



## Sciatt

Sciatt are a traditional dish from the Valtellina region in the Italian Alps, particularly popular in the winter months. The name "sciatt" comes from the Lombard word for "frog," possibly due to the fritters' shape. These crispy, cheese-filled fritters are typically made with buckwheat flour, which is a staple in the Alpine diet due to its ability to thrive in the region's harsh climate.

Sciatt are usually enjoyed as a hearty snack or appetizer, especially in mountain huts where they are served warm after a day of skiing or hiking. The inclusion of melted cheese, often Fontina or another local variety, gives them a rich and comforting flavor. Traditionally, they were made with whatever local cheese was available, and the dish has been passed down through generations, symbolizing the rustic and resourceful nature of the Alpine people. The dish is often paired with a good glass of red wine or a local grappa, making it the perfect comfort food after spending time outdoors in the cold.

# Recipe— Sciatt

Makes 16 pieces

## Ingredients

200g / 7.1 oz / 1 $\frac{2}{3}$  Cup

100g / 3.5 oz /  $\frac{1}{2}$  Cup

1 large

250ml / 8.5 fl oz / 1 Cup

$\frac{1}{2}$  tsp

100g / 3.5 oz /  $\frac{3}{4}$  Cup

enough for deep frying

to taste / optional garnish

buckwheat flour

All-Purpose flour

egg

sparkling water

salt

cheese cubes— Fontina, Casera, other melting cheese

sunflower oil

black pepper

## Method

- [1] In a mixing bowl, combine the buckwheat flour, all-purpose flour, and salt
- [2] Add the egg and gradually pour in the sparkling water, whisking until the batter is smooth; adjust the sparkling water (if needed) to achieve a slightly thick, but pourable consistency
- [3] Fold the cheese cubes into the batter, ensuring they are evenly distributed throughout—without breaking them up
- [4] In a deep frying pan or fryer, heat sunflower oil to around 170°C (340°F); the oil should be deep enough to submerge the fritters
- [5] Drop spoonfuls of the batter (about 1 tablespoon each) into the hot oil, making sure to fry in batches of 4–5 pieces at a time
- [6] Fry for 2–3 minutes, turning them occasionally, until golden brown & crispy on all sides
- [7] Remove the fried Sciatt from the oil and drain them on paper towels to remove excess oil
- [8] Serve hot, optionally sprinkled with freshly ground black pepper

## Tips & Tricks

- Use *Fontina*, *Gorgonzola*, or any cheese you prefer that melts well for the best results.
- These fritters are delicious on their own or paired with a simple green salad or dollop of yogurt.