

ENVIROFIT® & The SuperSaver Charcoal Jiko SMARTER LIVING PRESENT Apple Fries



Food image courtesy of delish.com

Join thousands of **Modern Mums** using **Envirofit SuperSaver Jiko** for more recipes and tips!
Contact our Customer Care centre on **0800722700**

Ingredients

- 4 to 5 tart apples, we used Pink Lady
- 1 cup buttermilk or maziwa lala
- 1 cup sugar
- Instant flour (1 cup of all-purpose flour mixed with ½ teaspoon of cornstarch)
- 1 cup vegetable oil
- Cinnamon sugar, to taste (mix a ¼ teaspoon of cinnamon and 1 tablespoon of sugar to make cinnamon sugar)



Preparation Method

1. Light your **Envirofit SuperSaver Charcoal Jiko** using little charcoal.
2. In a frying pan, heat the vegetable oil over medium heat by slightly closing the **SuperSaver** air regulator.
3. Mix the buttermilk and sugar in a medium size bowl. Peel and slice apples and add them to the buttermilk mixture as you continue to prevent browning.
4. In a shallow dish, put a layer of instant flour. Pull the apples out of the buttermilk mix, one at a time and lightly coat all sides in the flour.
5. When oil is nice and hot, gently place coated apples into the oil so they are not touching, when the bottom side begins to turn golden, flip over and brown the second side. Quickly remove to a tray lined with paper towels to soak up excess oil and cool.
6. Sprinkle immediately with cinnamon sugar while they are hot and serve them to your family and see them enjoy and want more!

CALL FOR FREE TO BUY | FINANCING AVAILABLE
PHONE: 0800 722 700 | EMAIL: customercarekenya@envirofit.org