers to daughters and each of these family recipe is better than the neighbour's one!

Did you know that this recipe is already listed in the “Swiss culinary heritage” since the 15th century, precisely in 1458? Signifying the end of the winter solstice which was seen as a period of deprivation, the Brandons were the opportunity to celebrate the “Renewal” and the abundance which had disappeared from the tables.

The Brandons were celebrated by dancing on the squares of Moudon and Payerne, being the perfect occasion for the young people to meet and the elders to exchange the latest news while keeping an eye on the younger ones!

The end of the Brandons carnival was marked by fire set to a large figure symbolizing the “Winter Snowman”! It is built with straw and wood and looks more like a scarecrow than anything else! However, at that time, they also took the opportunity to burn all the putrid and bad-smelling leftover food that was still lying in the smokehouses!

Last thing: the word “Brandons” means those torches that were set on fire in order to keep the party on-going later than usual!