



## JERNEJ KITCHEN

### BEIGNETS

*Beignets are a delicious, airy, fluffy, soft French deep-fried dessert. They are similar to doughnuts but easier to make and coated with sugar.*

MAKES	18	BEIGNETS
PREPARATION:	20	MINUTES
PROOFING:	2	HOURS
FRYING:	10	MINUTES
TOTAL TIME:	2	HOURS 30 MINUTES

#### BEIGNETS

- 275 g (2 1/4 cup) bread flour
- 50 g (1/4 cup) sugar
- 80 ml (1/3 cup) water
- 80 ml (1/3 cup) milk
- 1 tsp active dry yeast (5g)
- 3 g soli
- 1 egg (size M)
- 25 g (2 tbsp) melted butter
- 3 tbsp powdered sugar, for dusting
- 750 ml (3 cups) oil for frying

#### TOOLS AND EQUIPEMENT

- stand mixer or electric mixer
- clingfilm or plastic wrap
- rolling pin
- frying pan

Sponsored

#### DOUGH

Add flour and sugar to a bowl of a stand mixer fitted with a dough hook. Feel free to use a hand-held electric mixer fitted with two dough hooks. Make a well in the middle. Pour lukewarm milk and lukewarm water into the well. Add the active dry yeast and cover the ingredients with some flour. Add the egg and salt. Start kneading on low, set the stand mixer to medium speed, and knead for about 6 - 8 minutes or until the dough is elastic, smooth, and easily separates from the bowl. Add the butter and knead for another 3 - 4 minutes for the butter to incorporate into the dough and separates from the bowl easily.

#### TIP

The water and milk temperature should be around 30 - 35°C or 85 - 95°F.

#### PROOFING

Cover the bowl with the dough with clingfilm and leave to rise at room temperature (20 - 25°C / 68 - 77°F) until visibly increased, for about 1 hour - 1 1/2 hours. Then place the dough in the fridge for 30 - 60 minutes. Feel free to leave the dough in the fridge overnight.

#### FRYING

Generously dust your working surface with flour. Dust your hands as well. Spread the dough to get a rectangle, then roll it into 0.5 cm / 0.2-inch thickness using a rolling pin. Cut into 18 squares. Place a large pan (with a lid) over medium heat. Add the oil and wait until the oil reaches 170 - 180°C / 340 - 355 °F. The beignets are airy and soft, so carefully pick each and shake

off any excess flour. Drop them into hot oil and wait for each to float on top. Then carefully dip them in oil for a few seconds using a fork and wait for them to puff up. Fry for 2 - 3 minutes, then turn them and fry for another 2 - 3 minutes. Transfer the beignets to a baking sheet lined with paper towels and repeat the process with the rest of the dough.

#### **SERVE**

Generously sprinkle the Beignets with powdered sugar, then serve them as soon as possible.