

## **Krispie Macaroni**

### **Ingredients**

Low protein macaroni

Oil for deep frying

Salt to season

### **Method**

1. Bring a large saucepan of salted water to the boil.
2. Add the low protein macaroni and stir well. Bring back to the boil and simmer until the macaroni is just cooked. Stir occasionally. It is important that the macaroni does not become overcooked.
3. Drain the pasta in a colander. Rinse well in cold water.
4. Drain and leave for a few minutes for the excess water to drain off. Make sure they are as dry as possible.
5. Heat the oil. It is best to use a deep pan with a basket.
6. Place about a handful of the cooked, drained macaroni into the basket and carefully lower it into the hot oil.
7. In just a few seconds it should sizzle and rise to the surface. If it takes longer than a few seconds the oil is not hot enough.
8. Let the macaroni cook for about 4 minutes, or until they stop sizzling. When they are 'silent' they are done.
9. Take the macaroni out of the oil and drain well on kitchen paper. Sprinkle with salt and leave to cool.

### **Note**

**Krispie Tagliatelle or Spaghetti:** Low protein tagliatelle or low protein spaghetti can be used instead of the macaroni. Before cooking in the hot oil, roughly cut the pasta into 6cm lengths. Fry for 1-2 minutes.

**Spicy Krispies:** Follow the above recipe but add 1 teaspoon of curry powder and ½ teaspoon of turmeric powder to every pint of water used to boil the macaroni.



*National Centre for Inherited Metabolic Disorders*

