

## Pets de Nonne

Serves 6

“The mountains once sheltered many convents and monasteries. One of the most exclusive, at Baume-les-Dames in Franche-Comté, demanded that a postulant be of noble lineage dating back to the time of her great-great grandparents. This particular convent was also known both for its excellent biscuits and wafers, and for its fritters known as ‘pets de nonne’. The name has no polite translation; they are, quite simply, nun’s farts.”

**Ali Barker**

### Ingredients

6 ounces water  
½ teaspoon salt  
5 tablespoons butter  
3 ½ ounces flour  
3-4 eggs  
Grated rind of 1 lemon  
Fat for deep frying  
Confectioner’s sugar  
6 tablespoons apricot, raspberry or strawberry jam  
Juice of ½ lemon  
1 tablespoon rum or kirsch

### Procedure:

1. Make a pâte a choux: In a small heavy bottomed saucepan, bring water, salt and butter to a boil. Add flour all at once and stir vigorously with a wooden spoon until mixture pulls away from the sides of the pan, ensuring that all excess moisture has evaporated.
2. Remove from the fire and allow to cool slightly.
3. With a hand mixer, or by hand, add eggs one at a time, stirring vigorously to make sure the dough is smooth and completely incorporated before adding the next. Add enough of the last egg to give a dough that falls easily from the spoon. Add lemon zest. Beat the dough until it is smooth and shiny.
4. Make the jam sauce: Heat the jam with the water and lemon juice until the jam melts. Strain out the seeds. Add the rum or kirsch and keep warm.
5. Fry the fritters: Heat the deep fat to 350° F.\*
6. Prepare a pan with layers of paper towel to drain the fritters.
7. Dip a teaspoon into the hot fat, then scoop up a teaspoon of dough and push it into the hot fat with another teaspoon. Fry 5-6 at a time, avoiding overcrowding the pan and cooling the fat too much.
8. Increase the heat to 375° F so the fritters puff in a rising heat. Make sure the fritters brown evenly on all sides. Fry for a total of 3-4 minutes, or until golden brown.
9. Place fried fritters on paper towel to drain.
10. Keep the fritters warm while continuing with remaining dough.
11. Sprinkle with confectioner’s sugar and serve with warm jam sauce on the side.

\*If the fat is too hot when the fritters are first added, they will be sealed before they puff and will burst. If the fat is too cool, they will become soggy.

