

Let's Make BEIGNETS!

Recipe courtesy of Gina at The Shabby Creek Cottage Blog

Ingredients

1 cup of warm water
1 tablespoon honey
1 package active dry yeast
1/3 cup butter, melted
2 cups bread flour
2 tbs. gluten (find in the in the baking aisle)
pinch of salt
powdered sugar for dusting
cooking oil (I use canola)



In the bowl of a stand mixer, fitted with a dough hook, put in the water, honey and yeast, and mix it just a bit with your hand to dissolve. Let set for 3-4 minutes until the yeast is bubbly.

While you wait, in a separate bowl, mix together the flour, salt and gluten.

When yeast is bubbly, add in the butter and all the flour mixture (I do it all at once), then mix on slow until combined. After it's combined, turn it on medium high and mix for about 2 minutes.

Pull the dough out of the bowl and place onto a large cutting board, working it together until it's in a ball. Knead (without flour) for a couple of minutes (you really can't mess it up.) Use a little oil and lightly coat the ball, then place on board and cover with a towel. Let it rise for 1 hour.

Once it's risen, punch it down, then roll it out to about 1/4 inch thick, into a rectangular shape. Using a pizza cutter, cut it into pieces about 1 1/2 inches square(ish), then cover with towel again and let rise for another 45 minutes to 1 hour.

After they've risen again, fry them in oil in a heavy bottomed pan (I use my dutch oven), fry them in oil heated to 350 degrees, flipping them once they're golden brown on one side (it takes about 90 seconds a side – watch them closely). When golden on the other side, pull them out and drain on paper towels. Coat with powdered sugar and you're ready to eat. Enjoy!

JAZZY ASH

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